PSALM-TONE
LENTEN TRACTS

for Holy Mass according to the
Ordinary Form of the Roman Rite

edited by Aristotle A. Esguerra
# PSALM-TONE LENTEN TRACTS

for Holy Mass according to the Ordinary Form of the Roman Rite

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ASH WEDNESDAY

Dómine non secúndum Ps 102(103): 10; Ps 78(79): 8, 9

Ord, do not requite us according to the sins we
have committed * or according to our in-iq-ui-ty. Lord,
remember not our sins of old; † let your compassion
come speedi-ly to meet us, * for we are brought ver- y
low. Help us, O God, our Savior, † and for the glory
of your name, deliv-er us, O Lord; * and forgive us our
sins, for your name’s sake.

FIRST SUNDAY OF LENT

Qui hábitat Ps 90(91): 1–7, 11–16

E who abides in the shelter of the Most High, *
shall remain under the protection of the Lord of Heav-
en. He shall say to the Lord: † You are my protector and my refuge; * my God, in whom I trust. For he has set me free from the snare of the fowler, * and from cutting words. He will conceal you with his pinions, *
and under his wings you will find refuge. His faithfulness will shield you as with a buckler, * you will not suffer the terrors of the night. You shall fear neither the arrow that flies by day, † nor the conspir-a-cy that stalks in the darkness, * nor destruction, nor the demon of noonday. A thousand will fall at your side, †
and ten thousand at your right, * but you shall remain unharmed. For to his Angels he has given a commandment concerning you, * to keep you in all your ways. In their hands they will bear you up, * lest you dash your foot against a stone. On the asp and the bas-i-lisk you will tread * and trample the li-on and the dragon. Be-

cause he has put his hope in me I will deliv-er him; * I will protect him because he knows my name. He shall call out to me, and I shall answer him: * I am with him in tribu-lation. I will rescue him and hon-
or him; † with long days will I sat-is-fy him; * and I shall let him see my saving power.

SECOND SUNDAY OF LENT

Commovísti

Ps 59(60): 4, 6

Ou have caused the earth to quake, O Lord, *
you have rent it open. Repair its breaches, * for it totters. May your chosen ones escape the menacing bow * and be delivered.

THIRD SUNDAY OF LENT

Ad te levávi óculos meos

Ps 122(123): 1–3

I have lifted my eyes up unto you, * who dwell in the heavens. Behold, as the eyes of servants * look to the hands of their masters; And as the eyes of a
maidservant * to the hands of her mistress; So do
our eyes look unto the Lord our God * until he have mercy on us. Have mercy on us, O Lord, * have mercy on us.

FOURTH SUNDAY OF LENT

Qui confidunt  
Ps 124(125): 1, 2

Hose who trust in the Lord are like Mount Sion; * the inhab-i-tants of Je-ru-salem shall never be shak-
en. As the mountains are round about Je-ru-salem, † so the Lord is round about his people, * from this time forth and for ev-ermore.
FIFTH SUNDAY OF LENT

Sæpe expugnavérunt me Ps 128(129): 1–4

VIII

Often have they fought against me * from my youth. Let Is-ra-el now say: Often have they fought against me * from my youth. Yet, they have not prevailed against me: * my back has become an anvil for the hammering of sinners. They have long oppressed me with their in-iq-uities. * But the Lord of justice will break the neck of sinners.

PASSION (PALM) SUNDAY

Deus Deus meus Ps 21(22): 2–9, 18, 19, 22, 24, 32

Y God, my God, look upon me, * why have you forsaken me? My words of sin * have drawn me
far from salvation. O my God, I call by day and you
give no reply; * I call by night and do not without
reason. Yet, you dwell in the sanctu-a- ry; * you are
the praise of Is-ra-el. Our fathers placed their hope in
you; * they trusted and you delivered them. They cried
out to you and they were saved; * they put their hope
in you and they were not confounded. But I am a
worm and no man; * scorned by men and despised by
the people. All who see me mock at me, * they make
mouths at me, they wag their heads. "He trusted in the
Lord; let him deliver him, * let him rescue him, for he delights in him." And so they looked and gazed upon me; † they divided my garments among themselves, *

and for my raiment they have cast lots. Save me from the mouth of the lion; * my afflicted soul from the horns of the unicorn. You who fear the Lord, praise him! * All you sons of Jacob, glorify him. A future generation shall be announced on behalf of the Lord, *

and the heavens will declare his justice; Unto a nation yet to be born, * and whom the Lord has prepared.
HOLY THURSDAY

Ab ortu solis  Mal 1: 11; Prov 9: 5

VIII

F

Rom the place where the sun rises to the place of its setting, * my name is great among the nations.

And in every place, a sacri-ifice is offered to my name, *

a pure offering, for my name is truly great among the nations. Come, eat of my bread, and drink of the wine * I have prepared for you.

GOOD FRIDAY

Dómine exáudi oratiónem meam  Ps 101(102): 2–5, 14

II

Ord, hear my prayer, * and let my cry come un-
to you. Do not turn your face away from me; * in the
day of my distress, lend me your ear. On each day that
I call upon you, * please make haste to hear me. For
my days pass a-way like smoke, * and my bones burn as
if in a furnace. I am smitten like grass, and my heart
is withered; * I have forgotten even to eat my bread.

O Lord, you will arise and have pit-y on Zi-on; * for
the time has come to have mercy on her.
MARCH 19: SAINT JOSEPH

Beátus vir qui timet Dóminum

Ps 111(112): 1–3

Lessèd is the man who fears the Lord; * he shall delight exceedingly in his commandments. His seed shall be mighty upon earth; * the descendants of the righteous will be blessed. Glory and wealth are in his house; * and his righteousness endures for ev-ver.

MARCH 25: ANNUNCIATION OF THE LORD

Audi filia et vide

Ps 44(45): 11, 12, 13, 10, 15, 16

Earken, O daughter, and behold, and incline your ear; * for the king desires your beauty. All the rich among the people will implore your countenance; * your maids of honor are the daughters of kings. Virgins will
be brought to the king in her retinue; * her companions
will be taken to you. They will be brought with gladness
and rejoicing; * they shall be brought into the temple of
the king.