

# *Sophía's Psalter*



*Rev. Laura M. Grimes, Ph.D.*

5 *Verba mea auribus*

- 1 Give ear to my words, O *Sophia*; \*  
consider my meditation.
- 2 Harken to my cry for help, my Queen and my God, \*  
for I make my prayer to you.
- 3 In the morning, *Sophia*, you hear my voice; \*  
early in the morning I make my appeal and watch for you.
- 4 For you are not a God who takes pleasure in wickedness, \*  
and evil cannot dwell with you.
- 5 Braggarts cannot stand in your sight; \*  
you hate all those who work wickedness.
- 6 You destroy those who speak lies; \*  
the bloodthirsty and deceitful, O *Sophia*, you abhor.
- 7 But as for me, through the greatness of your mercy I will  
go into your house; \*  
I will bow down toward your holy temple in awe of you.
- 8 Lead me, O *Sophia*, in your righteousness,  
because of those who lie in wait for me; \*  
make your way straight before me.
- 9 For there is no truth in their mouth; \*  
there is destruction in their heart;
- 10 Their throat is an open grave; \*  
they flatter with their tongue.
- 11 Declare them guilty, O God; \*  
let them fall, because of their schemes.
- 12 Because of their many transgressions cast them out, \*  
for they have rebelled against you.

- 13 But all who take refuge in you will be glad; \*  
they will sing out their joy forever.
- 14 You will shelter them, \*  
so that those who love your Name may exult in you.
- 15 For you, O *Sophia*, will bless the righteous; \*  
you will defend them with your favor as with a shield.

## 27 *Dominus illuminatio*

- 1 *Sophia* is my light and my salvation; whom then shall I fear? \*  
*Sophia* is the strength of my life; of whom then shall I be afraid?
- 2 When evildoers came upon me to eat up my flesh, \*  
it was they, my foes and my adversaries, who stumbled and fell.
- 3 Though an army should encamp against me, \*  
yet my heart shall not be afraid;
- 4 And though war should rise up against me, \*  
yet will I put my trust in Her.
- 5 One thing have I asked of *Sophia*; one thing I seek; \*  
that I may dwell in the house of *Sophia* all the days of my life;
- 6 To behold the fair beauty of *Sophia* \*  
and to seek Her in Her temple.
- 7 For in the day of trouble She shall keep me safe in Her shelter; \*  
She shall hide me in the secrecy of Her dwelling  
and set me high upon a rock.
- 8 Even now She lifts up my head \*  
above my enemies round about me.
- 9 Therefore I will offer in Her dwelling an oblation  
with sounds of great gladness; \*  
I will sing and make music to *Sophia*.

- 10 Hearken to my voice, O *Sophia*, when I call; \*  
have mercy on me and answer me.
- 11 You speak in my heart and say, “Seek my face.” \*  
Your face, *Sophia*, will I seek.
- 12 Hide not your face from me, \*  
nor turn away your servant in displeasure.
- 13 You have been my helper; cast me not away; \*  
do not forsake me, O God of my salvation.
- 14 Though my father and my mother forsake me, \*  
*Sophia* will sustain me.
- 15 Show me your way, O *Sophia*; \*  
lead me on a level path, because of my enemies.
- 16 Deliver me not into the hand of my adversaries, \*  
for false witnesses have risen up against me,  
and also those who speak malice.
- 17 What if I had not believed that I should see the goodness of *Sophia* \*  
in the land of the living!
- 18 O tarry and await *Sophia*'s pleasure;  
be strong, and She shall comfort your heart; \*  
wait patiently for *Sophia*.

#### 46 *Deus noster refugium*

- 1 God is our refuge and strength, \*  
a very present help in trouble.
- 2 Therefore we will not fear, though the earth be moved, \*  
and though the mountains be toppled into the depths of the sea;
- 3 Though its waters rage and foam, \*  
and though the mountains tremble at its tumult.

- 4 The God of hosts is with us; \*  
the God of Jacob is our stronghold.
- 5 There is a river whose streams make glad the city of God, \*  
the holy habitation of the Most High.
- 6 God is in the midst of her; she shall not be overthrown; \*  
God shall help her at the break of day.
- 7 The nations make much ado, and the kingdoms are shaken; \*  
God has spoken, and the earth shall melt away.
- 8 The God of hosts is with us; \*  
the God of Rachel is our stronghold.
- 9 Come now and look upon the works of *Sophia*, \*  
what awesome things She has done on earth.
- 10 It is She who makes war to cease in all the world; \*  
She breaks the bow, and shatters the spear,  
and burns the shields with fire.
- 11 “Be still, then, and know that I am God; \*  
I will be exalted among the nations; I will be exalted in the earth.”
- 12 The God of hosts is with us; \*  
the God of Leah is our stronghold.

## 62 *Nonne Deo?*

- 1 For God alone my soul in silence waits; \*  
from Her comes my salvation.
- 2 She alone is my rock and my salvation, \*  
my stronghold, so that I shall not be greatly shaken.
- 3 How long will you assail me to crush me, all of you together, \*  
as if you were a leaning fence, a toppling wall?

- 4 They seek only to bring me down from my place of honor; \*  
lies are their chief delight.
- 5 They bless with their lips, \*  
but in their hearts they curse.
- 6 For God alone my soul in silence waits; \*  
truly, my hope is in Her.
- 7 She alone is my rock and my salvation, \*  
my stronghold, so that I shall not be shaken.
- 8 In God is my safety and my honor; \*  
God is my strong rock and my refuge.
- 9 Put your trust in Her always, O people, \*  
pour out your hearts before Her, for God is our refuge.
- 10 Those of high degree are but a fleeting breath, \*  
even those of low estate cannot be trusted.
- 11 On the scales they are lighter than a breath, \*  
all of them together.
- 12 Put no trust in extortion; in robbery take no empty pride; \*  
though wealth increase, set not your heart upon it.
- 13 God has spoken once, twice have I heard it, \*  
that power belongs to God.
- 14 Steadfast love is yours, O God, \*  
for you repay everyone according to their deeds.

## 96 *Cantate Domino*

- 1 Sing to *Sophia* a new song; \*  
sing to *Sophia*, all the whole earth.
- 2 Sing to *Sophia* and bless Her Name; \*  
proclaim the good news of Her salvation from day to day.

- 3 Declare Her glory among the nations \*  
and Her wonders among all peoples.
- 4 For great is *Sophia* and greatly to be praised; \*  
She is more to be feared than all gods.
- 5 As for all the gods of the nations, they are but idols; \*  
but it is *Sophia* who made the heavens.
- 6 Oh, the majesty and magnificence of Her presence! \*  
Oh, the power and the splendor of Her sanctuary!
- 7 Ascribe to *Sophia*, you families of the peoples; \*  
ascribe to *Sophia* honor and power.
- 8 Ascribe to *Sophia* the honor due Her Name; \*  
bring offerings and come into Her courts.
- 9 Worship *Sophia* in the beauty of holiness; \*  
let the whole earth tremble before Her.
- 10 Tell it out among the nations: “*Sophia* is Queen! \*  
She has made the world so firm that it cannot be moved;  
She will judge the peoples with equity.”
- 11 Let the heavens rejoice, and let the earth be glad;  
let the sea thunder and all that is in it; \*  
let the field be joyful and all that is therein.
- 12 Then shall all the trees of the wood shout for joy  
before *Sophia* when She comes, \*  
when She comes to judge the earth.
- 13 She will judge the world with righteousness \*  
and the peoples with Her truth.

103 *Benedic, anima mea*

- 1 Bless *Sophia*, O my soul, \*  
and all that is within me, bless Her holy Name.
- 2 Bless *Sophia*, O my soul, \*  
and forget not all Her benefits.
- 3 She forgives all your sins \*  
and heals all your infirmities;
- 4 She redeems your life from the grave \*  
and crowns you with mercy and loving-kindness;
- 5 She satisfies you with good things, \*  
and your youth is renewed like an eagle's.
- 6 *Sophia* executes righteousness \*  
and judgment for all who are oppressed.
- 7 She made Her ways known to Moses and Miriam \*  
and Her works to the children of Israel.
- 8 *Sophia* is full of compassion and mercy, \*  
slow to anger and of great kindness.
- 9 She will not always accuse us, \*  
nor will She keep her anger forever.
- 10 She has not dealt with us according to our sins, \*  
nor rewarded us according to our wickedness.
- 11 For as the heavens are high above the earth, \*  
so is Her mercy great upon those who fear Her.
- 12 As far as the east is from the west, \*  
so far has She removed our sins from us.
- 13 As a mother cares for Her children, \*  
so does *Sophia* care for those who fear Her.

- 14 For She herself knows whereof we are made; \*  
She remembers that we are but dust.
- 15 Our days are like the grass; \*  
we flourish like a flower of the field;
- 16 When the wind goes over it, it is gone, \*  
and its place shall know it no more.
- 17 But the merciful goodness of *Sophia* endures for ever  
on those who fear Her, \*  
and Her righteousness on children's children;
- 18 On those who keep Her covenant \*  
and remember Her commandments and do them.
- 19 *Sophia* has set Her throne in heaven, \*  
and Her rule has dominion over all.
- 20 Bless *Sophia*, you angels of Hers,  
you mighty ones who do Her bidding, \*  
and hearken to the voice of Her word.
- 21 Bless *Sophia*, all you Her hosts, \*  
you ministers of Hers who do her will.
- 22 Bless *Sophia*, all you works of Hers, in all places of Her dominion; \*  
bless *Sophia*, O my soul.

146 *Lauda, anima mea*

- 1 Hallelujah! Praise *Sophia*, O my soul! \*  
I will praise *Sophia* as long as I live;  
I will sing praises to my God while I have my being.
- 2 Put not your trust in rulers, nor in any child of earth, \*  
for there is no help in them.

- 3 When they breathe their last, they return to earth, \*  
and in that day their thoughts perish.
- 4 Happy are they who have the God of Israel for their help! \*  
whose hope is in *Sophia* their God;
- 5 Who made heaven and earth, the seas, and all that is in them; \*  
who keeps Her promise for ever;
- 6 Who gives justice to those who are oppressed, \*  
and food to those who hunger.
- 7 *Sophia* sets the prisoners free; *Sophia* opens the eyes of the blind; \*  
*Sophia* lifts up those who are bowed down;
- 8 *Sophia* loves the righteous; *Sophia* cares for the stranger; \*  
She sustains the orphan and widow,  
but frustrates the way of the wicked.
- 9 *Sophia* shall reign forever, \*  
your God, O Zion, throughout all generations.  
Hallelujah!