Ps 90: 11-12

God hath given his angels charge of thee, that they keep thee in all thy ways. Vs. In their hands they shall bear thee, lest perhaps thou knock thy foot against a stone.

TRACT • First Sunday of Lent, EF (Ps 90: 1-7, 11-16) He that dwelleth in the help of the Highest, shall abide in the protection of the God of heaven. 2. He shall say to the Lord: Thou art my protector, and my refuge, my God; I will hope in him. 3. Because he hath delivered me from the snare of the hunters, and from the sharp word. 4. With his shoulders shall he overshadow thee, and under his wings thou shalt hope. 5. With a shield shall his truth compass thee; thou shalt not be afraid of the fear in the night. 6. Of the arrow flying in the day, of the terror stalking in darkness, of destruction and the midday devil. 7. A thousand shall fall at thy side and ten thousand on thy right hand, but to thee it shall not approach. 8. Because he hath given his angels charge of thee, that they keep thee in all thy ways. 9. In their hands they shall bear thee, lest perhaps thou knock thy foot against a stone. 10. Upon the asp and the basilisk thou shalt walk, and thou shalt tread upon the lion and the dragon. 11. Because he hath hoped in me, I will deliver him; I will protect him because he hath known my name. 12. He shall cry to me and I will hear him; I am with him in his trouble. 13. I will deliver him and will glorify him; I will fill him with length of days and I will show him my salvation.

GRADUAL • First Sunday of Lent, EF (Ps 90: 11-12) God hath given his angels charge of thee, that they keep thee in all thy ways. Vs. In their hands they shall bear thee, lest perhaps thou knock thy foot against a stone.  

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3. Quóniam i-pse liberávit me de láque-o venánti-um et a verbo áspero.


5. Scuto circúmdabit te vé-ritas e-jus: non timébis a timóre noctúrno.

6. A sagíttá volánnte per diem, a négóti-o perambulánte in ténébris, a ru-í-na et daemónio meridi-áno.

7. Cadent a látere tuo mille, et decem mília a dextris tuis: tibi autem non appropinquábit.

8. Quóniam ángelis suis mandávit de te, ut custódiant te in ómnibus viis tuis.
9. In manibus portabunt te, ne umquam offendas ad lapidem pedem tuum.

10. Super aspidem et basiliscum ambulabis, et conculcabis le-ónem et dracónum.

11. Quóniam in me sperávit, liberábo eum: prótegam e-um, quóniam cognóvit nomen meum.

12. Invocábit me, et ego exáudiam e-um: cum i-pso sum in tribulati-ónem.


9. In their hands they shall bear thee up, lest thou dash thy foot against a stone.

10. Thou shalt walk upon the asp and the basilisk, and thou shalt trample under foot the lion and the dragon.

11. Because he hath hoped in Me, I will deliver him; I will protect him, because he hath known My name.

12. He shall call upon Me, and I will hear him: I am with him in tribulation.

13. I will deliver him, and I will glorify him; I will fill him with length of days, and I will show him My salvation.