



1 I love the Lord,  
  
for he has heard the voice of my supplication; □  
  
because he inclined his ear to me  
  
on the day I called to him.

2 The snares of death encompassed me;  
  
the pains of hell took hold of me; □  
  
by grief and sorrow was I held.

3 Then I called upon the name of the Lord: □  
  
'O Lord, I beg you, deliver my soul.'

4 Gracious is the Lord and righteous; □  
  
our God is full of compassion.

5 The Lord watches over the simple; □  
  
I was brought very low and he saved me.

6 Turn again to your rest, O my soul, □  
  
for the Lord has been gracious to you.

7 For you have delivered my soul from death, □  
  
my eyes from tears and my feet from falling.

8 I will walk before the Lord □  
  
in the land of the living.

9 I believed that I should perish  
  
for I was sorely troubled; □

and I said in my alarm,

‘Everyone is a liar.’

10 How shall I repay the Lord □

for all the benefits he has given to me?

11 I will lift up the cup of salvation □

and call upon the name of the Lord.

12 I will fulfil my vows to the Lord □

in the presence of all his people.

13 Precious in the sight of the Lord □

is the death of his faithful servants.

14 O Lord, I am your servant, □

your servant, the child of your handmaid;

you have freed me from my bonds.

15 I will offer to you a sacrifice of thanksgiving □

and call upon the name of the Lord.

16 I will fulfil my vows to the Lord □

in the presence of all his people,

17 In the courts of the house of the Lord, □

in the midst of you, O Jerusalem.

Alleluia.

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