Refrain: The Lord has chosen Zion for himself.

1 His foundation is on the holy mountains.

The Lord loves the gates of Zion more than all the dwellings of Jacob.

2 Glorious things are spoken of you, Zion, city of our God.

3 I record Egypt and Babylon as those who know me; behold Philistia, Tyre and Ethiopia: in Zion were they born.

4 And of Zion it shall be said, Each one was born in her, and the Most High himself has established her.

5 The Lord will record as he writes up the peoples, This one also was born there.

6 And as they dance they shall sing, All my fresh springs are in you.

Refrain: The Lord has chosen Zion for himself.

Lord, as you call us to your city founded on the rock of ages,

let the springs of living water rise within us to eternal life;

in Jesus Christ our Lord.