

Refrain: Keep me as the apple of your eye.

1 Whoever dwells in the shelter of the Most High □

and abides under the shadow of the Almighty,

2 Shall say to the Lord, 'My refuge and my stronghold, □

my God, in whom I put my trust.'

3 For he shall deliver you from the snare of the fowler □

and from the deadly pestilence.

4 He shall cover you with his wings

and you shall be safe under his feathers; □

his faithfulness shall be your shield and buckler. [R]

5 You shall not be afraid of any terror by night, □

nor of the arrow that flies by day;

6 Of the pestilence that stalks in darkness, □

nor of the sickness that destroys at noonday.

7 Though a thousand fall at your side

and ten thousand at your right hand, □

yet it shall not come near you.

8 Your eyes have only to behold □

to see the reward of the wicked. [R]

9 Because you have made the Lord your refuge □

and the Most High your stronghold,

10 There shall no evil happen to you, ☩

neither shall any plague come near your tent.

11 For he shall give his angels charge over you, ☩

to keep you in all your ways.

12 They shall bear you in their hands, ☩

lest you dash your foot against a stone.

13 You shall tread upon the lion and adder; ☩

the young lion and the serpent you shall trample underfoot. [R]

14 Because they have set their love upon me,

therefore will I deliver them; ☩

I will lift them up, because they know my name.

15 They will call upon me and I will answer them; ☩

I am with them in trouble,

I will deliver them and bring them to honour.

16 With long life will I satisfy them ☩

and show them my salvation.

Refrain: Keep me as the apple of your eye.

Keep us, good Lord,

under the shadow of your mercy

and, as you have bound us to yourself in love,

leave us not who call upon your name,

but grant us your salvation,

made known in the cross of Jesus Christ our Lord.

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