

Refrain: My help comes from the Lord.

1 O Lord, hear my prayer

and let my crying come before you.

2 Hide not your face from me \square

in the day of my distress.

3 Incline your ear to me;

when I call, make haste to answer me, [R]

4 For my days are consumed in smoke

and my bones burn away as in a furnace.

5 My heart is smitten down and withered like grass, D

so that I forget to eat my bread.

6 From the sound of my groaning

my bones cleave fast to my skin.

7 I am become like a vulture in the wilderness, D

like an owl that haunts the ruins.

8 I keep watch and am become like a sparrow

solitary upon the housetop.

9 My enemies revile me all the day long, D

and those who rage at me have sworn together against me.

10 I have eaten ashes for bread

and mingled my drink with weeping,

11 Because of your indignation and wrath,

for you have taken me up and cast me down.

12 My days fade away like a shadow,

and I am withered like grass. [R]

13 But you, O Lord, shall endure for ever

and your name through all generations.

14 You will arise and have pity on Zion;

it is time to have mercy upon her;

surely the time has come.

15 For your servants love her very stones

and feel compassion for her dust.

16 Then shall the nations fear your name, O Lord, D

and all the kings of the earth your glory,

17 When the Lord has built up Zion

and shown himself in glory;

18 When he has turned to the prayer of the destitute \Box

and has not despised their plea. [R]

19 This shall be written for those that come after,

and a people yet unborn shall praise the Lord.

20 For he has looked down from his holy height;

from the heavens he beheld the earth,

21 That he might hear the sighings of the prisoner \square

and set free those condemned to die;

22 That the name of the Lord may be proclaimed in Zion $\ \square$

and his praises in Jerusalem,

23 When peoples are gathered together \square

and kingdoms also, to serve the Lord. [R]

24 He has brought down my strength in my journey

and has shortened my days.

25 I pray, 'O my God, do not take me in the midst of my days;

your years endure throughout all generations.

26 'In the beginning you laid the foundations of the earth, $\ \square$

and the heavens are the work of your hands;

27 'They shall perish, but you will endure;

they all shall wear out like a garment.

28 'You change them like clothing, and they shall be changed; $\ \square$

but you are the same, and your years will not fail.

29 The children of your servants shall continue, $\ \square$

and their descendants shall be established in your sight.'

Refrain: My help comes from the Lord.

Have pity on our frailty, O God,

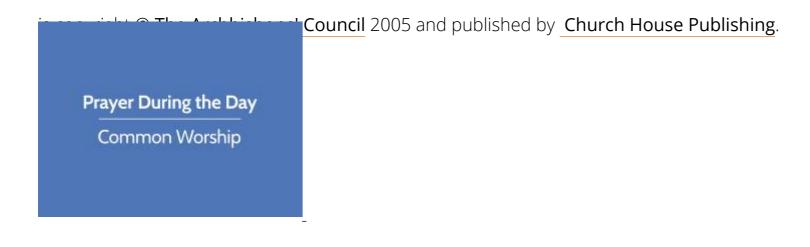
and in the hour of our death

cast us not away as clothing that is worn,

for you are our eternal refuge;

through Jesus Christ our Lord.

Common Worship: Daily Prayer, material from which is included here,



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