

1 O give thanks to the Lord, for he is gracious, □

for his steadfast love endures for ever.

2 Let the redeemed of the Lord say this, □

those he redeemed from the hand of the enemy,

3 And gathered out of the lands

from the east and from the west, □

from the north and from the south.

4 Some went astray in desert wastes □

and found no path to a city to dwell in.

5 Hungry and thirsty, □

their soul was fainting within them.

6 So they cried to the Lord in their trouble □

and he delivered them from their distress.

7 He set their feet on the right way □

till they came to a city to dwell in.

8 *Let them give thanks to the Lord for his goodness □*

and the wonders he does for his children.

9 *For he satisfies the longing soul □*

and fills the hungry soul with good.

10 Some sat in darkness and in the shadow of death, □

bound fast in misery and iron,

11 For they had rebelled against the words of God □

and despised the counsel of the Most High.

12 So he bowed down their heart with heaviness; □

they stumbled and there was none to help them.

13 Then they cried to the Lord in their trouble, □

and he delivered them from their distress.

14 He brought them out of darkness and out of the shadow of death, □

and broke their bonds asunder.

15 *Let them give thanks to the Lord for his goodness* □

and the wonders he does for his children.

16 *For he has broken the doors of bronze* □

and breaks the bars of iron in pieces.

17 Some were foolish and took a rebellious way, □

and were plagued because of their wrongdoing.

18 Their soul abhorred all manner of food □

and drew near to the gates of death.

19 Then they cried to the Lord in their trouble, □

and he delivered them from their distress.

20 He sent forth his word and healed them, □

and saved them from destruction.

21 *Let them give thanks to the Lord for his goodness* □

and the wonders he does for his children.

22 *Let them offer him sacrifices of thanksgiving* □

and tell of his acts with shouts of joy.

23 Those who go down to the sea in ships □

and ply their trade in great waters,

24 These have seen the works of the Lord □

and his wonders in the deep.

25 For at his word the stormy wind arose □

and lifted up the waves of the sea.

26 They were carried up to the heavens

and down again to the deep; □

their soul melted away in their peril.

27 They reeled and staggered like a drunkard □

and were at their wits' end.

28 Then they cried to the Lord in their trouble, □

and he brought them out of their distress.

29 He made the storm be still □

and the waves of the sea were calmed.

30 Then were they glad because they were at rest, □

and he brought them to the haven they desired.

31 *Let them give thanks to the Lord for his goodness* □

and the wonders he does for his children.

32 *Let them exalt him in the congregation of the people* □

and praise him in the council of the elders.

33 The Lord turns rivers into wilderness □

and water springs into thirsty ground;

34 A fruitful land he makes a salty waste, □

because of the wickedness of those who dwell there.

35 He makes the wilderness a pool of water □

and water springs out of a thirsty land.

36 There he settles the hungry □

and they build a city to dwell in.

37 They sow fields and plant vineyards □

and bring in a fruitful harvest.

38 He blesses them, so that they multiply greatly; □

he does not let their herds of cattle decrease.

39 He pours contempt on princes □

and makes them wander in trackless wastes.

40 They are diminished and brought low, □

through stress of misfortune and sorrow,

41 But he raises the poor from their misery □

and multiplies their families like flocks of sheep.

42 The upright will see this and rejoice, □

but all wickedness will shut its mouth.

43 Whoever is wise will ponder these things □

and consider the loving-kindness of the Lord.

O living Christ,

rescue us from foolish passion

and still the storms of our self-will;

and, as you are our anchor in this life,

so bring us to the haven you have prepared for us;

for your mercy's sake.

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