



1 Bless the Lord, O my soul, ☐

and all that is within me bless his holy name.

2 Bless the Lord, O my soul, ☐

and forget not all his benefits;

3 Who forgives all your sins ☐

and heals all your infirmities;

4 Who redeems your life from the Pit ☐

and crowns you with faithful love and compassion;

5 Who satisfies you with good things, ☐

so that your youth is renewed like an eagle's.

6 The Lord executes righteousness ☐

and judgement for all who are oppressed.

7 He made his ways known to Moses ☐

and his works to the children of Israel.

8 The Lord has established his throne in heaven, ☐

and his kingdom has dominion over all.

9 Bless the Lord, you angels of his, ☐

you mighty ones who do his bidding

and hearken to the voice of his word.

10 Bless the Lord, all you his hosts, ☐

you ministers of his who do his will.

11 Bless the Lord, all you works of his,

in all places of his dominion; ☩

bless the Lord, O my soul.

*Psalm 103.1-7,19-22*

*All* **Glory to the Father and to the Son**

**and to the Holy Spirit;**

**as it was in the beginning is now**

**and shall be for ever. Amen.**

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