

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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