Refrain:

All  Blessed are those who believe,

for what God has promised will be fulfilled.

1  My heart exults in the Lord; my strength is exalted in my God.

2  My mouth derides my enemies, because I rejoice in your salvation.

3  There is no Holy One like you, O Lord, nor any Rock like you, our God.

4  For you are a God of knowledge and by you our actions are weighed.

5  The bows of the mighty are broken, but the feeble gird on strength.

6  Those who were full now hire themselves out for bread, but those who were hungry are well fed.

7  The barren woman has borne sevenfold, but she who has many children is forlorn.

8  Both the poor and the rich are of your making; you bring low and you also exalt.

9  You raise up the poor from the dust, and lift the needy from the ash heap.

10 You make them sit with the rulers and inherit a place of honour.
11 For the pillars of the earth are yours and on them you have set the world.

1 Samuel 2.1,2,3b-5,7,8

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.

All Blessed are those who believe,

for what God has promised will be fulfilled.
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