

1 Lord, how many are my adversaries; □

many are they who rise up against me.

2 Many are they who say to my soul, □

'There is no help for you in your God.'

3 But you, Lord, are a shield about me; □

you are my glory, and the lifter up of my head.

4 When I cry aloud to the Lord, □

he will answer me from his holy hill;

5 I lie down and sleep and rise again, □

because the Lord sustains me.

6 I will not be afraid of hordes of the peoples □

that have set themselves against me all around.

7 Rise up, O Lord, and deliver me, O my God, □

for you strike all my enemies on the cheek

and break the teeth of the wicked.

8 Salvation belongs to the Lord: □

may your blessing be upon your people.

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