

1 In the Lord have I taken refuge; ☩

how then can you say to me,

‘Flee like a bird to the hills,

2 ‘For see how the wicked bend the bow

and fit their arrows to the string, ☩

to shoot from the shadows at the true of heart.

3 ‘When the foundations are destroyed, ☩

what can the righteous do?’

4 The Lord is in his holy temple; ☩

the Lord’s throne is in heaven.

5 His eyes behold, ☩

his eyelids try every mortal being.

6 The Lord tries the righteous as well as the wicked, ☩

but those who delight in violence his soul abhors.

7 Upon the wicked he shall rain coals of fire

and burning sulphur; ☩

scorching wind shall be their portion to drink.

8 For the Lord is righteous;

he loves righteous deeds, ☩

and those who are upright shall behold his face.



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