



1 I love you, O Lord my strength. □

The Lord is my crag, my fortress and my deliverer,

2 My God, my rock in whom I take refuge, □

my shield, the horn of my salvation and my stronghold.

3 I cried to the Lord in my anguish □

and I was saved from my enemies.

4 The cords of death entwined me □

and the torrents of destruction overwhelmed me.

5 The cords of the Pit fastened about me □

and the snares of death entangled me.

6 In my distress I called upon the Lord □

and cried out to my God for help.

7 He heard my voice in his temple □

and my cry came to his ears.

8 The earth trembled and quaked; □

the foundations of the mountains shook;

they reeled because he was angry.

9 Smoke rose from his nostrils

and a consuming fire went out of his mouth; □

burning coals blazed forth from him.

10 He parted the heavens and came down □

and thick darkness was under his feet.

11 He rode upon the cherubim and flew; □

he came flying on the wings of the wind.

12 He made darkness his covering round about him, □

dark waters and thick clouds his pavilion.

13 From the brightness of his presence, through the clouds □

burst hailstones and coals of fire.

14 The Lord also thundered out of heaven; □

the Most High uttered his voice

with hailstones and coals of fire.

15 He sent out his arrows and scattered them; □

he hurled down lightnings and put them to flight.

16 The springs of the ocean were seen,

and the foundations of the world uncovered □

at your rebuke, O Lord,

at the blast of the breath of your displeasure.

17 He reached down from on high and took me; □

he drew me out of the mighty waters.

18 He delivered me from my strong enemy, □

from foes that were too mighty for me.

19 They came upon me in the day of my trouble; □

but the Lord was my upholder.

20 He brought me out into a place of liberty; □

he rescued me because he delighted in me.

21 The Lord rewarded me after my righteous dealing; □

according to the cleanness of my hands he recompensed me,

22 Because I had kept the ways of the Lord □

and had not gone wickedly away from my God,

23 For I had an eye to all his laws, □

and did not cast out his commandments from me.

24 I was also wholehearted before him □

and kept myself from iniquity;

25 Therefore the Lord rewarded me

after my righteous dealing, □

and according to the cleanness of my hands in his sight.

26 With the faithful you show yourself faithful; □

with the true you show yourself true;

27 With the pure you show yourself pure, □

but with the crooked you show yourself perverse.

28 For you will save a lowly people □

and bring down the high looks of the proud.

29 You also shall light my candle; □

the Lord my God shall make my darkness to be bright.

30 By your help I shall run at an enemy host; □

with the help of my God I can leap over a wall.

31 As for God, his way is perfect;

the word of the Lord is tried in the fire; □

he is a shield to all who trust in him.

32 For who is God but the Lord, □

and who is the rock except our God?

33 It is God who girds me about with strength □

and makes my way perfect.

34 He makes my feet like hinds' feet □

so that I tread surely on the heights.

35 He teaches my hands to fight □

and my arms to bend a bow of bronze.

36 You have given me the shield of your salvation; □

your right hand upholds me

and your grace has made me great.

37 You enlarge my strides beneath me, □

yet my feet do not slide.

38 I will pursue my enemies and overtake them, □

nor turn again until I have destroyed them.

39 I will smite them down so they cannot rise; □

they shall fall beneath my feet.

40 You have girded me with strength for the battle; □

you will cast down my enemies under me;

41 You will make my foes turn their backs upon me □

and I shall destroy them that hate me.

42 They will cry out, but there shall be none to help them; □

they will cry to the Lord, but he will not answer.

43 I shall beat them as small as the dust on the wind; □

I will cast them out as the mire in the streets.

44 You will deliver me from the strife of the peoples; □

you will make me the head of the nations.

45 A people I have not known shall serve me;

as soon as they hear me, they shall obey me; □

strangers will humble themselves before me.

46 The foreign peoples will lose heart □

and come trembling out of their strongholds.

47 The Lord lives, and blessed be my rock! □

Praised be the God of my salvation,

48 Even the God who vindicates me □

and subdues the peoples under me!

49 You that deliver me from my enemies,

you will set me up above my foes; □

from the violent you will deliver me;

50 Therefore will I give you thanks, O Lord, among the nations □

and sing praises to your name,

51 To the one who gives great victory to his king □

and shows faithful love to his anointed,

to David and his seed for ever.

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