

1 To you, O Lord, I lift up my soul;

O my God, in you I trust; □

let me not be put to shame;

let not my enemies triumph over me.

2 Let none who look to you be put to shame, □

but let the treacherous be shamed and frustrated.

3 Make me to know your ways, O Lord, □

and teach me your paths.

4 Lead me in your truth and teach me, □

for you are the God of my salvation;

for you have I hoped all the day long.

5 Remember, Lord, your compassion and love, □

for they are from everlasting.

6 Remember not the sins of my youth

or my transgressions, □

but think on me in your goodness, O Lord,

according to your steadfast love.

7 Gracious and upright is the Lord; □

therefore shall he teach sinners in the way.

8 He will guide the humble in doing right □

and teach his way to the lowly.

9 All the paths of the Lord are mercy and truth □

to those who keep his covenant and his testimonies.

10 For your name's sake, O Lord, □

be merciful to my sin, for it is great.

11 Who are those who fear the Lord? □

Them will he teach in the way that they should choose.

12 Their soul shall dwell at ease □

and their offspring shall inherit the land.

13 The hidden purpose of the Lord is for those who fear him □

and he will show them his covenant.

14 My eyes are ever looking to the Lord, □

for he shall pluck my feet out of the net.

15 Turn to me and be gracious to me, □

for I am alone and brought very low.

16 The sorrows of my heart have increased; □

O bring me out of my distress.

17 Look upon my adversity and misery □

and forgive me all my sin.

18 Look upon my enemies, for they are many □

and they bear a violent hatred against me.

19 O keep my soul and deliver me; □

let me not be put to shame, for I have put my trust in you.

20 Let integrity and uprightness preserve me, □

for my hope has been in you.

21 Deliver Israel, O God, □

out of all his troubles.

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