

1 Happy the one whose transgression is forgiven, □

and whose sin is covered.

2 Happy the one to whom the Lord imputes no guilt, □

and in whose spirit there is no guile.

3 For I held my tongue; □

my bones wasted away

through my groaning all the day long.

4 Your hand was heavy upon me day and night; □

my moisture was dried up like the drought in summer.

5 Then I acknowledged my sin to you □

and my iniquity I did not hide.

6 I said, 'I will confess my transgressions to the Lord,' □

and you forgave the guilt of my sin.

7 Therefore let all the faithful make their prayers to you

in time of trouble; □

in the great water flood, it shall not reach them.

8 You are a place for me to hide in;

you preserve me from trouble; □

you surround me with songs of deliverance.

9 'I will instruct you and teach you

in the way that you should go; □

I will guide you with my eye.

10 'Be not like horse and mule which have no understanding; □

whose mouths must be held with bit and bridle,

or else they will not stay near you.'

11 Great tribulations remain for the wicked, □

but mercy embraces those who trust in the Lord.

12 Be glad, you righteous, and rejoice in the Lord; □

shout for joy, all who are true of heart.

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