

1 I waited patiently for the Lord;

he inclined to me and heard my cry.

2 He brought me out of the roaring pit,

out of the mire and clay;

he set my feet upon a rock and made my footing sure.

3 He has put a new song in my mouth,

a song of praise to our God;

many shall see and fear

and put their trust in the Lord.

4 Blessed is the one who trusts in the Lord,

who does not turn to the proud that follow a lie.

5 Great are the wonders you have done, O Lord my God.

How great your designs for us!

There is none that can be compared with you.

6 If I were to proclaim them and tell of them,

they would be more than I am able to express.

7 Sacrifice and offering you do not desire,

but my ears you have opened;

8 Burnt offering and sacrifice for sin you have not required;

then said I: Lo, I come.

9 In the scroll of the book it is written of me

10 I will say that I should do your will, O my God;

I delight to do it: your law is within my heart.

11 I have declared your righteousness in the great congregation;

behold, I did not restrain my lips,

and that, O Lord, you know.

12 Your righteousness I have not hidden in my heart;

I have spoken of your faithfulness and your salvation;

I have not concealed your loving-kindness and truth

from the great congregation.

13 Do not withhold your compassion from me, O Lord;

let your love and your faithfulness always preserve me,

14 For innumerable troubles have come about me;

my sins have overtaken me so that I cannot look up;

they are more in number than the hairs of my head,

and my heart fails me.

15 Be pleased, O Lord, to deliver me;

O Lord, make haste to help me.

16 Let them be ashamed and altogether dismayed

who seek after my life to destroy it;

let them be driven back and put to shame

who wish me evil.

17 Let those who heap insults upon me

be desolate because of their shame.

17 Let all who seek you rejoice in you and be glad;

let those who love your salvation say always,

The Lord is great.

18 Though I am poor and needy,

the Lord cares for me.

19 You are my helper and my deliverer;

O my God, make no delay.

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