



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

that I should do your will, O my God; □

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

10 I have declared your righteousness in the great congregation; □

behold, I did not restrain my lips,

and that, O Lord, you know.

11 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.

12 Do not withhold your compassion from me, O Lord; □

let your love and your faithfulness always preserve me,

13 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.

14 Be pleased, O Lord, to deliver me; □

O Lord, make haste to help me.

15 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.

16 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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