



1 Blessed are those who consider the poor and needy; □

the Lord will deliver them in the time of trouble.

2 The Lord preserves them and restores their life,

that they may be happy in the land; □

he will not hand them over to the will of their enemies.

3 The Lord sustains them on their sickbed; □

their sickness, Lord, you will remove.

4 And so I said, 'Lord, be merciful to me; □

heal me, for I have sinned against you.'

5 My enemies speak evil about me, □

asking when I shall die and my name perish.

6 If they come to see me, they utter empty words; □

their heart gathers mischief;

when they go out, they tell it abroad.

7 All my enemies whisper together against me, □

against me they devise evil,

8 Saying that a deadly thing has laid hold on me, □

and that I will not rise again from where I lie.

9 Even my bosom friend, whom I trusted,

who ate of my bread, □

has lifted up his heel against me.

10 But you, O Lord, be merciful to me ☩

and raise me up, that I may reward them.

11 By this I know that you favour me, ☩

that my enemy does not triumph over me.

12 Because of my integrity you uphold me ☩

and will set me before your face for ever.

13 Blessed be the Lord God of Israel, ☩

from everlasting to everlasting. Amen and Amen.

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