

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,

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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