

1 Have mercy on me, O God, for they trample over me; □

all day long they assault and oppress me.

2 My adversaries trample over me all the day long; □

many are they that make proud war against me.

3 In the day of my fear I put my trust in you, □

in God whose word I praise.

4 In God I trust, and will not fear, □

for what can flesh do to me?

5 All day long they wound me with words; □

their every thought is to do me evil.

6 They stir up trouble; they lie in wait; □

marking my steps, they seek my life.

7 Shall they escape for all their wickedness? □

In anger, O God, cast the peoples down.

8 You have counted up my groaning;

put my tears into your bottle; □

are they not written in your book?

9 Then shall my enemies turn back

on the day when I call upon you; □

this I know, for God is on my side.

10 In God whose word I praise,

in the Lord whose word I praise, □

in God I trust and will not fear:

what can flesh do to me?

11 To you, O God, will I fulfil my vows; □

to you will I present my offerings of thanks,

12 For you will deliver my soul from death

and my feet from falling, □

that I may walk before God in the light of the living.

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