

1 Alleluia.

Praise the Lord, O my soul:

while I live will I praise the Lord; □

as long as I have any being,

I will sing praises to my God.

2 Put not your trust in princes,

nor in any human power, □

for there is no help in them.

3 When their breath goes forth, they return to the earth; □

on that day all their thoughts perish.

4 Happy are those who have the God of Jacob for their help, □

whose hope is in the Lord their God;

5 Who made heaven and earth,

the sea and all that is in them; □

who keeps his promise for ever;

6 Who gives justice to those that suffer wrong □

and bread to those who hunger.

7 The Lord looses those that are bound; □

the Lord opens the eyes of the blind;

8 The Lord lifts up those who are bowed down; □

the Lord loves the righteous;

9 The Lord watches over the stranger in the land;

he upholds the orphan and widow; □

but the way of the wicked he turns upside down.

10 The Lord shall reign for ever, □

your God, O Zion, throughout all generations.

Alleluia.

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