1 Alleluia.
2 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.
3 Put not your trust in princes,
   nor in any human power,
   for there is no help in them.
4 When their breath goes forth, they return to the earth;
   on that day all their thoughts perish.
5 Happy are those who have the God of Jacob for their help,
   whose hope is in the Lord their God;
6 Who made heaven and earth,
   the sea and all that is in them;
   who keeps his promise for ever;
7 Who gives justice to those that suffer wrong
   and bread to those who hunger.
8 The Lord looses those that are bound;
   the Lord opens the eyes of the blind;
9 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.

Alleluia.

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