



1 Blessed be the Lord my rock, □

who teaches my hands for war and my fingers for battle;

2 My steadfast help and my fortress,

my stronghold and my deliverer,

my shield in whom I trust, □

who subdues the peoples under me.

3 O Lord, what are mortals that you should consider them; □

mere human beings, that you should take thought for them?

4 They are like a breath of wind; □

their days pass away like a shadow.

5 Bow your heavens, O Lord, and come down; □

touch the mountains and they shall smoke.

6 Cast down your lightnings and scatter them; □

shoot out your arrows and let thunder roar.

7 Reach down your hand from on high; □

deliver me and take me out of the great waters,

from the hand of foreign enemies,

8 Whose mouth speaks wickedness □

and their right hand is the hand of falsehood.

9 O God, I will sing to you a new song; □

I will play to you on a ten-stringed harp,

10 You that give salvation to kings □

and have delivered David your servant.

11 Save me from the peril of the sword □

and deliver me from the hand of foreign enemies,

12 Whose mouth speaks wickedness □

and whose right hand is the hand of falsehood;

13 So that our sons in their youth

may be like well-nurtured plants, □

and our daughters like pillars

carved for the corners of the temple;

14 Our barns be filled with all manner of store; □

our flocks bearing thousands,

and ten thousands in our fields;

15 Our cattle be heavy with young: □

may there be no miscarriage or untimely birth,

no cry of distress in our streets.

16 Happy are the people whose blessing this is. □

Happy are the people who have the Lord for their God.

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