



1 In you, O Lord, do I seek refuge; □

let me never be put to shame.

2 In your righteousness, deliver me and set me free; □

incline your ear to me and save me.

3 Be for me a stronghold to which I may ever resort; □

send out to save me, for you are my rock and my fortress.

4 Deliver me, my God, from the hand of the wicked, □

from the grasp of the evildoer and the oppressor.

5 For you are my hope, O Lord God, □

my confidence, even from my youth.

6 Upon you have I leaned from my birth,

when you drew me from my mother's womb; □

my praise shall be always of you.

7 I have become a portent to many, □

but you are my refuge and my strength.

8 Let my mouth be full of your praise □

and your glory all the day long.

9 Do not cast me away in the time of old age; □

forsake me not when my strength fails.

10 For my enemies are talking against me, □

and those who lie in wait for my life take counsel together.

11 They say, 'God has forsaken him;

pursue him and take him, □

because there is none to deliver him.'

12 O God, be not far from me; □

come quickly to help me, O my God.

13 Let those who are against me

be put to shame and disgrace; □

let those who seek to do me evil

be covered with scorn and reproach.

14 But as for me I will hope continually □

and will praise you more and more.

15 My mouth shall tell of your righteousness

and salvation all the day long, □

for I know no end of the telling.

16 I will begin with the mighty works of the Lord God; □

I will recall your righteousness, yours alone.

17 O God, you have taught me since I was young, □

and to this day I tell of your wonderful works.

18 Forsake me not, O God,

when I am old and grey-headed, □

till I make known your deeds to the next generation

and your power to all that are to come.

19 Your righteousness, O God, reaches to the heavens; □

in the great things you have done, who is like you, O God?

20 What troubles and adversities you have shown me, □

and yet you will turn and refresh me

and bring me from the deep of the earth again.

21 Increase my honour; □

turn again and comfort me.

22 Therefore will I praise you upon the harp

for your faithfulness, O my God; □

I will sing to you with the lyre, O Holy One of Israel.

23 My lips will sing out as I play to you, □

and so will my soul, which you have redeemed.

24 My tongue also will tell of your righteousness all the day long, □

for they shall be shamed and disgraced

who sought to do me evil.

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