1 His foundation is on the holy mountains.

The Lord loves the gates of Zion more than all the dwellings of Jacob.

2 Glorious things are spoken of you, Zion, city of our God.

3 I record Egypt and Babylon as those who know me; behold Philistia, Tyre and Ethiopia: in Zion were they born.

4 And of Zion it shall be said, Each one was born in her, and the Most High himself has established her.

5 The Lord will record as he writes up the peoples, This one also was born there.

6 And as they dance they shall sing, All my fresh springs are in you.

Common Worship: Services and Prayers for the Church of England, material from which is included here, is copyright © The Archbishops' Council 2000 and published by Church House Publishing.