

1 Bless the Lord, O my soul, □

and all that is within me bless his holy name.

2 Bless the Lord, O my soul, □

and forget not all his benefits;

3 Who forgives all your sins □

and heals all your infirmities;

4 Who redeems your life from the Pit □

and crowns you with faithful love and compassion;

5 Who satisfies you with good things, □

so that your youth is renewed like an eagle's.

6 The Lord executes righteousness □

and judgement for all who are oppressed.

7 He made his ways known to Moses □

and his works to the children of Israel.

8 The Lord is full of compassion and mercy, □

slow to anger and of great kindness.

9 He will not always accuse us, □

neither will he keep his anger for ever.

10 He has not dealt with us according to our sins, □

nor rewarded us according to our wickedness.

11 For as the heavens are high above the earth, □

so great is his mercy upon those who fear him.

12 As far as the east is from the west, □

so far has he set our sins from us.

13 As a father has compassion on his children, □

so is the Lord merciful towards those who fear him.

14 For he knows of what we are made; □

he remembers that we are but dust.

15 Our days are but as grass; □

we flourish as a flower of the field;

16 For as soon as the wind goes over it, it is gone, □

and its place shall know it no more.

17 But the merciful goodness of the Lord is from of old

and endures for ever on those who fear him, □

and his righteousness on children's children;

18 On those who keep his covenant □

and remember his commandments to do them.

19 The Lord has established his throne in heaven, □

and his kingdom has dominion over all.

20 Bless the Lord, you angels of his, □

you mighty ones who do his bidding

and hearken to the voice of his word.

21 Bless the Lord, all you his hosts, □

you ministers of his who do his will.

22 Bless the Lord, all you works of his,

in all places of his dominion; □

bless the Lord, O my soul.

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