

1	Unless the Lord builds the house,
those who build it labour in vain.	
2	Unless the Lord keeps the city,
the guard keeps watch in vain.	
3	It is in vain that you hasten to rise up early
	and go so late to rest, eating the bread of toil, □
for he gives his beloved sleep.	
4	Children are a heritage from the Lord
and the fruit of the womb is his gift.	
5	Like arrows in the hand of a warrior, □
so are the children of one's youth.	
6	Happy are those who have their quiver full of them: □
they shall not be put to shame	
,	when they dispute with their enemies in the gate.
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