1 If the Lord himself had not been on our side, now may Israel say;

2 If the Lord had not been on our side, when enemies rose up against us;

3 Then would they have swallowed us alive when their anger burned against us;

4 Then would the waters have overwhelmed us and the torrent gone over our soul;

5 But blessed be the Lord who has not given us over to be a prey for their teeth.

6 Our soul has escaped as a bird from the snare of the fowler; the snare is broken and we are delivered.

7 Our help is in the name of the Lord, who has made heaven and earth.

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