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;

over our soul would have swept the raging waters.

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.

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.
Related Resources

Texts and Resources for A Service of the Word

Main Volume

Buy the Book

Common Worship: Main Volume is available from Church House Publishing.

Download the Reflections on the Psalms app

Source URL: https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/common-material/psalter/psalm-124