

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.

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