

Refrain: You, Lord, are a shield about me.

1 Lord, how many are my adversaries; □

many are they who rise up against me.

2 Many are they who say to my soul, □

'There is no help for you in your God.' [R]

3 But you, Lord, are a shield about me; □

you are my glory, and the lifter up of my head.

4 When I cry aloud to the Lord, □

he will answer me from his holy hill;

5 I lie down and sleep and rise again, □

because the Lord sustains me.

6 I will not be afraid of hordes of the peoples □

that have set themselves against me all around. [R]

7 Rise up, O Lord, and deliver me, O my God, □

for you strike all my enemies on the cheek

and break the teeth of the wicked.

8 Salvation belongs to the Lord: □

may your blessing be upon your people.

Refrain: You, Lord, are a shield about me.

Shield us, Lord, from all evil,

and lift us from apathy and despair,

that even when we are terrified,

we may trust your power to save;

through Jesus Christ our Lord.

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