

Refrain: The Lord's throne is in heaven.

1 In the Lord have I taken refuge; □

how then can you say to me,

'Flee like a bird to the hills,

2 'For see how the wicked bend the bow

and fit their arrows to the string, □

to shoot from the shadows at the true of heart.

3 'When the foundations are destroyed, □

what can the righteous do?' [R]

4 The Lord is in his holy temple; □

the Lord's throne is in heaven.

5 His eyes behold, □

his eyelids try every mortal being.

6 The Lord tries the righteous as well as the wicked, □

but those who delight in violence his soul abhors.

7 Upon the wicked he shall rain coals of fire

and burning sulphur; □

scorching wind shall be their portion to drink.

8 For the Lord is righteous;

he loves righteous deeds, □

and those who are upright shall behold his face.

Refrain: The Lord's throne is in heaven.

God of heaven,

when the foundations are shaken

and there is no escape,

test us, but not to destruction,

look on the face of your anointed

and heal us in Jesus Christ your Son.

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