1  To you, O Lord, I lift up my soul; O my God, in you I trust;  
let me not be put to shame;  
let not my enemies triumph over me.

2  Let none who look to you be put to shame,  
but let the treacherous be shamed and frustrated.

3  Make me to know your ways, O Lord,  
and teach me your paths.

4  Lead me in your truth and teach me,  
for you are the God of my salvation;  
for you have I hoped all the day long.

5  Remember, Lord, your compassion and love,  
for they are from everlasting. [R]

6  Remember not the sins of my youth  
or my transgressions,  
but think on me in your goodness, O Lord,  
according to your steadfast love.

7  Gracious and upright is the Lord;  
therefore shall he teach sinners in the way.

8  He will guide the humble in doing right
and teach his way to the lowly.

9 All the paths of the Lord are mercy and truth to those who keep his covenant and his testimonies. [R]

10 For your name's sake, O Lord, be merciful to my sin, for it is great.

11 Who are those who fear the Lord? Them will he teach in the way that they should choose.

12 Their soul shall dwell at ease and their offspring shall inherit the land.

13 The hidden purpose of the Lord is for those who fear him and he will show them his covenant.

14 My eyes are ever looking to the Lord, for he shall pluck my feet out of the net. [R]

15 Turn to me and be gracious to me, for I am alone and brought very low.

16 The sorrows of my heart have increased; O bring me out of my distress.

17 Look upon my adversity and misery and forgive me all my sin.

18 Look upon my enemies, for they are many and they bear a violent hatred against me.

19 O keep my soul and deliver me;
let me not be put to shame, for I have put my trust in you.

20 Let integrity and uprightness preserve me, for my hope has been in you.

21 Deliver Israel, O God, out of all his troubles.

Refrain: Remember, Lord, your compassion and love.

Free us, God of mercy, from all that keeps us from you;
relieve the misery of the anxious and the ashamed
and fill us with the hope of peace;
through Jesus Christ our Lord.

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