

Refrain: The Lord is my light and my salvation.

1 The Lord is my light and my salvation;

whom then shall I fear? □

The Lord is the strength of my life;

of whom then shall I be afraid?

2 When the wicked, even my enemies and my foes,

came upon me to eat up my flesh, □

they stumbled and fell.

3 Though a host encamp against me,

my heart shall not be afraid, □

and though there rise up war against me,

yet will I put my trust in him.

4 One thing have I asked of the Lord

and that alone I seek: □

that I may dwell in the house of the Lord

all the days of my life,

5 To behold the fair beauty of the Lord □

and to seek his will in his temple.

6 For in the day of trouble

he shall hide me in his shelter; □

in the secret place of his dwelling shall he hide me

and set me high upon a rock.

7 And now shall he lift up my head □

above my enemies round about me;

8 Therefore will I offer in his dwelling an oblation

with great gladness; □

I will sing and make music to the Lord. [*R*]

9 Hear my voice, O Lord, when I call; □

have mercy upon me and answer me.

10 My heart tells of your word, 'Seek my face.' □

Your face, Lord, will I seek.

11 Hide not your face from me, □

nor cast your servant away in displeasure.

12 You have been my helper; □

leave me not, neither forsake me, O God of my salvation.

13 Though my father and my mother forsake me, □

the Lord will take me up.

14 Teach me your way, O Lord; □

lead me on a level path,

because of those who lie in wait for me.

15 Deliver me not into the will of my adversaries, □

for false witnesses have risen up against me,

and those who breathe out violence.

16 I believe that I shall see the goodness of the Lord ☩

in the land of the living.

17 Wait for the Lord;

be strong and he shall comfort your heart; ☩

wait patiently for the Lord.

Refrain: The Lord is my light and my salvation.

God, our light and our salvation,

illuminate our lives,

that we may see your goodness in the land of the living,

and, looking on your beauty,

may be changed into the likeness of Jesus Christ our Lord.

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