

*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 <sup>□</sup>

in the land of the living.

17 Wait for the Lord;

be strong and he shall comfort your heart; <sup>□</sup>

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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