Refrain: Show me, O Lord, the way that I should walk in.

1 Hear my prayer, O Lord, and in your faithfulness give ear to my supplications; answer me in your righteousness.

2 Enter not into judgement with your servant, for in your sight shall no one living be justified.

3 For the enemy has pursued me, crushing my life to the ground, making me sit in darkness like those long dead.

4 My spirit faints within me; my heart within me is desolate. [R]

5 I remember the time past; I muse upon all your deeds; I consider the works of your hands.

6 I stretch out my hands to you; my soul gasps for you like a thirsty land.

7 O Lord, make haste to answer me; my spirit fails me; hide not your face from me lest I be like those who go down to the Pit.

8 Let me hear of your loving-kindness in the morning, for in you I put my trust; show me the way I should walk in,
for I lift up my soul to you. [R]

9 Å Å Å Deliver me, O Lord, from my enemies, Å Å Å

for I flee to you for refuge.

10 Å Å Teach me to do what pleases you, for you are my God, Å Å Å

let your kindly spirit lead me on a level path.

11 Å Å Revive me, O Lord, for your name’s sake, Å Å Å

for your righteousness’ sake, bring me out of trouble.

12 Å Å In your faithfulness, slay my enemies,

and destroy all the adversaries of my soul, Å Å Å

for truly I am your servant.

Refrain: Å Å Å Show me, O Lord, the way that I should walk in.

Jesus, our companion,

when we are driven to despair,

help us, through the friends and strangers

Å Å Å we encounter on our path,

to know you as our refuge,

our way, our truth and our life.

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