

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 Deliver me, O Lord, from my enemies, □

for I flee to you for refuge.

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

let your kindly spirit lead me on a level path.

11 Revive me, O Lord, for your name's sake; □

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

12 In your faithfulness, slay my enemies,

and destroy all the adversaries of my soul, □

for truly I am your servant.

Refrain: 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

we encounter on our path,

to know you as our refuge,

our way, our truth and our life.

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