



*Refrain: The Lord is my strength and my shield.*

1 To you I call, O Lord my rock;

be not deaf to my cry, □

lest, if you do not hear me,

I become like those who go down to the Pit.

2 Hear the voice of my prayer when I cry out to you, □

when I lift up my hands to your holy of holies. *[R]*

3 Do not snatch me away with the wicked,

with the evildoers, □

who speak peaceably with their neighbours,

while malice is in their hearts.

4 Repay them according to their deeds □

and according to the wickedness of their devices. *[R]*

5 Reward them according to the work of their hands □

and pay them their just deserts.

6 They take no heed of the Lord's doings,

nor of the works of his hands; □

therefore shall he break them down

and not build them up. *[R]*

7 Blessed be the Lord, □

for he has heard the voice of my prayer.

8 The Lord is my strength and my shield; □

my heart has trusted in him and I am helped;

9 Therefore my heart dances for joy □

and in my song will I praise him. [R]

10 The Lord is the strength of his people, □

a safe refuge for his anointed.

11 Save your people and bless your inheritance; □

shepherd them and carry them for ever.

*Refrain: The Lord is my strength and my shield.*

*Hear us, Shepherd of your people,*

*forgive us our sins*

*and, in a world of pretences,*

*make us true in heart and mind;*

*through Jesus Christ our Lord.*

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