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Refrain:Â Â Â Â Bring my soul out of prison,

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that I may give thanks to your name.

1Â Â Â Â I cry aloud to the Lord;Â Â â□!

to the Lord I make my supplication.

2Â Â Â Â I pour out my complaint before himÂ Â â□!

and tell him of my trouble.

3Â Â Â Â When my spirit faints within me, you know my path;Â Â â□!

in the way wherein I walk have they laid a snare for me.

4Â Â Â Â I look to my right hand, and find no one who knows me;Â Â â□!

I have no place to flee to, and no one cares for my soul. [R]

5Â Â Â Â I cry out to you, O Lord, and say:Â Â â□!

â□□You are my refuge, my portion in the land of the living.

6Â Â Â Â â□□Listen to my cry, for I am brought very low;Â Â â□!

save me from my persecutors, for they are too strong for me.

7Â Â Â Â â□□Bring my soul out of prison,

that I may give thanks to your name;Â Â â□!

when you have dealt bountifully with me,

then shall the righteous gather around me.â□□

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Refrain: Bring my soul out of prison,

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that I may give thanks to your name.

God of compassion,

you regard the forsaken

and give hope to the crushed in spirit;

hear those who cry to you in distress

and bring your ransomed people to sing your glorious praise,

now and for ever.

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