Refrain: Be glad, you righteous, and rejoice in the Lord.

1 Happy the one whose transgression is forgiven, and whose sin is covered.

2 Happy the one to whom the Lord imputes no guilt, and in whose spirit there is no guile.

3 For I held my tongue; my bones wasted away through my groaning all the day long.

4 Your hand was heavy upon me day and night; my moisture was dried up like the drought in summer.

5 Then I acknowledged my sin to you and my iniquity I did not hide.

6 I said, I will confess my transgressions to the Lord, and you forgave the guilt of my sin.

7 Therefore let all the faithful make their prayers to you in time of trouble; in the great water flood, it shall not reach them.

8 You are a place for me to hide in; you preserve me from trouble; you surround me with songs of deliverance.

9 I will instruct you and teach you
in the way that you should go;

I will guide you with my eye.

10 Be not like horse and mule which have no understanding,

whose mouths must be held with bit and bridle,

or else they will not stay near you.

11 Great tribulations remain for the wicked,

but mercy embraces those who trust in the Lord.

12 Be glad, you righteous, and rejoice in the Lord;

shout for joy, all who are true of heart.

Refrain: Be glad, you righteous, and rejoice in the Lord.

Give us honest hearts, O God,

and send your kindly Spirit
to help us confess our sins
and bring us the peace of your forgiveness;
in Jesus Christ our Lord.

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