Refrain: O taste and see that the Lord is gracious.

1 I will bless the Lord at all times; his praise shall ever be in my mouth.

2 My soul shall glory in the Lord; let the humble hear and be glad.

3 O magnify the Lord with me; let us exalt his name together.

4 I sought the Lord and he answered me and delivered me from all my fears.

5 Look upon him and be radiant and your faces shall not be ashamed. [R]

6 This poor soul cried, and the Lord heard me and saved me from all my troubles.

7 The angel of the Lord encamps around those who fear him and delivers them.

8 O taste and see that the Lord is gracious; blessed is the one who trusts in him.

9 Fear the Lord, all you his holy ones, for those who fear him lack nothing.

10 Lions may lack and suffer hunger, but those who seek the Lord
lack nothing that is good. [R]

11 Come, my children, and listen to me; I will teach you the fear of the Lord.

12 Who is there who delights in life and longs for days to enjoy good things?

13 Keep your tongue from evil and your lips from lying words.

14 Turn from evil and do good; seek peace and pursue it. [R]

15 The eyes of the Lord are upon the righteous and his ears are open to their cry.

16 The face of the Lord is against those who do evil to root out the remembrance of them from the earth.

17 The righteous cry and the Lord hears them and delivers them out of all their troubles.

18 The Lord is near to the brokenhearted and will save those who are crushed in spirit. [R]

19 Many are the troubles of the righteous; from them all will the Lord deliver them.

20 He keeps all their bones so that not one of them is broken.

21 But evil shall slay the wicked
and those who hate the righteous will be condemned.

22 The Lord ransoms the life of his servants
and will condemn none who seek refuge in him.

Refrain: O taste and see that the Lord is gracious.

Send your holy angels
to watch over us, O God,

that on our lips will be found your truth

and in our hearts your love;

so we may ever taste your goodness

in the land of the living;

through Jesus Christ our Lord.

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