Refrain: Great are the wonders you have done, O Lord my God.

1 I waited patiently for the Lord; he inclined to me and heard my cry.

2 He brought me out of the roaring pit, out of the mire and clay; he set my feet upon a rock and made my footing sure.

3 He has put a new song in my mouth, a song of praise to our God; many shall see and fear and put their trust in the Lord.

4 Blessed is the one who trusts in the Lord, who does not turn to the proud that follow a lie.

5 Great are the wonders you have done, O Lord my God. How great your designs for us! There is none that can be compared with you.

6 If I were to proclaim them and tell of them they would be more than I am able to express. [R]

7 Sacrifice and offering you do not desire, but my ears you have opened;

8 Burnt offering and sacrifice for sin you have not required, then said I: Lo, I come.
In the scroll of the book it is written of me
that I should do your will, O my God.

I delight to do it: your law is within my heart.

I have declared your righteousness in the great congregation;
behold, I did not restrain my lips,
and that, O Lord, you know.

Your righteousness I have not hidden in my heart;
I have spoken of your faithfulness and your salvation;
I have not concealed your loving-kindness and truth from the great congregation. [R]

Do not withhold your compassion from me, O Lord;
let your love and your faithfulness always preserve me,

For innumerable troubles have come about me;
my sins have overtaken me so that I cannot look up;
they are more in number than the hairs of my head,
and my heart fails me.

Be pleased, O Lord, to deliver me;
O Lord, make haste to help me.

Let them be ashamed and altogether dismayed who seek after my life to destroy it;
let them be driven back and put to shame who wish me evil.
16 Let those who heap insults upon me be desolate because of their shame. [R]

17 Let all who seek you rejoice in you and be glad; let those who love your salvation say always, The Lord is great.

18 Though I am poor and needy, the Lord cares for me.

19 You are my helper and my deliverer; O my God, make no delay.

Refrain: Great are the wonders you have done, O Lord my God.

Free us from our sins, O God, and may our sacrifices be of praise to the glory of your Son, our Redeemer, Jesus Christ.

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