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; but my ears you have opened;
8 Burnt offering and sacrifice for sin you have not required; then said I: Lo, I come.
9 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.

10 I have declared your righteousness in the great congregation;

behold, I did not restrain my lips,

and that, O Lord, you know.

11 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]

12 Do not withhold your compassion from me, O Lord;

let your love and your faithfulness always preserve me,

13 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.

14 Be pleased, O Lord, to deliver me;

O Lord, make haste to help me.

15 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.
Let those who heap insults upon me be desolate because of their shame. [R]

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

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

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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