

Refrain: Our help is in the name of the Lord.

1 If the Lord himself had not been on our side, □

now may Israel say;

2 If the Lord had not been on our side, □

when enemies rose up against us;

3 Then would they have swallowed us alive □

when their anger burned against us;

4 Then would the waters have overwhelmed us

and the torrent gone over our soul; □

over our soul would have swept the raging waters. [R]

5 But blessed be the Lord □

who has not given us over to be a prey for their teeth.

6 Our soul has escaped

as a bird from the snare of the fowler; □

the snare is broken and we are delivered.

7 Our help is in the name of the Lord, □

who has made heaven and earth.

Refrain: Our help is in the name of the Lord.

O God, maker of heaven and earth,

you save us in the water of baptism

and by the suffering of your Son you set us free;

help us to put our trust in his victory

and to know the salvation won for us

by Jesus Christ our Lord.

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