

Refrain: The Lord shall keep watch over your going out

and your coming in.

1 Unless the Lord builds the house, □

those who build it labour in vain.

2 Unless the Lord keeps the city, □

the guard keeps watch in vain.

3 It is in vain that you hasten to rise up early

and go so late to rest, eating the bread of toil, □

for he gives his beloved sleep. [R]

4 Children are a heritage from the Lord □

and the fruit of the womb is his gift.

5 Like arrows in the hand of a warrior, □

so are the children of one's youth.

6 Happy are those who have their quiver full of them: □

they shall not be put to shame

when they dispute with their enemies in the gate.

Refrain: The Lord shall keep watch over your going out

and your coming in.

Lord, you are ever watchful

and bless us with your gifts;

as you provide for all our needs,

so help us to build only what pleases you;

through Jesus Christ our Lord.

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