

Refrain: The Lord ransoms the life of his servants.

1 'Many a time have they fought against me from my youth,' □

may Israel now say;

2 'Many a time have they fought against me from my youth, □

but they have not prevailed against me.'

3 The ploughers ploughed upon my back □

and made their furrows long.

4 But the righteous Lord □

has cut the cords of the wicked in pieces. [R]

5 Let them be put to shame and turned backwards, □

as many as are enemies of Zion.

6 Let them be like grass upon the housetops, □

which withers before it can grow,

7 So that no reaper can fill his hand, □

nor a binder of sheaves his bosom;

8 And none who go by may say,

'The blessing of the Lord be upon you. □

We bless you in the name of the Lord.'

Refrain: The Lord ransoms the life of his servants.

Jesus our redeemer,

you bore the cut of the lash

for us and our salvation;

help us to bear our sufferings

and to share in the affliction

of all who suffer for your holy name.

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