

*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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