



1 Be merciful to me, O God, be merciful to me, □

for my soul takes refuge in you;

2 In the shadow of your wings will I take refuge □

until the storm of destruction has passed by.

3 I will call upon the Most High God, □

the God who fulfils his purpose for me.

4 He will send from heaven and save me

and rebuke those that would trample upon me; □

God will send forth his love and his faithfulness.

5 I lie in the midst of lions, □

people whose teeth are spears and arrows,

and their tongue a sharp sword.

6 *Be exalted, O God, above the heavens, □*

*and your glory over all the earth.*

7 They have laid a net for my feet;

my soul is pressed down; □

they have dug a pit before me

and will fall into it themselves.

8 My heart is ready, O God, my heart is ready; □

I will sing and give you praise.

9 Awake, my soul; awake, harp and lyre, □

that I may awaken the dawn.

10 I will give you thanks, O Lord, among the peoples; □

I will sing praise to you among the nations.

11 For your loving-kindness is as high as the heavens, ☩

and your faithfulness reaches to the clouds.

12 *Be exalted, O God, above the heavens, ☩*

*and your glory over all the earth.*

*Tender God,*

*gentle protector in time of trouble,*

*pierce the gloom of despair*

*and give us, with all your people,*

*the song of freedom and the shout of praise;*

*in Jesus Christ our Lord.*

Common Worship: Daily Prayer, material from which is included here,

is copyright © [The Archbishops' Council](#) 2005 and published by [Church House Publishing](#).

[Copy to clipboard](#)

Prayer During the Day  
Common Worship

[Join us in Daily Prayer](#)



[Buy the Book](#)

[Daily Prayer is available from Church House Publishing](#)

**Download the Reflections on the Psalms app**



---

**Source URL:** <https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/daily-prayer/psalter/psalm-57>