Refrain: In the Lord God have I made my refuge.

1 Truly, God is loving to Israel, to those who are pure in heart.

2 Nevertheless, my feet were almost gone; my steps had well-nigh slipped.

3 For I was envious of the proud; I saw the wicked in such prosperity;

4 For they suffer no pains and their bodies are sleek and sound;

5 They come to no misfortune like other folk; nor are they plagued as others are;

6 Therefore pride is their necklace and violence wraps them like a cloak.

7 Their iniquity comes from within; the conceits of their hearts overflow. [R]

8 They scoff, and speak only of evil; they talk of oppression from on high.

9 They set their mouth against the heavens; and their tongue ranges round the earth;

10 And so the people turn to them and find in them no fault.
11 "They say, ‘How should God know?"

12 Behold, these are the wicked; ever at ease, they increase their wealth.

13 Is it in vain that I cleansed my heart and washed my hands in innocence?

14 All day long have I been stricken and chastened every morning.

15 If I had said, ‘I will speak as they do,’ I should have betrayed the generation of your children.

16 Then thought I to understand this, but it was too hard for me,

17 Until I entered the sanctuary of God and understood the end of the wicked:

18 How you set them in slippery places, you cast them down to destruction.

19 How suddenly do they come to destruction, perish and come to a fearful end!

20 As with a dream when one awakes, so, Lord, when you arise you will despise their image.

21 When my heart became embittered and I was pierced to the quick,
22 I was but foolish and ignorant; I was like a brute beast in your presence. [R]

23 Yet I am always with you; you hold me by my right hand.

24 You will guide me with your counsel and afterwards receive me with glory.

25 Whom have I in heaven but you? And there is nothing upon earth that I desire in comparison with you.

26 Though my flesh and my heart fail me, God is the strength of my heart and my portion for ever.

27 Truly, those who forsake you will perish; you will put to silence the faithless who betray you.

28 But it is good for me to draw near to God; in the Lord God have I made my refuge, that I may tell of all your works.

Refrain: In the Lord God have I made my refuge.

Holy God,

may we find wisdom in your presence

and set our hope not on uncertain riches

but on the love that holds us to the end;

in Jesus Christ our Lord.