

Psalm 146

1 Alleluia.

Praise the Lord, O my soul:
while I live will I praise the Lord;
as long as I have any being,
I will sing praises to my God.

2 Put not your trust in princes,
nor in any human power,
for there is no help in them.

3 When their breath goes forth, they return to the earth;
on that day all their thoughts perish.

4 Happy are those who have the God of Jacob for their help,
whose hope is in the Lord their God;

5 Who made heaven and earth,
the sea and all that is in them;
who keeps his promise for ever;

6 Who gives justice to those that suffer wrong
and bread to those who hunger.

7 The Lord looses those that are bound;
the Lord opens the eyes of the blind;

8 The Lord lifts up those who are bowed down;
the Lord loves the righteous;

9 The Lord watches over the stranger in the land;
he upholds the orphan and widow;
but the way of the wicked he turns upside down.

10 The Lord shall reign for ever,
your God, O Zion, throughout all generations.

Alleluia.

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