

*Bless the Lord, O my soul,
let all that is within me bless His holy name.*

For You are my glory, my Saviour and Shield,
deliver me from my distress. And raise me higher
than heaven from earth, in Your goodness rescue my life.

A Father of tender compassionate love,
You take all my sins away.
And hurl them farther than east is from west,
where You hold their mem'ry no more.

For You are my Shepherd Who keeps me from need,
Sustainer of all that I am.
And in Your merciful love, like an eagle in spring,
my youth You renew.