

**5** I am smitten as grass, and my heart is withered: because I forgot to eat my bread.

**6** Through the voice of my groaning, my bone hath cleaved to my flesh.

**7** I am become like to a pelican of the wilderness: I am like a night raven in the house.

**8** I have watched, and am become as a sparrow all alone on the housetop.

**9** All the day long my enemies reproached me: and they that praised me did swear against me.

**10** For I did eat ashes like bread, and mingled my drink with weeping.

**11** Because of thy anger and indignation: for having lifted me up thou hast thrown me down.

**12** My days have declined like a shadow, and I am withered like grass.

**13** But thou, O Lord, endurest for ever: and thy memorial to all generations.

**14** Thou shalt arise and have mercy on Sion: for it is time to have mercy on it, for the time is come.

**15** For the stones thereof have pleased thy servants: and they shall have pity on the earth thereof.

**16** All the Gentiles shall fear thy name, O Lord, and all the kings of the earth thy glory.

**17** For the Lord hath built up Sion: and he shall be seen in his glory.

**18** He hath had regard to the prayer of the humble: and he hath not despised their petition.

**19** Let these things be written unto another generation: and the people that shall be created shall praise the Lord:

**20** Because he hath looked forth from his high sanctuary: from heaven the Lord hath looked upon the earth.

**21** That he might hear the groans of them that are in fetters: that he might release the children of the slain:

**22** That they may declare the name of the Lord in Sion: and his praise in Jerusalem;

**23** When the people assemble together, and kings, to serve the Lord.

**24** He answered him in the way of his strength: Declare unto me the fewness of my days.

**25** Call me not away in the midst of my days: thy years are unto generation and generation.

**26** In the beginning, O Lord, thou foundedst the earth: and the heavens are the works of thy hands.

**27** They shall perish but thou remainest: and all of them shall grow old like a garment: And as a vesture thou shalt change them, and they shall be changed.

**28** But thou art always the selfsame, and thy years shall not fail.

**29** The children of thy servants shall continue and their seed shall be directed for ever.

## Chapter 102

For David himself. Bless the Lord, O my soul: and let all that is within me bless his holy name.

**2** Bless the Lord, O my soul, and never forget all he hath done for thee.

**3** Who forgiveth all thy iniquities: who healeth all thy diseases.

**4** Who redeemeth thy life from destruction: who crowneth thee with mercy and compassion.

**5** Who satisfieth thy desire with good things: thy youth shall be renewed like the eagle's.

**6** The Lord doth mercies, and judgment for all that suffer wrong.

**7** He hath made his ways known to Moses: his wills to the children of Israel.

**8** The Lord is compassionate and merciful: longsuffering and plenteous in mercy.

**9** He will not always be angry: nor will he threaten for ever.

**10** He hath not dealt with us according to our sins: nor rewarded us according to our iniquities.

**11** For according to the height of the heaven above the earth: he hath strengthened his mercy towards them that fear him.

**12** As far as the east is from the west, so far hath he removed our iniquities from us.

**13** As a father hath compassion on his children, so hath the Lord compassion on them that fear him:

**14** For he knoweth our frame. He remembereth that we are dust:

**15** Man's days are as grass, as the flower of the field so shall he flourish.

**16** For the spirit shall pass in him, and he shall not be: and he shall know his place no more.

**17** But the mercy of the Lord is from eternity and unto eternity upon them that fear him: And his justice unto children's children,

**18** To such as keep his covenant, And are mindful of his commandments to do them.

**19** The lord hath prepared his throne in heaven: and his kingdom shall rule over all.

**20** Bless the Lord, all ye his angels: you that are mighty in strength, and execute his word, hearkening to the voice of his orders.

**21** Bless the Lord, all ye his hosts: you ministers of his that do his will.

**22** Bless the Lord, all his works: in every place of his dominion, O my soul, bless thou the Lord.

## Chapter 103

For David himself. Bless the Lord, O my soul: O Lord my God, thou art exceedingly great. Thou hast put on praise and beauty:

**2** And art clothed with light as with a garment. Who stretchest out the heaven like a pavilion:

**3** Who coverest the higher rooms thereof with water. Who makest the clouds thy chariot: who walkest upon the wings of the winds.

**4** Who makest thy angels spirits: and thy ministers a burning fire.

**5** Who hast founded the earth upon its own bases: it shall not be moved for ever and ever.

**6** The deep like a garment is its clothing: above the mountains shall the waters stand.

**7** At thy rebuke they shall flee: at the voice of thy thunder they shall fear.

**8** The mountains ascend, and the plains descend into the place which thou hast founded for them.

**9** Thou hast set a bound which they shall not pass over; neither shall they return to cover the earth.

**10** Thou sendest forth springs in the vales: between the midst of the hills the waters shall pass.

**11** All the beasts of the field shall drink: the wild asses shall expect in their thirst.

**12** Over them the birds of the air shall dwell: from the midst of the rocks they shall give forth their voices.

**13** Thou waterest the hills from thy upper rooms: the earth shall be filled with the fruit of thy works:

**14** Bringing forth grass for cattle, and herb for the service of men. That thou mayst bring bread out of the earth:

**15** And that wine may cheer the heart of man. That he may make the face cheerful with oil: and that bread may strengthen man's heart.

**16** The trees of the field shall be filled, and the cedars of Libanus which he hath planted:

**17** There the sparrows shall make their nests.  
The highest of them is the house of the heron.

**18** The high hills are a refuge for the harts,  
the rock for the irchins.

**19** He hath made the moon for seasons: the  
sun knoweth his going down.

**20** Thou hast appointed darkness, and it is  
night: in it shall all the beasts of the woods go  
about:

**21** The young lions roaring after their prey,  
and seeking their meat from God.

**22** The sun ariseth, and they are gathered to-  
gether: and they shall lie down in their dens.

**23** Man shall go forth to his work, and to his  
labour until the evening.

**24** How great are thy works, O Lord ? thou  
hast made all things in wisdom: the earth is filled  
with thy riches.

**25** So is this great sea, which stretcheth wide  
its arms: there are creeping things without num-  
ber: Creatures little and great.

**26** There the ships shall go. This sea dragon  
which thou hast formed to play therein.

**27** All expect of thee that thou give them food  
in season.

**28** What thou givest to them they shall gather  
up: when thou openest thy hand, they shall all  
be filled with good.

**29** But if thou turnest away thy face, they  
shall be troubled: thou shalt take away their  
breath, and they shall fail, and shall return to  
their dust.

**30** Thou shalt send forth thy spirit, and they  
shall be created: and thou shalt renew the face  
of the earth.

**31** May the glory of the Lord endure for ever:  
the Lord shall rejoice in his works.

**32** He looketh upon the earth, and maketh it  
tremble: he troubleth the mountains, and they  
smoke.

**33** I will sing to the Lord as long as I live: I  
will sing praise to my God while I have my being.

**34** Let my speech be acceptable to him: but I  
will take delight in the Lord.

**35** Let sinners be consumed out of the earth,  
and the unjust, so that they be no more: O my  
soul, bless thou the Lord.

## Chapter 104

Give glory to the Lord, and call upon his name:  
declare his deeds among the Gentiles.

**2** Sing to him, yea sing praises to him: relate  
all his wondrous works.

**3** Glory ye in his holy name: let the heart of  
them rejoice that seek the Lord.

**4** Seek ye the lord, and be strengthened: seek  
his face evermore.

**5** Remember his marvellous works which he  
hath done; his wonders, and the judgments of  
his mouth.

**6** O ye seed of Abraham his servant; ye sons  
of Jacob his chosen.

**7** He is the Lord our God: his judgments are  
in all the earth.

**8** He hath remembered his covenant for ever:  
the word which he commanded to a thousand  
generations.

**9** Which he made to Abraham; and his oath  
to Isaac:

**10** And he appointed the same to Jacob for a  
law, and to Israel for an everlasting testament:

**11** Saying: To thee will I give the land of  
Chanaan, the lot of your inheritance.

**12** When they were but a small number: yea  
very few, and sojourners therein:

**13** And they passed from nation to nation,  
and from one kingdom to another people.