**PSALM 102**

Benedict, anima.

*Thanksgiving to God for his mercies.*

**1** 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.