**PSALM 145**

Lauda, anima.

*We are not to trust in men, but in God alone.*

**1** Alleluia, of Aggeus and Zacharias.

**2** Praise the Lord, O my soul, in my life I will praise the Lord: I will sing to my God as long as I shall be. Put not your trust in princes:

**3** in the children of men, in whom there is no salvation.

**4** His spirit shall go forth, and he shall return into his earth: in that day all their thoughts shall perish.

**5** Blessed is he who hath the God of Jacob for his helper, whose hope is in the Lord his God:

**6** who made heaven and earth, the sea, and all things that are in them.

**7** Who keepeth truth for ever: who executeth judgment for them that suffer wrong: who giveth food to the hungry. The Lord looseth them that are fettered:

**8** the Lord enlighteneth the blind. The Lord lifteth up them that are cast down: the Lord loveth the just.

**9** The Lord keepeth the strangers, he will support the fatherless and the widow: and the ways of sinners he will destroy.

**10** The Lord shall reign for ever: thy God, O Sion, unto generation and generation.