**PSALM 103**

Benedict, anima.

*God is to be praised for his mighty works, and wonderful providence.*

**1** 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 together: 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 number: 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 toucheth 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.