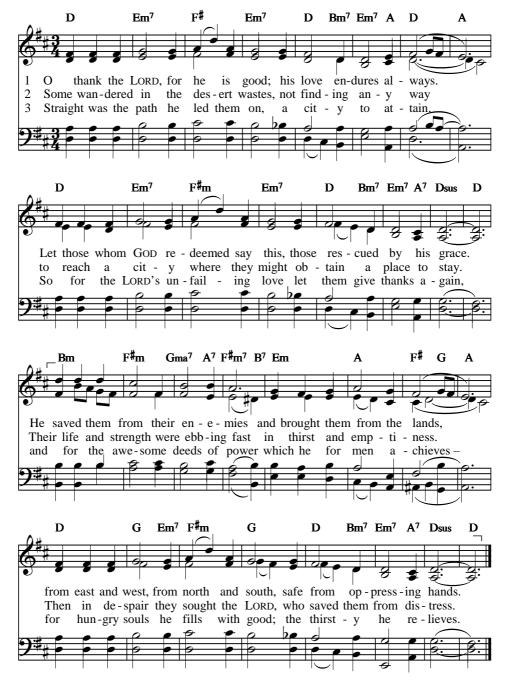
## O thank the LORD, for he is good



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- 4 Some sat in darkness and in gloom, in chains of iron held; they scorned the ways of God Most High, against his words rebelled. And so he made them labour hard in bitterness and shame. They stumbled, and they could not rise; to help them no one came.
- 5 Then to the LORD they cried for help; he saved them from their doom. He broke away their cruel chains and brought them out of gloom. So let them thank him for his love, the deeds which he achieves – because he breaks down gates of bronze and iron bars he cleaves.
- 6 Some erred through their rebellious ways and for their sins paid dear. All kinds of food revolted them; the gates of death drew near. Then in despair they sought the LORD; he saved them from their doom. His word went forth with healing power and kept them from the tomb.
- 7 So for the LORD's unfailing love let them give thanks again, and for the awesome deeds of power which he achieves for men. Let them prepare a sacrifice and bring an offering; in praise of all his mighty acts let them rejoice and sing.
- 8 Yet others traded on the sea; they sailed the ocean's length.
  They saw the wonders of the LORD, and on the deep his strength.
  For when he spoke, a tempest rose; the sea grew wild and rough.
  They mounted up to heaven and then went down into the trough.
- 9 At this their courage fled away, for danger was in view. They reeled and staggered as with drink; they knew not what to do. Then in despair they sought the LORD, who saved them from distress. He stilled the storm, so that the waves were hushed in quietness.
- 10 Their joy was great when it grew calm; they anchored safe again. Then let them thank him for his love, his awesome deeds for men. So in the elders' council may they ever praise the LORD; and in the people's gathering let them exalt their GOD.
- 11 He changed the streams to wilderness, fresh springs to desert bare, and fruitful land to barren waste, for sins of dwellers there. He changed parched ground to flowing streams; the hungry there he led to found a city safe and strong, which they inhabited.
- 12 They reaped a fruitful harvest from the vineyard and the field.

  He blessed and made them multiply; their herds maintained their yield.

  They faced decline, their fortunes fell, they suffered great distress.

  Brought low by him who scorns the proud, they roamed the wilderness.
- 13 But he did not abandon them; he brought the needy folk from their affliction and increased their families like a flock. The upright see this and are glad; the wicked hold their peace. Let all the wise take note and learn the LORD's love does not cease.

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