## 401

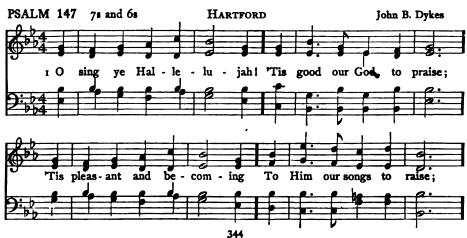
## The One True Helper



- 2 Trust not in man who soon must die, But on the living God rely; Most blest the man whose help is He That made the heaven and earth and sea.
- 3 His truth unchanged shall ever stand, He saves from strong oppression's hand, In Him the sad a helper find, He feeds the poor and heals the blind.
- 4 Thy God shall reign for evermore, Praise Him, O Zion, and adore; The Lord is heaven's eternal King, To Him all praise and honor bring.



## Reasons for Praise



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- 2 The starry hosts He numbers, He calls them all by name; His greatness and His wisdom His wondrous works proclaim; The meek He lifts to honor, He humbles sinful pride; Give thanks to Him and utter His praises far and wide.
- 3 The heavens with clouds He covers,
  He sends the cheering rain;
  The slopes of all the mountains
  He fills with grass and grain;
  To beast and bird His goodness
  Their daily food supplies;
  He cares for all His creatures,
  Attentive to their cries.
- 4 No human power delights Him,
  No earthly pomp or pride;
  He loves the meek who fear Him
  And in His love confide;
  Then praise thy God, O Zion,
  His gracious aid confess;
  He gives thee peace and plenty,
  His gifts thy children bless.
- 5 He sends His swift commandment,
  And snow and ice enfold
  The world, and none are able
  To stand before His cold.
  Again He gives commandment;
  The winds of summer blow,
  The snow and ice are melted,
  Again the waters flow.
- 6 His statutes and His judgments He makes His people know; To them as to no others His grace He loves to show; For matchless grace and mercy Your grateful praises bring; To Him give thanks forever, And Hallelujah sing.