BLESS be the Lord my strength: who teacheth my hands to war, and my fingers to fight; 2. My hope and my fortress, my castle and deliverer, my defender in whom I trust: who subdueth my people that is under me. 3. Lord, what is man, that thou hast such respect unto him: or the son of man, that thou so regardest him? 4. Man is like a thing of nought: his time passeth away like a shadow. 5. Bow thy heavens, O Lord, and come down: touch the mountains, and they shall smoke. 6. Cast forth thy lightning, and tear them: shoot out thine arrows, and consume them. 7. Send down thine hand from above: deliver me, and take me out of the great waters, from the hand of strange children; 8. Whose mouth talketh of vanity: and their right hand is a right hand of wickedness. 9. I will sing a new song unto thee, O God: and sing praises unto thee upon a ten-stringed lute. 10. Thou hast given vic-tory unto kings: and hast delivered David thy servant from the peril of
the sword. 11. Save me, and deliv-er me from the hand of strange children:

whose mouth talketh of vani-ty, and their right hand is a right hand of

in-i - qui-ty. 12. That our sons may grow up as the young plants: and

that our daughters may be as the polished corners of the temple. 13. That our

garners may be full and plenteous with all manner of store: that our sheep

may bring forth thousands and ten thousands in our streets. 14. That our oxen

may be strong to labour, that there be no de-cay: no leading in-to captivi-ty,

and no complaining in our streets.15. Happy are the people that are in such a

case: yea, blessed are the people who have the Lord for their God. Glory

be to the Father, and to the Son: and to the Ho-ly Ghost; As it was in

the beginning, is now, and ever shall be: world without end. A-men