

RESOURCE SHEET 71

103 Bless the LORD, O my soul;
And all that is within me, bless His holy name!
²Bless the LORD, O my soul,
And forget not all His benefits:
³Who forgives all your iniquities,
Who heals all your diseases,
⁴Who redeems your life from destruction,
Who crowns you with lovingkindness and tender mercies,
⁵Who satisfies your mouth with good things,
So that your youth is renewed like the eagle's.
⁶The LORD executes righteousness
And justice for all who are oppressed.
⁷He made known His ways to Moses,
His acts to the children of Israel.
⁸The LORD is merciful and gracious,
Slow to anger, and abounding in mercy.
⁹He will not always strive with us,
Nor will He keep His anger forever.
¹⁰He has not dealt with us according to our sins,
Nor punished us according to our iniquities.
¹¹For as the heavens are high above the earth,
So great is His mercy toward those who fear Him;
¹²As far as the east is from the west,
So far has He removed our transgressions from us.
¹³As a father pities his children,
So the LORD pities those who fear Him.
¹⁴For He knows our frame;
He remembers that we are dust.
¹⁵As for man, his days are like grass;
As a flower of the field, so he flourishes.
¹⁶For the wind passes over it, and it is gone,
And its place remembers it no more.^[a]
¹⁷But the mercy of the LORD is from everlasting to

everlasting

On those who fear Him,

And His righteousness to children's children,

¹⁸To such as keep His covenant,

And to those who remember His commandments to do them.

¹⁹The LORD has established His throne in heaven,

And His kingdom rules over all.

²⁰Bless the LORD, you His angels,

Who excel in strength, who do His word,

Heeding the voice of His word.

²¹Bless the LORD, all you His hosts,

You ministers of His, who do His pleasure.

²²Bless the LORD, all His works,

In all places of His dominion.

Bless the LORD, O my soul!