

Benedic, anima mea

- ¹ Praise the Lord, O my soul, *
and all that is within me, praise his holy Name.
- ² Praise the Lord, O my soul, *
and forget not all his benefits;
- ³ Who forgives all your sin *
and heals all your infirmities;
- ⁴ Who saves your life from the pit *
and crowns you with mercy and loving-kindness;
- ⁵ Who satisfies you with good things, *
renewing your youth like an eagle's.
- ⁶ The Lord executes righteousness and judgment *
for all those who are oppressed with wrong.
- ⁷ He showed his ways to Moses, *
his works to the children of Israel.
- ⁸ The Lord is full of compassion and mercy, *
long-suffering and of great goodness.
- ⁹ He will not always chide us, *
neither will he keep his anger forever.
- ¹⁰ He has not dealt with us according to our sins, *
nor rewarded us according to our wickedness.
- ¹¹ For as the heavens are high above the earth, *
so great is his mercy also toward those who fear him.
- ¹² As far as the east is from the west, * so far has he set our sins from
us.

The Psalm verses are taken from the New Coverdale Psalter of the Book of Common Prayer 2019.