



**THE 12th SUNDAY  
 IN ORDINARY TIME**

**The Office of Readings**

*The Invitatory*

☒ Lord, open our lips.  
 And we shall praise your name.

**Psalm 95**

“Every day, as long as this ‘today’ lasts,  
 keep encouraging one another” (Heb 3:13).

*Antiphon:* We are the people of the Lord,  
 the flock that is led by his hand:  
 come, let us adore him, alleluia.

Come, ring out our jÓy to the LÓrd; \*  
 háil the GÓd who sáves us.  
 Let us cóme before him, gÍving thánks, \*  
 with sÓngs let us háil the LÓrd.  
 A míghty GÓd is the LÓrd, \*  
 a gréat king abÓve all gÓds.  
 In his hánd are the dépths of the éarth; \*  
 the héights of the móuntains are his.  
 To him belongs the séa, for he máde it \*  
 and the drý land sháped by his hánds.  
 Come ín; let us bÓw and bend lÓw; \*  
 let us knéel before the GÓd who máde us:  
 for hé is our GÓd and wé †  
 the péople who belÓng to his pásture, \*  
 the flÓck that is léd by his hánd.  
 O that todáy you would listen to his vÓice! †

'Hárden not your héarts as at Meribah, \*  
as on that dáy at Mássah in the désert  
when your fáthers pút me to the tést; \*  
when they tried me, thóugh they saw my wórk.  
For forty yéars I was wéaried of these péople †  
and I saíd: "Their héarts are astráy, \*  
these péople do not knów my wáys."  
Thén I took an óath in my ánger: \*  
"Néver shall they énter my rést."

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* We are the people of the Lord,  
the flock that is led by his hand:  
come, let us adore him, alleluia.

### Hymn

This day at thy creating word  
first o'er the earth the light was poured:  
O Lord, this day upon us shine  
and fill our souls with light divine.

This day the Lord for sinners slain  
in might victorious rose again:  
O Jesus, may we raised be  
from death of sin to life in thee!

This day the Holy Spirit came  
with fiery tongues of cloven flame:  
O Spirit, fill our hearts this day  
with grace to hear and grace to pray.

O day of light and life and grace,  
from earthly toil sweet resting place,  
thy hallowed hours, blest gift of love,  
give we again to God above.

All praise to God the Father be,  
all praise, eternal Son, to thee,  
whom, with the Spirit, we adore  
forever and forevermore.

### Psalm 24

#### The Lord comes to his temple

*"The gates of heaven were opened to Christ  
because he was lifted up in the flesh" (St Irenaeus).*

*Antiphon:* Who shall climb the mountain of the Lord?  
Who shall stand in his holy place?

The Lórd's is the éarth and its fúllness, \*  
the wórd and áll its péoples.  
It is hé who sét it on the séas; \*  
on the wáters he máde it firm.  
Who shall climb the móuntain of the Lórd? \*  
Who shall stánd in his hóly pláce?  
The mán with clean hánds and pure héart, †  
who desíres not wórtless thíngs, \*  
who has not swórn so as to déceive his néighbour.  
He shall recéive bléssings from the Lórd \*  
and rewárd from the Gód who sáves him.  
Súch are the mén who séek him, \*  
seek the fáce of the Gód of Jácob.  
O gátes, lift hígh your héads; †  
grow hígher, áncient dóors. \*  
Let him énter, the kíng of glóry!  
Whó is the kíng of glóry? †  
The Lórd, the míghty, the váliant, \*  
the Lórd, the váliant in wár.  
O gátes, lift hígh your héads; †  
grow hígher, áncient dóors. \*  
Let him énter, the kíng of glóry!

V/. The Angel of the Lord brought tidings to Mary;  
R/. **And she conceived by the Holy Ghost.**

Hail Mary, full of grace, the Lord is with thee;  
blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
**Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death. Amen.**

V/. Behold the handmaid of the Lord;  
R/. **Be it unto to me according to thy word.**

Hail Mary, full of grace, the Lord is with thee;  
blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
**Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death. Amen.**

V/. And the Word was made flesh;  
R/. **And dwelt among us.**

Hail Mary, full of grace, the Lord is with thee;  
blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
**Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death. Amen.**

V/. Pray for us, O Holy Mother of God.  
R/. **That we may be made worthy  
of the promises of Christ.**

Let us pray.  
We beseech thee, O Lord,  
to pour thy grace into our hearts;  
that as we have known the Incarnation  
of thy Son Jesus Christ  
by the message of an angel,  
so by his ✠ Cross and Passion,  
we may be brought unto the glory of his resurrection.  
Through the same Christ our Lord. **Amen.**

and his hólý covenant remébered.  
He swóre to Ábraham our fáther to gránt us, \*  
that frée from féar, and sáved from the hánds of our fóes,  
we might sérve him in hólíness and jústice \*  
all the dáys of our life in his présence.  
As for yóu, little child, \*  
you shall be cálléd a próphét of Gód, the Most High.  
You shall go ahéad of the Lórd \*  
to prépare his wáys befóre him,  
To make knówn to his péople their salvátion \*  
through forgiveness of áll their síns,  
the loving-kindness of the héart of our Gód \*  
who visits us like the dáwn from on high.  
He will give light to those in dárkness, †  
those who dwéll in the shádw of déath, \*  
and gúide us into the wáy of péace.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* 'Every hair on your head has been counted.  
So there is no need to be afraid,' says the Lord.

### Prayers and intercessions

To the only God, our Saviour, through Jesus Christ our Lord, be  
glory, majesty, dominion, and authority, before all time,  
now, and for ever.

- *We praise you, O God: we acknowledge you to be the Lord.*

We bless you, Lord, creator of the universe: we were sinners, in  
need of your grace:  
yet now you have called us to live in knowledge and service  
of you.

- *We praise you, O God: we acknowledge you to be the Lord.*

Your Son has shown us the way.

As we follow in his steps, may we never wander from the  
path that leads to life.

- *We praise you, O God: we acknowledge you to be the Lord.*

We celebrate today the resurrection of your Son:

in suffering and in gladness, may it bring us deep joy.

- *We praise you, O God: we acknowledge you to be the Lord.*

O Lord, give us the spirit of prayer and praise:

let us always and everywhere give you thanks.

- *We praise you, O God: we acknowledge you to be the Lord.*

Our Father, who art in heaven,  
hallowed be thy name.

Thy kingdom come.

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us,

and lead us not into temptation,

but deliver us from evil.

Let us pray.

Lord God,

teach us at all times to fear and love your holy name,

for you never withdraw your guiding hand

from those you establish in your love.

Through our Lord Jesus Christ, your Son,

who lives and reigns with you in the unity of the Holy Spirit,

one God, for ever and ever.

**Amen.**

May the Lord bless us, and keep us from all evil, and bring us to  
everlasting life.

**Amen.**

Who is hé, the kíng of glóry? †  
Hé, the Lórd of ármies, \*  
hé is the kíng of glóry.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Who shall climb the mountain of the Lord?  
Who shall stand in his holy place?

*Psalm-prayer:*

Lord God, ruler and guide of heaven and earth, you gave Christ a  
share in our human race, made him a priest, and brought him  
into the temple of your glory. Make our intentions pure and  
selfless and give virtue to our thoughts, that the King of glory may  
enter our hearts and bring us rejoicing to your holy mountain.  
Amen.

### Psalm 66

#### Hymn for a sacrifice of thanksgiving

*"The resurrection of the Lord  
and the conversion of the pagans" (Hesychius)*

*Antiphon:* All peoples, bless our God,  
who gave life to our souls, alleluia.

Cry out with jóy to Gód all the éarth, \*

O síng to the glóry of his náme.

O rénder him glórious práise. \*

Say to Gód: 'How treméndous your déeds!

Becáuse of the gréatness of your stréngth \*

your énemies cringe befóre you.

Befóre you all the éarth shall bów; \*

shall síng to you, síng to your náme!'

Come and sée the wórks of Gód, \*

treméndous his déeds among mén.

He túrned the séa into dry lánd, \*

they pássed through the ríver dry-shód.

Let our jóy then bé in him; \*

he rúles for éver by his míght.

His éyes keep wátx over the nátions: \*

let rébels not rise agáinst him.

O péoples, bléss our Gód, \*

let the vóice of his práise resóund,

of the Gód who gave life to our sóuls \*

and képt our féet from stúmbing.

For yóu, O Gód, have tésted us, \*

you have tried us as sílver is tried:

you léd us, Gód, into the snáre; \*

you láid a heavy búrden on our bácks.

You lét men ríde over our héads; †

we wént through fire and through wáter \*

but thén you bróught us relíef.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* All peoples, bless our God,  
who gave life to our souls, alleluia.

### Psalm 66

*Antiphon:* Come and hear, all who fear God.  
I will tell what he did for my soul, alleluia.

Burnt óffering I bríng to your hóuse; \*

to yóu I will páy my vóws,

the vóws which my líps have úttered, \*

which my móuth spóke in my dístréss.

I will óffer burnt ófferings of fátlings †

with the smóke of búrning ráms. \*

I will óffer búllocks and goáts.

Come and héar, áll who fear Gód. \*

I will téll what he did for my sóul:

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to him I cried aloud, \*  
with high praise ready on my tongue.  
If there had been evil in my heart, \*  
the Lord would not have listened.  
But truly God has listened; \*  
he has heeded the voice of my prayer.  
Blessed be God who did not reject my prayer \*  
nor withhold his love from me.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Come and hear, all who fear God.  
I will tell what he did for my soul, alleluia.

*Psalm-prayer:*

Almighty Father, in the death and resurrection of your own Son  
you brought us through the waters of baptism to the shores of  
new life. By those waters and the fire of the Holy Spirit you have  
given each of us consolation. Accept our sacrifice of praise; may  
our lives be a total offering to you, and may we deserve to enter  
your house and there with Christ praise your unfailing power.  
Amen.

**Ÿ.** The word of God is something alive and active.

**Ř.** It cuts more finely than any double-edged sword.

**First Reading** **1 Samuel 16: 1-13**  
**Jesse's youngest son David is anointed king**

The Lord said to Samuel, 'How long will you go on mourning  
over Saul when I have rejected him as king of Israel? Fill your  
horn with oil and go. I am sending you to Jesse of Bethlehem, for  
I have chosen myself a king among his sons.' Samuel replied,  
'How can I go? When Saul hears of it he will kill me.' Then the  
Lord said, 'Take a heifer with you and say, "I have come to sacri-  
fice to the Lord." Invite Jesse to the sacrifice, and then I myself  
will tell you what you must do; you must anoint to me the one I  
point out to you.'

Samuel did what the Lord ordered and went to Bethle-  
hem. The elders of the town came trembling to meet him and  
asked, 'Seer, have you come with good intentions towards us?'  
'Yes,' he replied 'I have come to sacrifice to the Lord. Purify your-  
selves and come with me to the sacrifice.' He purified Jesse and  
his sons and invited them to the sacrifice.

When they arrived, he caught sight of Eliab and thought,  
'Surely the Lord's anointed one stands there before him', but the  
Lord said to Samuel, 'Take no notice of his appearance or his  
height for I have rejected him; God does not see as man sees; man  
looks at appearances but the Lord looks at the heart.' Jesse then  
called Abinadab and presented him to Samuel, who said, 'The  
Lord has not chosen this one either.' Jesse then presented Sham-  
mah, but Samuel said, 'The Lord has not chosen this one either.'  
Jesse presented his seven sons to Samuel, but Samuel said to Jesse,  
'The Lord has not chosen these.' He then asked Jesse, 'Are these  
all the sons you have?' He answered, 'There is still one left, the  
youngest; he is out looking after the sheep.' Then Samuel said to  
Jesse, 'Send for him; we will not sit down to eat until he comes.'  
Jesse had him sent for, a boy of fresh complexion, with fine eyes  
and pleasant bearing. The Lord said, 'Come, anoint him, for this  
is the one.' At this, Samuel took the horn of oil and anointed  
him where he stood with his brothers; and the spirit of the Lord  
seized on David and stayed with him from that day on. As for  
Samuel, he rose and went to Ramah.

**Responsory** **Ps 89: 19-21**

**Ř.** I have set the crown on a warrior I have exalted and chosen  
from the people: \* my hand shall always be with him.

**Ÿ.** I have found David, my servant, and with my holy oil anointed  
him: \* my hand shall always be with him.

**Second Reading** **A treatise on the Trinity by St Faustinus**

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Alleluia. All works of the Lord,  
bless the Lord! Alleluia.

**Psalm 150**  
**Praise the Lord**

"Sing praise in your spirit, sing praise with your soul, that is: give glory to  
God in both your soul and your body" (Hesychius).

*Antiphon:* Let everything that breathes  
give praise to the Lord! Alleluia.

Praise God in his holy place, \*  
praise him in his mighty heavens.  
Praise him for his powerful deeds, \*  
praise his surpassing greatness.  
O praise him with sound of trumpet, \*  
praise him with lute and harp.  
Praise him with timbrel and dance, \*  
praise him with strings and pipes.  
O praise him with resounding cymbals, \*  
praise him with clashing of cymbals.  
Let everything that lives and that breathes \*  
give praise to the Lord.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Let everything that breathes  
give praise to the Lord! Alleluia.

*Psalm-prayer:*

Lord God, through your saving plan all things are ours, and we  
are Christ's and Christ is yours. Accept the praises of your  
Church. By these praises, through Christ, with him and in him,  
all your honour and glory is celebrated, all-powerful Father, in the  
Holy Spirit, now and for ever. Amen.

**Short Reading** **2 Timothy 2: 8,11-13**

Remember the Good News that I carry, 'Jesus Christ risen from  
the dead, sprung from the race of David'. Here is a saying that you  
can rely on: 'If we have died with him, then we shall live with  
him. If we hold firm, then we shall reign with him. If we disown  
him, then he will disown us. We may be unfaithful, but he is  
always faithful, for he cannot disown his own self.'

**Short Responsory**

We give thanks to you, O God, and call upon your name.  
- We give thanks to you, O God, and call upon your name.  
We recount your wonderful deeds.  
- We give thanks to you, O God, and call upon your name.  
Glory be to the Father and to the Son and to the Holy Spirit.  
- We give thanks to you, O God, and call upon your name.

**Canticle - Benedictus**

**The Messiah and the one who was sent before him**

*Antiphon:* 'Every hair on your head has been counted.  
So there is no need to be afraid,' says the Lord.

Blessed be the Lord, the God of Israel! \*  
He has visited his people and redeemed them.  
He has raised up for us a mighty saviour \*  
in the house of David his servant,  
as he promised by the lips of holy men, \*  
those who were his prophets from of old.  
A saviour who would free us from our foes, \*  
from the hands of all who hate us.  
So his love for our fathers is fulfilled \*

The Lórd's right hánd has triúmphed; †  
 his right hand ráised me. \*  
 The Lórd's right hánd has triúmphed;  
 I shall not die, I shall live \*  
 and recóunt his déeds.  
 I was púnished, I was púnished by the Lórd, \*  
 but nót doomed to die.  
 Ópen to mé the gates of hóliness: \*  
 I will énter and give thánks.  
 This is the Lórd's own gáte \*  
 where the júst may énter.  
 I will thánk you for yóu have answered \*  
 and yóu are my sáviour.  
 The stóne which the búilders rejécted \*  
 has becóme the córner stone.  
 This is the wórk of the Lórd, \*  
 a márvel in our éyes.  
 This day was máde by the Lórd; \*  
 we rejóice and are glád.  
 O Lórd, gránt us salvátió; \*  
 O Lórd, grant succéss.  
 Bléssed in the náme of the Lórd \*  
 is hé who cómes.  
 We bléss you from the hóuse of the Lórd; \*  
 the Lord Gód is our líght.  
 Go fórward in procéssion with bránches \*  
 éven to the áltar.  
 Yóu are my Gód, I thánk you. \*  
 My Gód, I práise you.  
 Give thánks to the Lórd for he is góod; \*  
 for his lóve endures for éver.  
 Glory be to the Father and to the Son and to the Holy Spirit,  
 as it was in the beginning, is now, and ever shall be,  
 world without end. Amen.

*Antiphon:* Give thanks to the Lord,  
 for his great love is without end. Alleluia.

*Psalm-prayer:*

Lord God, you have given us the great day of rejoicing: Jesus Christ, the stone rejected by the builders, has become the cornerstone of the Church, our spiritual home. Shed upon your Church the rays of your glory, that she may be seen as the gate of salvation open to all nations. Let cries of joy and exultation ring out from her tents, to celebrate the wonder of Christ's resurrection. Amen.

**Canticle - Daniel 3: 52-57**

**Let every creature praise the Lord**

*"The Creator is blessed for ever" (Rom 1: 25).*

*Antiphon:* Alleluia. All works of the Lord,  
 bless the Lord! Alleluia.

You are blest, Lord God of our fathers. \*  
 To you glory and praise for evermore.  
 Blest your glorious holy name. \*  
 To you glory and praise for evermore.  
 You are blest in the temple of your glory. \*  
 To you glory and praise for evermore.  
 You are blest who gaze into the depths. \*  
 To you glory and praise for evermore.  
 You are blest in the firmament of heaven. \*  
 To you glory and praise for evermore.  
 You who walk on the wings of the wind. \*  
 To you glory and praise for evermore.  
 May they bless you, the saints and the angels. \*  
 To you glory and praise for evermore.  
 From the heavens, the earth and the sea. \*  
 To you glory and praise for evermore.  
 You are blest, Lord God of our fathers. \*  
 To you glory and praise for evermore

**Christ, king and priest for ever**

Our Saviour received a bodily anointing and so became a true king and a true priest. Both king and priest he was of his very self; a saviour could be nothing less. Hear in his own words how he himself became a king: *I have been appointed king by God on Zion his holy mountain* Hear in the Father's words that he was a priest: *You are a priest for ever in the line of Melchizedek.* Aaron was the first under the law to be made a priest by being anointed with chrism, yet the Father does not say, "in the line of Aaron," lest it be believed that the Saviour's priesthood could be passed on by inheritance, for at that time Aaron's priesthood was transmitted by lineal descent. But the Saviour's priesthood is not inherited because this priest lives on for ever. Therefore Scripture says: *You are a priest for ever in the line of Melchizedek.*

There is, therefore, a saviour in the flesh who is both a king and a priest, though his anointing was not physical but spiritual. Among the Israelites, those kings and priests who were actually anointed with oil were either kings or priests. No man could be both king and priest; he had to be one or the other. Only Christ was both king and priest; because he had come to fulfil the law, he alone possessed the twofold perfection of kingship and priesthood.

Those who had been anointed with the oil of kingship or priesthood, although they received only one of these anointings, were called messiahs. Our Saviour, however, who is the Christ, was anointed by the Holy Spirit so that the passage in Scripture might be fulfilled: *God, your God, has anointed you with the oil of gladness and raised you above your companions.* The difference, then, between the one Christ and the many christs is in the anointing, since he was anointed with the oil of gladness, which signifies nothing other than the Holy Spirit.

This we know to be true from the Saviour himself. When he took the book of Isaiah, he opened it and read: *The Spirit of the Lord is upon me because he has anointed me.* He then said that the prophecy was fulfilled in the hearing of those listening.

Peter, the prince of the apostles, also taught that the chrism which made the Saviour a christ was the Holy Spirit; that is to say, the power of God. When in the Acts of the Apostles Peter spoke to that faithful and merciful man, the centurion, he said among other things: *After the baptism which John preached, Jesus of Nazareth, whom God anointed with the Holy Spirit and with power, started out in Galilee and travelled about performing powerful miracles, and freeing all who were possessed by the devil.*

So you see that Peter too said that Jesus in his humanity was anointed with the Holy Spirit and with power. Thus Jesus in his humanity truly became the Christ. By the anointing of the Holy Spirit, he was made both king and priest for ever.

**Responsory**

**R.** Marvel at the greatness of the one who comes to save the nations: \* he is the king of justice, the Son for all eternity.  
**V.** He comes on our behalf as a forerunner, a high priest for ever in the succession to Melchizedek \* He is the king of justice, the Son for all eternity.

**Hymn**

**Te Deum**

We praise you, O God: \*  
 we acclaim you as the Lord.  
 Everlasting Father, \*  
 all the world bows down before you.  
 All the angels sing your praise, \*  
 the hosts of heaven and all the angelic powers,  
 all the cherubim and seraphim \*  
 call out to you in unending song:  
 Holy, Holy, Holy, \*  
 is the Lord God of angel hosts!  
 The heavens and the earth are filled \*  
 with your majesty and glory.

The glorious band of apostles, \*  
the noble company of prophets,  
the white-robed army who shed their blood for Christ, \*  
all sing your praise.

And to the ends of the earth \*  
your holy Church proclaims her faith in you:  
Father, whose majesty is boundless, \*  
your true and only Son, who is to be adored, \*  
the Holy Spirit sent to be our Advocate.  
You, Christ, are the king of glory, \*  
Son of the eternal Father.

When you took our nature to save mankind \*  
you did not shrink from birth in the Virgin's womb.  
You overcame the power of death \*  
opening the Father's kingdom to all who believe in you.  
Enthroned at God's right hand in the glory of the Father, \*  
you will come in judgement according to your promise.  
You redeemed your people by your precious blood. \*  
Come, we implore you, to our aid.  
Grant us with the saints \*  
a place in eternal glory.

Lord, save your people \*  
and bless your inheritance.  
Rule them and uphold them \*  
for ever and ever.

Day by day we praise you: \*  
we acclaim you now and to all eternity.  
In your goodness, Lord, keep us free from sin. \*  
Have mercy on us, Lord, have mercy.  
May your mercy always be with us, Lord, \*  
for we have hoped in you.  
In you, Lord, we put our trust: \*  
we shall not be put to shame.

#### Let us pray.

Lord God,  
teach us at all times to fear and love your holy name,  
for you never withdraw your guiding hand  
from those you establish in your love.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.

**Amen.**

Let us praise the Lord.  
– *Thanks be to God.*

## Morning Prayer (Lauds)

✠ O God, come to our aid.  
O Lord, make haste to help us.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end.  
Amen. Alleluia.

#### Hymn

All people that on earth do dwell,  
Sing to the Lord with cheerful voice;  
Him serve with mirth, his praise forth tell,  
Come ye before him, and rejoice.

The Lord, ye know, is God indeed;  
Without our aid he did us make;  
We are his folk, he doth us feed;  
And for his sheep he doth us take.

For why, the Lord our God is good:  
His mercy is for ever sure;  
His truth at all times firmly stood,  
And shall from age to age endure.

To Father, Son and Holy Ghost,  
The God whom heaven and earth adore,  
From men and from the angel-host  
Be praise and glory evermore.

#### Psalm 118

##### A cry of rejoicing and triumph

*“This is the stone which was rejected by you builders,  
but which has become the cornerstone” (Acts 4:11).*

*Antiphon:* Give thanks to the Lord,  
for his great love is without end. Alleluia.

Give thanks to the Lórd for he is good, \*  
for his love endures for éver.  
Let the sóns of Ísrael sáy: \*  
‘His love endures for éver.’  
Let the sóns of Áaron sáy: \*  
‘His love endures for éver.’  
Let thóse who fear the Lórd sáy: \*  
‘His love endures for éver.’  
I called to the Lórd in my distréss; \*  
he answered and freed me.  
The Lórd is at my side; I do not féar. \*  
What can mán do agáinst me?  
The Lórd is at my side as my hélper; \*  
I shall look dówn on my fôes.  
It is bétter to take réfuge in the Lórd \*  
than to trúst in mén;  
it is bétter to take réfuge in the Lórd \*  
than to trúst in prínces.  
The nátions áll encómpassed me; \*  
in the Lórd’s name I crúshed them.  
They cómpassed me, cómpassed me abóut; \*  
in the Lórd’s name I crúshed them.  
They cómpassed me abóut like bées; †  
they blázed like a fire among thórns. \*  
In the Lórd’s name I crúshed them.  
I was hárd-préssed and was fálling, \*  
but the Lórd came to hélp me.  
The Lórd is my stréngth and my sóng; \*  
hé is my sáviour.  
There are shóuts of jóy and víctory \*  
in the ténts of the júst.