

[1] Bless the LORD, O my soul, and all that is within me, bless his holy name! [2] Bless the LORD, O my soul, and forget not all his benefits,

## Obedience

Praise

Gratitude

- [3] who forgives all your iniquity, who heals all your diseases,
- [4] who redeems your life from the pit, who crowns you with steadfast love and mercy,
- [5] who satisfies you with good so that your youth is renewed like the eagle's.

- [6] The LORD works righteousness and justice for all who are oppressed.
- [7] He made known his ways to Moses, his acts to the people of Israel.
- [8] The LORD is merciful and gracious, slow to anger and abounding in steadfast love.

[9] He will not always chide, nor will he keep his anger forever. [10] He does not deal with us according to our sins, nor repay us according to our iniquities.

- [11] For as high as the heavens are above the earth,so great is his steadfast love toward those who fear him;
- [12] as far as the east is from the west, so far does he remove our transgressions from us.

- [13] As a father shows compassion to his children, so the LORD shows compassion to those who fear him.
- [14] For he knows our frame; he remembers that we are dust.

- [15] As for man, his days are like grass; he flourishes like a flower of the field;
- [16] for the wind passes over it, and it is gone, and its place knows it no more.
- [17] But the steadfast love of the LORD is from everlasting to everlasting on those who fear him,
  - and his righteousness to children's children,
- [18] to those who keep his covenant and remember to do his commandments.

- [19] The LORD has established his throne in the heavens, and his kingdom rules over all.
- [20] Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word!
- [21] Bless the LORD, all his hosts, his ministers, who do his will!
- [22] Bless the LORD, all his works, in all places of his dominion.
  Bless the LORD, O my soul!

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