Leader: 1 Blessed be Yahweh, my rock,

who teaches my hands to war,

and my fingers to battle:

Answer: **2 my Loving Kindness, my Fortress,**

**my High Tower, my Deliverer,**

**my Shield, and He in whom I take refuge,**

**who subdues my people under me.**

Leader: 3 Yahweh, what is man, that you care for him?

Or the son of man, that you think of him?

Answer: **4 Man is like a breath.**

**His days are like a shadow that passes away.**

Leader: 5 Part your heavens, Yahweh, and come down.

Touch the mountains, and they will smoke.

Answer: **6 Throw out lightning, and scatter them.**

**Send out your arrows, and rout them.**

Leader: 7 Stretch out your hand from above,

rescue me, and deliver me out of great waters,

out of the hands of foreigners,

Answer: **8 whose mouths speak deceit,**

**whose right hand is a right hand of falsehood.**

Leader: 9 I will sing a new song to You, God.

On a ten-stringed lyre, I will sing praises to You.

Answer: **10 You are He who gives salvation to kings,**

**who rescues David, His servant, from the deadly sword.**

Leader: 11 Rescue me, and deliver me out of the hands of foreigners,

whose mouths speak deceit,

whose right hand is a right hand of falsehood.

Answer: **12 Then our sons will be like well-nurtured plants,**

**our daughters like pillars carved to adorn a palace.**

Leader: 13 Our barns are full, filled with all kinds of provision.

Our sheep produce thousands and ten thousands in our fields.

Answer: **14 Our oxen will pull heavy loads.**

**There is no breaking in, and no going away,**

**and no outcry in our streets.**

**15 Happy are the people who are in such a situation.**

**Happy are the people whose God is Yahweh.**