

R./ To you, O Lord, I lift my soul.

Remember that your compassion, O Lord,  
and your kindness are from of old.

In your kindness remember me,  
because of your goodness, O Lord.

R./ To you, O Lord, I lift my soul.

Relieve the troubles of my heart;  
and bring me out of my distress.

Put an end of my affliction and my suffering;  
and take away all my sins.

R./ To you, O Lord, I lift my soul.

Preserve my life and rescue me;  
let me not be put to shame, for I take refuge in you.

Let integrity and uprightness preserve me,  
because I wait for you, O Lord.

R./ To you, O Lord, I lift my soul.