



### ***Praise the LORD***

Praise the LORD, O my soul.  
I will praise the LORD all my life;  
I will sing praise to my God as long  
as I live.

Do not put your trust in princes,  
in mortal men, who cannot save.  
When their spirit departs,  
they return to the ground;  
On that very day their plans come  
to nothing.

Blessed is he whose help is the  
God of Jacob,  
whose hope is in the LORD his God,  
the Maker of heaven and earth,  
the sea and everything in them -  
the LORD, who remains faithful  
forever.

He upholds the cause of the  
oppressed  
and gives food to the hungry  
The LORD sets prisoners free,  
the LORD gives sight to the blind,  
the LORD lifts up those who are  
bowed down,  
the LORD loves the righteous.  
The LORD watches over the alien\*,  
and sustains the fatherless  
and the widow,  
but he frustrates the way of the  
wicked.

The LORD reigns forever,  
your God, O Zion, for all  
generations.

Praise the LORD

Psalm 146

\* meaning, stranger, not extraterrestrial

