

## **Psalm 114 (St. Helena Psalter)**

Alleluia! When Israel came out of Egypt, \*  
the house of Jacob from a people of strange speech,

Judah became God's sanctuary \*  
and Israel God's dominion.

The sea beheld it and fled; \*  
Jordan turned and went back.

The mountains skipped like rams, \*  
and the little hills like young sheep.

What ailed you, O sea, that you fled; \*  
O Jordan, that you turned back?

You mountains, that you skipped like rams; \*  
you little hills, like young sheep?

Tremble, O earth, at the presence of God, \*  
at the presence of the God of Jacob,

Who turned the hard rock into a pool of water \*  
and flint-stone into a flowing spring.