

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.