

**Psalms 34:1-10, 22**

I will bless God at all times, \*  
and praise shall ever be in my mouth.

I will glory in the Holy One; \*  
let the humble hear and rejoice.

Proclaim with me the greatness of God; \*  
let us exalt God's Name together.

I sought, and God answered me \*  
and delivered me out of all my terror.

Look upon the Most High and be radiant, \*  
and let not your faces be ashamed.

I called in my affliction and God heard me \*  
and saved me from all my troubles.

The angels encompass those who fear God, \*  
and God will deliver them.

Taste and see that God is good; \*  
happy are they who trust in the Most High!

Fear the Most High, you that are God's saints, \*  
for those who fear God lack nothing.

The young lions lack and suffer hunger, \*  
but those who seek God lack nothing that is good.

O God, you will ransom the life of your servants, \*  
and none will be punished who trust in you.