Psalm 103 (St. Helena Psalter)

Bless the Holy One, O my soul, *
and all that is within me, bless God's holy Name.
Bless the Holy One, O my soul, *
and forget not all the gifts of God.
O God, you forgive all our sins *
and you heal all our infirmities;
You redeem our life from the grave *
and crown us with mercy and loving-kindness;
You satisfy us with good things, *
and our youth is renewed like an eagle's.
O God, you execute righteousness *
and judgment for all who are oppressed.
You made your ways known to Moses *
and your works to the children of Israel.
You are full of compassion and mercy, *
slow to anger and of great kindness.
You will not always accuse us, *
nor will you keep your anger for ever.
You have not dealt with us according to our sins, *
nor rewarded us according to our wickedness.
For as the heavens are high above the earth, *
so is your mercy great upon those who fear you.
As far as the east is from the west, *
so far have you removed our sins from us.
As a parent has compassion for a child, *
so do you have compassion for those who fear you.
For you yourself know whereof we are made; *
you remember that we are but dust.
Our days are like the grass; *
we flourish like a flower of the field;
When the wind goes over it, it is gone, *
and its place shall know it no more.
But your merciful goodness endures for ever on those who fear you, *
and your righteousness on children's children;

On those who keep your covenant *
and remember your commandments and do them.
You have set your throne in heaven, *
and you have dominion over all.
Bless God, all you angels,
you mighty ones who do God's bidding, *
and hearken to the voice of the Holy One.
Sing praise, all you heavenly hosts, *
you servants who do God's will.
Bless God, all creation,
in all places of God's dominion; *
bless the Holy One, O my soul.