



Psalm 103:1–12

- 1 Bless the Lord, | O my soul,*
and all that is within me,
bless his | holy name!
- 2 Bless the Lord, | O my soul,*
and forget not all his | benefits,
- 3 who forgives all your in- | iquity,*
who heals all your dis- | eases,
- 4 who redeems your life | from the pit,*
who crowns you with steadfast love and | mercy,
- 5 who satisfies | you with good*
so that your youth is renewed like the | eagle's.
- 6 The Lord works | righteousness*
and justice for all who | are oppressed.
- 7 He made known his ways to | Moses,*
his acts to the people of | Israel.
- 8 The Lord is merciful and | gracious,*
slow to anger and abounding in | steadfast love.
- 9 He will not | always chide,*
nor will he keep his anger for- | ever.
- 10 He does not deal with us according | to our sins,*
nor repay us according to our in- | iquities.
- 11 For as high as the heavens are a- | bove the earth,*
so great is his steadfast love toward those who | fear him;
- 12 as far as the east is | from the west,*
so far does he remove our transgres- | sions from us.