

لِدَاوُدَ.

¹بَارِكِي، يَا نَفْسِي، الرَّبَّ وَكُلُّ مَا فِي بَاطِنِي لِيُبَارِكَ
اسْمُهُ الْقُدُّوسَ. ²بَارِكِي، يَا نَفْسِي، الرَّبَّ وَلَا تَنْسِي كُلَّ
خَسَنَاتِهِ. ³الَّذِي يَغْفِرُ جَمِيعَ ذُنُوبِكَ، الَّذِي يَسْفِي كُلَّ
أَمْرَاضِكَ. ⁴الَّذِي يَقْدِي مِنَ الْخُفْرَةِ حَيَاتِكَ، الَّذِي يُكَلِّكُ
بِالرَّحْمَةِ وَالرَّأْفَةِ. ⁵الَّذِي يُشْبِعُ بِالْخَيْرِ عُمْرَكَ فَيَتَجَدَّدُ مِثْلَ
النَّسْرِ شَبَابُكَ.

⁶الرَّبُّ مُجْرِي الْعَدْلِ وَالْقَضَاءِ لِجَمِيعِ الْمُظْلُومِينَ. ⁷عَرَفَ
مُوسَى طُرْقَهُ وَبَنِي إِسْرَائِيلَ أَفْعَالَهُ. ⁸الرَّبُّ رَحِيمٌ
وَرَوْوْفٌ، طَوِيلُ الرُّوحِ وَكَثِيرُ الرَّحْمَةِ. ⁹لَا يُخَاكِمُ إِلَى الْأَبَدِ
وَلَا يَخْفِدُ إِلَى الدَّهْرِ. ¹⁰لَمْ يَضَعْ مَعَنَا حَسَبَ خَطَايَا وَلَا
يُجَارِتَا حَسَبَ آثَامِنَا. ¹¹لَأنَّهُ مِثْلُ اِرْتِفَاعِ السَّمَاوَاتِ قُوَّةُ
الْأَرْضِ قَوِيَّتُ رَحْمَتِهِ عَلَى خَائِفِيهِ. ¹²كَبُغِدَ الْمَشْرِقِ مِنَ
الْمَغْرِبِ أَبْعَدَ عَنَّا مَعَاصِيَنَا. ¹³كَمَا يَتَرَأَفُ الْأَبُ عَلَى الْبَنِينَ
يَتَرَأَفُ الرَّبُّ عَلَى خَائِفِيهِ. ¹⁴لَأنَّهُ يَعْرِفُ جَبَلَتَنَا، يَذْكُرُ أَنَّنَا
تُرَابٌ تَحْنُ. ¹⁵الْإِنْسَانُ مِثْلُ الْعُشْبِ آيَاتُهُ، كَزَهْرِ الْحَقْلِ
كَذَلِكَ يُزْهَرُ. ¹⁶لَأنَّ رِيحاً تَغْبُرُ عَلَيْهِ فَلَا يَكُونُ وَلَا يَعْرِفُهُ
مَوْضِعُهُ بَعْدَ. ¹⁷أَمَّا رَحْمَةُ الرَّبِّ فَإِلَى الدَّهْرِ وَالْأَبَدِ عَلَى
خَائِفِيهِ، وَعَدْلُهُ عَلَى بَنِي الْبَنِينَ، ¹⁸لِحَافِطِي عَهْدِهِ
وَذَاكِرِي وَصَايَاهُ لِيَعْمَلُوها.

¹⁹الرَّبُّ فِي السَّمَاوَاتِ ثَبَّتَ كُرْسِيِّهَ وَمَمْلَكَتُهُ عَلَى الْكُلِّ
تَسُودُ. ²⁰بَارِكُوا الرَّبَّ، يَا مَلَائِكَتُهُ الْمُقْتَدِرِينَ قُوَّةً،
الْقَاعِلِينَ أَمْرَهُ عِنْدَ سَمَاعِ صَوْتِ كَلَامِهِ. ²¹بَارِكُوا الرَّبَّ،
يَا جَمِيعَ جُنُودِهِ، حُدَامَةُ الْعَامِلِينَ مَرْضَاتِهِ. ²²بَارِكُوا الرَّبَّ،
يَا جَمِيعَ أَعْمَالِهِ. فِي كُلِّ مَوَاضِعِ سُلْطَانِهِ بَارِكِي، يَا
نَفْسِي، الرَّبَّ.

¹ A Psalm of David. 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 forgiveth all thine iniquities; who healeth all thy diseases; ⁴ Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; ⁵ Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's. ⁶ The LORD executeth righteousness and judgment for all that are oppressed. ⁷ He made known his ways unto Moses, his acts unto the children of Israel. ⁸ The LORD is merciful and gracious, slow to anger, and plenteous in mercy. ⁹ He will not always chide: neither will he keep his anger for ever. ¹⁰ He hath not dealt with us after our sins; nor rewarded us according to our iniquities. ¹¹ For as the heaven is high above the earth, so great is his mercy toward them that fear him. ¹² As far as the east is from the west, so far hath he removed our transgressions from us. ¹³ Like as a father pitieth his children, so the LORD pitieth them that fear him. ¹⁴ For he knoweth our frame; he remembereth that we are dust. ¹⁵ As for man, his days are as grass: as a flower of the field, so he flourisheth. ¹⁶ For the wind passeth over it, and it is gone; and the place thereof shall know it no more. ¹⁷ But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children; ¹⁸ To such as keep his covenant, and to those that remember his commandments to do them. ¹⁹ The LORD hath prepared his throne

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in the heavens; and his kingdom ruleth over all.²⁰ Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word.²¹ Bless ye the LORD, all ye his hosts; ye ministers of his, that do his pleasure.²² Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul.