O you, O Lord, I lift up my soul.

Your way, O Lord, make known to me; teach me your paths. Guide me in your truth and teach me, for you are God my savior.

To you, O Lord, I lift up my soul.

Remember that your compassion, O Lord, and your kindness are from of old. In your kindness remember me, because of your goodness, O Lord.

To you, O Lord, I lift up my soul.

Relieve the troubles of my heart; bring me out of my distress. Preserve my life and rescue me; let me not be put to shame, for I take refuge in you.

To you, O Lord, I lift up my soul.

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