

All day long my foes revile me.
Those who hate me use my name as a curse.

But you, O Lord, will endure for ever.
You will arise and have mercy on Sion.

You will hear the groans of the prisoners
and free those condemned to die.

I pray to you: "Do not take me away before my time
has come, you whose days last from age to age.

Lord, please help people who are in great distress

Psalm 103

My soul, give thanks to the Lord.
All my being, bless his holy name.

My soul, give thanks to the Lord
and never forget all his blessings.

It is he who forgives all your guilt,
who heals every one of your ills.

It is he who fills your life with good things,
renewing your youth like an eagle's life.

The Lord is compassion and love,
slow to anger and rich in mercy.

As the heavens are high above the earth
so strong is his love for those who love him.

As far as the east is from the west,
so far does he remove our sins.

As a father has compassion on his children,
the Lord has pity on all who love and honor him.