

Psalm 123

To you have I lifted up my eyes,
you who dwell in the heavens.

My eyes, like the eyes of slaves on the hand of their lords.

Like the eyes of a servant on the hand of her mistress,
so our eyes are on the Lord our God till he show us mercy.

Have mercy on us, Lord, have mercy.

We are filled with contempt.

Indeed all too full is our soul with the scorn of the rich,
with the proud man's disdain.

Lord, please protect poor people
from being exploited by rich people

Psalm 124

"If the Lord had not been on our side," this is Israel's song.

If the Lord had not been on our side
when people rose against us,

then would they have swallowed us alive
when they were angry with us.

Blessed be the Lord who did not let us become
a prey for their teeth.

Our life, like a bird, has escaped
from the snare of the hunter.

Indeed the snare has been broken and we have escaped.

Our help is in the name of the Lord
who made heaven and earth.

Thank you, Lord, for all the times
you have rescued me from trouble