



Bless the Lord, O my soul,  
and all that is within me,  
bless his holy name.

Bless the Lord, O my soul,  
and do not forget all his benefits —  
who forgives all your iniquity,  
who heals all your diseases,  
who redeems your life from the Pit,  
who crowns you with  
steadfast love and mercy,  
who satisfies you with good  
as long as you live  
so that your youth is  
renewed like the eagles.

*Psalm 103:1-5*