



- 4      1 Bless the LORD, / O my / soul,  
          and all that is within me, / bless his / ho-ly / Name.
- 2 Bless the LORD, / O my / soul,  
          and for- / get not / all his / benefits.
- M      3 He forgives / all your / sins  
          and / heāls / all your in- / firmities;
- W      4 He redeems your / life from the / grave  
          and crowns you with / mercy and / lov-ing- / kindness;
- 4      †5 He satisfies you with / good / things,  
          and your / youth is re- / newed like an / eagle's.
- 4      6 The LORD / exe-cutes / righteousness  
          and judgment for / all who / are op- / pressed.
- 7 He made his ways / known to / Moses  
          and his / works to the / children of / Israel.
- M      8 The LORD is full of com- / passion and / mercy,  
          slow to / anger and of / grēat / kindness.
- W      9 He will not / always ac- / cuse us,  
          nor will he / keep his / anger for / ever.
- 4      10 He has not dealt with us ac- / cording to our / sins,  
          nor rewarded us ac- / cord-ing / to our / wickedness.
- 11 For as the heav'ns are / high a-bove the / earth,  
          so is his mercy / great u-pon / those who / fear him.
- U      12 As far as the / east is from the / west,  
          so far has he re- / moved our / sins / from us.
- 13 As a father / cares for his / children,  
          so does the LORD / care for / those who / fear him.
- 4      †22 Bless the LORD, all you works of his, || in all places of / his do- / minion;  
          bless the / LORD, / O my / soul.

**Psalm 103** — *Benedic, anima mea*

Michael Lindstrom (b.1955)



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Glory to the Father, and / to the / Son,  
and / to the / Ho-ly / Spirit:

as it was in the be- / ginning, is / now,  
and / will be for- / ever. || A- / men.