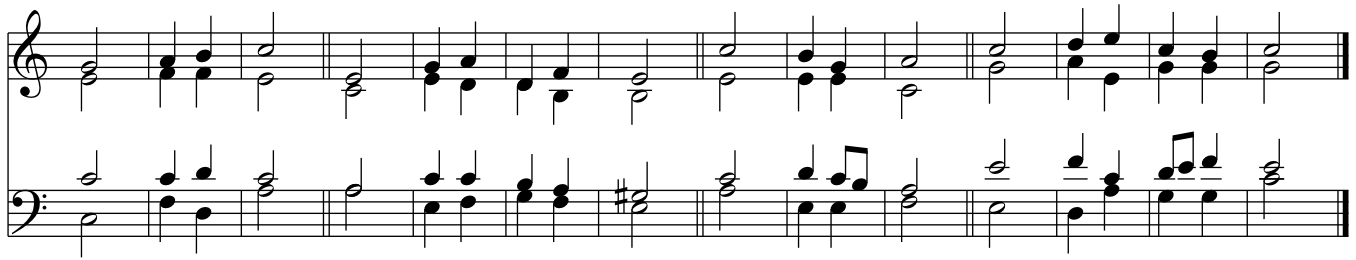


- 4 1 Bless the LORD, / O my / soul,
 and all that is within me, / bless his / ho-ly / Name.
- 2 Bless the LORD, / O my / soul,
 and for- / get not / all his / benefits.
- M 3 He forgives / all your / sins
 and / heals / all your in- / firmities;
- W 4 He redeems your / life from the / grave
 and crowns 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 / great / 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.
- 4 13 As a father / cares for his / children,
 so does the LORD / care for / those who / fear him.
- 4 Glory to the Father, and / to the / Son,
 and / to the / Ho-ly / Spirit:

Psalm 103 — *Benedic, anima mea*

Michael Lindstrom (b.1955)



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