

FIRST ANTIPHON

A/12

tone 1

S
A

Bless the Lord, O my soul, Bless-ed art Thou, O Lord. Bless the

T
B

Lord, O my soul, and all that is within me, bless His ho - ly Name.

Bless the Lord, O my soul, and for-get not all His ben-e - fits;

Who for-gives all ^{thine}~~your~~ in - i - qui - ties, Who heals all ^{thy}~~your~~ dis - eas - es;

Who re-deems ^{thy}~~your~~ life from the pit, Who crowns ^{thee}~~you~~ with stead-fast

love and mer-cy, Who satisfies ^{thee}you with good as long as ^{thou}you live-est

So that ^{thy}your youth is re-newed like the ea - gle's. The Lord works

vindication and jus - tice for the op - pressed. He made known His

ways to Mo - ses, His acts to the peo - ple of Is - ra - el.

The Lord is com - pas - sion - ate and mer - ci - ful, Long - suffering

and of great good - ness. Bless the Lord, O my soul,

and all that is with - in me, bless His ho - ly name,

Bless - ed art Thou, O Lord.

