

In Lent



The LORD knows where - of we are made; he re - mem - bers that we are



but dust.

In Easter Season



Bless the LORD, O my soul, who re - deems your life from the grave,



hal - le - lu - jah.

On other Sundays and Weekdays



Bless the LORD, O my soul, and for - get not all his ben - e - fits.

Psalm 103

Benedic, anima mea

Tone VIII.2



- 1 Bless the LORD, Ó my soul, *
and all that is within me, / bless his hóly Name.
- 2 Bless the LORD, Ó my soul, *
and forget not / all his bénefits.
- 3 He forgives áll your sins *
and heals all / your infírmities;
- 4 He redeems your life from the gráve *
and crowns you with mercy and / loving-kindness;
- 5 He satisfies you with góod things, *
and your youth is renewed / like an éagle's.

- 19 The LORD has set his throne in héaven,*
and his kingship has do/minion óver all.
- 20 Bless the LORD, you angels of his,
you mighty ones who do his bídding,*
and hearken to the / voice of his word.
- 21 Bless the LORD, all yóu his hosts,*
you ministers of / his who dó his will.
- 22 Bless the LORD, all you works of his,
in all places of his domínion;*
bless / the LORD, Ó my soul. [Ant.]