

Psalm 103 (NIV)

¹ Praise the LORD, my soul;
all my inmost being, praise his holy name.
² Praise the LORD, my soul,
and forget not all his benefits—
³ who forgives all your sins
and heals all your diseases,
⁴ who redeems your life from the pit
and crowns you with love and compassion,
⁵ who satisfies your desires with good things
so that your youth is renewed like the eagle's.
⁶ The LORD works righteousness
and justice for all the oppressed.
⁷ He made known his ways to Moses,
his deeds to the people of Israel:
⁸ The LORD is compassionate and gracious,
slow to anger, abounding in love.
⁹ He will not always accuse,
nor will he harbor his anger forever;
¹⁰ he does not treat us as our sins deserve
or repay us according to our iniquities.
¹¹ For as high as the heavens are above the earth,
so great is his love for those who fear him;
¹² as far as the east is from the west,
so far has he removed our transgressions from us.

¹³ As a father has compassion on his children,
so the LORD has compassion on those who fear him;
¹⁴ for he knows how we are formed,
he remembers that we are dust.
¹⁵ The life of mortals is like grass,
they flourish like a flower of the field;
¹⁶ the wind blows over it and it is gone,
and its place remembers it no more.
¹⁷ But from everlasting to everlasting
the LORD's love is with those who fear him,
and his righteousness with their children's children—
¹⁸ with those who keep his covenant
and remember to obey his precepts.
¹⁹ The LORD has established his throne in heaven,
and his kingdom rules over all.
²⁰ Praise the LORD, you his angels,
you mighty ones who do his bidding,
who obey his word.
²¹ Praise the LORD, all his heavenly hosts,
you his servants who do his will.
²² Praise the LORD, all his works
everywhere in his dominion.
Praise the LORD, my soul.