



My soul,

BLESS THE LORD, AND DO NOT FORGET ALL  
HIS BENEFITS. HE FORGIVES ALL YOUR  
INIQUITY; HE HEALS ALL YOUR DISEASES. HE  
REDEEMS YOUR LIFE FROM THE PIT;  
HE CROWNS YOU WITH FAITHFUL LOVE AND  
COMPASSION. HE SATISFIES YOU WITH  
GOOD THINGS; YOUR YOUTH IS RENEWED  
LIKE THE EAGLE.

PSALM 103:2-5