**Psalm 31 (30)**

² | ~ In | you, O | LORD, | **I** take | refuge.

Let me | never be | **put** to | shame.

In your | justice, | **set** me | free;

³ | ~ in- | cline your | ear to | me, and | speedily | **re**scue | me.

Be a | rock of | **refuge** for | me,

| ~ a | mighty | strong**hold** to | save me.

⁴ | ~ For | you are my | **rock**, my | stronghold!

Lead me, | guide me, | for the | sake **of** your | name.

⁵ | ~ Re- | lease me | from the | snare **they** have | hidden,

| ~ for | you in- | deed **are** my | refuge.

⁶ Into your | hands I com- | **mend** my | spirit.

You will re- | deem me, O | LORD, O | **faith**ful | God.

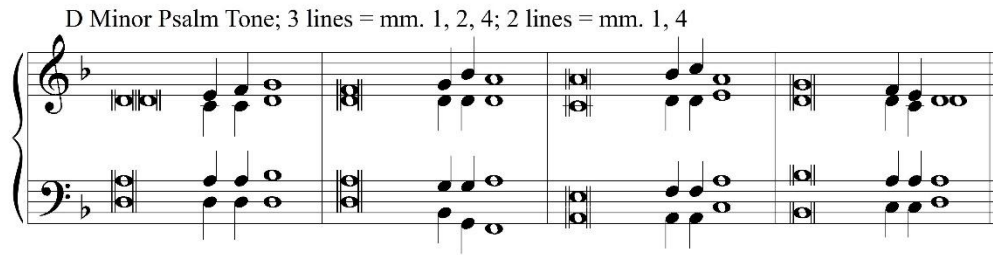
⁸ Let me be | glad and re- | joice **in** your | mercy,

| ~ for | you who have | seen my af- | fliction †

| ~ and | taken | heed of my | **soul's** di- | stress,

⁹ | ~ have | not left me | in the | hands **of** the | enemy,

| ~ but | set my | **feet** at | large.



¹⁵ | ~ But | as for | me, I | trust in | you, O | LORD;

| ~ I | say, | “You are my | God.

¹⁶ My lot is | in your | hands, †

| ~ De- | liver | me from the | hands of my | enemies

| ~ and | those | who pur- | sue me.

¹⁷ Let your | face shine | on your | servant.

Save me | in your | merciful | love.

¹⁸ Let me | not be | put to | shame, O | LORD,

for I | call on | you;

²⁰ | ~ How | great is the | goodness, | LORD,

that you | keep for | those who | fear you,

that you | show to | those who | trust you

in the | sight | of the | children of | men.

²¹ You hide them | in the | shelter | of your | presence,

| ~ Se- | cure from | human | scheming;

you keep them | safe wi- | thin your | tent

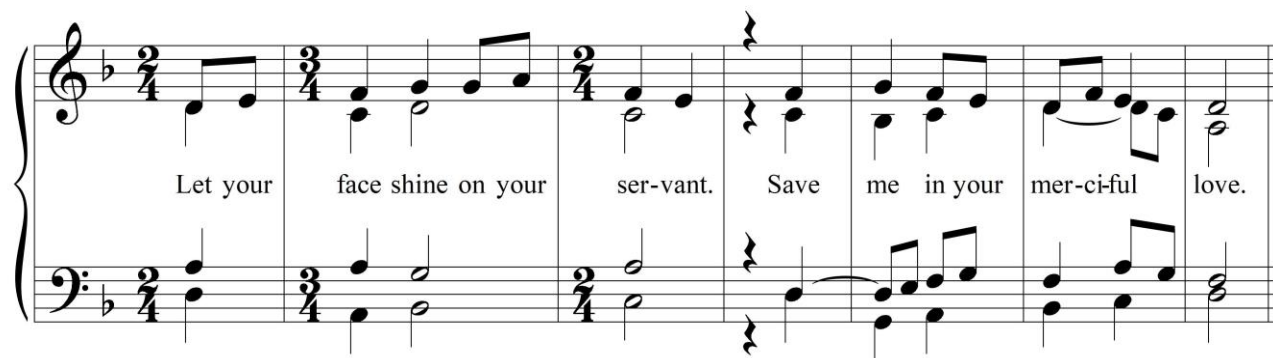
from dis- | puting | tongues.

Glory | be to the | Father, and | to the | Son,

| ~ and | to the | Holy | Spirit.

As it | was in | the be- | ginning, is | now, and | ever shall | be

| world | without | end, | A- | men.



Antiphon Source: *Graduale Romanum*, Fourth Sunday in Ordinary Time, Years AB (*Illumina faciem tuam*), first two lines

Antiphon Translation: Roman Missal, Communion antiphon for Fourth Sunday in Ordinary Time, Option 1 (Cf. Ps 31(30):17-18), first two lines

Psalm Pairing: *Graduale Romanum*

Psalm Text: Revised Grail

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