



Psalms 34 (New Revised Standard Version, Anglicised)

God is our refuge and strength,
a very present help in trouble.
Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea;
though its waters roar and foam,
though the mountains tremble with its tumult.

There is a river whose streams make glad the city of God,
the holy habitation of the Most High.
God is in the midst of the city; it shall not be moved;
God will help it when the morning dawns.
The nations are in an uproar, the kingdoms totter;
he utters his voice, the earth melts.
The Lord of hosts is with us;
the God of Jacob is our refuge.

Come, behold the works of the Lord;
see what desolations he has brought on the earth.
He makes wars cease to the end of the earth;
he breaks the bow, and shatters the spear;
he burns the shields with fire.
'Be still, and know that I am God!
I am exalted among the nations,
I am exalted in the earth.'
The Lord of hosts is with us;
the God of Jacob is our refuge.