

Bless the LORD, O my soul: and all  
that is within me, bless his holy name.

Bless the LORD, O my soul, and forget  
not all his benefits:

Who forgiveth all thine iniquities; who  
healeth all thy diseases;

Who redeemeth thy life from destruction;  
who crowneth thee with lovingkindness  
and tender mercies;

Who satisfieth thy mouth with good  
things; so that thy youth is renewed like  
the eagle's.

(Psalm 103:1-5)