Psalm 34:1-8

1 I will bless the Lord at all times; * his praise shall ever be in my mouth.
2 I will glory in the Lord; * let the humble hear and rejoice.  

Refrain

3 Proclaim with me the greatness of the Lord; 
   let us exalt his Name toge ther.
4 I sought the Lord, and he answered me * and delivered me out of all my terror.

Refrain

5 Look up on him and be radiant, * 
   and let not your faces be ashamed.
6 I called in my affliction and the Lord heard me * 
   and saved me from all my troubles.

Refrain

7 The angel of the Lord encompasses those who fear him, * 
   and he will deliver them.
8 Taste and see that the Lord is good; * 
   happy are they who trust in him!

Refrain