

# Blessed is He

*Ps. 146:1b-2, 3-4, 5-6ab, R. v.5a –or– Ps. 146:7, 8-9a, 9bc-10, R. v.5a*

Orin Johnson

or: Alleluia.

Bless - ed is he whose help is the God of Jacob.

Praise the LORD,  
Put not your trust in princes,  
Blessed he whose help is the God of Jacob,  
O my salvation, the sons of men in whom there is no salvation.  
Blessed he whose hope is in the LORD, his God.

The LORD secures justice for the oppressed,  
The LORD gives sight to the blind; The LORD raises up those who were bowed down;  
The fatherless and the widow he sustains, but the way of the wicked he thwarts.

I will praise the LORD all my life;  
When his spirit returns he returns to earth;  
Who made heaven and earth,  
the sea and all that is in them.  
I will sing praise to my God while I live.  
On that day his plans perish.

The LORD sets captives free.  
The LORD protects strangers.  
your God, O Zion, through all generations. Alleluia.

## Verses used for Descent of the Holy Spirit Feasts / Solemnities:

*Through the 17th Week in Ordinary Time (Year II) (1st set of verses)*

*Through the 32nd Week in Ordinary Time (Year II) (2nd set of verses)*