

Gaelic/Scots/English Grace

Psalm 103

**Beannaich an Tighearn, O m'anam: agus moladh gach ni a tha'n taobh a stigh
dhìom, 'Ainm naomh-san.**

Beannaich an Tighearn, O m'anam; agus na di-chuimhnich a thiodhlacan uile.

'S e 'mhaitheas dhuit do pheacaidhean gu leir: a shlanuicheas d'euslaintean uile;

**A shaoras do bheatha o sgrios: a chrunas thu le caoimhneas-graidh agus caomh-
throcairibh;**

**A shasuicheas do bheil le nithibh maithe: air chor as gu'n ath- nuadhaichear d-
oige mar oige na h-iolaire. Amen.**

**My saul, ye maun blithe-bid the Lord; and a' in myself, that name o' his ain sae
halie:**

My saul, ye maun blithe-bid the Lord; an' forget-na his gates, a' sae kindly:

Wha rews upon a' yer wrang; an' yer dowie turns a', wha heals them:

Wha redds but yer life frae the mouls: wha theeks ye wi' gude gree an' kindness:

**Yer mouthe wha has plenish'd wi' gude; yer youth, like the earn's, it has
double't. Amen.**

Praise the Lord, O my soul; and all that is within me praise his holy Name.

Praise the Lord, O my soul; and forget not all his benefits;

Who forgiveth all thy sin; and healeth all thine infirmities;

**Who saveth thy life from destruction: and crowneth thee with mercy and loving-
kindness;**

**Who satisfieth thy mouth with good things: making thee young and lusty as an
eagle. Amen.**

