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Happy are those whose transgression is forgiven, whose sin is covered.

Happy are those to whom the Lord imputes no iniquity,

and in whose spirit there is no deceit.

While I kept silence, my body wasted away through my groaning all day long.

For day and night your hand was heavy upon me;

my strength was dried up as by the heat of summer.

Then I acknowledged my sin to you, and I did not hide my iniquity;

I said, "I will confess my transgressions to the Lord,"

and you forgave the guilt of my sin.

Therefore let all who are faithful offer prayer to you;

at a time of distress, the rush of mighty waters shall not reach them.

All:You are a hiding place for me;
you preserve me from trouble;
you surround me with glad cries of deliverance.[NRSV]