Tract (Ps 90:1-7, 11-16)

1. He who abides in the shelter of the Most High, shall remain under the protection of the Lord of Heaven.
2. He shall say to the Lord: “You are my protector and my refuge;” my God, in whom I trust.
3. For he has set me free from the snare of the fowler, and from cutting words.
4. He will conceal you with his pinions, and under his wings you will find refuge.
5. His faithfulness will shield you as with a buckler, you will not suffer the terrors of the night:
6. You shall fear neither the arrow that flies by day, nor the conspiracy that stalks in the darkness, nor destruction, nor the demon of noonday.
7. A thousand will fall at your side, and ten thousand at your right, but you shall remain unharmed.
8. For to his Angels he has given a commandment concerning you, to keep you in all your ways.
9. In their hands they will bear you up, lest you dash your foot against a stone.
10. On the asp and the basilisk you will tread and trample the lion and the dragon.
11. Because he has put his hope in me I will deliver him; I will protect him, because he knows my name.
12. He shall call out to me, and I shall answer him: I am with him in tribulation.
13. I will rescue him and honour him; with long days will I satisfy him; and I shall let him see my saving power.

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