I lifted up my eyes to the mountains

From there my help will come.

We call to you for help,

for with a sleepless eye you sustained Israel.

Save me too from temptation.

Alleluia. Alleluia.

Glory to the Father and to the Son and to the Holy Spirit.

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We beseech you, Lord,

keep our feet grounded

in your holy commandment.

Alleluia. Alleluia.

Now and always and unto the ages of ages. Amen.
We glorify you, Lord,

who are enthroned above the four-faced angelic beings,

yet you look kindly upon your creatures,

Alleluia. Alleluia.