Psalm 34: 1-10. 22

I will bless the LORD at all times; his praise shall continually be in my mouth.

My soul makes its boast in the LORD; let the humble hear and be glad.

O magnify the LORD with me, and let us exalt his name together.

I sought the LORD, and he answered me and delivered me from all my fears.

Look to him, and be radiant, so your faces shall never be ashamed.

This poor soul cried and was heard by the LORD and was saved from every trouble.

The angel of the LORD encamps around those who fear him and delivers them.

O taste and see that the LORD is good; happy are those who take refuge in him.

O fear the LORD, you his holy ones, for those who fear him have no want.

The young lions suffer want and hunger, but those who seek the LORD lack no good thing.

The LORD redeems the life of his servants; none of those who take refuge in him will be condemned.