

# 1st Antiphon

(Bless the Lord, O my soul)

Tone 4  
after Ledkovsky

Bless the Lord, O my soul. Bless - ed art Thou, O Lord.

Bless the Lord, O my soul, and all that is within me, bless

his ho - ly name. Bless the Lord, O my soul, and

for - get not all His ben - e - fits. Who forgives all your

in - i - qui - ty; who heals all your di - sea - ses; who redeems

your life from the pit; who crowns you with steadfast love

and mer - cy; who satisfies you with good as long as you live,

so that your youth is renewed like the ea - gles; the Lord

is compassionate and mer - ci - ful, long-suffering and of great

good - ness; Bless the Lord, O my soul, and all that is

within me, bless his ho - ly name. Bless - ed art Thou, O Lord.