

From my youth many passions have fought a- gainst me,

but do Thou help me and save me, O my Sa- vier.

You who hate Zi- on shall be put to shame by the Lord;

You shall be wi- thered up like grass by the

fire. **ff** Glo- ry to the Fa- ther and to the Son and

to the Ho- ly Spi- rit, now and e- ver, and unto a-

ges of a- ges: A- men. *pp* Every soul is en- li- vened

by the Ho- ly Spi- rit, and is exal- ted in pu- ri-

ty, il- lu- mined by the Ho- ly Tri- ni-

*rit.* ty in a sa- cred my- ste- ry.