Praise the Lord, O Jerusalem

Refrain:

Praise the Lord, O Jerusalem;
Praise thy God, O Zion.

Verses:

(1) For he hath strengthened the bars of thy gates,
   He hath blessed thy sons within thee.  (Psalm 147:2)

(2) He bringeth peace upon thy borders,
   and with the fatness of the wheat He filleth thee.  (Psalm 147:3)

(3) He sendeth His saying unto the earth; right swiftly runneth His word.  (Psalm 147:4)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: First Sunday after Pascha (St. Thomas Sunday)