**A (A,A,B,A,B,B,A)** (\*final line)

Blessed be YHVH

My Rock, Who trains my hands for war.

And my fingers for battle

My Loving- kind - ness,

And my for - tress,

\*My high tower, and my deliverer; >REPEAT<

**B**

My Shield, My Shield

In whom I take refuge;

Who subdues my people under me

Stretch forth Your hands

From on high;

Re - scue me,

And deliver me

Out of many waters, and the hand of stran-gers.