

## The One True Helper

PSALM 146 L. M.

MIGDOL

Lowell Mason

1 Praise ye the Lord, His praise pro-claim, And, O my soul, bless thou His Name;

Yea, I will sound His praise a-broad And ev - er bless the Lord, my God.

[Selected Stanzas]

- 2 Trust not in man who soon must die,  
But on the living God rely;  
Most blest the man whose help is He  
That made the heaven and earth and sea.
- 3 His truth unchanged shall ever stand,  
He saves from strong oppression's hand,  
In Him the sad a helper find,  
He feeds the poor and heals the blind.
- 4 Thy God shall reign for evermore,  
Praise Him, O Zion, and adore;  
The Lord is heaven's eternal King,  
To Him all praise and honor bring.