

**Psalm 146**  
**Praise for God's Help**

Praise God, O my soul  
my soul gives thanks and praise for God  
our divine protector and help  
the One who is with us  
God who led and guided us  
from generation to generation.

We will praise God as long as we live  
we give God praise for the land  
we give God thanks for the rivers, the lakes and the trees  
we praise God who is present and with all creation  
we praise God who helped us  
from generation to generation.

In God our ancestors trusted  
when they welcomed new visitors to the land  
God kept us through the killings of our people  
through the disregard for our lives  
through the indignities and suffering  
from generation to generation.

In God we trusted  
when our children were taken from our homes  
when our elders were mocked for their wisdom  
when we were labeled as heathens  
when we were told we did not know the Living God  
from generation to generation.

We will sing praises to God  
though mortals betrayed and deceived us  
though mortals stole land none of us ever owned  
killing the buffalo, polluting the rivers  
overwhelming the land with greed  
from generation to generation.

We praise God in whose image we are made  
we give thanks for our traditions  
for the presence of the Great Spirit  
we give praise for the healers and the healing  
for the promise to lift our oppression  
from generation to generation.

We praise God for bringing justice and mercy  
from generation to generation.