1. "A Song of degrees for Solomon." Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh [but] in vain.

2. [It is] vain for you to rise up early, to sit up late, to eat the bread of sorrows: [for] so he giveth his beloved sleep.

3. Lo, children [are] an heritage of the LORD: [and] the fruit of the womb [is] his reward.

4. As arrows [are] in the hand of a mighty man; so [are] children of the youth.

5. Happy [is] the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate.