



PSALMS & HYMNS

For Community Groups, Family Worship, Social Gatherings, and Sundry Events

2024

SEASON OF LENT

REFORMATION COVENANT CHURCH
Oregon City, OR

*Have mercy on me, O God, according to your steadfast love;
According to Your abundant mercy, blot out my transgressions.
Wash me thoroughly from my iniquity, and cleanse me from my sin!
-Psalm 51: 1-2*

Confession & the Penitential Psalms

The Lenten season has historically been set apart as a time of confession and repentance. However neither confession nor repentance are natural for us. As sinners our hearts are turned in on themselves. Confession and repentance are fundamentally an act of bending our hearts back. It does not feel good, and we often lack the words to do this adequately. The Psalms, then, give us a rich storehouse of prayers that teach us how to do it. The seven penitential psalms especially (6, 32, 38, 51, 102, 130, 143) given in both chant and metrical versions below, have been celebrated as particularly insightful and potent for the soul looking to confess. The contrite heart feels God's displeasure and recognizes the peril of his soul (Ps. 6); upon the reception of forgiveness the guilty heart understands the joy and delights of God's mercy (Ps. 32); the grief and depths of his sin are realized only in light of God's character (Ps. 51); God's discipline comes up severely against those who walk contrary to his law (Ps. 102); but God offers forgiveness freely to the repentant (Ps. 130); his mercy and his faithfulness remain our only hope (Ps. 143).

By means of these psalms, accompanied by other selections from the Psalter and hymns from the church, we can come to understand who we are—namely, great sinners in need of mercy—and then who God is—a God who is more full of mercy than we are of sin.

St. Athanasius wrote that, in the Psalms, "every one is bound to find his very self in them and, be he faithful soul or be he sinner, each reads in them descriptions of himself." This Lenten season, I encourage you to take these psalms, and alongside them the various hymns and spiritual songs, and see yourself in them. Like I said, confession and repentance is hard, in fact it may be the most difficult thing that we can do. But God has given you words when you might have none. In singing them and in praying them, you sing and pray alongside saints throughout time who have found the thoughts and intentions of their hearts exposed in the Word of God (Heb. 4:12).

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CORPORATE CONFESSIONS OF SIN

CONFESSION #1

Almighty and most merciful Father; We have erred and strayed from Thy ways like lost sheep. We have followed too much the devices and desires of our own hearts. We have offended against Thy holy laws. We have left undone those things which we ought to have done. And we have done those things which we ought not to have done; and there is no health in us. But Thou, O Lord, have mercy upon us, miserable offenders. Spare Thou those, O God, who confess their faults. Restore Thou those who are penitent; According to Thy promises declared unto mankind in Christ Jesus our Lord. And grant, O merciful Father; for His sake; That we may hereafter live a godly, righteous, and sober life; To the glory of Thy holy name. Amen.

CONFESSION #2

Most holy and merciful Father; We acknowledge and confess before Thee; Our sinful nature prone to evil and slothful in good; And all our shortcomings and offenses. Thou alone knowest how often we have sinned; In wandering from Thy ways; In wasting Thy gifts; In forgetting Thy love. But Thou, O Lord, have pity upon us; Who are ashamed and sorry for all therein we have displeased Thee. Teach us to hate our errors; Cleanse us from our secret faults; And forgive our sins for the sake of Thy dear Son. And O mostly holy and loving Father; Help us we beseech Thee; To live in Thy light and walk in Thy ways; According to the commandments of Jesus Christ our Lord. Amen

CONFESSION #3

Almighty God, who art rich in mercy to all those who call upon Thee; Hear us as we come to Thee humbly confessing our sins; And imploring Thy mercy and forgiveness. We have broken Thy holy laws by our deeds and by our words; And by the sinful affections of our hearts. We confess before Thee our disobedience and ingratitude, our pride and willfulness And all our failures and shortcomings toward Thee and toward fellow men. Have mercy upon us, most merciful Father; And of Thy great goodness grant that we may hereafter serve and please Thee in newness of life; Through the merit and meditation of Jesus Christ our Lord. Amen.

CONFESSION #4

Lord God! Eternal and Almighty Father. We acknowledge and confess before Thy holy majesty, that we are poor sinners; conceived and born in guilt and in corruption, prone to do evil, unable of ourselves to do any good; who, by reason of our depravity, transgress without end Thy holy commandments. Therefore we have drawn upon ourselves, by Thy just sentence, condemnation and death. But, O Lord! With heartfelt sorrow we repent and deplore our offences. We condemn ourselves and our evil ways, with true penitence beseeching that Thy grace may relieve our distress.

Be pleased then to have compassion upon us, O most gracious God! Father of all mercies; for the sake of Thy Son Jesus Christ our Lord. And in removing our guilt and our pollution, grant us the daily increase of the grace of Thine Holy Spirit; that acknowledging from our inmost hearts our own unrighteousness, we may be touched with sorrow that shall work true repentance; and that Thy Spirit, mortifying all sin within us, may produce the fruits of holiness and of righteousness well-pleasing in Thy sight; Through Jesus Christ our Lord. Amen

CONFESSION #5

O Thou whose chosen dwelling is the heart that longs for Thy presence and humbly seeks Thy love: we come to Thee to acknowledge and confess that we have sinned in thought and word and deed; we have not loved Thee with all our heart and soul, with all our mind and strength; we have not even loved our neighbor as ourselves.

Deepen within us our sorrow for the wrong we have done, or for the good we have left undone. But Thou, O Lord, art full of compassion and gracious, slow to anger and plenteous in mercy; there is forgiveness with Thee. Restore to us the joy of Thy salvation; bind up that which is broken, give light to our minds, strength to our wills and rest to our souls. Speak to each of us the word that we need, and let Thy word abide with us until it has wrought in us Thy holy will. Amen.

CONFESSION #6

Almighty God, our heavenly Father,
We have sinned against you and against our fellow men,
In thought and word and deed,
In the evil we have done
And in the good we have not done,
Through ignorance, through weakness,
Through our own deliberate fault.
We are truly sorry and repent of all our sins.
For the sake of your Son, Jesus Christ, who died for us,
Forgive us all that is past;
And grant that we may serve You in newness of life
To the glory of Your Name. Amen

PSALMS FOR THE SEASON OF LENT

Chide Me, O LORD, No Longer

NE VEUILLES PAS, Ô SIRE (776.776)

Psalm 6

W. W. J. VanOene, 1972; rev.

Genevan Psalter, 1542

harm. Claude Goudimel, 1564; alt.

1. Chide me, O LORD, no long - - - er, Nor chas - ten
 2. My soul is trou - bled great - - - ly. O has - ten
 3. *How can the dead a - dore - - - Thee* Or bring their
 4. *All night, in - stead of sleep - - - ing,* I drench my
 5. De - part from me, trans - gres - - - sors. Flee now, all
 6. The LORD heard when I plead - - - ed And my ap -

me in an - ger. In mer - cy hear my groans;
 Thou to aid me. Why dost Thou tar - ry, LORD?
thanks be - fore Thee, Or praise Thy ho - ly Name?
couch with weep - ing. With grief my eyes grow weak,
 you op - pres - sors: The LORD did heed my cry!
 peals He heed - ed. My foes shall be a - shamed,

O LORD, see how I lan - guish. Heal Thou
 Turn back and show Thy fa - vor; Me in
I'm wea - ry with my moan - ing, Worn out
Since foes with hate sur - round me And with -
 He heard my sup - pli - ca - tion, My plea
 For sud - den fear shall shake them, And pan -

my bit - ter an - guish, For trou - bled are my bones.
 Thy love de - liv - er, Ac - cord - ing to Thy word!
with con - stant groan - ing And o - ver - come with shame.
out ceas - ing hound me; My ru - in they all seek.
 for con - so - la - tion, And with His help is nigh.
 ic o - ver - take them. Their doom has He pro - claimed.

Psalm 6

Tone 8



1. O LORD, rebuke me not in your | anger,
Nor discipline me | in Your wrath.
2. Be gracious to me, O LORD, for I am | languishing;
Heal me, O LORD, for my bones are | troubled.
3. My soul also is greatly | troubled.
But You, O LORD-- | how long?
4. Turn, O LORD, deliv- | er my life;
Save me from for the sake of Your | steadfast love.
5. For in death there is no remem- | brance of You;
In Sheol who will | give You praise?
6. I am weary with my moaning; every night I flood my | bed with tears;
I drench my couch with my | weeping.
7. My eye wastes away be- | cause of grief;
It grows weak because of | all my foes.
8. Depart from me, all you workers of | evil,
For the LORD has heard the sound of my | weeping.
9. The LORD has | heard my plea;
The LORD ac- | cepts my prayer.
10. All my enemies shall be ashamed and greatly | troubled;
They shall turn back and be put to shame in a | moment.

Glory be to the Father and | to the Son
And to the Holy | Spirit
As it was in the be- | ginning,
Is now, and will be forever. | Amen

Be Not Far Off, for Grief Is Near

Psalm 22:11-20

KINGSFOLD (C.M.D.)

Melody collected by Lucy Broadwood

harm. Ralph Vaughan Williams, 1906

The Book of Psalms for Singing, 1973

1. Be not far off, for grief is near, And none to help is found;
2. My strength is on - ly bro - ken clay; My mouth and tongue are dry,
3. My bones are plain for me to count; men see me and they stare.

For bulls of Ba - shan in their strength Now cir - cle me a - round.
For in the ver - y dust of death You there make me to lie.
My clothes a - mong them they di - vide, And gam - ble for their share.

Their li - on - jaws they o - pen wide, And roar to tear their prey.
For see how dogs en - cir - cle me! On eve - ry side there stands
Now hur - ry, O my Strength, to help! Do not be far, O Lord!

My heart is wax, my bones un - knit, My life is poured a - way.
A broth - er - hood of cru - el - ty; They pierce my feet and hands.
But snatch my soul from rag - ing dogs, And spare me from the sword.

The King of Love My Shepherd Is

Psalm 23

ST. COLUMBA (8 7. 8 7)
Old Irish hymn melody

Henry W. Baker, 1868

1. The King of love my Shep - herd is, Whose
 2. Where streams of liv - ing wa - ter flow My
 3. *Per - verse and fool - ish oft I strayed,* But
 4. *In death's dark vale I fear no ill* With
 5. Thou spread'st a ta - ble in my sight; Thine
 6. And so through all the length of days Thy

- 3 -

good - ness fail - eth nev - er; I noth - ing lack if
 ran - somed soul He lead - eth, And where the ver - dant
yet in love He sought me, And on His shoul - der
Thee, dear Lord, be - side me; Thy rod and staff my
 unc - tion grace be - stow - eth; And O what trans - port
 good - ness fail - eth nev - er; Good Shep - herd, may I

I am His And He is mine for - ev - er.
 pas - tures grow, With food ce - les - tial feed - eth.
gent - ly laid, And home, re - joic - ing, brought me.
com - fort still, Thy cross be - fore to guide me.
 of de - light From Thy pure chal - ice flow - eth!
 sing Thy praise With - in Thy house for - ev - er.

What Blessedness For Him Whose Guilt

Psalm 32

VOX DILECTI (C.M.D)
John Bacchus Dykes, 1868

The Book of Psalms for Singing, 1973

1. What bless - ed - ness for him whose guilt Has all for - giv - en been!
2. When I kept si - lent, my bones aged; My groan - ing filled each day.
3. *Then You did all my sin for - give And take my guilt a - way.*
4. In - struc - tion I will give to you And teach you as you go.
5. The wick - ed man - y pang en - dure, But stead - fast cov - 'nant love

When his tran - ges - sions par - doned are, And cov - ered is his sin.
Your hand op - pressed me day and night; My mois - ture dried a - way.
For this when You are near at hand Let all the god - ly pray.
My watch - ful eye will guide your steps; My coun - sel you will know.
En - cir - cles eve - ry man whose trust Is in the LORD a - bove.

O blessed the man 'gainst whom the LORD Counts no in - i - qui - ty,
Then I to You ad - mit - ted sin, Hid not my guilt - i - ness;
The ris - ing floods will harm him not. You are my hid - ing place.
Be not like sense - less horse or mule Which if you would sub - due
Be glad and shout, you right - eous ones, And in the LORD re - joice!

And in whose spir - it there is not De - ceit or treach - er - y.
I said, "I will be - fore the LORD Trans - ges - sions now con - fess."
And You will com - fort me with songs Of vic - to - ry and grace.
You must with bit and bri - dle hold To bring him close to you.
And all whose hearts are just and true Sing out with joy - ful voice.

Psalm 32

Tone 4



1. Blessed is the one whose transgression is for- | given,
Whose sin is | covered.
2. Blessed is the man against whom the LORD counts no in- | iquity,
And in whose spirit there is | no deceit.
3. For when I kept silent, my bones wast- | ed away
Through my groaning | all day long.
4. For day and night Your hand was heavy up- | on me;
My strength was dried up as by the heat of | summer.
5. I acknowledged my sin to You, and I did not cover my in- | iquity;
I said, "I will confess my transgressions to the LORD,"
and You forgave the iniquity | of my sin.
6. Therefore let everyone who is godly offer prayer to You at a time
when You | may be found;
Surely in the rush of great waters, they shall not | reach him.
7. You are a hiding place for me; You preserve me from | trouble;
You surround me with shouts of de- | liverance.
8. I will instruct you and teach you in the way | you should go;
I will counsel you with my eye up- | on you.
9. Be not like a horse or a mule, without under- | standing,
Which must be curbed with bit and bridle, or it will not stay | near you.
10. Many are the sorrows of the | wicked,
But steadfast love surrounds the one who trusts | in the LORD.
11. Be glad in the LORD, and rejoice, O | righteous,
And shout for joy, all you up- | right in heart!

Glory be to the Father and | to the Son
And to the Holy | Spirit
As it was in the be- | ginning,
Is now, and will be forever. | Amen

LORD, Rebuke Me Not in Anger

LAS! EN TA FUREUR AIGUË (8 4 7 8 4 7)

From Psalm 38:1-11

Genevan Psalter, 1542

harm. Claude Goudimel, 1564; alt.

William Helder, 1980

1. LORD, re - buke me not in an - ger, And no long - er
 2. Thou hast of all strength be - rept me; Health has left me,
 3. All my wounds are foul and reek - ing; Ev - er weak - ening,
 4. I am crushed and numb with an - guish As I lan - guish,
 5. How my pound - ing heart is strain - ing; Strength is wan - ing,

Let Thy wrath on me de - scend. Thou hast pierced me with Thy ar - rows,
 And Thy wrath is my de - spair; My in - i - qui - ties dis - tress me
 I am ut - ter - ly bowed down. Bit - ter fruits of fol - ly reap - ing,
 And I groan in mis - er - y. Thou dost hear my mourn - ful cry - ing,
 And my eyes are fail - ing me. I am by my friends ne - glect - ed

Brought me sor - rows, Bowed me down with Thy own hand.
 And op - press me; They are more than I can bear.
 I go weep - ing, For my vig - or is all gone.
 And my sigh - ing Is not hid - den, LORD, from Thee.
 And re - ject - ed; Kins - men see my plague and flee.

LORD, Rebuke Me Not in Anger

From Psalm 38:12-22

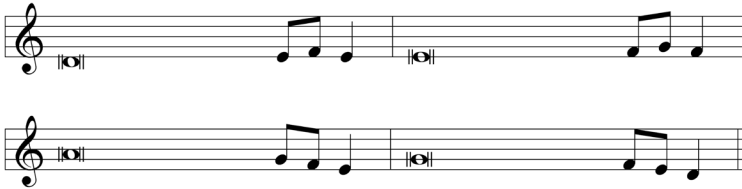
6. Those who lie in wait to snare me Will not spare me
 7. Thou, O LORD my God, wilt hear me And be near me;
 8. I am prone to fall or stumble, And I tremble,
 9. Count - less might - y foes be - rate me, Fierce - ly hate me;
 10. LORD, for - sake me not but hear me; Be Thou near me

All the mischief they devise. Seem - ing deaf and dumb be - fore them,
 Thou, O LORD, wilt heed my voice. Though my foot may slip and wav - er,
 Think - ing of my grief and pain. I ac - knowl - edge my trans - gres - sion
 With - out cause I am op - pressed. Ill for good they al - ways ren - der;
 As my help and shield, I pray. Has - ten to my aid, O Sav - ior;

I ig - nore them And I of - fer no re - plies.
 Show Thy fa - vor And let not my foes re - joice.
 In con - fes - sion, Deep - ly trou - bled by my sin.
 Me they slan - der Since I strive for what is best.
 Show Thy fa - vor. O my God, do not de - lay.

Psalm 38

Tone K



1. O LORD, rebuke me not in Your | anger,
Nor discipline me | in Your wrath!
2. For Your arrows have sunk | into me,
And Your hand has come | down on me.
3. There is no soundness in my flesh because of Your indig- | nation;
There is no health in my bones because | of my sin.
4. For my iniquities have gone o- | ver my head;
Like a heavy burden, they are too heav- | y for me.
5. My wounds stink and | fester
Because of my | foolishness,
6. I am utterly bowed down and | prostrate;
All the day I go about | mourning.
7. For my sides are filled with | burning,
And there is no soundness | in my flesh.
8. I am feeble | and crushed;
I groan because of the tumult | of my heart.
9. O LORD, all my longing is be- | fore You.
My sighing is not hid- | den from You.
10. My heart throbs; my strength | fails me,
And the light of my eyes—it also has | gone from me.
11. My friends and companions stand aloof | from my plague,
And my nearest kin stand | far off.
12. Those who seek my life lay their snares; those who seek my hurt speak of | ruin
And meditate treachery | all day long.

Psalm 38

(cont.)



13. But I am like a deaf man; I | do not hear,
Like a mute man who does not o- | pen his mouth.
14. I have become like a man who | does not hear,
And in whose mouth are | no rebukes.
15. But for Your, O LORD, | do I wait;
It is You, O LORD, my God, who will | answer.
16. For I said, "Only let them not rejoice | over me,
Who boast against me when my | foot slips!"
17. For I am read- | y to fall,
And my pain is ever be- | fore me.
18. I confess my in- | iquity,
I am sorry | for my sin.
19. But my foes are vigorous, they are | mighty,
And many are those who hate me | wrongfully.
20. Those who render me e- | vil for good
Accuse me because I follow | after good.
21. Do not forsake me, | O LORD!
O my God, be not | far from me!
22. Make haste to | help me,
O LORD, my sal- | vation!

Glory be to the Father and | to the Son
And to the Holy | Spirit
As it was in the be- | ginning,
Is now, and will be forever. | Amen

O Thou That Hear'st When Sinners Cry

From Psalm 51

HAMBURG (L.M.)
Lowell Mason, 1824

Isaac Watts, 1674-1748
Hymns and Spiritual Songs, 1707

1. O Thou that hear'st when sin - ners cry, Though all my
2. Cre - ate my na - ture pure with in, And form my
3. *I can-not live with - out Thy light, Cast out the*
4. *A bro-ken heart, my God, my King, Is all the*
5. My soul lies hum - bled in the dust, And owns Thy
6. Then will I teach the world Thy ways; Sin - ners shall

crimes be - fore Thee lie, Be - hold them not with
soul a - verse to sin: Let Thy good Spi - rit
ban - ished from Thy sight; Thy ho - ly joys, my
sac - ri - fice I bring; The God of grace will
dread - ful sen - tence just: Look down, O Lord, with
learn Thy sov - 'reign grace; I'll lead them to my

an - gry look, But blot their mem - ory from Thy book.
ne'er de - part, Nor hide Thy pre - sence from my heart.
God, re - store, And guard me, that I fall no more.
ne'er de - spise A bro - ken heart for sac - ri - fice.
pit - ying eye, And save the soul con - demned to die.
Sav - ior's blood, And they shall praise a pard - 'ning God.

PURGE ME WITH HYSSOP, AND I SHALL BE CLEAN;
WASH ME, AND I SHALL BE WHITER THAN SNOW.
LET ME HEAR JOY AND GLADNESS;
LET THE BONES THAT YOU HAVE BROKEN REJOICE.
PSALM 51:7-8

Psalm 51

Tone 8



1. Have mercy on me, O God, according to Your | steadfast love;
According to Your abundant mercy blot out my trans- | gressions.
2. Wash me thoroughly from my in- | iquity,
And cleanse me | from my sin!
3. For I know my trans- | gressions,
And my sin is ever be- | fore me.
4. Against You, You only, have I sinned and done what is evil | in Your sight.
So that You may be justified in Your words and blameless in Your | judgment.
5. Behold, I was brought forth in in- | iquity,
And in sin did my mother con- | ceive me.
6. Behold, You delight in truth in the inward | being,
And You teach me wisdom in the | secret heart.
7. Purge me with hyssop, and I | shall be clean;
Wash me, and I shall be whit- | er than snow.
8. Let me hear joy and | gladness;
Let the bones that You have bro- | ken rejoice.
9. Hide Your face | from my sins.
And blot out all my in- | iquities.
10. Create in me a clean heart, | O God,
And renew a right spirit with- | in me.
11. Cast me not away from your | presence,
And take not your Holy Spirit | from me.
12. Restore to me the joy of your sal- | vation,
And uphold me with a willing | spirit.

Psalm 51

(cont.)



13. Then I will teach transgressors | your ways,
And sinners will re- | turn to you.
14. Deliver me from bloodguiltiness, O God,
O God of my sal- | vation;
And my tongue will sing aloud of Your | righteousness.
15. O LORD, open | my lips,
And my mouth will de- | clare Your praise.
16. For You will not delight in sacrifice, or I would | give it,
You will not be pleased with a burnt | offering.
17. The sacrifices of God are a broken | spirit;
A broken and contrite heart, O God, You will | not despise.
18. Do good to Zion in Your good | pleasure.
Build up the walls of Je- | rusalem;
19. Then will You delight in right sacrifices, in burnt offerings and
whole burnt | offerings;
Then bulls will be offered on Your | altar.

Glory be to the Father and | to the Son
And to the Holy | Spirit
As it was in the be- | ginning,
Is now, and will be forever. | Amen

LORD, Hear My Prayer

From Psalm 102

LORD, HEAR MY PRAYER (8 8. 8 8. 8 8. 8 8.)

The Psalter, 1912

Gregory D. Wilbur, 2009

1. ¹ LORD, hear my pray'r and let my cry Have read - y ac - cess un - to Thee.
2. ⁴ My heart is with - ered like the grass, And I for - get my dai - ly bread.
3. ¹² But Thou, Je - ho - vah, shalt en - dure, Thy throne for - ev - er is the same;
4. ¹⁴ O Lord, re - gard the pray'r of those Who love the walls of Zi - on well,

2 When in dis - tress to Thee I fly, O hide not Thou Thy face from me.
6 In lone - ly grief my days I pass 7 And sad my thoughts up - on my bed.
And to all gen - e - ra - tions sure Shall be Thy great mem - or - ial name.
Whose hearts are heav - y for her woes, Who sad a - mid her ru - ins dwell.

At - tend, O LORD, to my de - sire And haste to an - swer when I pray.
8 My foes re - proach me all the day, 9 My drink is tears, my bread is grief,
13 The time for Zi - on's help is near, The time ap - point - ed in Thy love;
15 Then all the kings of earth shall fear And heath - en na - tions serve the LORD.

3 For grief con - sumes my strength like fire; My days as smoke pass swift a - way.
10 For in Thy wrath I pine a - way, 11 My days are like a fad - ing leaf.
O let Thy gra - cious aid ap - pear, Look Thou in mer - cy from a - bove.
16 Thy pow'r and glo - ry shall ap - pear, And Zi - on's walls shall be re - stored.

5. ¹⁷The Lord has heard and an - swered pray'r And saved His peo - ple in dis - tress;
 6. ²¹All men in Zi - on shall de - clare His gra - cious name with one ac - cord,
 7. Oh, cut not short my life's brief day, O Thou whose years e - ter - nal run,

18 This to the com - ing age de - clare, That they His ho - ly name may bless.
 22 When kings and na - tions gath - er there To serve and wor - ship God the LORD.
 25 Thou who didst earth's foun - da - tions lay, Cre - a - tor of the stars and sun.

19 The LORD, ex - alt - ed on the throne, Looked down from Heav'n with pi - ty'ng eye
 23 Be - fore my jour - ney is com - plete My vig - or fails, my years de - cline;
 26 The earth and heav'n's shall pass a - way, Like ves - ture worn and laid a - side,

8. ²⁸ Thy ser - vants' chil - dren shall re - main For ev - er - more be - fore Thy face;

20 To still the low - ly cap - tive's moan And save His peo - ple doomed to die.
 24 My God, O spare me, I en - treat; The days of life are whol - ly Thine.
 27 But change - less Thou shalt live for aye, Thy years for - ev - er shall a - bide.
 En - dur - ing hon - or they shall gain, Es - tab - lished ev - er in Thy grace.

Psalm 102

Tone 11



1. Hear my prayer, | O LORD;
Let my cry | come to You!
2. Do not hide Your face from me in the day of | my distress!
Incline Your ear to me; answer me speedily in the day | when I call!
3. For my days pass a- | way like smoke,
And my bones burn like a | furnace.
4. My heart is struck down like grass and has | withered;
I forget to | eat my bread.
5. Because of my loud | groaning
My bones cling | to my flesh.
6. I am like a desert owl of the | wilderness,
Like an owl of the waste | places;
7. I | lie awake;
I am like a lonely sparrow on the | housetop.
8. All the day my enemies | taunt me;
Those who deride me use my name | for a curse.
9. For I eat ashes | like bread
And mingle tears | with my drink,
10. Because of Your indignation and | anger;
For You have taken me up and | thrown me down.
11. My days are like an evening | shadow;
I wither a- | way like grass.
12. But You, O LORD, are enthroned for- | ever;
You are remembered throughout all gener- | ations.
13. You will arise and have pity on | Zion;
It is the time to favor her; the appointed | time has come.
14. For Your servants hold her | stones dear
And have pity | on her dust.
15. Nations will fear the name | of the LORD,
And all the kings of the earth will fear Your | glory.
16. For the LORD builds up | Zion;
He appears in His | glory.

Psalm 102

(cont.)



17. He regards the prayer of the | destitute
And does not de- | spise their prayer.
18. Let this be recorded for a genera- | tion to come,
So that a people yet to be created may | praise the LORD:
19. That He looked down from His | holy height;
From heaven the LORD looked | at the earth.
20. To hear the groans of the | prisoners,
To set free those who were | doomed to die,
21. That they may declare in Zion the name | of the LORD,
And in Jerusa- | lem His praise.
22. When people gather to- | gether,
And kingdoms, to wor- | ship the LORD.
23. He has broken my strength in | midcourse;
He has shortened | my days.
24. "O my God," I say, "take me not away in the midst | of my days—
You whose years endure throughout all gener- | ations.
25. Of old You laid the foundation | of the earth,
And the heavens are the work | of Your hands.
26. They will perish, but You | will remain;
They will all wear out like a | garment.
27. You will change them like a robe, and they will | pass away,
but You are the same, and Your years | have no end.
28. The children of Your servants shall | dwell secure;
Their offspring shall be established be- | fore You.

Glory be to the Father and | to the Son
And to the Holy | Spirit
As it was in the be- | ginning,
Is now, and will be forever. | Amen

I Love the LORD, The Fount of Life

From Psalm 116:1-9

J'AIME MON DIEU [GENEVAN 116] (10 11. 11 10.)

William Kuipers, 1931; rev. ©

Genevan Psalter, 1562; harm. Mark Reagan, 2020 ©

1. I love the LORD, the fount of life and grace;
 2. The cords of death held me in deep de - spair;
 3. I cried to Him, "Oh, I be - seech Thee, LORD,
 4. The LORD pre - serves the help - less gra - cious - ly;
 5. O right - eous LORD, Thou in Thy sov - reign grace

He heard my voice, my cry and sup - pli - ca - tion,
 The ter - rors of the grave caused me to lan - guish;
 Pre - serve my life and prove Thy - self my Sav - ior!"
 For, when brought low, in Him I found sal - va - tion.
 Hast saved my soul from death and woe ap - pall - ing,

In - clined His ear, gave strength and con - so - la - tion;
 I suf - fered un - told grief and bit - ter an - guish;
 The LORD is just and He shows grace and fa - vor;
 Come, O my soul, re - lieved from trib - u - la - tion,
 Dried all my tears and kept my feet from fall - ing,

In life, in death, my heart will seek His face.
 In my dis - tress I turned to God in pray'r.
 In bound - less mer - cy He ful - fills His word.
 Turn to your rest; the LORD has fa - vored me.
 That I may live and walk be - fore Thy face.

I Love the LORD, The Fount of Life

From Psalm 116:10-19

6. I have be - lieved, and there - fore did I speak
 7. What shall I ren - der to my Sav - ior now
 8. *In all His peo - ple's pres - ence I will pay*
 9. I am, O LORD, Thy ser - vant, bound yet free,
 10. Je - ru - sa - lem! With - in your courts I'll praise

When I was made to suf - fer trib - u - la - tion;
 For all the rich - es of His con - so - la - tion?
 My *vows to Him, the LORD so good and gra - cious.*
 Thy hand - maid's son, whose shack - les Thou hast bro - ken.
 The LORD's great name, and with a spir - it low - ly

I said in haste and bit - ter con - ster - na - tion:
 With joy I'll take the cup of His sal - va - tion,
 To God the death of all His saints is pre - cious;
 Re - deemed by grace, I'll ren - der as a to - ken
 Pay all my vows. O Zi - on, fair and ho - ly,

"All men are false; de - ceit - ful ways they seek."
 And call up - on His name with thank - ful vow.
 In times of grief He is their help and stay.
 Of my gra - ti - tude my con - stant praise to Thee.
 Come join with me and bless Him all your days!

Before Thee Let My Cry Come Near

RUSSIA (L.M.)
Daniel Read, 1786

Psalm 119:169-176

The Book of Psalms for Singing, 1973

1. ¹⁶⁹Be - fore Thee let my cry come near, O LORD; true to Thy word, teach
2. ¹⁷¹Since Thou Thy stat-utes teach - est me, O let my lips Thy praise con -

me.
fess.

¹⁷⁰Be - fore Thee let my
(Tenor) ¹⁷²Yea, of Thy word my

¹⁷⁰Be - fore Thee let my plead - ing come; True
(Tenor) ¹⁷²Yea, of Thy word my tongue would sing, For

(Bass) ¹⁷²Yea, of Thy word my plead - ing come; True to Thy prom - ise, res - cue me.
of Thy word my tongue would sing, For Thy com - mands are right - eous - ness.

plead - ing come; True to Thy prom - ise, res - cue me.
tongue would sing, For Thy com - mands are right - eous - ness.

to Thy promise, res - cue me, True to Thy prom - ise, res - cue me.
Thy com - mands are right - eous - ness, For Thy com - mands are right - eous - ness.

res - cue me, True to Thy prom - ise, res - cue me.
right - eous - ness, For Thy com - mands are right - eous - ness.

3. ¹⁷⁰Be ready with Thy hand to help,
Because Thy precepts are my choice.
¹⁷⁴I've longed for Thy salvation, LORD,
And in Thy holy law rejoice.

4. ¹⁷⁵O let Thine ordinances help;
My soul shall live and praise Thee yet.
¹⁷⁶A straying sheep, Thy servant, seek,
For Thy commands I ne'er forget

IF YOU, O LORD, SHOULD MARK INIQUITIES,
O LORD, WHO COULD STAND?
BUT WITH YOU THERE IS FORGIVENESS,
THAT YOU MAY BE FEARED.

PSALM 130:3-4

Out of the Depths of Sadness

Psalm 130

DU FONS DE MA PENSEE (7 6. 7 6. 7 6)

Dewey Westra, 1931; rev.

Strasbourg, 1539

harm. Claude Goudimel, 1564; alt.

1. Out of the depths of sad - ness, O LORD, I cried to Thee;
2. If, show - ing no com - pas - sion, Thou shouldst our sins re - cord
3. I wait for God to hide me; My soul, with long - ing stirred,
4. Hope in the LORD, O na - tion! With Him is stead - fast love;

Thou Who canst fill with glad - ness, Lend now Thy ear to me.
And mark all our trans - gres - sions, Who then could stand, O Lord?
Shall hope, what - e'er be - tide me, In His un - fail - ing word.
His plen - te - ous sal - va - tion He'll send you from a - bove.

O Fount of con - so - la - tion, At - tend un - to my cry;
But Thou dost par - don ful - ly All our in - iq - ui - ty,
For Thee, LORD, I am yearn - ing With more in - tense de - sire
He will re - deem His peo - ple, His cho - sen Is - ra - el,

Hear Thou my sup - pli - ca - tion And to my help draw nigh.
That we may serve Thee tru - ly And fear Thy maj - es - ty.
Than watch - ers for the morn - ing To dawn of day as - pire.
From all their sin and e - vil, That they His praise may tell.

Psalm 130

Tone 7



1. Out | of the depths
I cry to You, | O LORD!
2. O LORD, | hear my voice!
Let your ears be attentive to the voice of my pleas for | mercy!
3. If You, O LORD, should mark in- | iquities,
O LORD, | who could stand?
4. But with You there is for- | givenness,
That You | may be feared.
5. I wait for the LORD, my | soul waits,
And in His | word I hope;
6. My soul waits for the LORD more than watchmen for the | morning,
More than watchmen for the | morning.
7. O Israel, hope in the LORD! For with the LORD there is | steadfast love,
And with Him is plentiful re- | demption.
8. And He will redeem | Israel
From all his in- | iquities.

Glory be to the Father and | to the Son
And to the Holy | Spirit
As it was in the be- | ginning,
Is now, and will be forever. | Amen

To My Prayer, O LORD, Give Ear

From Psalm 143

REDHEAD (77.77.77)

Richard Redhead, 1820

John Unger, 2017

1. To my prayer, O LORD, give ear, And my sup - pli - ca - tions hear;
 2. Per - se - cut - ed by the foe, He has crushed and laid me low.
 3. *Yet I muse on days of old, And Thy wond - rous works un - told.*
 4. *Let me ear - ly hear Thy love, For I trust in Thee ab - ove.*
 5. Teach me, Lord to do Thy will, Thou my God, my Sav - ior still.
 6. For Thy just - ice' sake, LORD, save Me from trou - ble and the grave.

5

In Thy faith - ful - ness re - ply; In Thy righ - teous - ness draw nigh;
 Count - less times I made my bed In deep dark - ness as the dead.
Un - to Thee I spread my hands, Long - ing as a thirs - ty land.
Cause me now Thy way to see, For I lift my soul to Thee.
 Thy good Spir - it is at hand, Lead me in the up - right land.
 In Thy mer - cy slay my foes; Cut them off who still op - pose.

9

Spare Thy ser - vant, do not smite: None is righ - teous in Thy sight.
 Thus my spir - it has no rest, And my heart is sore dis - tressed.
An - swer quick - ly, lest I fail, Lest I sink in my tra - vail.
Save me, LORD, from all my foes: In Thee now I take re - pose.
 For Thy name's sake, save me, LORD; Grant me life to keep Thy word.
 For I serve Thee, and am Thine; Thou, O God, shalt e'er be mine.

HYMNS FOR LENT & HOLY WEEK

All Glory, Laud, and Honor

ST. THEODULPH [VALET WILL ICH DIR GEBEN] (7 6. 7 6. D.)

Theodulph of Orleans, c. 820
tr. John Mason Neale, 1854; alt.

Melchior Teschner, c. 1614
harm. J. S. Bach

1. All glo - ry, laud, and hon - or To Thee, Re - deem - er, King,
2. The com - pa - ny of an - gels Are prais - ing Thee on high,
3. To Thee, be - fore Thy Pas - sion, They sang their hymns of praise;

To Whom the lips of chil - dren Made sweet ho - san - nas ring.
And mor - tal men and all things Cre - at - ed make re - ply.
To Thee, now high ex - alt - ed, Our mel - o - dy we raise.

Thou art the King of Is - rael Thou Da - vid's roy - al Son,
The peo - ple of the He - brews With palms be - fore Thee went;
Thou didst ac - cept their prais - es; Ac - cept the prayers we bring,

Who in the Lord's name com - est, The King and Bless - ed One!
Our praise and prayer and an - thems Be - fore thee we pre - sent.
Who in all good de - light - est, Thou good and gra - cious King!

Ride On, Ride On, in Majesty

WINCHESTER NEW (L.M.)
Musikalisches Handbuch, Hamburg, 1690

Henry H. Milman,, 1827, alt.

1. Ride on, ride on, in maj - es - ty! Hark! all the
 2. Ride on, ride on, in maj - es - ty! In low - ly
 3. **Ride on, ride on, in maj - es - ty! The an - gel**
 4. Ride on, ride on, in maj - es - ty! Thy last and
 5. Ride on, ride on, in maj - es - ty! In low - ly

tribes ho - san - na cry. O Sav - ior meek, pur -
 pomp ride on to die. O Christ, Thy tri - umphs -
ar - mies of the sky Look down with sad and
 fierc - est strife is nigh; The Fath - er on His
 pomp ride on to die. Bow Thy meek head to

sue Thy road, With palms and scat - tered gar - ments strowed.
 now be - gin O'er cap - tive death and con - quered sin.
won - d'ring eyes To see the'ap - proach - ing Sac - ri - fice.
 sap - phire throne Ex - pects His own a - noint - ed Son.
 mor - tal pain, Then take, O Christ, Thy pow'r and reign.

My Song Is Love Unknown

LOVE UNKNOWN (6 6. 6 6. 4 4 4 4)
John Ireland, 1879-1962

Samuel Crossman, c. 1624-1683

Unison

1. My song is love un - known, My Sav - ior's love to
2. He came from his blest throne Sal - va - tion to be -
3. Some - times they strew his way And his sweet prais - es
4. Why, what hath my Lord done? What makes this rage and

me; Love to the love - less shown That they might love - ly
stow; But men made strange, and none day The longed - for Christ would
sing; Re - sound - ing all the day Ho - san - nas to their
spite? He made the lame to run, He - san - nas the blind their

be. O who am I, That for my sake
know. But O, my friend, My friend in - deed,
king. Then 'Cru - ci - fy!' Their all their breath,
sight. Sweet in - ju - ries! Yet they at these

My Lord should take Frail flesh and die?
Who at my need His life did spend!
And for his death They thirst did and cry.
Them - selves dis - please, And 'gainst them rise.

5. They rise and needs will have
My dear Lord made away;
A murderer they saved,
The Prince of life they slay,
Yet cheerful He
To suffering goes,
That He His foes
From thence might free.

6. In life, no house, no home
My Lord on earth might have;
In death no friendly tomb
But what a stranger gave.
What may I say?
Heav'n was His home;
But mine the tomb
Wherein He lay.

7. Here might I stay and sing,
No story so divine!
Never was love, dear King;
Never was grief like Thine.
This is my Friend,
In Whose sweet praise
I all my days
Could gladly spend!

What Wondrous Love Is This

WONDROUS LOVE (12 9. 6 6. 12 9)
William Walker's *The Southern Harmony*, 1843

American folk hymn

1. What won-drous love is this, O my soul, O my soul! What
2. To God and to the Lamb, I will sing, I will sing; To
3. And when from death I'm free, I'll sing on, I'll sing on; And

won-drous love is this, O my soul! What won-drous love is
God and to the Lamb, I will sing; To God and to the
when from death I'm free, I'll sing on; And when from death I'm

this That caused the Lord of bliss To bear the dread-ful curse for my
Lamb, Who is the great I AM, While mil - lions join the theme, I will
free, I'll sing and joy - ful be, And through e - ter - ni - ty I'll sing

soul, for my soul, To bear the dread-ful curse for my soul!
sing, I will sing, While mil - lions join the theme, I will sing!
on, I'll sing on, And through e - ter - ni - ty I'll sing on!

Ah, Holy Jesus, How Hast Thou Offended

Johann Heermann, 1585-1647

Tr. Robert Bridges, 1844-1930

Yattendon Hymnal, 1899

HERZLIEBSTER JESU (11 11 11 5)

Johann Crüger, 1598-1662

1. Ah, ho - ly Je - sus, how hast Thou of - fend - ed,
 2. Who was the guilt - y? who brought this up - on Thee?
 3. *Lo, the Good Shep - herd for the sheep is of - fered;*
 4. For me, kind Je - sus, was Thine in - car - na - tion,
 5. There - fore, kind Je - sus, since I can - not pay Thee,

That man to judge Thee hath in hate pre - tend - ed? By foes de -
 A - las, my trea - son, Je - sus, hath un - done Thee. 'Twas I, Lord
The slave hath sin - ned, and the Son hath suf - fered: For man's a -
 Thy mor - tal sor - row, and Thy life's ob - la - tion: Thy death of
 I do a - dore Thee, and will ev - er pray Thee, Think on Thy

rid - ed, by Thine own re - ject - ed, O most af - flict - ed.
 Je - sus, I it was de - nied Thee: I cru - ci - fied Thee.
tone - ment, while he noth - ing heed - eth. God in - ter - ced - eth.
 an - guish and Thy bit - ter pas - sion, For my sal - va - tion.
 pit - y and Thy love un - swerv - ing, Not my de - serv - ing.

Let Thy Blood in Mercy Poured

JESUS, MEINE ZUVERSICHT (7 8. 7 8. 7 7)

Johann Crüger, *Praxis Pietatis Melica*, 1653

Greek hymn

tr. John Brownlie, 1907

1. Let Thy blood in mer - cy poured, Let Thy gra - cious bod - y bro - ken,
 2. Thou didst die that I might live; Bless - ed Lord, Thou cam'st to save me;
 3. By the thorns that crowned Thy brow, By the spear wound and the nail - ing,
 4. Wilt Thou own the gift I bring? All my pen - i - tence I give Thee;

Be to me, O gra - cious Lord, Of Thy bound-less love the to - ken.
 All that love of God could give Je - sus by His sor - rows gave me.
 By the pain and death, I now Claim, O Christ, Thy love un - fail - ing.
 Thou art my ex - alt - ed King, Of Thy match-less love for-give me.

Thou didst give Thy - self for me, Now I give my - self to Thee.

Man of Sorrows! What a Name

WHAT A SAVIOR! (7 7 7. 8.)

Philip P. Bliss, 1875

Philip P. Bliss, 1875

1. Man of Sor - rows! what a name For the Son of God, who came
2. Bear - ing shame and scoff - ing rude, In my place con - demned He stood,
3. *Guilt - y, vile, and help - less, we; Spot - less Lamb of God was He;*
4. Lift - ed up was He to die, "It is fin - ished!" was His cry;
5. When He comes, our glo - rious King, All His ran - somed home to bring,

Ru - ined sin - ners to re - claim:
Sealed my par - don with His blood:
Full a - tone - ment! can it be? Hal - le - lu - jah, what a Sav - ior!
Now in Heav'n ex - alt - ed high,
Then a - new this song we'll sing,

O Sacred Head Now Wounded

O HAUPT VOLL BLUT UND WUNDEN (7 6. 7 6. D.)

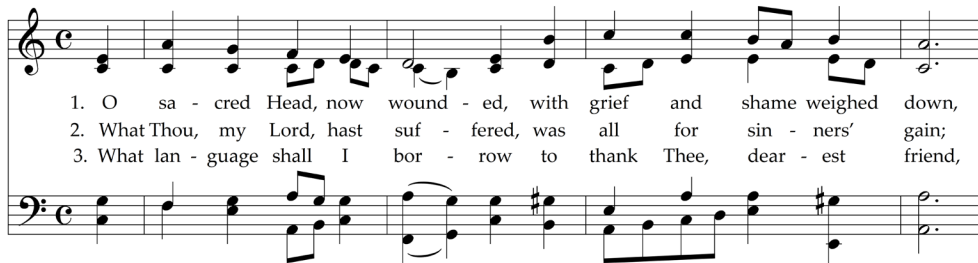
Hans Leo Hassler, 1601;

harm. Johann Sebastian Bach, 1729

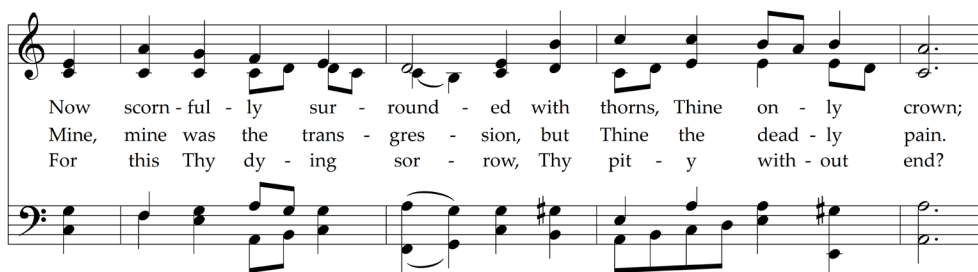
attr. Bernard of Clairvaux, 1153 (Salve caput cruentatum);

tr. from Latin to German by Paul Gerhardt, 1656

tr. from Latin to English James Waddell Alexander, 1830




1. O sa - cred Head, now wound - ed, with grief and shame weigh'd down,
2. What Thou, my Lord, hast suf - fered, was all for sin - ners' gain;
3. What lan - guage shall I bor - row to thank Thee, dear - est friend,



Now scorn - ful - ly sur - round - ed with thorns, Thine on - ly crown;
Mine, mine was the trans - gres - sion, but Thine the dead - ly pain.
For this Thy dy - ing sor - row, Thy pit - y with - out end?



How art Thou pale with an - guish, with sore a - buse and scorn!
Lo, here I fall, my Sav - ior! 'Tis I de - serve Thy place;
O make me Thine for - ev - er, and should I faint - ing be,



How does that vis - age lan - guish, which once was bright as morn!
Look on me with Thy fa - vor, vouch - safe to me Thy grace.
Lord, let me nev - er, nev - er out - live my love to Thee.

“You have not yet considered how heavy the weight of sin is.”

Anselm of Canterbury, *Cur Deus Homo*, 1.21

”It is not because I am still in love with my shameful past that I wish to recall the deeds I committed then, the sins of my body which corrupted my soul. Rather it is so that I may love you, my God. Out of love for you I do this. With bitter regretfulness do I retrace the evil and unprofitable paths I have trodden, that you may fill me with your sweetness, O God my Sweetness, never deceiving, blessed and serene; that you may gather together the members that were torn apart and scattered piecemeal when I turned away from you, the One, and wasted myself in my pursuit of the Many.”

Augustine, *Confessions* 2.1.1

“It is good to confess you, O Lord, and to say, have mercy upon me; heal my soul, for I have sinned against you, not abuse your indulgence as a license to sin, but to remember the words of the Lord: ‘Behold, you are made whole now do not sin, lest something worse befall you.’”

Augustine, *Confessions*, 4.3.4

“Repentance reminds us that if the faith we profess is a faith that allows us to walk in the ways of this present evil world, in the lust of the flesh, the lust of the eyes, and the pride of life, in the fellowship of the works of darkness, then our faith is but mocker and deception. True faith is suffused with penitence. And just as faith is not only a momentary act but an abiding attitude of trust and confidence directed to the Savior, so repentance results in constant contrition. The broken spirit and the contrite heart are abiding marks of the believing soul.”

John Murray, *Redemption Accomplished & Applied*, 116



REFORMATION
COVENANT CHURCH