

The Psalms in metre

Book 1 - Psalms 1-41

Psalm 1 (SHa) CM

Playford has a good DCM tune in Emi. There is also an excellent tune, Goadby, by William East. P&G provides a lively fuguing tune.

1. The soul is blest who has not lent ~ to wicked folk an ear,
Nor led a life as sinners do, ~ nor sat in scorners' chair.
2. But in the law of God the Lord, ~ places its whole delight:
And in that law exercises ~ itself by day and night.
3. It shall be like a tree that is ~ planted the rivers nigh,
Which in due season shall bring forth ~ its fruit abundantly.
4. Whose leaf shall never fade nor fall ~ but flourishing shall stand:
In such wise all shall prosper well ~ that this soul takes in hand.
5. As for ungodly folk with them ~ it shall be nothing so;
But as the chaff which by the wind ~ is driven to and fro.
6. Therefore the wicked sort shall not ~ in judgement stand upright:
Nor in the assembly of the just ~ shall sinners be in sight.
7. For why? the way the godly live ~ unto the Lord is known:
Whereas the way the wicked choose ~ shall be quite overthrown.

Psalm 2 (SHa) CM

Playford gives a reasonable tune, Cambridge. The original has for the second line of verse 2 "Against the Lord and Christ his Son ~ whom he among us sent " which is odd. P&G has a CM tune for the TB version of this psalm which is allegedly attributed to Handel.

1. Why do the Gentiles tumults raise? ~ What rage is in their brain?
Why do the people still contrive ~ something that is just vain?

2. The kings and rulers of the earth ~ conspire that ill be done,
Against the Lord and plot against ~ the Lord's anointed one.
3. "Shall we be bound to them?", they say ~ "Let all their bonds be broke
And of their doctrine and their law ~ let us reject the yoke".
4. But he that high in heaven dwells, ~ their doings will deride:
And make them all a laughing stock ~ throughout the whole world wide.
5. For in his wrath he will reprove ~ their pride and scornful way:
And in his fury trouble them ~ and unto them will say,
6. "I have anointed him my king ~ upon my holy hill":
And so Lord I will preach your law, ~ according to your will.
7. That law of which the Lord himself ~ has spoken to me true,
"You are my only Son, this day ~ have I begotten you".
8. "All people I will give to you ~ as heirs at their request:
The ends and coasts of all the earth ~ by you shall be possessed.
9. You shall them bruise, bruise like all those ~ that underfoot are trod:
And as a potter's vessel, break ~ them with an iron rod."
10. Listen ye kings and rulers all ~ be wise to what you've learnt:
By whom the matters of the world ~ are judged and so discerned.
11. See that you serve the Lord above ~ in trembling and in fear:
See that with rev'rence you rejoice ~ when to him you draw near.

See that you now embrace and choose ~ the Lord without delay:
Lest in his wrath you suddenly ~ perish from the right way.
- . For anger quickly flares and so ~ be kindled in his breast:
- 13 Then only those that trust in him ~ can happy be and blest.

Psalm 3 (SHa) CM

Playford has this in DCM with the doxology included, with an excellent vigorous tune

1. O Lord how are my foes increased. ~ They vex me more and more.
2. They break my heart when they accuse, ~ "God won't this one restore".
3. But you, O Lord, are my defence, ~ a shield about me spread:
My worship and my honour both, ~ and you hold up my head.
4. When I lift my voice to the Lord, ~ when I both call and cry,
Then from his holy hill he shall ~ answer me instantly.
5. I laid me down, and quietly ~ I slept and rose again:
For why? I knew assuredly ~ the Lord did me sustain.
6. If thousands up against me rise, ~ I will not be afraid:
For you are still my Lord and God, ~ my Saviour and my aid.
7. Rise up and save me O my God, ~ to you I make my prayer:
For you have smashed the cheeks and teeth ~ of all that wicked are.
8. Salvation only does belong ~ to you O Lord above:
Who on your people do bestow ~ your blessing and your love.

Psalm 4 (SHa) CM

CW allocates this to Compline. Playford gives 'Oxford' as a tune which is quite good. Scots suggest Abbey, P&G, Suffolk.

1. O God you are my righteousness ~ Lord, hear me when I call:
You have set me at liberty ~ when I was bound in thrall.

And so have mercy Lord on me, ~ and grant me my request:
For unto you incessantly, ~ I cry. I do not rest.
2. O mortal flesh how long will you ~ my glory thus despise?
Why wander and love vanity? ~ why follow after lies?
3. So know that good and godly folk ~ the Lord shall take and choose,
And when I make complaint to him ~ he does not me refuse.

4. Sin not, but trembling stand in awe, ~ examine well your heart:
And in your bedroom quietly ~ see you yourself convert.
5. Offer to God the sacrifice ~ of righteousness and praise;
And look that in the living Lord ~ you put your trust always.
6. Most people crave for worldly goods; ~ riches they would embrace;
But Lord, grant us your countenance, ~ your favour and your grace.
7. For by this you have made my heart ~ more joyful and more glad,
Than they that of their corn and wine ~ a full increase have had..
8. And so in peace will I lie down ~ to take my rest and sleep;
For you alone O Lord shall me ~ preserve and safely keep.

Psalm 5 (TBa) CM

It was unfortunately necessary to rewrite partially vv 4- 6 of this version since at one point in the original appeared to be incorrectly translated. P&G provides Solemnity.

1. Lord, hear the voice of my complaint ~ accept my secret prayer.
2. To you alone, my King, my God ~ will I for help repair.
3. At morning you will hear my voice, ~ and with the dawning day:
To you devoutly, I'll look up, ~ to you devoutly pray.
4. For all the wrongs that people do ~ you never will approve;
When from your sacred dwelling place ~ all evil you remove.
5. You will the boastful, stubborn, fool ~ before your face subdue;
And all that act unrighteously ~ your vengeance shall pursue.
6. The lying tongue, O God of truth ~ you utterly delete;
You hate all those who place their steps ~ in blood or in deceit.
7. But when your boundless grace shall me ~ to your loved courts restore,
On you I'll fix my longing eyes, ~ and humbly you adore.
8. Conduct me by your righteous laws ~ for watchful is my foe.

And so O Lord make plain the way ~ in which I ought to go.

9. Their mouth vents nothing but deceit, ~ their heart is set on wrong;
Their throat is a devouring grave, ~ they flatter with their tongue.
10. By their own counsels let them fall, ~ oppressed with loads of sin;
11. For they against your righteous laws ~ have hardened rebels been.
12. But let all those that trust in you ~ with shouts their joy proclaim;
13. Let them rejoice whom you preserve ~ and all that love your name.
14. To righteous folk, the righteous Lord ~ his blessing will extend:
And with his favour, all his saints, ~ as with a shield, defend.

Psalm 6 (TBa) CM

The SH version is also good on this one but TB is closer to modern idiom.. Playford links a tune called Bristol with this psalm which is good but is not the modern one with that name

1. Restrain your dreadful anger, Lord, ~ and spare a wretch forlorn.
Don't chasten me in your fierce wrath, ~ too heavy to be borne.
2. Have mercy, Lord, for I grow faint, ~ unable to endure
The anguish of my aching bones, ~ which you alone can cure.
3. My tortured flesh distracts my mind, ~ and fills my soul with grief;
But, Lord, how long will you delay ~ to grant me your relief.
4. Your faithful goodness, Lord, repeat, ~ and ease my troubled soul;
Lord, for your wondrous mercy's sake ~ vouchsafe to make me whole.
5. For after death no more can I ~ your glorious acts proclaim;
No prisoner of the silent grave ~ can magnify your name.
6. Quite tired with pain, with groaning faint, ~ no hope of ease I see;
The night that quiets normal griefs ~ is spent in tears by me.
7. My beauty fades, my sight grows dim, ~ my eyes with weakness close;
Old age o'ertakes me while I think ~ on my insulting foes.

- 8 Depart ye wicked; in my wrongs ~ you shall no more rejoice;
For God, I find, accepts my tears, ~ and listens to my voice.
- 9/10. He hears and grants my humble prayer; ~ and they that wish my fall,
Shall blush and rage to see that God ~ protects me from them all.

Psalm 7 (SHa) CM

Surprisingly, I am not aware of an accurate modern metrical version of this excellent Psalm. Perhaps it is too virile for modern tastes. Verses 6 and 7 have been largely rewritten. Playford provides Worcester tune which goes quite well. Older versions do not break this into sections, but 1-5, 6-10 and 11-17 work quite well and so are shown by spacing of the lines.

1. O Lord, my God, I put my trust ~ and confidence in you:
Save and deliver me from those ~ that still do me pursue.
2. Lest like a lion they tear me, ~ rend me in pieces small:
While there is none to succour me, ~ and rid me out of thrall.
3. O Lord, my God, if I have done ~ whatever is not right:
Or else if I be found at fault, ~ or guilty in your sight.
4. Or if rewarded my friend ill, ~ or left out in distress,
Someone who is at peace with me, ~ or loathed someone causeless.
5. Then let my foe pursue my soul, ~ and then my life down thrust;
Unto the earth, and also lay ~ my honour in the dust.
6. Arise in wrath O Lord, because ~ my adversaries rage;
Arise O Lord and with my foes ~ in judgement now engage.
7. Awake O Lord who musters all, ~ and justice shall forth-tell;
Awake and take your seat above ~ to judge the nations well;
8. And as you are of all the judge, ~ O Lord now judge you me,
According to my righteousness ~ and my integrity.

9. Lord, cease the hate of wicked folk, ~ and be the just one's guide:
By whom the secrets of all hearts ~ are searched out and described.
10. I take my help to come from God ~ in all my pain and smart:
He who preserves all those that are ~ of pure and honest heart.
11. The just one and the wicked both ~ he judges by his power:
So evil feels God's mighty hand ~ even each day and hour.
12. Unless he change his mind, I'll die, ~ for ev'n as he thinks fit;
He whets his sword and bends his bow, ~ aiming where he may hit.
13. And so prepares his darts of death, ~ his arrows keen and sharp;
For those that would me persecute, ~ and do at mischief harp.
14. But lo, though they may work so hard ~ to bring off ill forecast:
And of the mischief they conceived, ~ yet brings forth nought at last.
15. They dig a ditch, and make it deep ~ in hope to hurt their kin:
But what they dug, others to catch, ~ that pit, themselves fall in.
16. So wrong returns, back to the hurt ~ of those with whom it bred:
And all the mischief that they wrought ~ shall fall on their own head.
17. And so I will give thanks to God ~ who judges righteously:
And with my song will praise the name ~ of Him that is most high.

Psalm 8 (SHa)

CM

This is a famous psalm and the words have only been altered to change thee into you. Irrespective of anyone's prejudices on the subject, in this particular psalm it really is not possible to remove all the reference to 'man' as the human species as one then loses the references to Son of Man. CW and CCP use this for Wednesday morning. Playford suggests St Mary's as a simple tune and another option is Crediton, but these words are particularly associated with a splendid fuguing tune, Otford, the bull taming tune! As this makes it quite long, one could just sing the first four or five verses..

1. O God, our Lord how wonderful ~ are your works everywhere;
Your fame surmounts in dignity ~ the highest heavens that are.

2. E'en by the mouth of suckling babes ~ you will confound your foes;
For in those babes your might is seen, ~ your graces they disclose.
3. And when I see the heavens above, ~ the works of your own hand;
The sun, the moon and all the stars, ~ in order as they stand.
4. Lord, what is man, that you of him ~ take such abundant care?
Or what the son of man, whom you ~ to visit do not spare.
5. For you have made him little less ~ than angels in degree;
And you have also crowned his head ~ with glorious dignity.
6. You have preferred him to be lord ~ of all your works and you
Have in subjection unto him ~ put all things here below.
7. As sheep and neat, and all beasts else, ~ that in the field do feed;
Fowls of the air, fish in the sea, ~ and all that in them breed.
8. O God, our Lord how excellent ~ is your most glorious name;
And so in all the earth do we ~ praise and adore the same.

Psalm 8 (DBT) (13,13,13,13,13)

It was suggested to me that I produce words to the tune, Thaxted. So I thought which psalm was most appropriate to the theme of Jupiter? Like many psalms, the key words are those that come in the centre.

1. O Lord our lord, how mighty is your name in all earth.
You've spread above the heavens your glory and your worth.
From mouths of tiny babies and children at the breast,
In might you have established and have made manifest
A foundation and fortress against your foes to will
Your enemy to silence, your avenger to still
2. When I behold your heavens the works your fingers made,
The moon and stars in order that you fashioned and displayed,
What is man that you mind him, recall his life or limb
And what the son of man that you should take note of him?
You've made him little lower than the angels in degree,
Have crowned his head with glory honour and dignity.
3. The master you have made him of the work of your own hand,

And have put all things under his feet and his command.
All sheep, cattle and oxen, and wild beasts roaming free.
The birds of the air also and the fish of the sea.
All that moves through the oceans that tracks the water's girth.
O Lord, our lord, how mighty is your name in all earth.

Psalm 9 (SHa)

CM

This psalm is a gem and required very little adaptation to bring it reasonably into line with modern grammar and scansion. Playford suggest, Gloucester tune, and the Scots, with different words, Stroudwater. Both go quite well.. For the more adventurous, P&G provides Bolton.

1. With heart and mouth to you, O Lord ~ will I sing laud and praise:
I'll speak of all your wondrous works ~ and them declare always.
2. I will be glad, will well rejoice ~ in you O God, most high:
And make my songs, extol your name ~ above the starry sky.
3. Because my foes are driven back, ~ and they are put to flight:
They trip, they fall and are destroyed ~ by your great power and might.
4. You have avenged my rights, my wrongs, ~ my grief and every grudge:
You do with justice hear my cause ~ just as a righteous judge.
5. You have rebuked the heathen and ~ the wicked so confound,
That afterwards the memory ~ of them cannot be found.
6. Destructions to an end are come, ~ and cities overthrown:
With them likewise is perished, gone, ~ their fame and great renown.
7. Take note that he who is above ~ for evermore shall reign:
And in the seat of equity ~ true judgement will maintain.
8. With justice he will keep and guide ~ the world and everyone.
And so bestow with equity ~ their rights to each person.
9. He is protector of the poor, ~ whene'er they be oppressed:
He is in all adversity ~ their refuge and their rest.

10. And they that know your holy name, ~ their trust in you shall see:
For you do not forsake their suit ~ in their necessity.

The second part

11. So sing your psalms unto the Lord ~ who dwells on Zion's hill:
Among the people all declare ~ his noble acts and will.
12. For he is mindful of the blood ~ of those that are oppressed:
Nor shall forget the humble soul ~ that looks to him for rest.
13. Have mercy, Lord, on me, because ~ my foes do yet remain:
Who from the gates of death are wont ~ to raise me up again.
14. That I might yet in Zion tell, ~ your praise with heart and voice:
And that in your great salvation ~ my soul may still rejoice.
15. The heathen stick fast in the pit ~ which they themselves prepared:
And in the net that they have hid ~ their own feet are ensnared.
16. The Lord is known by judgements sound ~ whilst wicked folk are caught:
And fall entangled in the work ~ that they themselves have wrought.
17. All wicked and deceitful folk ~ go down to hell below:
So too all people in the world ~ that God refuse to know.
18. But sure the Lord will not forget ~ the poor one's grief and pain:
And patient people never look ~ to him for help in vain.
19. O Lord, arise, lest such prevail ~ that be of worldly might:
And let the nations all receive ~ their judgement in your sight.
20. Lord, strike such terror, fear and dread, ~ into their hearts, and see
They will be forced all to confess ~ mortal they merely be.

Psalm 10 (SHa) CM

Very few changes would have been needed in this Psalm if it hadn't been for the current fad about neutral gender. The main other one has been that the original version of v 6 starts with the words, "Tush, tush", and

to convert "thou" to "you". Playford gives Cambridge as the tune.

1. What is the reason why, O Lord ~ you now so far off stand?
Why do you hide your face in times ~ when trouble is at hand?
2. The poor they perish by the proud ~ depraved peoples' desire:
Let them be taken in the craft ~ which they themselves conspire.
3. For in the lust of their own heart ~ ungodly souls delight:
So do the wicked praise themselves ~ and do the Lord despite.
4. They are so proud, that they do set ~ all right and wrong apart:
"No, No, there is no God", they say, ~ for thus they think at heart.
5. Because their ways yet prosper still, ~ your laws do they neglect:
And with a blast they puff against ~ such as would them correct.
6. "Fie, fie", they say, "I have no dread ~ that my fortune should change":
And why? for all adversity ~ to them is something strange.
7. Their mouths are full of cursing taunts, ~ of fraud, deceit and guile:
There's nothing underneath their tongues ~ but what is base and vile.
8. They lie there, hid in ways and holes ~ to slay the innocent:
Against the poor that pass by them ~ their cruel eyes are bent.
9. And like a lion privily ~ lies lurking in their den:
So as to snare folk in a net, ~ and spoil the harmless then.
10. With cunning craft and subtlety ~ they crouch down in the way.
So are great heaps of poor folk made, ~ by their strong power, their prey.

The Second Part

11. "God has forgotten this", they say, ~ "therefore I may be bold:
His countenance he's turned aside; ~ he does not us behold".
12. Arise, O Lord our God, in whom ~ the poor one's hope does rest;
Lift up your hand. Do not forget ~ the poor that be oppressed.
13. Why should the proud and wicked folk ~ blaspheme God's holy name?

Whilst in their hearts they cry out, "See, ~ God cares not for the same"

14. But you see all their wickedness, ~ and well you understand,
15. That friendless and poor fatherless ~ are left into your hand.
16. Of wicked and malicious sorts ~ then break the power always:
That each with their iniquity ~ perishes and decays.
17. The Lord shall reign for evermore ~ as king and God alone:
And he will chase out of the land ~ the heathen, every one.
18. You heard, Oh Lord, the poor's complaint, ~ their prayer and their request.
Their hearts you will confirm, until ~ your ears to hear be pressed.
19. To judge the poor and fatherless, ~ and help them to their right.
That they may be no more oppressed ~ by those of worldly might.

Psalm 11 (DBT) CM

The SH version is good but this is sufficiently different that it is incorrect to regard it as a modernised version. Playford has a tune called Glastonbury, which is OK but not remarkable. P&G provides a moving but complex minor fuguing tune, Creekmoor, for the TB version which is in the same metre.

1. For refuge, I shall trust my Lord; ~ so why then say to me,
"Take flight and like a bird, take wing; ~ up to the mountains flee"?
2. See how the wicked bend their bows, ~ set arrow to the string,
To shoot at those of upright heart ~ from shadowy hiding.
3. When fundamentals are destroyed, ~ foundations thrown askew,
when everything is brought to nought ~ what can the righteous do?
4. But in his temple is the Lord, ~ his holy sanctuary;
In highest heav'n, he sits enthroned ~ in royal majesty,
5. The Lord sees, and his eyelids test ~ the metal of mankind.
6. He weighs just and unjust but hates ~ the violent heart and mind.
7. Upon the wicked he casts coals ~ as thick as hail or rain:

With brimstone fire and scorching winds ~ appointed for their pain.

8. So see then how a righteous God ~ does righteousness embrace,
And upon just and righteous souls ~ bestows his kindly face.

An alternative version of Psalm 11 that is closer to the original S&H text.

1. In God the Lord I put my trust. ~ Why say you to my soul,
Unto the mountains swiftly fly, ~ as does the wingéd fowl.
2. See how the wicked bend their bows ~ their arrows they prepare,
To shoot in secret at those who ~ sincere and upright are.
3. All stays of worldly hope were shrunk, ~ and clearly brought to nought;
Alas, all just and upright folk, ~ what evil have they wrought?
4. But he that in his temple is ~ most holy and most high;
And in the highest heavéns sits ~ in royal majesty,
5. The poor and simple soul's estate ~ the Lord weighs in his mind:
His eyes search out the metal of ~ the manners of mankind.
6. And with a cheerful countenance ~ the righteous soul will use:
But in his heart God does abhor ~ all such as mischief muse.
7. And on the sinners casts he snares ~ as thick as hail or rain:
Brimstone and fire, and whirlwinds great ~ appointed for their pain.
8. You see then how a righteous God ~ does righteousness embrace,
And upon just and righteous souls ~ bestows his kindly face.

Psalm 12 - (SHa) CM

This has been altered fairly considerably from SH both to make the language more modern and the translation closer. Playford provides Canterbury tune which is OK but not remarkable. Whatever tune is chosen should be in a minor or modal key.

1. Help Lord, for good and godly souls ~ all perish; all decay:

And faith and truth from human kind ~ has vanished clean away.

2. Whoever with their neighbour talks, ~ says naught but vanity:
For people only think how they ~ can speak deceitfully,

With flattering lips and double hearts ~ and tongues that are so stout:
3 To speak proud words and loudly brag; ~ may God soon cut them out.

4 For they say still, "We shall prevail, ~ our lips our selves extol:
Our tongues are ours as we may bid. ~ What lord shall us control?"

5 But for the plundering of the poor ~ and cries of those oppressed,
"I will arise now", says the Lord ~ "and give them back their rest".

6 God's words are like the silver, pure, ~ that from the dross is tried,
Which has not less than seven times ~ in fire been purified.

7/8 For ever guard your faithful from ~ this generation, Lord;
On every side the wicked prowl ~ and vileness is adored.

Psalm 13 (SHa) CM

With the exception of verse 5, this is hardly altered at all . Playford provides a minor tune called Rochester.
P&G provides Charlestown for the TB version with the same metre.

1. How long will you forget me Lord? ~ Shall it for ever be?
How long do you intend to hide ~ your face away from me.
2. In heart and mind, how long shall I ~ with care tormented be?
And how long shall my deadly foe ~ thus triumph over me?
3. Look on me now, O Lord, my God, ~ and hear me, sore oppressed:
Lighten my eyes, lest I should sleep ~ as one by death possessed.
4. Lest my fell enemy may say, ~ "See how I do prevail":
Lest they also that hate my soul ~ rejoice to see me fail.
5. For in your steadfast love I trust ~ in you I place my choice:
In your relief and saving help ~ my glad heart shall rejoice.

6. I will give thanks unto the Lord ~ and praises to Him sing:
Because he has heard my request ~ for every needful thing.

Psalm 14 - (SHa) CM

Some alterations but not many. The BCP version contains three extra verses in the middle. These come from the Septuagint via the Vulgate. None of the metrical versions contain them. As SH predates the AV, this reinforces the claim that SH was translated direct from the Hebrew. This psalm is almost identical to 53, but both SH and TB give different versions for both psalms. Playford gives both 'York tune' which is adequate.

1. "There is no God", the fool at heart ~ asserts in a mad mood:
Their drift is all corrupt and vain. ~ Not one of them does good.
2. The Lord looked down from heav'n most high ~ on all of humankind:
To see if one was wise or sought ~ the living God to find.
3. They all ran wild; they were corrupt ~ and truly there was none:
That in the world did any good, ~ no, not so much as one.
4. Is all their judgement so far lost, ~ that all work mischief still?
They eat my people as though bread ~ and call not on God's will.
5. E'en while they rage, then suddenly ~ great fear shall on them fall:
For God is with the righteous fold ~ and will preserve them all.
6. You would the councils of the poor ~ frustrate, and to your shame:
But still they put their trust in God ~ and call upon His name.
7. But who shall give your people health ~ and when will you fulfil,
Your promise made to Israel ~ from out of Zion's hill?
8. For when will you restore again ~ those that were captive led:
Then Jacob shall rejoice in that ~ and Israel be glad.

Another version (TB unaltered) LM

1. Sure wicked fools must needs suppose ~ that God is nothing but a name:

- Corrupt and lewd their practice grows, ~ no breast is warmed with holy flame.
2. The Lord looked down from heav'n's high tower ~ and all the sons of men
did view,
To see if any owned his power ~ if any truth or justice knew.
 - 3 But all, he saw, were gone aside, ~ all were degen'rate grown and base:
None took religion for their guide, ~ not one of all the sinful race.
 4. But can these workers of deceit ~ be all so dull and senseless grown,
That they like bread my people eat, ~ and God's almighty power disown?
 5. How will they tremble then for fear, ~ when his just wrath shall them o'ertake:
For to the righteous, God is near, ~ and never will their cause forsake.
 6. Ill men in vain with scorn expose ~ those methods which the good pursue;
Since God a refuge is for those ~ whom His just eyes with favour view.
 7. Would He, His saving power employ ~ to break his people's servile band:
Then shouts of universal joy ~ should loudly echo through the land.

Psalm 15 - (SHa)

CM

Although the original is excellent, this has been altered quite considerable to bring it closer to the rhythms of twentieth century speech. Playford provides Martyrs as the tune for this,. One could hardly find a better. It goes well to Bishopthorpe. P&G provides Sandwich for the TB version with the same metre.

1. For whom Lord, do you make a place ~ within your tent to fill?
Or who will you receive to dwell ~ upon your holy hill?
2. Whoso whose life is not corrupt ~ whose works are just and straight:
3. Who only thinks truth in their heart ~ whose tongue speaks no deceit.
4. Who to a neighbour does no wrong ~ in body, goods or name:
Nor willingly does slanders raise ~ which might damage the same.
- 5 Who in their heart hate and despise ~ the cunning, wicked sort;
But one that loves and fears the Lord, ~ they hold in good report.

6. And when they swear or give their word, ~ they keep it faithfully:
E'en when they make a promise such ~ that they might lose thereby.
7. They do not put to usury ~ their money or their coin:
Nor to injure the innocent ~ take bribes or else purloin.
8. Whoso does these things faithfully ~ and does not turn from them.
Shall never perish in this world ~ nor that which is to come.

Psalm 16 - (SHa) CM

The original is very good but there are a number of alterations, partly to bring it closer to the rhythms of twentieth century speech, and partly because the first two verses are now translated differently. CW and CCP allocates this to Night Prayer for Thursdays, CCP omitting vv 3 & 4. There's no specific tune. Playford provides London and the Scottish version for different words, Salisbury. P&G has Frome for TB with the same metre. Abridge fits well.

1. Protect me Lord; in you I trust; ~ I say, "You are my Lord:
From you alone comes all that's good; ~ the place my treasure's stored".
2. So I delight in all your saints ~ that in the world do dwell:
The faithful ones, your noble flock ~ in virtue that excel.
3. Their sorrows shall be multiplied ~ who run so hastily
To offer to their idol-gods ~ that are but vanity.

As for their bloody sacrifice ~ and offerings of that sort:
I will not touch them, nor of them ~ shall my lips give report.
4. The Lord my cup and portion is ~ of my inheritance:
And he it is that does preserve ~ my lot from all ill chance.
5. My lot has fallen somewhere which ~ in beauty does excel:
The heritage assigned to me ~ pleases me wondrous well.
6. I thank the Lord who has caused me ~ to understand what's right:
For by his means my secret thoughts ~ teach my heart in the night.
7. I set the Lord before my sight; ~ I trust him over all:

Because he stands at my right hand, ~ it means I shall not fall.

8. Therefore my heart is glad; with joy ~ my spirit dwells secure:
My body likewise rests in hope; ~ in God it can be sure.
9. You will not leave my soul in hell, ~ will not abandon me:
Nor will you let your holy one ~ the pit or Sheol see;
10. But will show me the way to life ~ where there is joy in store:
And where at your right hand there are ~ pleasures for evermore.

Psalm 17 - (SHa) CM

This psalm did not require much alteration and in some respects may be closer to the original text than other translations. The thundering alliterations in the second part are particularly impressive. The split between the two parts is in SH and appears to be in the right place. Playford gives quite a suitable plaintiff tune in A mi, called Windsor tune.

1. Oh Lord, give ear to my just cause; ~ O give heed to my cry:
And hear the prayer I offer up ~ to you unfeignedly.
2. So let the judgement in my cause ~ always proceed from you:
And let your eyes be firmly fixed ~ on what is right and true.
3. You have well tried me in the night ~ and yet could nothing find
That I have spoken with my tongue ~ which was not in my mind.
4. As for the works of wicked ones ~ and paths perverse and ill:
For love of your most holy name ~ I have kept from them still.
5. Yet in your paths, purest that are, ~ Lord, guide me and preserve:
That from your way wherein I walk ~ my steps may never swerve.
6. For I am calling on you Lord, ~ assured you will me aid:
Incline your ear and weigh right well ~ the words that I have said.
7. Oh loving Saviour of all those ~ that trust to your safety:
Proclaim your strength on those that spurn ~ against your majesty.

8 O keep me as you would protect ~ the apple of your eye:
And in the shadow of your wings ~ conceal me secretly.

The Second Part

9 From wicked folk that trouble me, ~ and daily me annoy:
And from my foes that go about ~ my soul for to destroy.

10 Who wallow in their worldly wealth, ~ and are so full and fat:
That in their pride they do not spare ~ to speak they know not what.

11. They lie in wait where I would pass, ~ with craft would me confound:
And musing mischief in their minds, ~ to cast me to the ground.

12 Much like a lion greedily, ~ that would its prey embrace:
Or lurking like a lion's whelp, ~ within some secret place.

13. Arise O Lord, confront my foe ~ to cast down at my feet:
Lord, save my soul from wicked ones ~ and with your sword them smite.

14. Deliver me, Lord, by your power, ~ out of these tyrants' hands:
Who have for such a long time reigned, ~ and tied us with their bands.

15. I mean those worldly folk, who do ~ in worldly goods abound:
That have no hope of joy, but what ~ in this life can be found.

You fill their bellies from your store ~ with treasure beyond mind:
Their children have enough and leave ~ the rest to those behind.

16. But as for me, I will behold ~ your face in righteousness:
And shall be satisfied when I ~ awake to your likeness.

Psalm 18 - (SHa) CM

This wonderful psalm is a problem for translators. SH varies in quality. TB is much more fluent, but is not as close to the original. It is also in LM which would be slow for 50 verses. What follows is therefore originally based on SH but has been altered considerably. SH has its own DCM tune in G mi, which can be found in the Scottish psalter but recommended for psalm 61.

Virtually every psalter and translation of scripture numbers the verses in this psalm slightly differently. Modern prose psalters and lectionaries divide this psalm into two parts, usually either at v 21 or v 31. SH

divides it into five blocks of ten stanzas. These work quite well. Other possible selections are 1-3, 4-16, 17-20, 21-25, 26-30, 31 - 46 and 47-end. CCP selects for Wednesday evening v 1, 6, 7, 10-14, 28, 29 & 31. The repetition of 'hailstones and coals of fire' in vv 13 and 14 is in the Hebrew text.

- 1 I love you Lord; you are my strength, ~ my champion of power:
You are my castle and defence, ~ my Saviour and my tower .
- 2 My God, my rock in whom I trust, ~ the place of all my wealth:
My refuge, buckler and my shield, ~ the horn of all my health.
- 3 For you are worthy to be praised ~ Oh God with glory paved:
So I will call upon the Lord ~ and from my foes be saved.
- 4 The pangs of death encompassed me. ~ They bound me everywhere:
The flooding waves of wicked folk ~ filled me with a great fear.
- 5 The sly and subtle snares of Sheol ~ were round about me set:
And for my life there were prepared ~ the cords of death's sharp net.
- 6 And so beset in my distress ~ I called on God for grace:
7 Straightway he heard my anguished cry ~ out of his holy place.
- 8 The ground in fear trembled and shook. ~ He caused the earth to quake:
Then the foundations of the hills ~ at his wrath all did shake.
- 9 And from his nostrils came forth smoke ~ for kindled was his ire:
And from his mouth blazed burning coals ~ of all consuming fire.
- 10 The Lord descended from above; ~ he split the heav'ns on high:
And underneath his feet he spread ~ the darkness of the sky.
- 11 A cherub in a glorious flight ~ full royally he rode:
He soared on the wings of the wind ~ the whole wide world abroad.

Part 2

- 12 He made a den of darkness as ~ his tent and hiding place:
And for his booth dark waters chose ~ thick clouds, his living space.

- 13 From his bright presence did dense clouds ~ in haste away retire:
And from that place erupting burst ~ hailstones and coals of fire.
- 14 The Lord thundered in heaven and spoke ~ hailstones and coals of fire:
15 He loosed his arrows, scattering them, ~ shot lightnings in his ire.
- 16 He laid the earth's foundations bare ~ the ocean beds exposed:
At his rebuke and at the snort ~ of breath out of his nose.
- 17 And from on high the Lord reached down ~ to grasp me from below:
He plucked me from the raging flood, ~ the mighty waters' flow.
- 18 He rescued me from all my foes, ~ the strong that did me hate:
Too much they were for me alone, ~ indeed they were too great.
- 19 They came at me when at my worst ~ my misfortunate day:
But yet the Lord was my support ~ my succour and my stay.
- 20 He brought me to an open place ~ where I was safe and free:
He rescued me for the love and ~ delight he had for me.
- 21 According to my righteousness, ~ so did he me regard:
And when he saw my hands were clean, ~ so did he me reward,
- 22 Because I walk in all his ways ~ and in his paths have trod,
And have not parted wickedly ~ from him who is my God.

Part 3

- 23 For I have always kept in sight ~ his judgement and decree.
His statutes and commandments I ~ don't cast away from me.
- 24 Blameless and pure I held myself, ~ holy before his face.
I kept myself from wickedness ~ and every kind of vice.
- 25 And so the Lord will reward me ~ because my deeds are right:
And as my hands are without stain ~ and clean before in his sight.
- 26 For Lord, to those that faithful stay ~ will you be faithful too?:
And with all those that are upright ~ are you upright and true?

- 27 As for the pure, so then do you ~ with purity reply;
But to all those that are perverse, ~ you show yourself as sly.
- 28 For you will save all simple folk ~ afflicted where they lie;
But shall bring down the countenance ~ of those with haughty eye.
- 29 Lord you will light my candle so ~ that it will shine full bright:
The Lord my God shall also turn ~ my darkness into light.
- 30 With you I face a troop of foes ~ and they divide and fall;
With you my Lord and God shall I ~ leap over any wall.
- 31 For perfect are the ways of God ~ his speech smelted and tried:
He is a shield to all who trust ~ and in His faith abide.
- 32 For who is God, except the Lord ~ for other there is none:
And who our rock, omnipotent ~ save for our God alone?

Part 4

- 33 The God who girds me round with strength, ~ he is the one I mean:
He keeps the way in which I walk ~ perfect, secure and clean.
- 34 He gives me feet as a deer's are ~ sure footed, fast and sleek:
And for my safety sets me on ~ a high and rugged peak.
- 35 He trains my hands for war and gives ~ me strength that does surpass:
So I can bend with my own arms ~ a bow of bronze or brass.
- 36 You've given me your shield of strength ~ salvation as my cup:
Your gentleness has made me great. ~ your right hand bears me up.
- 37 Beneath my steps you open out ~ the way that I should go:
So that my feet shall never slip ~ nor wander to and fro.
- 38 And fiercely I pursue and take ~ my foes that me annoyed:
And from the field do not return ~ till they be all destroyed.

- 39 So I strike down and crush my foes ~ and they can rise no more:
They fall defeated at my feet ~ beaten and wounded sore.
- 40 For you have girded me with strength ~ for battle to be done.
You've quelled all those that defied me ~ and made them turn and run.
- 41 Lord you have given me the necks ~ of all my enemies:
So that I might destroy all those ~ that up against me rise.
- 42 They call for help but none give ear, ~ nor comes to their relief:
Even when they cry to the Lord ~ he does not hear their grief.

Part 5

- 43 I, like the dust before the wind, ~ beat them beneath my feet:
I cast them out like filth and dirt ~ that lies upon the street.
- 44 You keep me from rebellious folk, ~ from their strife you save me:
And of the nations of the earth ~ make me their head to be.
- 45 A people that I did not know, ~ shall bow to me their knee.
No sooner do they hear me speak ~ than they shall obey me.
- 46 Strangers shall cringe before me and ~ the foreigners lose heart.
Trembling they shall emerge out of ~ their strong places apart.
- 47 The Lord lives and blessed is he ~ most worthy of all praise:
He is my Rock and saving health; ~ praised be his name always.
- 48 It is my God avenges me ~ and vindicates my name:
He puts down people under me ~ who would have been my shame.
- 49 You rescued me from enemies ~ and fury of my foes:
And you exalt me over those ~ that up against me rose.
- 50 And so shall I with gratitude ~ my thanks to you proclaim:
Among the nations of the earth ~ sing praises to your name.
- 51 He gives great triumphs to the king, ~ and steadfast love for sure:
To David, his anointed one, ~ and his seed evermore.

Psalm 19 (SHa) (CM)

Although the original is good, this has been altered considerably to try and bring it into line with modern grammar. A suitable tune might be St James which is in most hymn books. Nativity works well. A much more interesting but complex tune is P&G's recommendation, Folkestone. There's more than one selection one can make from this psalm. Vv 1,7,8,10,13 &14 make a good combination. Addison's "The spacious firmament on high is also a paraphrase of this psalm.

- 1 The heav'ns declare the power of God, ~ his glory to all lands:
The firmament's high vault proclaims ~ the work of his own hands.
- 2 Day shall well up to day with news, ~ night pass to night its word:
3 Though being without tongue or speech; ~ their voices are not heard:
- 4 Their message has gone out, a sign ~ through all the earth unfurled:
Their utt'rances unspoken spread ~ to the ends of the world.
- 5 He set a tent there for the sun ~ who steps out to rejoice:
As bridegroom from his chamber comes ~ or hero runs his course.
- 6 He, all the sky from side to side, ~ encompasses about:
Nothing is hidden from his heat, ~ but he will search it out.
- 7 How perfect is the law of God ~ his covenant is sure,
Converting souls and making wise ~ the simple and obscure.
- 8 The statutes of the Lord are right; ~ they bring joy to the heart.
His precepts they are clear, and light ~ to faithful eyes impart.
- 9 The fear of God the Lord is clean; ~ it ever shall endure;
The judgements of the Lord are true ~ most righteous, good and pure,
- 10 And more to be desired than gold, ~ than much fine gold alway:
The honey and the honeycomb ~ are not as sweet as they.
- 11 By them your servant is forewarned ~ to hold God in regard:
And in the keeping of them all ~ there is a great reward.

- 12 But Lord, what person here can know ~ the errors in their life?
So cleanse me from my secret sins ~ that in my heart are rife.
- 13 And keep me lest presumptuous sins ~ should triumph over me:
Then sound and innocent shall I, ~ of great transgression be.
- 14 May you accept before your face ~ my rock, redeemer, Lord,
The meditations of my heart ~ and of my mouth, the words;

Psalm 20 (SHa) CM

The first few verses have been altered fairly considerably to bring them into line with modern usage but the last four are almost unchanged. Verse 5 in SH is a better translation than many modern psalters. It does not fit easily with modern grammar but I have tried to keep the sense. Playford recommends a tune, Hereford, which is not in most hymn books, but most CM tunes would be suitable.

1. In trouble's wretched day of woe ~ the Lord God hear your cry;
And may the name of Jacob's God ~ be your stronghold on high.
2. May he send from his holy place ~ his help for every need;
And so in Zion establish you ~ and make you strong indeed.
3. May he recall your sacrifice ~ your offerings to your Lord;
4. And so give you your heart's desire ~ and all your plans reward.
5. In his salvation we rejoice; ~ his banner we display:
And homage give to God's own name; ~ may he grant what you pray.
6. The Lord will his anointed save ~ I know well by his grace;
And send him help by his right hand ~ out of his holy place.
7. In chariots some put confidence ~ and some in horses trust;
But we remember God, our Lord ~ whose name alone we trust.
8. They all fall down but we shall rise ~ and stand up steadfastly;
9. O save and help us, Lord and king ~ when we to you do cry.

Psalm 21 (SHa) DCM

This has not needed to be altered very much to fit modern usage and scansion. The 'oven' in v 9 is a better translation than the furnace in many other versions of the scriptures. The original word means a portable oven - presumably as used by nomads. Playford provides a specific tune in D mi and DCM which is not in most hymn books, but most CM or DCM tunes would be suitable. P&G provides a version of Ingall's Zadok which is also known sometimes as New Jerusalem, because it is associated with Watt's paraphrase of Rev 21 vv 1-4.

1. Oh Lord how joyful is the king ~ in your great strength and power;
He shall rejoice exceedingly ~ in you as his saviour.
2. For you have granted, given him ~ all that his heart desired;
You have denied him nothing that ~ his lips asked or required.
3. You go before him with your gifts ~ and blessings manifold;
And you have set upon his head ~ a crown of purest gold.
4. And when he asked of you long life ~ of it you made him sure;
You gave him such a life as shall ~ from age to age endure.
5. Great is his glory by your help, ~ your blessing and your aid;
Great majesty and honour both, ~ you have upon him laid.
6. You will give him felicity ~ such as never decays;
And with your cheerful countenance ~ will gladden him always.
7. Because the king has placed his trust ~ in God, faithful and proved;
The steadfast love of God ensures ~ that he shall not be moved.
8. Your enemies shall know your grasp ~ and those that you withstand.
Find out your foes and let them feel ~ the power of your right hand.
9. As in an oven, burn them Lord ~ in fume and flame and fire;
Your fire shall so destroy them and ~ consume them in your ire.
10. And you shall root out from the earth ~ their fruit that would increase;
And from the children of mankind ~ their seed shall simply cease.
11. For much mischief did they contrive ~ against your holy name;
Yet they have failed. They had no power ~ to bring about the same.
12. You shall make them all turn their backs ~ to shoulder their disgrace;
You set the string of your own bow ~ firmly at their face.
13. Be raised up Lord in your own strength ~ your foes be put to flight;
So shall we sing right solemnly ~ to praise your power and might.

All Glory to the Father, Son, ~ and Spirit, One and Three:
As was, and is, and shall be so ~ through all eternity.

Psalm 22 (SHa) CM

This has been adapted quite significantly, partly to fit modern usage and scansion, and partly because in the last few verses there seems to be some confusion between original text and various translations as to what the words mean. There is a DCM tune Old 22nd but it is not that memorable. P&G provides an excellent tune by Samuel Chapple in the same metre for the TB version. It goes very well to St Annes (O God our help in ages past). This psalm has been closely associated with the crucifixion. Parts I and II (particularly II) to St Annes work well for a Good Friday service.

SH splits this Psalm into parts 1-10, 11-22 and 23-end. These are useful breaks but for singing Part 2 on its own, it makes sense to start from v 9. This also means that if one is using a DCM tune, the pairs of verses marry better.

1. O God, my God, O why do you ~ forsake me utterly?:
 And why so far from helping me ~ with my complaint and plea?
2. To you my God, the whole day long ~ do I both cry and call:
 Nor cease all through the night and yet ~ I have no rest at all.
3. You are the Lord, the holy one ~ enthroned on Israel's praise:
4. In you our fathers put their trust; ~ you set them free always.
5. They trusted and they were set free ~ when they called on your name:
 And for the faith they had in you, ~ they were not put to shame.
6. But I have now become more like ~ a worm is, than a man,
 An outcast whom the people scorn ~ with all the spite they can.
7. They all despise me when they see ~ me walking in the way:
 They mock, pull faces, shake their heads ~ and this is what they say;
8. "This person gloried in the Lord ~ and trusted in his love:
 Let God redeem him, help him now, ~ let God his fate approve".
9. You brought me forth and gave me hope ~ upon my mother's breast:
10. Cast on you in my mother's womb, ~ from birth in God I rest.

Part 2

11. Do not, my Lord, depart from me ~ nor leave me in my grief:
For I have none to be my help ~ my succour or relief.
12. For heifer herds encompass me; ~ they circle me about:
Great bulls of Bashan ring me round; ~ they seek to find me out.
13. They gape upon me greedily ~ as though they would me slay:
Just like a ravening, roaring lion ~ who paces for his prey.
14. I am poured out like water, drained, ~ my joints asunder break:
My heart within me melts like wax ~ my quivering innards shake.
15. My strength is parched like earthen shards; ~ my tongue sticks to my jaws:
Down in the dust of death I'm laid, ~ brought to its dreadful doors.
16. For many dogs encompass me; ~ in council do they meet:
17. Plotting to seize me, like a lion's ~ they pierce my hands and feet.
18. They stare - I can count all my bones - ~ they glare at me and gloat:
They split my garments between them ~ and cast lots for my coat.
19. Do not be far from me, my Lord. ~ O haste, my strength to help:
20. My soul deliver from the sword, ~ my self from bite of whelp.
21. Save me from the mouth of the lion ~ from its teeth set me free:
Since from the horns of the wild ox ~ O Lord, you answered me.
22. Then shall I to my brethren tell ~ your majesty applaud:
And in your gathering praise the name ~ of you, the living Lord.

Part 3

23. All you who fear him, praise the Lord ~ and Jacob him adore:
May all the seed of Israel ~ fear him for evermore.
24. For he does not despise the poor ~ or hide his face away:
Nor does he scorn the scorned or scarred ~ but hears them when they pray.
25. In the great congregation here ~ your praise I will proclaim:

- And I shall pay my vows before ~ those that do fear your name.
26. The poor shall eat. They shall be filled, ~ and satisfied shall praise:
Yes, those who seek shall praise the Lord. ~ Let your hearts live always.
 27. The ends of earth call him to mind , ~ they turn back to the Lord:
And all the families of the world ~ his presence shall applaud.
 28. The kingdom is the Lord's who rules ~ the nations at his feet:
The fat and great of the whole earth ~ they shall worship and eat.
 29. All they that go down to the dust ~ shall bow his face before:
Their seed shall serve the Lord and tell ~ his name for evermore.
 30. They shall draw near and so declare ~ his truth and righteousness,
 31. Unto a people yet unborn ~ who shall his deeds confess.

Psalm 23 (R) CM

This is the most familiar version of this psalm and has become associated with the tune Crimond. The Church of Scotland metrical psalter though, recommends Martyrdom or Wiltshire, and Martyrs also has been used.

1. The Lord's my shepherd, I'll not want. ~ He makes me down to lie.
2. In pastures green: he leadeth me ~ the quiet waters by.
3. My soul he doth restore again; ~ and me to walk doth make
Within the paths of righteousness, ~ e'en for his own name's sake.
4. Yea, though I walk in death's dark vale, ~ yet will I fear none ill:
For thou art with me; and thy rod ~ and staff me comfort still.
5. My table thou hast furnished ~ in presence of my foes;
My head thou dost with oil anoint, ~ and my cup overflows.
6. Goodness and mercy all my life ~ shall surely follow me:
And in God's house for evermore ~ my dwelling-place shall be.

Psalm 23 (SHa) CM

This has an excellent tune (name unknown) which Vaughan Williams collected from an old man of Dunster in Northumberland, who had long previously been a member of the local choir. Another tune that would go well is Lloyd. and P&G has a complex fuguing tune.

1. My shepherd is the living Lord. ~ So nothing do I need;
In pastures fair, near pleasant streams, ~ he sets me down to feed.
2. He shall convert, gladden my soul, ~ and bring my mind in frame,
To walk in paths of righteousness, ~ for his most holy name.
3. Yea though I walk through vale of death, ~ yet will I fear no ill;
Your rod and staff they comfort me, ~ and you are with me still.
4. And in the presence of my foes ~ my table you shall spread:
You will fill full my cup, and have ~ with oil bestowed my head.
5. Through all my life your favour is ~ so frankly shown to me,
That in your house for evermore ~ my dwelling place shall be.

Psam 23 A version by Sir H W Baker 8787

The tune for this is St Columba.

1. The King of love my shepherd is ~ whose goodness faileth never;
I nothing lack if I am his ~ and he is mine for ever.
2. Where streams of living water flow ~ my ransomed soul he leadeth,
And where the verdant pastures grow ~ with food celestial feedeth.
3. Perverse and foolish oft I strayed, ~ and yet in love he sought me,
And on his shoulder gently laid, ~ and home, rejoicing, brought me.
4. In death's dark vale I fear no ill ~ with thee, dear Lord, beside me;
Thy rod and staff my comfort still, ~ thy Cross before to guide me.
5. Thou spread'st a table in my sight; ~ thy unction grace bestoweth:
And O what transport of delight ~ from thy pure chalice floweth

Psalm 23, a version by Addison (88 88 88)

The tune that goes with this version is Surrey.

1. The Lord my pasture shall prepare,
And feed me with a shepherd's care;
His presence shall my wants supply,
And guard me with a watchful eye;
My noonday walks he shall attend,
And all my midnight hours defend.

2. When in the sultry glebe I faint,
Or on the thirsty mountain pant,
To fertile vales and dewy meads
My weary wandering steps he leads,
Where peaceful rivers, soft and slow,
Amid the verdant landscape flow.

3. Though in a bare and rugged way
Through devious lonely wilds I stray,
Thy bounty shall my pains beguile;
Thy barren wilderness shall smile
With sudden greens and herbage crowned,
And streams shall murmur all around.

4. Though in the paths of death I tread,
With gloomy horrors overspread,
My steadfast heart shall fear no ill,
For thou, O Lord, art with me still:
Thy friendly crook shall give me aid,
And guide me through the dreadful shade.

Psalm 24 (TBa) DCM

There is no obvious tune associated with this excellent psalm, which needs one. Falan Tiding, which is in some carol books, goes well. The decision by some modern psalters to move into the plural for vv 4-6 is not satisfactory as it breaks the link with Christ as the one who provides the answer to the questions in vv 8 and 10. CW uses this psalm for mornings in Advent and CCP for Monday morning.

Also provided is a LM version by Dr Watts.

P&G has a tune for vv 7-10.

- 1 The spacious earth is all the Lord's, ~ the Lord's her fullness is;
The world, and all that dwell therein, ~ by sovereign right are his.
- 2 He framed and fixed it on the seas, ~ and his Almighty hand
Upon the shifting floods has made ~ the stable fabric stand.
- 3 But for himself this Lord of all ~ one chosen seat designed;
Oh who shall to that holy hill ~ desired admittance find?
- 4 Whoso whose hands and heart are pure, ~ whose thoughts from pride are free;
Who honest poverty prefers ~ to gainful perjury.
- 5 This is the one, on whom the Lord ~ shall shower his blessings down,
Whom God the Saviour shall provide ~ with righteousness to crown
- 6 Such is the race of saints, by whom ~ the sacred courts are trod;
And such the proselytes that seek ~ the face of Jacob's God.
- 7 Lift up your heads, eternal gates, ~ swing back to entertain
The King of Glory; Lo he comes ~ with his celestial train.
- 8 Who is this king of Glory, Who? ~ the Lord for strength renowned.
In battle mighty, o'er his foes ~ eternal victor crowned.
- 9 Lift up your heads, ye gates swing back, ~ in state to entertain
The King of Glory; Lo he comes ~ with all his shining train.
- 10 Who is this king of Glory, Who? ~ the Lord of hosts renowned;
Of glory he alone is king, ~ and is with glory crowned.

Psalm 24 Dr Watts version to Kingsbridge in LM

The sections before and after the pause could be treated as separate hymns, and if one sings both sections it flows better if one omits v 4. The three verses after the pause are sung by Maddy Prior to Kingsbridge. That is such an excellent tune that it deserves to be better known and more widely used. By treating the treble or base line (the air is in the tenor) as a tune in its own right, this can be expanded to a double metre.

1. This spacious earth is all the Lord's,
And men, and worms, and beasts and birds.
He raised the building on the seas,
And gave it for their dwelling place.
- 2 But there's a brighter world on high.
Thy palace, Lord, above the sky:

Who shall ascend that blest abode,
And dwell so near his maker, God.

3 He that abhors and fears to sin,
Whose heart is pure, whose hands are clean,
Him shall the Lord, the Saviour bless,
And clothe his soul with righteousness.

4 These are the men, the pious race
That seek the God of Jacob's face;
These shall enjoy the blissful sight,
And dwell in everlasting light.

Part 2

5. Rejoice ye shining worlds on high
Behold the King of Glory nigh;
Who can this King of Glory be
The mighty Lord, the Saviour's he.

6. Ye heavenly gates your leaves display
To make the Lord the Saviour way.
Laden with spoils from earth and hell,
The conqueror comes with God to dwell.

7. Raised from the dead he goes before,
He opens heaven's eternal door.
To give his saints a blest abode
Near their Redeemer and their God

Psalm 25 (SHa)

SM

This has not needed to be altered very much to fit modern usage and scansion. Playford provides Southwell but most SM tunes would be suitable. The Scottish psalter provides an Old 25th in DSM but alas it is not a very interesting tune. In the Hebrew the first word of each verse follows an alphabetical pattern but it would be difficult to reproduce this. In addition to SH's division, vv 16-end, 6-10 and 1-6 would work quite well.

1. I lift my heart to you, ~ my God and guide most just;
So suffer me to take no shame ~ for in you do I trust.
2. Let not my foes rejoice ~ nor make scorn of me too;
And let them not be overthrown ~ that put their trust in you.
3. But shame shall fall on those ~ who harm them without cause;
And so your paths and your right ways ~ to me O Lord endorse.
4. Direct me in your truth, ~ and teach me, I you pray;
You are my Saviour and my God, ~ on you I wait all day.
5. Your mercies manifold, ~ remember Lord, I pray:
In pity you are bountiful ~ and have been so always.
6. Remember not the faults ~ and frailty of my youth;
Nor call to mind how ignorant ~ I have been of your truth.

Nor as I might deserve ~ may I your mercy find;
But in your long unfailing love ~ Lord keep me in your mind.
7. His mercy is upright ~ his truth a perfect guide;
And so the Lord will sinners teach, ~ and such as so abide.
8. He will the humble teach ~ his precepts to obey;
He will direct the lowly meek ~ to walk his perfect way.
9. For all the paths of God ~ both truth and mercy are;
To those that keep his covenant ~ and statutes with all care.

Part 2

10. Now for your holy name ~ O Lord, I you entreat;
To grant me pardon for my sin ~ for it is wondrous great.
11. Whoever fears the Lord ~ by him shall so be shown;
How best to live in such a way ~ as they may gladly own.
12. Their soul shall evermore ~ in goodness dwell and stand;
Their seed and their posterity ~ shall inherit the land.

13. All those that fear the Lord ~ know his secret intent:
And to them shall our God declare ~ his will and testament.
14. My eyes and grateful heart ~ towards him I'll advance;
Who plucks my feet out of the snare ~ of sin and ignorance.
15. With mercy look on me. ~ To you I make my moan;
For I am poor and desolate ~ comfortless and alone.
16. The troubles of my heart ~ are multiplied indeed;
Bring me out of this misery ~ necessity and need.
17. Behold my poverty, ~ my anguish and my pain;
Remit my sin and my offence, ~ and make me clean again.
18. Oh Lord, see how my foes ~ are many and increase;
They hustle me with deadly hate ~ when I would live in peace.
19. Preserve and keep my soul, ~ deliver, bring me through:
Lord let me not be overthrown, ~ because I trust in you.
20. Let truth and uprightness ~ keep me for ever true;
Because in hope and confidence ~ I ever wait on you.
21. Deliver, Lord, your folk ~ and send them your relief;
Rescue your chosen Israel ~ from trouble and all grief.

Psalm 26 (SHa)

CM

This has been altered so much to fit modern usage and scansion that not much is left of the original apart from the difficult double rhyming scheme and most of verse 8. A difficulty with this psalm is that although not as uncomfortable as the cursing psalms, its sentiments can sound smug to modern ears. One should not though assume that the modern world or its instinctive assumptions and preconceptions are the right ones. Playford provides Windsor which is a minor tune and is in many modern hymn books.

1. Lord be my judge and you will see ~ my paths are straight and plain:
I trust in God and know that he ~ my footsteps shall sustain.
2. Examine, test me, try my light, ~ my heart and reins, Oh God:
3. Your faithful love I keep in sight: ~ in your truth I have trod.
4. I have not sat among the vain: ~ or mixed with hypocrites.
5. To stoop with scoundrels I disdain: ~ nor with the wicked sit.

6. In innocence I wash my hands: ~ and round your altar go;
7. To tell with thanks how you have planned ~ your wondrous works to show.

8. Oh Lord, I hold your house so dear: ~ I love it very well:
My chief delight is to be near ~ the place in which you dwell.

9. Shut not my soul up with all those ~ who sin, and blood imbibe;
10. They finger mischief and they close ~ their right hand on a bribe.

11. But I shall tread the track that's true. ~ Ransom me, give me grace:
Before the people I bless you, ~ feet planted in firm place.

Psalm 27 (SHa) CM

This has undergone some alteration. Playford provides a tune called Norwich. P&G has a DCM tune, Great Milton. for the TB version in the same metre. CW allocates vv 1, 3-6 & 8 to Saturday evenings.

1. The Lord is both my health and light; ~ who shall make me afraid?
Since God is my stronghold, my might ~ why should I be dismayed?
2. When foes closed in on me in strength ~ and sought with me to brawl:
Thinking to eat my flesh, at length ~ themselves did take the fall.

3. Though hosts encamped, against me lie ~ my heart is not afraid:
E'en if in battle they would try ~ I trust my God for aid.
4. One thing of God I do desire ~ and that will not deny:
One thing I pray, and shall require ~ till he my needs supply;

5. That in his house, his holy place ~ I all my days shall dwell:
To see the beauty of his face, ~ seek him in his temple.
6. In day of dread, he shall me hide ~ in his tent to immure:
And keep me secret in his side ~ as on a rock secure.

7. For now I know the Lord shall raise ~ my head up strong and stout:
My foil my foes and face them down ~ who compass me about.
8. So in his tabernacle I ~ make sacrifice of praise:
With songs and psalms I shall apply ~ to laud the Lord always.

Part 2

9. Lord hear the voice of my request ~ with which to you I cry:
Have mercy Lord on me, oppressed ~ and help me speedily.
10. My heart confesses at your knee; ~ I plead to know your grace:
Then, “seek my face”, you said to me; ~ so Lord I seek your face.
11. Don't turn your face in wrath away ~ or suffer me to slide:
My help you have been to this day. ~ Hold me, my God, my guide.
12. When both my parents me forsook ~ and cast me off at large:
The Lord has held me, and he took ~ the care of me and charge.
13. Teach me, O Lord, your way to be ~ and lead me on aright:
For fear of those that wait for me ~ to trap me if they might.
14. O do not leave me to the will ~ of those who are my foes:
False witnesses and those with skill ~ at violence me oppose.
15. I had despaired of life but then ~ this hope supported me;
16. That in the land of living souls ~ God's goodness I shall see.
17. Wait on the Lord, courageous be ~ he shall strengthen your heart:
Wait on the Lord, with him agree ~ and he shall take your part.

Psalm 28 (SHa) CM

This has undergone some alteration to fit modern idiom. Playford allocates York as the tune but any suitable CM tune would work.

1. To you, I cry, O Lord my rock ~ do not be silent yet:
Neglect me not, lest I be like ~ those that go to the pit..
2. My voice, my supplication, hear ~ when to your face I cry:
When I lift up my hands towards ~ your holy ark most high.
3. Do not take me with the wicked ~ with those that sin does fill:
That speak of peace to all their friends ~ but in their hearts think ill.
4. According to their wicked deeds ~ their malice and their spite;
5. And all the deeds that they have done ~ O Lord, do them requite.

6. Because they never mind God's works ~ nor what his hands are for:
Rather than build them up shall he ~ destroy them evermore.
7. Bless'd be the Lord, who heard my prayer: ~ he is my strength and shield.
8. My heart has placed its trust in him: ~ and he my help has sealed.
9. And so my heart rejoices much: ~ I praise him with my song.
10. The Lord is strength and his safe place ~ makes his anointed strong.
11. Your people and inheritance ~ save, bless, keep them secure:
Their shepherd be, and carry them. ~ Lord keep them evermore.

Psalm 29 (SHa) CM

This psalm is Qol Adonai, the voice of the Lord, a phrase which is repeated seven times. It has undergone some alteration to bring out this feature more pronouncedly and to modernise the grammar slightly. Playford suggests a tune called Norwich but the Scots psalter provides an attractive DCM tune called Old 29th. It goes well to Ellacombe ("the day of resurrection").

1. Give to the Lord, O potentates ~ all give with one accord:
All praise and honour, might and strength ~ give to the living Lord.
2. Give glory to his holy Name ~ and honour him alone:
Give worship to his Majesty ~ before his holy throne.
3. The LORD'S VOICE rules the waters o'er ~ as he himself shall please:
His glory makes the thunderclap ~ and governs all the seas.
4. The LORD'S VOICE is majestic and ~ the LORD'S VOICE, it is strong.
5. The LORD'S VOICE splits the great cedars: ~ the trunks of Lebanon.
6. He makes them skip just like a calf ~ or as the young wild ox:
Lebanon dances like a steer ~ and Hermon the aurochs.
7. The LORD'S VOICE splits the flames of fire ~ and shakes the wilderness:
The LORD'S VOICE shakes the wilderness ~ the desert of Kadésh.
8. The LORD'S VOICE causes hinds to calf. ~ It strips the forest bare:
And in his temple everyone ~ acclaims out his glory there.
9. The Lord sits throned upon the floods ~ their fury to restrain;
And he, enthroned as Lord and King, ~ for evermore shall reign.

10. The Lord gives strength to his people ~ a strength that shall not cease:
 The Lord shall bless abundantly ~ his people with his peace.
All Glory to the Father, Son, ~ and Spirit, One and Three:
As was, and is, and shall be so ~ through all eternity.

Psalm 30 (DBT) DCM

This psalm has been largely rewritten, as the original is in a double rhyming measure and rather discursive. Playford provides quite a good tune in DCM, G Minor, though it might require transposition and some amendment to the base line as the air goes up to high G, but transposition would require a base note of E. It has also been sung to Kingsfold. V6 is a correct translation even though it reads oddly.

1. I shall exalt you, Lord for you ~ have raised up my estate;
 And have not let my enemies ~ rejoice over my fate.
2. My Lord, I cried to you for help; ~ and you have healed my soul.
3. You've raised my spirit up from Sheol, ~ brought me from the black hole.
4. Sing to the Lord, ye saints, give thanks ~ his name's with goodness rife.
5. His anger but a moment lasts; ~ his favour it is life;
 Though tears may flow the long night through ~ joy comes with morning's
light.
6. At ease, I said, " I'll ne'r be moved; ~ you gave my mountain might".
7. You hid your face away from me; ~ at that I was distraught.
8. I cried to you Lord, and your grace ~ in supplication sought.
9. What profit is there in my blood ~ if I go to the pit?
10. Can dust declare or praise your truth? ~ Help Lord and me acquit.
11. My mourning you have turned to dance ~ my sackcloth you have rent;
 You've vested me with robes of joy ~ to replace my lament.
12. And so my honour to that end ~ shall loud your praises sing;
 O Lord my God, I'll not be dumb; ~ my thanks to you I'll bring.

Psalm 31 (SHa) CM

This psalm has required little alteration beyond what is required to fit modern grammar and scansion. CCM uses a selection of verses at night prayer on Wednesday, 1-3, 5, 7, 14, 16,19, 21,23-4. There does not seem to be any tune clearly associated with this psalm. Playford provides one in A mi called Lichfield, which sounds

like part of the first half of Follow the Plough. Curiously, it seems to go quite well to Tannenbaum, which is the wrong metre for it.

1. O Lord in you I put my trust ~ let nothing work my shame:
Deliver me as you are just ~ and set me free from blame.
2. Bend down to hear me Lord right soon: ~ to help me make good speed;
3. And be my rock, my house of stone, ~ my fence in time of need,

For why? As stone your strength is tried; ~ you are my fort and tower:
For your name's sake, be you my guide, ~ and lead me by your power.
4. I pray, pluck my feet from the snare ~ which they for me have laid:
You are my strength and all my care ~ is to receive your aid.
5. Into your hands, Lord, I commit ~ my soul which is your due:
Because you have delivered it ~ O Lord, my God most true.
6. I hate all those that will not part ~ from idols, things abhorred:
When they on trifles set their heart, ~ my trust is in the Lord.
7. I in your steadfast love, place joy; ~ I see it does excel:
You see when ought would me annoy ~ and know my soul full well.
8. You have not left me in the hands ~ of such as do me wrong:
You have released me from their bonds ~ to step out broad and long.

Part 2

9. Great grief O Lord, my path assails; ~ some pity on me take:
My eyes wax dim; my sight it fails ~ my heart for fear does ache.
10. My life is wan with grief and pain; ~ my years in sighs are passed:
My strength is gone and through disdain ~ my bones corrupt and waste.
11. Among my foes I am a scorn; ~ my friends are all dismayed:
My neighbours and my kinsfolk born ~ to see me are afraid.
12. As those now dead and out of mind, ~ so am I now forgot:
As little use in me they find ~ as for a broken pot.

13. I heard the brags of all the rout; ~ their threats my mind did fray:
How they conspired and went about ~ to take my life away.
14. But Lord I trust in you for aid ~ still not to be down trod:
For I confess and still have said ~ you are my Lord and God.
15. The length of all my life and days ~ O Lord are in your hand:
Defend me from the wrath and craze ~ of those that me withstand.
16. To me, your servant, Lord above, ~ bestow your joyful face:
Save me Lord for your steadfast love, your mercy and your grace.

Part 3

17. Lord let me not be put to shame, ~ because on you I call:
But let the wicked take the blame ~ and into Sheol fall.
18. O Lord, strike dumb their lips outright ~ which are given to lies:
And cruelly with pride and spite ~ against the just devise.
19. How well is your love and goodness ~ for those who fear you, stored:
Displayed in sight of those who press ~ on you for shelter, Lord.
20. Your presence shall them fence and guide ~ from all proud brags and wrongs:
Within your shelter, you them hide ~ from all the strife of tongues.
21. Bless'd be the Lord who has declared ~ for me his grace so far:
To defend me with watch and word ~ as in a time of war.
22. In panic I said, day and night, ~ when I was sore oppressed:
"Lord I am cast out from your sight", ~ yet you heard my request.
23. You saints adore the Lord always ~ the faithful he shall guide:
And all the proud he shall repay ~ according to their pride.
24. Be of good courage, all ye just, ~ on God, your strength depend:
For those that in him put their trust ~ he ever will defend.

Psalm 32 (SHa) CM

This psalm has not been altered much at all. The tune which Playford recommends for this is St Mary's.

1. Blest is the one whose wickedness ~ the Lord forgiven hath;
 The one whose sin is wholly hid ~ and covered from his wrath.

2. And blest each one to whom the Lord ~ does not impute their sin;
 Who in their heart has hid no guile ~ and no fraud's found therein.

3. So long as I kept close my sin ~ in silence and constraint;
 My bones did wear and waste away ~ with daily moan and plaint.

4. Both night and day, your hand on me ~ so grievous was and smart;
 My moisture, like the summer's heat ~ to dryness did convert.

5. And so did I confess my faults ~ and all my sins reveal;
6. Then you, O Lord did me forgive ~ and all my sins conceal.

7. So let each humble soul give prayer ~ and seek you in your hour;
 Then shall the mighty watery floods ~ not get me in their power.

8. When trouble and adversity ~ encompass me about;
 You are my hiding place and joy ~ framed with a rescuing shout.

9. Come hither. I will instruct you ~ how you shall walk aright;
 I will guide you as I myself ~ have learnt by proof and sight.

10. Be not so rude and ignorant ~ as are the horse and mule;
 Whose mouth without a rein or bit ~ from harm you cannot rule.

11. The wicked, they shall manifold ~ sorrows and grief sustain;
 But to the one that trusts in God ~ his goodness shall remain.

12. Be merry therefore in the Lord, ~ ye just lift up your voice;
 And be of pure and perfect heart ~ with cheerfulness rejoice.

Psalm 33 (TB)

CM

There is an excellent fuguing tune to this by Thomas Clark. P&G provides Warwick. There is also a tune in DCM, Old 33rd which goes with the SH version of this psalm but would equally fit this version, and an attractive tune recorded for this version from West Northumberland. It goes well to Richmond.

1. Let all the just to God with joy, ~ their cheerful voices raise:
For well the righteous it becomes ~ to sing glad songs of praise.
2. Let harps, and psalteries and lutes, ~ in joyful concert meet:
3. And new made songs of loud applause ~ the harmony complete.
4. For faithful is the word of God: ~ his works with truth abound:
5. He justice loves: and all the earth ~ is with his goodness crowned.
6. By his almighty word at first ~ the heavenly arch was reared:
And all the bounteous hosts of light ~ at his command appeared.
7. The swelling floods, together rolled, ~ he makes in heaps to lie:
And lays, as in a storehouse safe, ~ the watery treasure by.
8. Let earth, and all that dwell therein ~ before him trembling stand:
9. For when he spake the word, 'twas made, ~ 'twas fixed at his command.
10. He, when the heathen closely plot, ~ their counsels undermines;
His wisdom ineffectual makes ~ the people's rash designs.
11. Whate'er the mighty Lord decrees ~ shall stand for ever sure:
The settled purpose of his heart ~ to ages shall endure.

Part 2

12. How happy then are they to whom ~ the Lord for God is known!
Whom he from all the world besides ~ has chosen for his own.
13. He all the nations of the earth ~ from heaven his throne surveyed;
- 14-5. He saw their works, and viewed their thoughts. ~ By him their hearts were
made.
16. No king is safe by num'rous hosts ~ their strength the strong deceives;
17. No managed horse, by force or speed, ~ his warlike rider saves.

- 18 'Tis God, who those that trust in him ~ beholds with gracious eyes;
 19. He frees their soul from death, their want ~ in time of dearth supplies.
- 20 Our soul on God with patience waits, ~ our help and shield is he:
 21 Then, Lord, let still our hearts rejoice ~ because we trust in thee.
22. The riches of thy mercy, Lord, ~ do thou to us extend:
 Since we for all we want or wish ~ on thee alone depend.

Psalm 34 (TB) CM

This is one of the few metrical psalms that managed to make the pages of Hymns Ancient and Modern and remain familiar to the present day. There, it is linked with the tune, Wiltshire. As only verses 1,3,7, 8 and 9 of the First Part were selected, the others are now unfamiliar, which is a pity. V 10 is particularly memorable. There is also an excellent fuguing tune in P&G written specifically for this psalm by J Stephenson. Confusingly, it is also called Wiltshire. The text is unaltered. The 'you' e.g. v 9 is plural.

1. Through all the changing scenes of life ~ in trouble and in joy;
 The praises of my God shall still ~ my heart and tongue employ.
2. Of his deliverance I will boast ~ till all that are distressed,
 From my example comfort take ~ and charm their griefs to rest.
3. O magnify the Lord with me, ~ with me exalt his name:
 4. When in distress to him I called ~ he to my rescue came.
5. Their drooping hearts were soon refreshed ~ who looked to him for aid;
 Desired success in every face ~ a cheerful air displayed.
6. "Behold (they say), behold the one ~ whom Providence relieved;
 "So dangerously with woes beset, ~ so wondrously retrieved".
- 7 The hosts of God encamp around ~ the dwellings of the just;
 Deliverance he affords to all ~ who on his succour trust.
8. O make but trial of his love, ~ experience will decide;
 How blest they are, and only they, ~ who in his truth confide.
9. Fear him, ye saints, and you will then ~ have nothing else to fear;

Make you his service your delight, ~ he'll make your wants his care.

10. While hungry lions lack their prey, ~ the Lord will food provide;
For such as put their trust in him, ~ and see their wants supplied.

Part 2

11. Approach, ye piously disposed, ~ and my instruction hear;
I'll teach you the true discipline ~ of his religious fear.
12. Let him, who length of life desires, ~ and prosperous days would see;
13. From sland'ring language keep his tongue, ~ his lips from falsehood free.
14. The crooked paths of vice decline, ~ and virtue's ways pursue;
Establish peace where 'tis begun, ~ and where 'tis lost renew.
15. The Lord from heav'n beholds the just, ~ with favourable eyes;
And, when distressed, his gracious ear ~ is open to their cries.
16. But turns his wrathful look on those ~ whom mercy can't reclaim;
To cut them off, and from the earth ~ blot out their hated name.
17. Deliv'rance to his saints he gives, ~ when his relief they crave;
18. He's nigh to heal the broken heart, ~ and contrite spirit save.
19. The wicked oft, but still in vain, ~ against the just conspire;
20. For under their affliction's weight ~ he keeps their bones entire.
21. The wicked from their wicked arts ~ their ruin shall derive;
Whilst righteous souls, whom they detest, ~ shall them and theirs survive.
22. For God preserves the soul of those ~ who on his truth depend;
To them and their posterity ~ his blessings shall descend.

Psalm 35 (TBa) CM

This is hardly altered. So far as I am aware, there is no tune particularly associated with this psalm.

1. Against all those that strive with me, ~ O Lord, assert my right:

- With such as war unjustly wage ~ my God my battles fight.
- 2 Your buckler take, and bind your shield ~ upon your warlike arm:
Stand up, my God, in my defence, ~ and keep me safe from harm.
 3. Bring forth your spear, and stop their course, ~ that haste my blood to spill:
Say to my soul, "I am your health; ~ I will preserve you still."
 - 4 Let them with shame be covered o'er, ~ who my destruction sought:
And such as did my harm devise ~ be to confusion brought.
 5. Then shall they fly, dispersed like chaff ~ before the driving wind:
God's vengeful minister of wrath ~ shall follow close behind.
 6. And when through dark and slipp'ry ways ~ they strive his rage to shun,
His vengeful ministers of wrath ~ shall goad them as they run.
 7. Since, unprovoked by any wrong, ~ they hid their treach'rous snare:
And for my harmless soul, a pit ~ did without cause prepare.
 - 8 Surprised by mischiefs unforeseen, ~ by their own arts betrayed:
Their feet shall fall into the net ~ which they for me had laid.
 9. Whilst my glad soul shall God's great Name ~ for this deliv'rance bless:
And, by his saving health secured, ~ its grateful joy express;
 10. Even my bones, O Lord, shall cry ~ "Who can compare with you?
You set the poor and helpless free ~ from an oppressive crew".

Part Two

11. False witnesses, with forged complaints, ~ against my truth combined:
And to my charge such things they laid ~ as I had ne'er designed.
12. The good which I had done to them, ~ with evil they repaid:
And did, by malice undeserved, ~ my harmless life invade.
13. But as for me, when they were sick, ~ I still in sackcloth mourned;
14. I prayed and fasted, and my prayer ~ to my own breast returned.
15. Had they my friends or brethren been, ~ I could have done no more:

- Nor with more decent signs of grief ~ a mother's loss deplore.
16. How different did their carriage prove ~ in times of my distress:
When they, in crowds together met, ~ did savage joy express.
- The rabble too, in num'rous throngs, ~ by their example came,
And did not cease with calumnies, ~ to wound my spotless fame.
17. Scoffers, that noble tables haunt, ~ and earn their bread with lies,
Did gnash their teeth, and sland'ring jests ~ maliciously devise.
18. But, Lord, how long will you look on? ~ on my behalf appear:
And save my guiltless soul, which they, ~ like rav'ning beasts, would tear.

Part 3

19. So I, before the listening world, ~ shall grateful thanks express:
And, where the great assembly meets, ~ your name with praises bless.
20. Lord, do not let my causeless foes, ~ who me unjustly hate,
With open joy, or secret signs, ~ mock my poor, sad estate.
21. For they, with hearts averse from peace, ~ industriously devise
Against all those of quiet minds ~ to forge malicious lies.
22. Nor with these private arts content, ~ aloud they vent their spite:
And say, "At last we found you out, ~ you did it in our sight,"
23. But Lord, you do both them and me ~ with righteous eyes survey:
Assert my innocence, O Lord; ~ do not be far away.
24. Stir up yourself on my behalf; ~ to judgement, Lord, awake:
Your righteous servant's cause, O God, ~ to your decision take.
25. Lord, as my heart has upright been, ~ let me your justice find:
Nor let my cruel foes obtain ~ the triumph they designed.
26. O let them not amongst themselves ~ in blasting language say,
"At length our wishes are complete, ~ at last he's made our prey".
27. Let such as in my harm rejoiced ~ for shame their faces hide:

And foul dishonour wait on those ~ that proudly me defied.

28. Whilst they with cheerful voices shout, ~ who my just cause befriend:
And bless the Lord, who loves to make ~ success his saints attend.

29. So shall my tongue your judgements sing, ~ inspired with grateful joy:
And cheerful hymns in praise of you ~ shall all my days employ.

Psalm 36 (SHa) CM

This has had little alteration beyond such as to bring it into line with modern grammar and convention. The last phrase of v6 is unmodernisable without losing idiomatic rhythm. For those that feel really strongly on the subject, they can if they wish change the offending word to 'us'. Playford suggests a tune, Cambridge. Apart from that, so far as I am aware, there is no tune particularly associated with this psalm.

1. By works and whisperings unjust ~ the wicked sway the heart:
So in the Lord they place no trust; ~ their eyes his fear depart.
2. Yet they flatter their own estate, ~ to walk as they began,
So long till they deserve the hate ~ of God as well as man.
3. Their words are wicked, vile, and nought ~ that's true do their tongues tell;
Yet at no hand will they be taught ~ the way they may do well.
4. When they should sleep, then do they muse ~ their mischiefs to fulfil;
No wicked way do they refuse, ~ nor any thing that's ill.
5. But, Lord, your goodness does ascend ~ above the heav'ns most high;
So does your truth itself extend ~ up to the cloudy sky.
6. Much more than hills both high and steep, ~ your justice is expressed;
Your judgements like the seas so deep: ~ you save both man and beast.
7. Your mercy is above all things, ~ O God, it does excel;
And sheltered, shadowed by your wings, ~ shall human offspring dwell.
8. Within your house they shall be fed ~ with plenty at their will,
Of all delights they shall be sped, ~ and take of them their fill:

9. Because the well of life most pure ~ for ever flows from you,
And in your light we are full sure ~ eternal light to view.
10. From such as you desire to know ~ let not your grace depart:
Your righteousness declare and show ~ to those of upright heart.
11. Let not the proud on me prevail ~ O Lord, of your good grace;
Nor let the wicked me assail ~ to throw me out of place.
12. But they in their device shall fall, ~ that wicked works maintain;
They shall be certainly cast down, and never rise again.

Psalm 37 (TBa)

888 888

This is an attractive version but there are hardly any tunes in this metre. Virtually all six lines of 8 tunes are made up of three batches of two or a batch of four then one of two, rather than two batches of three lines. P&G provides Monmouth. Another excellent tune is Whitby. A third possibility if one were not singing too many verses, would be to sing it to LM or DLM, repeating every third line.

- 1 Though wicked folk grow rich or great,
 yet let not their successful state
 Your anger or your envy raise:
- 2 For they, cut down like tender grass,
 or like young flowers, away shall pass,
 Whose blooming beauty soon decays.
- 3 Depend on God, and him obey;
 so you within the land shall stay,
 Secure from danger and from want:
- 4 Make his commands your chief delight;
 and he, your duty to requite,
 Shall all your earnest wishes grant.
- 5 In all your ways trust in the Lord,
 and he will needful help afford
 To perfect every just design:
- 6 He'll make, like light, serene and clear,
 your clouded innocence appear,
 And as a midday sun to shine.

- 7 With quiet mind on God depend,
and patiently for him attend;
Nor let your anger fondly rise:
Though wicked folk with wealth abound,
and with success the plots are crowned,
Which they maliciously devise.
- 8 From anger cease, and wrath forsake;
let no ungoverned passion make
Your wav'ring heart espouse their crime:
- 9 For God the sinful will destroy;
whilst only they the land enjoy,
Who trust in him, and wait his time.
- 10 How soon shall wicked folk decay!
their place shall vanish quite away,
nor by the strictest search be found;
- 11 Whilst humble souls possess the earth,
rejoicing still with godly mirth,
With peace and plenty always crowned.

The Second Part.

- 12 While sinful crowds, with false design,
against the righteous few combine,
And gnash their teeth and threatening stand;
- 13 God shall their empty plots deride,
and laugh at their defeated pride;
He sees their ruin near at hand.
- 14 They draw the sword, and bend the bow,
the poor and needy to o'erthrow,
And those of upright lives to slay;
- 15 But their strong bows shall soon be broke,
their sharpened weapon's mortal stroke
Through their own hearts shall force its way.
- 16 A little, with God's favour blessed,
that's by one righteous soul possessed,
The wealth of many bad excels:

17 For God supports the just one's cause,
but as for those that break his laws,
 Their unsuccessful power he quells.

18 His constant care the upright guides,
and over all their life presides;
 Their portion shall for ever last:
19 They, when distress o'erwhelms the earth,
shall be unmoved, and e'en in dearth
 The happy fruits of plenty taste.

20 Not so the wicked and all those
who proudly dare God's will oppose;
 Destruction is their hapless share:
Like fat of lambs, their hopes and they
shall in an instant melt away,
 And vanish into smoke and air.

The Third Part

21 While sinners, brought to sad decay,
still borrow on and never pay,
 The just have will and power to give;
22 For such as God vouchsafes to bless,
shall peaceably the earth possess,
 And those he curses shall not live.

23 The good soul's way is God's delight,
he orders all the steps aright
 Of those that move by his command;
24 Though they sometimes may be distressed,
yet shall they ne'er be quite oppressed,
 For God upholds them with his hand.

25 From my first youth, till age prevailed,
I never saw the righteous failed,
 Or want o'ertake their numerous race;
26 Because compassion filled their heart,
and they did cheerfully impart,
 God made their offspring's wealth increase.

27 With caution shun each wicked deed,
in virtue's ways with zeal proceed,
And so prolong your happy days:
28/9 For God, who judgement loves, does still
preserve his saints secure from ill,
While soon the wicked race decays.

30-2 The upright shall possess the land,
their portions shall for ages stand;
Their mouths with wisdom are supplied;
Their tongues by rules of judgement move,
their hearts the law of God approve,
Therefore their footsteps never slide.

The Fourth Part.

33 In wait the watchful sinner lies,
in vain the righteous to surprise;
In vain their ruin doth decree:
34 God will not them defenceless leave,
to ill revenge exposed, but save;
And, when they're sentenced, set them free.

35 Wait still on God, keep his command,
and you, exalted in the land,
Your blessed possession ne'er shall quit:
The wicked soon destroyed shall be,
and, at their dismal tragedy,
You shall a safe spectator sit.

36 The wicked I in power have seen,
and like a bay tree, fresh and green,
That spreads its pleasant branches round;
37 But they were gone as swift as thought,
and, though in every place I sought,
No sign or track of them I found.

38 Observe the perfect one with care,
and mark all such as upright are;
Their roughest days in peace shall end:
39 While on the latter end of those,

who dare God's sacred will oppose,
A common ruin shall attend.

- 40 God to the just will aid afford,
their only safeguard is the Lord;
Their strength in time of need is he:
41 Because on him they firm depend,
the Lord will timely succour send,
And from the wicked set them free.

Psalm 38 (SHa) CM

This psalm has an attractive double metre tune in G minor that does not seem to have survived into any modern hymn books. Otherwise any CM or DCM would be suitable. It has not been altered all that much to bring it into line with modern grammar and usage.

1. Do not rebuke me O my Lord, ~ in wrath or in your ire:
Nor in your anger chasten me, ~ I humbly you desire.
2. Your arrows they stick fast in me, ~ your hand presses me sore:
And in my flesh no health at all ~ appears there any more.
- 3 And all this is by reason of ~ your wrath that I am in:
No rest or peace is in my bones ~ by reason of my sin.
4. For lo, my wicked doings, Lord, ~ above my head are gone:
A greater load than I can bear; ~ they lie me sore upon.
- 5 My wounds they stink; they are corrupt; ~ they loathsome are to see:
And all through my own foolishness ~ have they come upon me.
- 6 I am bowed down, and brought down low ~ into such great distress,
That I go wailing all the day ~ in doleful heaviness.
- 7 My loins they burn with sore disease: ~ my flesh has no sound part.
- 8 I feeble am, and broken sore: ~ I groan for grief of heart.
- 9 You know, Lord, my desire; my sighs ~ are open in your sight;
- 10 My heart it pants: my strength it fails: ~ my eyes have lost their light.
- 11 All those that love me and my friends ~ from my plague stand aloof:
My kindred shun my presence and ~ depart from me in truth.
- 12 They that would seek my life lay snares: ~ and they that choose a way

To do me hurt, speak lies, and think ~ on mischief all the day.

The Second Part

- 13 But I've become like someone deaf: ~ who cannot hear at all;
14 And as one dumb, who opens not ~ their mouth to speak an ill.
15 For all my confidence, O Lord, ~ on you do I rely:
And so, O Lord, who is my God, ~ give ear to my poor cry.
- 16 And so I pray that you'll not let ~ my foes triumph o'er me:
For if my foot should slip, then they ~ rejoice my fall to see.
17 And I am ready now to trip; ~ I cannot stand upright:
Also my heavy weight and pain ~ is ever in my sight.
- 18 For while I shall my wickedness ~ in humble wise confess:
And while I for my sinful deeds ~ my sorrows shall express,
19 My foes yet still remain alive, ~ and mighty are, I know:
And they that hate me wrongfully, ~ in number greatly grow.
- 20 They stand against me, who my good ~ with evil would repay:
Because of good and honest things ~ that I pursue always.
21 Forsake me not, O Lord my God: ~ do not be far away.
22 Make haste to help me, O my God: ~ my safety and my stay.

Psalm 39 (SHa) CM

This psalm has not had very much alteration. The main changes are to bring it into line with modern grammar and usage, and to bring back some of the breath metaphors in the original Hebrew. There is no tune particularly associated with it. Playford suggests Windsor (or Dundee) which is a minor key tune he recommends for several psalms. P&G has a tune for the TB version in the same metre.

1. I said, "I will look to my ways, ~ for fear I should go wrong:
I will take heed always that I ~ offend not with my tongue:
2. "As with a bit I will keep fast ~ my mouth with force and might:
Not once to whisper all the while ~ the wicked are in sight."
3. I held my tongue; I spoke no word; ~ I kept me close and still;
And I refrained from uttering speech, ~ but sore against my will.

4. My heart grew hot within my breast ~ with musing, thought and doubt:
Which did increase and stir the fire; ~ at last these words burst out:
5. "Lord, number out my life and days, ~ which I have not yet past:
So that it may be certified ~ how long my life shall last.
6. For you have measured out my life, ~ its width a handbreadth span:
My whole life is as nought to you; ~ so vain a breath each one!
7. We walk about, each like a shade, ~ in vain our toil employ,
In getting goods, and cannot tell ~ who shall those goods enjoy".
8. "And so, Lord, what do I wait for? ~ What help do I desire?
Truly my hope is placed in you, ~ I nothing else require."

The Second Part

9. From all the sins that I have done, ~ Lord, quit me from ill hands:
And make me not the scorn of fools, ~ who nothing understand.
10. I am struck dumb: my mouth is shut: ~ no trouble will me move:
Because I know it is your work ~ my patience now to prove.
11. Lord, take from me your scourge, your plague, ~ I cannot them withstand:
I faint. I pine away for fear ~ of your so heavy hand.
12. When you rebuke a soul for sin, ~ it withers pale and wan:
As does a cloth that moths have fret; ~ but a breath is each one!
13. Lord, hear my suit, and give good heed, ~ regard my tears that fall:
14. I sojourn as a stranger here, ~ as did my fathers all.
15. O spare a little, give me space ~ my strength scope to restore:
Before I go away from here, ~ and shall be seen no more.

Psalm 40 (SHa) CM

This psalm has some alteration. An odd feature about the original is that the rhyming system is inconsistent.

Some verses are ABAB and others ABCB. Also the biblical text includes some three and four line verses. So the numbering and the verses are not synchronous. Playford suggests Westminster, but otherwise there is no tune particularly associated with this psalm.

- 1 I waited long; I sought the Lord; ~ patiently did I bear:
At length he did to me accord ~ my voice and cry to hear.
- 2 He brought me from the dreadful pit, ~ out of the mire and clay:
Upon a rock he set my feet, ~ so as to guide my way.
- 3 He gave my mouth a song of praise, ~ for me to spread abroad:
To sing new songs of thanks always ~ unto our God the Lord.

A multitude these things shall see, ~ and shall be much afraid,
Then they unto the Lord will flee, ~ and trust upon his aid.
- 4 Blessed is the one whose hope and heart ~ shall in the Lord remain:
Who with the proud shall take no part, ~ nor such as lies maintain.
- 5 For, Lord my God, your wond'rous deeds ~ in greatness far surpass:
Your favour to us far exceeds ~ all that there ever was.
- 6 I would attempt to speak them out ~ your purposes to spell:
But when I spread your works about ~ they're more than I can tell.
- 7 Burnt offerings you delight not in: ~ they are not your desire:
8 Nor sacrifices to purge sin: ~ you have opened my ear.
- 9 But then, I said, "Stand see and look; ~ I'm here with heart most free":
For in the scroll which is your book ~ there is it said of me:

O God, I wish to do your will ~ and that delights me well:
Your law is glad my heart to fill ~ so that it there shall dwell.
- 10 Your righteousness and justice, I ~ in great assemblies tell:
My lips I have not sealed away, ~ as Lord you know full well.

The Second Part

- 11 I have not hid within my breast ~ your goodness as by stealth:
But I declare and have expressed ~ your truth and saving health.

Your steadfast love I have not hid, ~ nor your truth so concealed:
But in your great assembly did ~ cause them to be revealed.

12 Your tender mercy, Lord, from me ~ please do not take away:
But let your love and verity ~ preserve me night and day.

13 Uncountable iniquity ~ has compassed me about:
My sins have taken hold of me. ~ I can see no way out.

For why? In number they exceed ~ the hairs upon my head:
My heart it faints with fear indeed; ~ so that I'm almost dead.

14 With speed send help, and set me free, ~ O Lord, I you require:
Make haste with aid to succour me, ~ O Lord, I do desire.

15 Confound them with rebuke and shame, ~ that seek my soul to spill:
16 Drive back my foes, and them defame ~ who wish me any ill.

17 May they receive your joy and wealth, ~ who seek for you always:
Let those that love your saving health ~ shout, "To the Lord be praise!"

18 But as for me, I am but poor, ~ oppressed, and brought full low:
Yet you, O Lord, will me restore ~ to health full well I know.

19 And how? You art my hope and trust, ~ my refuge, help and stay:
So now, my God, as you are just, ~ do not with me delay.

Psalm 40 (TBa) LM

This is a Long Metre version of this psalm with a more personal and lyrical flavour than SH. P&G provides Limehouse for this version.

1 I waited meekly for the Lord, ~ till he vouchsafed a kind reply;
Who did his gracious ear afford, ~ and heard from heav'n my humble cry.

2 He took me from the dismal pit, ~ when foundered deep in miry clay:
On solid ground he placed my feet, ~ and suffered not my steps to stray.

- 3 The wonders he for me has wrought ~ shall fill my mouth with songs of
praise:
And others, to his worship brought, ~ to hopes of like deliverance raise,
- 4 For blessings shall the soul reward, ~ who on th' Almighty Lord relies:
Who treats the proud with disregard, ~ and hates the hypocrite's disguise.
- 5 Who can the wondrous works recount, ~ which you, O God, for us have
wrought!
The treasures of your love surmount ~ the power of numbers, speech, and
thought.
- 6 I've learnt, that you have not desired ~ offerings and sacrifice alone:
Nor blood of guiltless beasts required ~ for our transgression to atone.
- 7 I therefore come -- come to fulfil ~ the oracles your books impart:
8 'Tis my delight to do your will; ~ your law is written in my heart.

Second Part.

- 9 In full assemblies I have told ~ your truth and righteousness at large:
Nor did, you know, my lips withhold ~ from utt'ring what you gave in charge
- 10 Nor kept within my breast confined ~ your faithfulness and saving grace:
But preached your love, for all designed, ~ that all might that and truth
embrace.
- 11 Then let those mercies I declared ~ to others, Lord, extend to me:
Your loving-kindness my reward, ~ your truth my safe protection be.
- 12 For I with troubles am distressed, ~ too vast and numberless to bear:
Nor less with loads of guilt oppressed, ~ that plunge and sink me to despair.
- 13 As soon, alas! may I recount ~ the hairs on this afflicted head:
My vanquished courage they surmount, ~ and fill my drooping soul with
dread.

Third Part.

- 14 But, Lord, to my relief draw near, ~ for never was more pressing need!
In my deliv'rance, Lord, appear, ~ and add to that deliv'rance speed.

- 15 Confusion on their heads return, ~ who to, destroy my soul combine:
Let them, defeated, blush and mourn, ~ ensnared in their own vile design.
- 16 Let desolation be their due, ~ with shame their malice be repaid,
Who mocked my confidence in you, ~ and sport of my affliction made:
- 17 While those, who humbly seek your face, ~ to joyful triumphs shall be raised;
And all. who prize your saving grace ~ with me, resound, "The Lord be
praised".
- 18 Thus, wretched though I am and poor, ~ of me th'Almighty Lord takes care;
You, God, who only can restore, ~ to my relief with speed repair.

Psalm 41 (SHa) DCM

This psalm has not had much alteration. It has its own attractive DCM tune in Emi which unfortunately is not in most modern books. The last verse should be coupled with the Doxology.

- 1 Blest are all those, those who provide ~ for such as needy be:
 For in the time when peril comes ~ the Lord will set them free;
- 2 And he will keep them safe, and make ~ them happy in the land:
 And not deliver them into ~ their enemy's strong hand.
- 3 And from a bed of languishing ~ God will that soul restore:
 For you, O Lord, will turn to health ~ their sickness and their sore.
- 4 But in my sickness thus I prayed, ~ "Have mercy, Lord, so do:
 And heal my soul, which is sore grieved ~ that I offended you."
- 5 My foes have wished me ill in heart, ~ and thus of me did say:
 "When shall this person die, this name ~ perish wholly away?"
- 6 And when they come to visit me, ~ they ask if I am well:
 But mischief in their hearts they hatch, ~ and then abroad it tell.
- 7 All they that hate me do conspire ~ against me craftily:
 They still devise how to procure ~ my hurt and misery.
- 8 Some deadly thing has gripped this soul ~ this sickness, they say plain:
 that I'm so low, that without doubt ~ I cannot rise again.

- 9 Even the friend I trusted once, ~ used me with much deceit:
Who at my table ate my bread, ~ the same for me laid wait.
- 10 And so have mercy, Lord, on me, ~ and let me be preserved:
That I may render back to them ~ all that they have deserved.
- 11 By this I know assuredly ~ beloved of you, I be:
Because my foes do not have power ~ to triumph over me.
- 12 You've kept me in integrity ~ you have maintained it well:
Before your face, you've set a place ~ where I shall ever dwell.
- 13 The Lord, the God of Israel, ~ be praised for evermore:
Amen, so be it, Lord, I say; ~ and praise the Lord therefore.
All Glory to the Father, Son, ~ and Spirit, One and Three:
As was, and is, and shall be so ~ through all eternity.

29 vii 2009, version of Ps 8 to Thaxted added; 31 viii 2010 small change to Ps 23 SHa;