

A Meditation on the Passion and Death
of our Lord and Saviour Jesus Christ

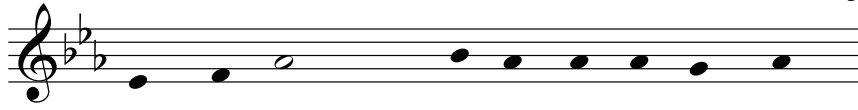
An Adaptation of Tenebrae for local use

Psalm Settings

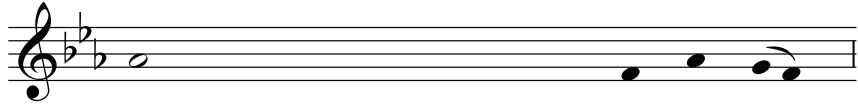
First Psalm

Psalm 59: 1-4

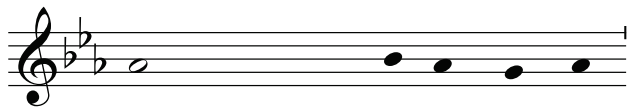
III.5



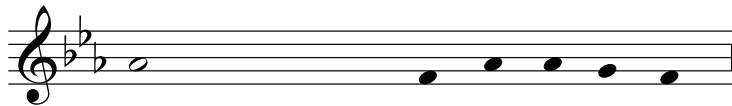
1. Re - scue me from my e - ne - mies, O my God:



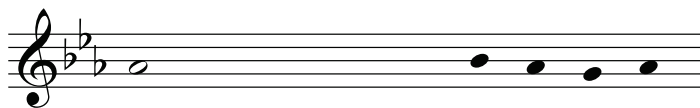
Set me high above those that rise up a - gainst me.



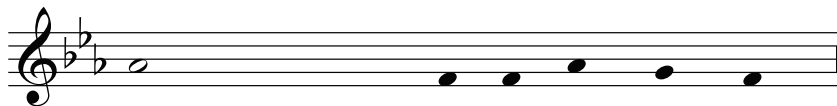
2. Save me from the e - vil do - ers:



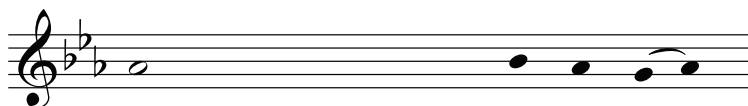
and from murderous foes de - li - ver me.



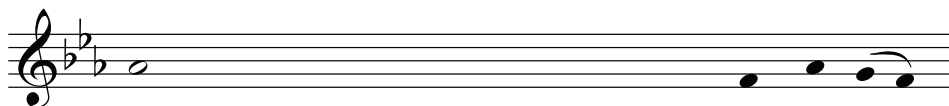
3. For see how they lie in wait for my soul:



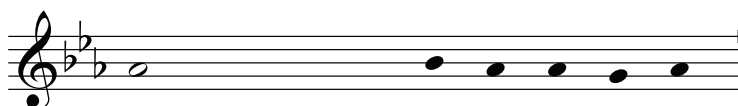
and the mighty stir up trou - ble a - gainst me.



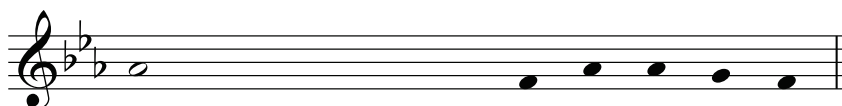
4. Not for any fault or sin of mine, O Lord;



for no offence, they run and prepare them - selves for war.



5. Rouse yourself, come to my aid and see;

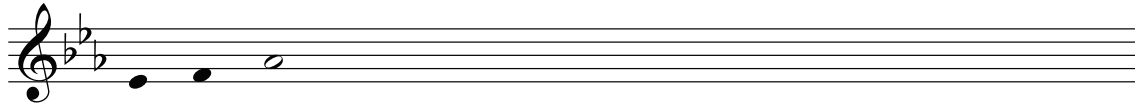


for you are the Lord of hosts, the God of Isra - el.

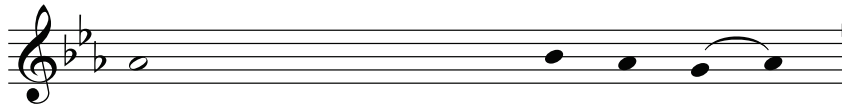
Second Psalm

Psalm 31: 11-13

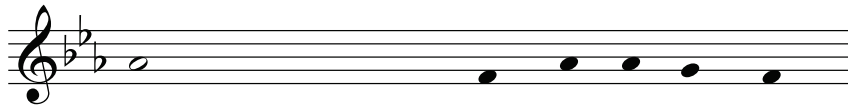
III.5



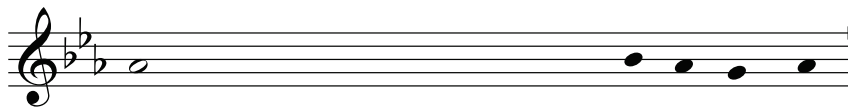
11. I have become a reproach to all my enemies and even to my neighbours,



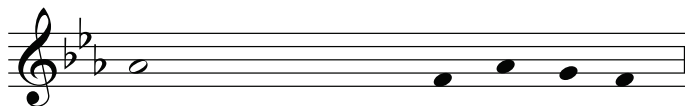
an object of dread to my ac - quain - tan - ces; —



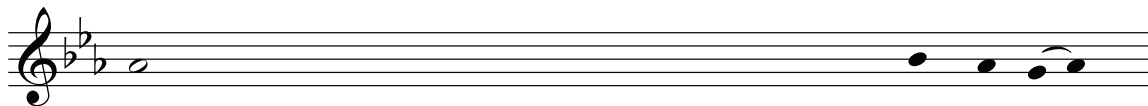
when they see me in the street they flee from me.



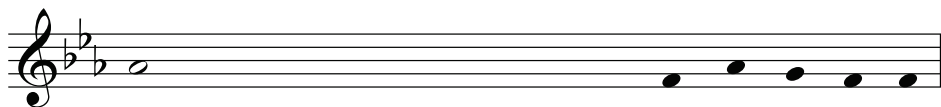
12. I am forgotten like one that is dead out of my mind;



I have become like a bro - ken ves - sel.



13. For I have heard the whispering of the crowd; fear is on ev - ery side;

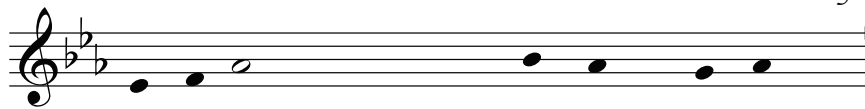


they scheme together against me, and plot to take my life.

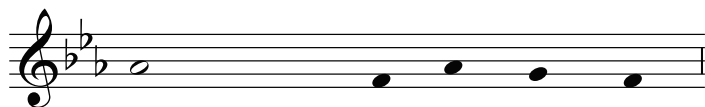
Third Psalm

Psalm 71. 9-12

III.5



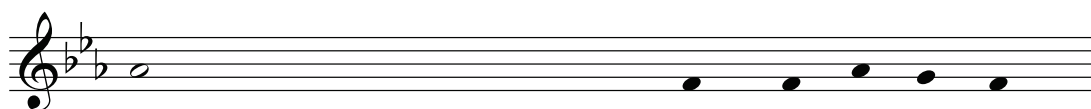
9. Do not cast me away in the time of old age;



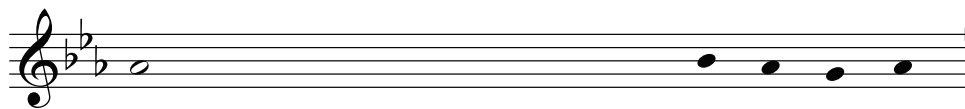
forsake me not when my strength fails.



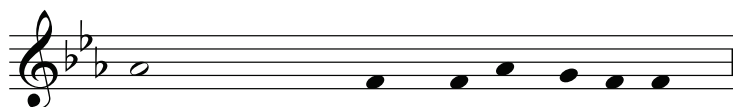
10. For my enemies are talk - ing a - gainst me,



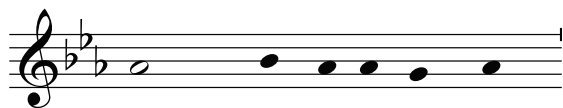
and those who lie in wait for my life take coun - sel to - ge - ther.



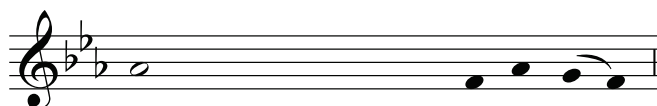
11. They say, 'God has forsaken him; pursue him and take him,



because there is none to de - liv - er him.'



12. O God, be not far from me.

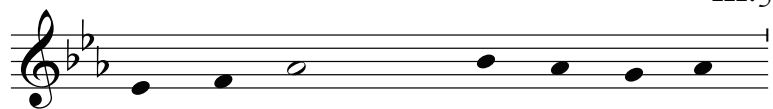


come quickly to help me, O my God.

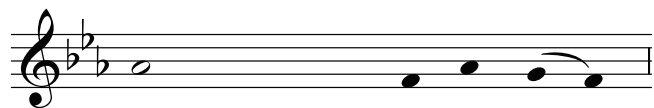
Fourth Psalm

Psalm 25. 16–21

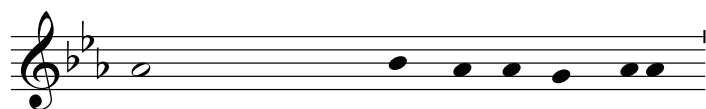
III.5



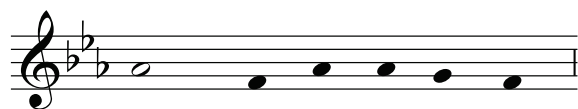
16. The sor - rows of my heart have in - creased.



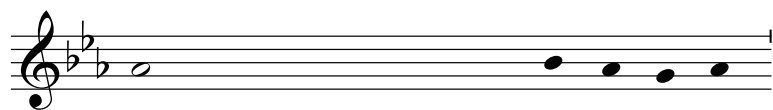
O bring me out of my dis - tress.



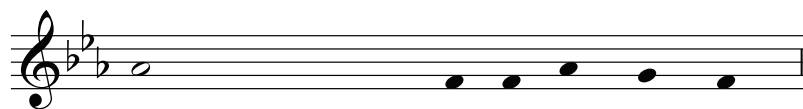
17. Look upon my ad - ver - si - ty and misery.



and for-give me all my sin.



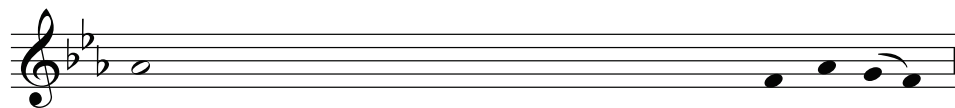
18. Look upon my enemies, for they are ma - ny



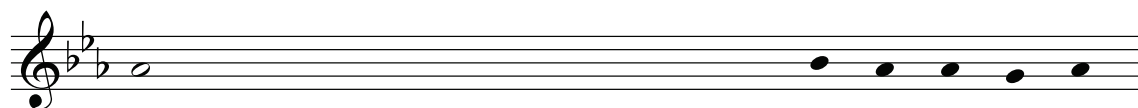
and they bear a violent ha - tred a - gainst me.



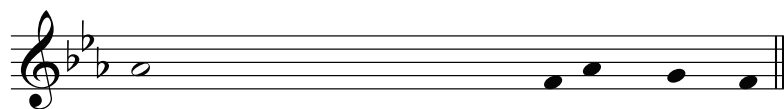
19. O keep my soul and de - liv - er me.



let me not be put to shame, for I have put my trust in you.



20. Let integrity and uprightness preserve me, for my hope has been in you.

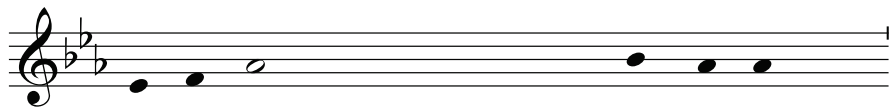


21. Deliver Israel, O God, out of all his trou - bles.

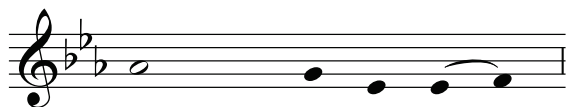
Fifth Psalm

Psalm 22. 11-16

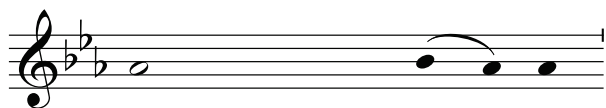
II.1



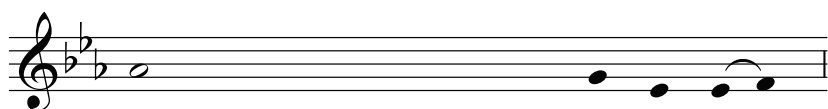
11. Be not far from me, for trouble is near at hand



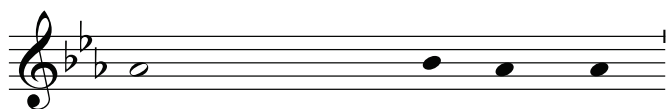
and there is none to help...



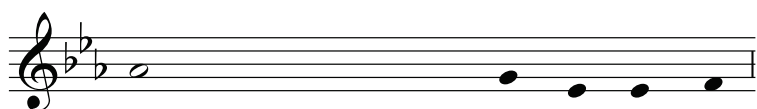
12. Mighty oxen come a-round me;



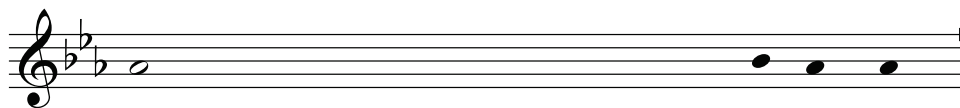
fat bulls of Bashan close me in on every side.



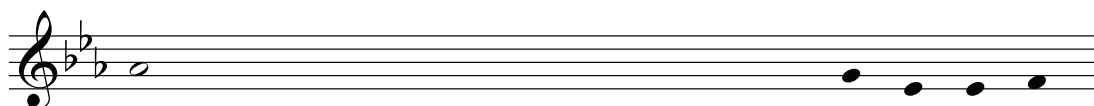
13. They gape upon me with their mouths,



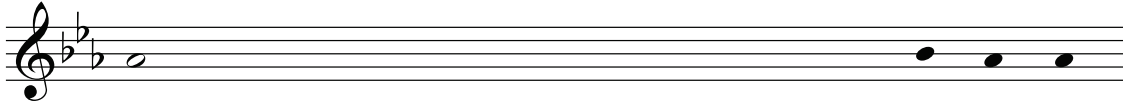
as it were a ramping and a roaring lion.



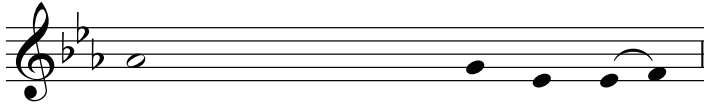
14. I am poured out like water; all my bones are out of joint;



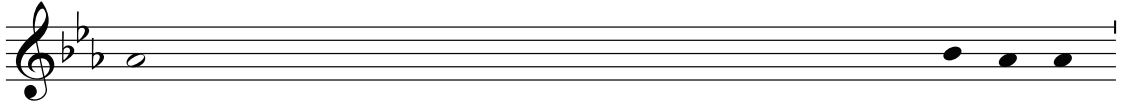
my heart has become like wax melting in the depths of my body.



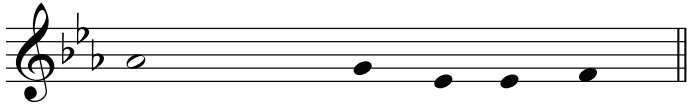
15. My mouth is dried up like a potsherd; my tongue cleaves to my gums;



you have laid me in the dust of death.



16. For the hounds are all about me, the pack of evildoers close in on me.



they pierce my hands and my feet.

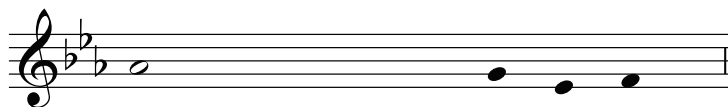
Sixth Psalm

Psalm 88: 3-6

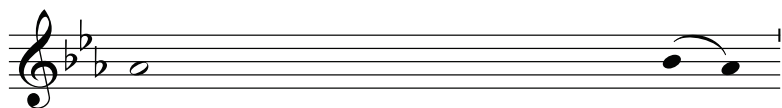
II.1



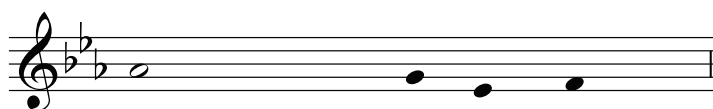
3. For my soul is full of trou- bles;



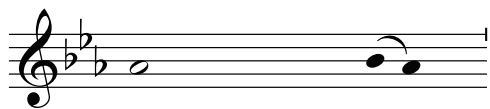
my life draws near to the land of death.



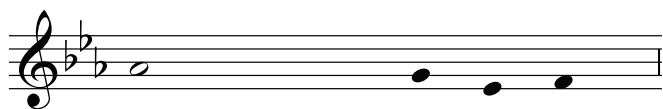
4. I am counted as one gone down to the pit;



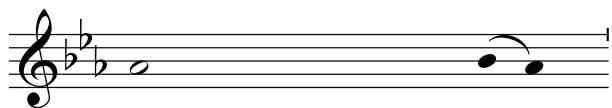
I am like one that has no strength,



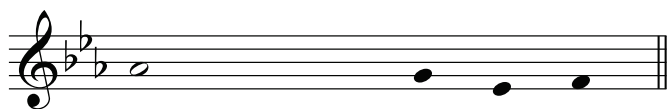
5. Lost among the dead,



like the slain who lie in the grave,



6. Whom you remember no more,

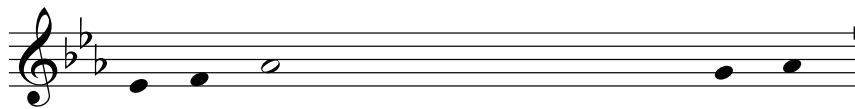


for they are cut off from your hand.

Seventh Psalm

Psalm 16: 6-10

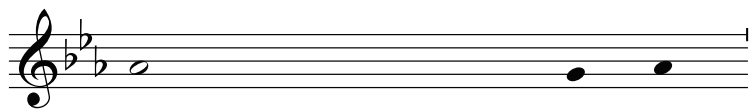
I.1



6. I will bless the Lord who has given me coun-sel,



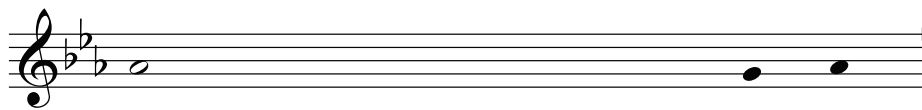
and in the night watches he in-structs my heart.



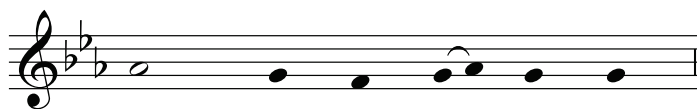
7. I have set the Lord always be - fore me;



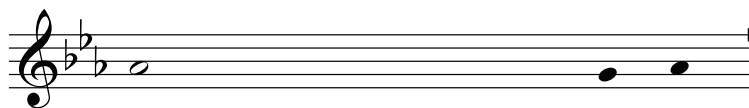
he is at my right hand; I shall not fall.



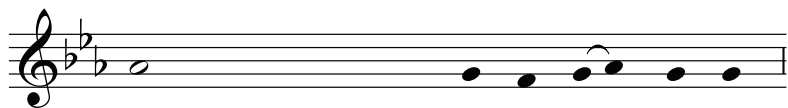
8. Wherefore my heart is glad and my spirit re - joic - es;



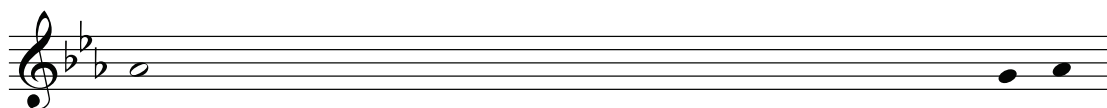
my flesh also shall rest se - cure.



9. For you will not abandon my soul to Death,



nor suffer your faithful one to see the Pit.



10. You will show me the path of life; in your presence is the fullness of joy



and in your right hand are pleas-ures for e - ver more.