

# Psalms in Season

*Music for the psalms in Catholic life*



**Lent**

**Year C**

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Concordat cum Originali: Christopher Thomas

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## Ash Wednesday

Have mercy on us, O Lord, for we have sinned.

Lectionary No. 219

Psalm 51(50):3-4. 5-6b. 12-13. 14, 17. R. cf. 3a

Have mer - cy on us, O Lord, for we have sinned.

*These bars for verse 1 only*

1/. Have mercy on me, O God,  
according to your merciful love;  
according to your great compassion,  
blot out my transgressions.  
Wash me completely from my iniquity,  
and cleanse me from my sin.

2/. My transgressions, truly I know them;  
my sin is always before me.  
Against you, you alone, have I sinned;  
what is evil in your sight I have done.

3/. Create a pure heart for me, O God;  
renew a steadfast spirit within me.  
Do not cast me away from your presence;  
take not your holy spirit from me.

4/. Restore in me the joy of your salvation;  
sustain in me a willing spirit.  
O Lord, open my lips  
and my mouth shall proclaim your praise.

## First Sunday of Lent Year C

Be with me, O Lord, in my distress.

*Lectionary No. 24*

Psalm 91(90):1-2. 10-11. 12-13. 14-15. R. cf. 15b

Musical notation for the first line of the psalm. It consists of a treble clef staff and a bass clef staff, both in 2/4 time and B-flat major. The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Be with me, O Lord, in my distress." The notes are: G4 (quarter), A4 (quarter), Bb4 (quarter), A4-G4 (beamed eighth notes), F4 (quarter), E4 (quarter), D4 (quarter), C4 (quarter), Bb3 (quarter), A3 (quarter), G3 (quarter).

Musical notation for the second line of the psalm, labeled "Repeat for verse 4". It consists of a treble clef staff and a bass clef staff, both in 2/4 time and B-flat major. The melody is written in the treble clef, and the bass line is in the bass clef. The notes are: G4 (quarter), A4 (quarter), Bb4 (quarter), A4-G4 (beamed eighth notes), F4 (quarter), E4 (quarter), D4 (quarter), C4 (quarter), Bb3 (quarter), A3 (quarter), G3 (quarter).

1/. He who dwells in the shelter of the Most High,  
and abides in the shade of the Almighty,  
says to the LORD: 'My refuge,  
my stronghold, my God in whom I trust!'

2/. Upon you no evil shall fall,  
no plague approach your tent.  
For you has he commanded his angels,  
to keep you in all your ways.

3/. They shall bear you upon their hands,  
lest you strike your foot against a stone.  
On the lion and the viper you will tread,  
and trample the young lion and the serpent.

4/. Since he clings to me in love, I will free him,  
protect him, for he knows my name.  
When he calls on me, I will answer him;  
I will be with him in distress;  
I will deliver him, and give him glory.

## Second Sunday in Lent Year C

The LORD is my light and my salvation.

*Lectionary No. 27*

Psalm 27(26):1. 7-8b. 8c-9c. 13-14. R. 1a

The LORD is my light and my sal - va - tion.

1/. The LORD is my light and my salvation;  
whom shall I fear?  
The LORD is the stronghold of my life;  
whom should I dread?

2/. O LORD, hear my voice when I call;  
have mercy and answer me.  
Of you my heart has spoken,  
'Seek his face.'

3/. It is your face, O LORD, that I seek;  
hide not your face from me.  
Dismiss not your servant in anger;  
you have been my help.

4/. I believe I shall see the LORD's goodness  
in the land of the living.  
Wait for the LORD; be strong;  
Be stout-hearted, and wait for the LORD!

## Third Sunday in Lent Year C

The LORD is compassionate and gracious.

*Lectionary No. 30*

Psalm 103(102):1-2. 3-4. 6-7. 8, 11. R. 8a

The LORD is com - pass - ion - ate and grac - ious.\_\_\_\_\_

1/. Bless the LORD, O my soul,  
and all within me, his holy name.  
Bless the LORD, O my soul,  
and never forget all his benefits.

2/. It is the LORD who forgives all your sins,  
who heals every one of your ills,  
who redeems your life from the grave,  
who crowns you with mercy and compassion.

3/. The LORD does deeds of justice,  
gives full justice to all who are oppressed.  
He made known his ways to Moses,  
and his deeds to the children of Israel.

4/. The LORD is compassionate and gracious,  
slow to anger and rich in mercy.  
For as the heavens are high above the earth,  
so strong his mercy for those who fear him.

## Fourth Sunday in Lent Year C

Taste and see that the LORD is good.

*Lectionary No. 33*

Psalm 34(33):2-3. 4-5. 6-7. R. 9a

Taste and see that the LORD is good.

1/. I will bless the LORD at all times,  
praise of him is always in my mouth.  
In the LORD my soul shall make its boast;  
the humble shall hear and be glad.

2/. Glorify the LORD with me;  
together let us praise his name.  
I sought the LORD, and he answered me;  
from all my terrors he set me free.

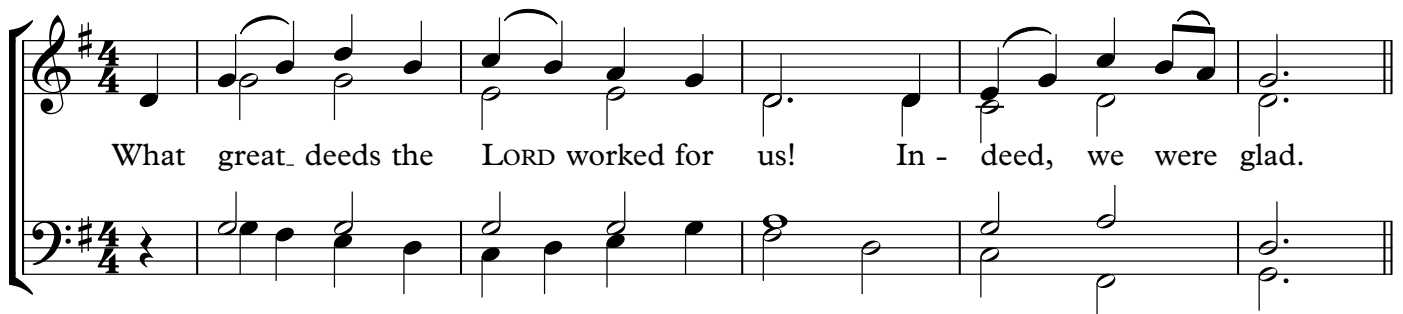
3/. Look towards him and be radiant;  
let your faces not be abashed.  
This lowly one called; the LORD heard,  
and rescued him from all his distress.

## Fifth Sunday of Lent Year C

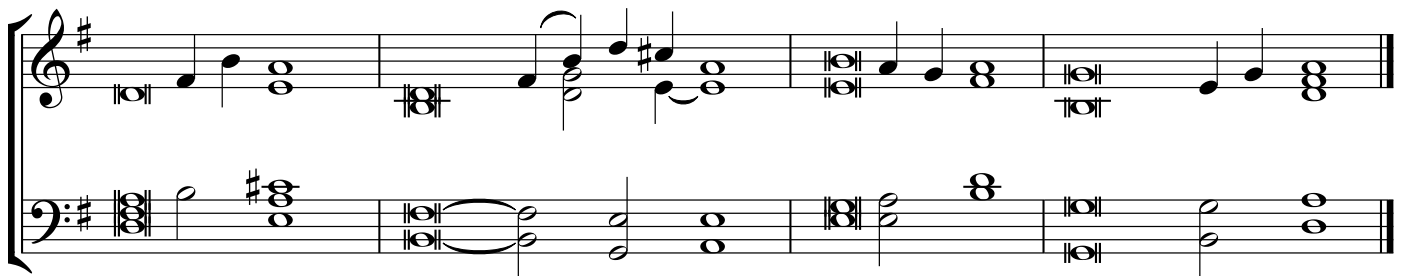
What great deeds the LORD worked for us!  
Indeed, we were glad.

*Lectionary No. 36*

Psalm 126(125):1-2b. 2c-3. 4-5. 6. R.3



What great deeds the LORD worked for us! In - deed, we were glad.



1/. When the LORD brought back the exiles of Sion,  
we thought we were dreaming.  
Then was our mouth filled with laughter;  
on our tongues, songs of joy.

2/. Then they said among the nations,  
'What great deeds the LORD worked for them!'  
What great deeds the LORD worked for us!  
Indeed, we were glad.

3/. Bring back our exiles, O LORD,  
as streams in the Negeb.  
Those who are sowing in tears  
will sing when they reap.

4/. They go out, they go out, full of tears,  
bearing seed for the sowing;  
they come back, they come back with a song,  
bearing their sheaves.