



Critical notes: Cantus, bar 2: Editorial accidentals added: Cantus, bas 8, note 2: original cross replaced by a natural; Text somewhat modernised. for succour and for rest.
And sith thou seest my restless eyes, my tears and grievious grone:
Attend unto my sute (o Lord) mark well my plaint and mone.
For sin hath so enclosed me, and compast me about:
That I am now remediless

But onely thou whole aide I crave,

To ease all those that wome to thee

whole mercy still is prest

For sin hath so enclosed me, and compast me about:
That I am now remediless if mercy help not out.
For mortal man cannot release, or mittigate this paine:
But even thy Christ my Lord and God, which for my sin was slain.

Whose bloody wounds are yet to see, though not with mortal eye:
Yet do thy Saints behold them all, and so I trust shall I.
Though sin doth hinder me awhile, when thou shalt see it good:
I shall enjoy the sight of him, and see his wounds and blood.

And as thine Angels, en thy Saints, do now behold the same:
So trust I to posess that place, with them to praise thy name.
But whilst I live here in this vale, where sinners do frequent
Assist me ever with thy grace, my sins still to lament.

Least that I tread in sinners trace, and give them my consent To dwell with them in wickedness, whereto nature is bent.

Onely thy grace must be my stay, least that I fall down flat:

And being downeth of myself cannot recover that.

Wherefor this is yet once again, my sute and my request:
To grant me pardon for my sin, that I in thee may rest.
Then shall my heart my tongue and voice be instruments of praise:
And in thy Church and house of Saints, sing Psalms to thee always.
(O come)