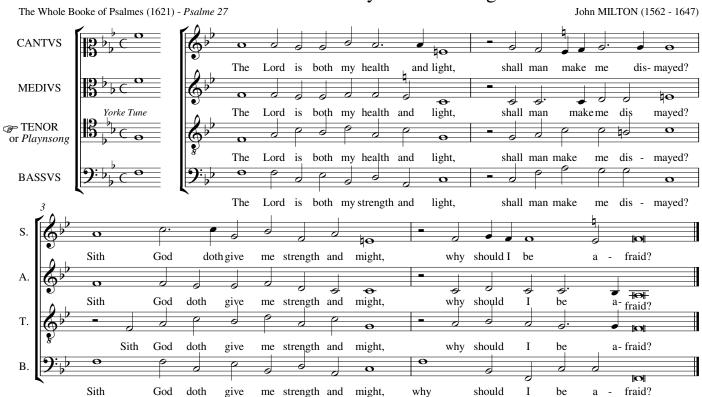
The Lord is both my health and light



- 2. While that my foes with all their strength begin with me to brawl:
 And think to eat me up at length, themselves have caught the fall.
- 3. Though they in camp against me lie, my heart is not afraid:
 In battle plight, if they will try,
 I trust in God for aid.
- 4. One thing of God I do require, that he will not deny: For which I pray and will desire, till he to me apply.
- 5. That I within his holy place my life troughout may dwell: To see the beauty of his face and view his temple well.
- In time of dread he shall me hide within his place most pure:
 And keep me secret by his side, as on a rock most sure.

- 7. At length I know the Lord's good grace shall make me strong and stout:
 My foes to spoil and cean deface, that compass me about.
- 8. Therefore within his house will I give sacrifice of praise:
 With Psalms and songs I will apply to laud the Lord always.

The second part.

- 9. Lord hear the voice of (my) request for which to thee I call: Have mercy Lord on me oppressed, and send me help withall.
- 10. My heart doth knowledge unto thee I sue to have thy grace:
 Then seek my face (say'st thou to me)
 Lord I will seek thy face.
- 11. In wrath turn not thy self away, nor suffer me to slide: Thou art my help still to this day, be still my God and guide.

- 12. My parents both their son forsook and cast me off at large:
 And then the Lord himself yet took of me the care and charge.
- 13. Teach me o God the way to thee and lead me on forth right: For fear of such as watch for me, to trap me if they might.
- 14. Do not betake me to the will of them that be my foes: For they surmise against me still, false witness to depose.
- 15. My heart would faint, but that in me this hope is fixed fast:
 The Lord Gods good grace shall I see, in life that aye shall last.
- 16. Trust still in God whose whole thou art his will abide thou must:
 And he shall ease and strength thy heart, if thou in him do trust.

Critical notes:

Editorial naturals added in Medius bar 1, note 7; Cantus bar 2, note 3; Cantus bar 4, note 5; this setting is similar to the one of Psalm 66;

the 'Playnsong' is the same as Psalm 138 and 'A Prayer to the Holy ghost' (n° 175) (same composer); as it is for Psalms 100b & 115 (by S. Stubbs); text somewhat modernised.