

The Lord is both my health and light

The Whole Booke of Psalmes (1621) - *Psalm 27*

John MILTON (1562 - 1647)

CANTVS

MEDIVS

TENOR
or Playnsong

BASSVS

Yorke Tune

3

S.

A.

T.

B.

The Lord is both my health and light, shall man make me dis-mayed?

The Lord is both my strength and light, shall man make me dis-mayed?

Sith God doth give me strength and might, why should I be a-fraid?

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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 throughout may dwell:
To see the beauty of his face
and view his temple well.

6. 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 clean 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.