

But onely thou whole aide I crave, whole mercy still is prest To ease all those that wome to thee 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.

Critical notes: Cantus, bar 2: Editorial accidentals added: Cantus, bas 8, note 2: original cross replaced by a natural; Text somewhat modernised.

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.

(shame) from

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)