

# My Lord my God in all distresse

Thomas Ravenscroft (1590-1633)

Th. Ravenscroft, The Whole Booke of Psalmes, 1621, Psalme 71

**CANTVS.** **MEDIVS.** **TENOR,  
or Playnsong.** **BASSVS.**

My Lord my God in all di-stresse, my hope is whole in thee:

3

Then let no shame my soule op-presse, nor once take hold on mee. As thou art iust de-fend me Lord,

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and rid me out of dread: Giue eare and to my sute ac-cord, and send me helpe at need.

3. Be thou my rocke, to whom I may  
for aid all times resort:  
Thy promise is to help away,  
thou art my fence and fort.
4. Saue me my God from wicked men,  
and from their strength and power:  
From folke vniust, and eke from them  
that cruelly deuoure.
5. Thou art my stay wherein I trust,  
thou Lord of hosts art he:  
Yea, from my youth I had a lust,  
still to depend on thee.
6. Thou hast me kept euen from my birth  
and I through thee was borne:  
Wherefore I will thee praise with mirth  
both euening and at morne.
7. As to a monster seldome seene,  
much folke about me throng:  
But thou art now and still hast beene  
my fence and aid most strong.
8. Wherefore my mouth no time shall lack  
thy glory and thy praise:  
And eke my tongue shall not be stacke,  
to honour thee alwayes.
9. Refuse me not O Lord I say,  
when age my limmes doth take:  
And when my strength doth wake away  
doe not my soule forsake.
10. Among themselues my foes inquire  
to take me through deceit:  
And they against me doe conspire  
that for my soul laid wait.

*The second part.*

11. Lay hand, and take him now they said  
for God from him is gone:  
Dispatch him quite for to his aid  
iwis there commeth none.
12. Doe not absent thy selfe away.  
O Lord when need shall bee:  
But that in time of griefe thou maist  
with haste giue helpe to me.
13. With shame confound & ouerthrow  
all those that seeke my life:  
Oppresse them with rebuke also,  
that faine would worke me strife.
14. But I will patiently abide  
thy helpe at all assayes:  
Still more and more each time and tide  
I will set forth thy praise.

15. My mouth thy iustice shall record,  
thy daily helpe doth send:  
But of thy benefits, O Lord,  
I know no count nor end.
16. Yet will I goe and seeke forth one,  
with thy God helpe O God,  
The sauing health of thee alone  
to shew and set abroad.
17. For of my mouth thou tookst the care,  
and dost instruct me still:  
Therefore thy wonders to declare  
I haue great minde and will.
18. And as in youth from wanton rage  
thou didst me keepe and stay:  
Forsake me not vnto mine age,  
and till my head be gray.

*The third part.*

19. That I thy strength & might may shew  
to them that now be here:  
And that our seed thy power may know  
hereafter many a yeere.
20. O Lord thy iustice doth exceed  
thy doings all shall see:  
Thy workes are wonderfull indeed,  
oh, who is like to thee?
21. Thou madest me feelee affliction fore,  
and yet thou idst me saue:  
Yea, thou dost make all strife to cease,  
and tookst me from the graue.
22. And thou mine honour dost increase,  
my dignitie maintaine:  
Yea, thou dost make all strife to cease,  
and comfortst mee againe.
23. Therefore thy faithfulnessse to praise  
I will with Viol sing:  
My Harp shall sound thy laud alwayes,  
O Israels holy King.
24. My mouth will ioy with pleasant voyce  
when I shall sing to thee:  
And eke my soule will much reioyce,  
for thou hast made me free.
25. My tongue thy vprightness shal sound  
and speake it daily still:  
For griefe & shame oe them confound,  
that sought to worke me ill.