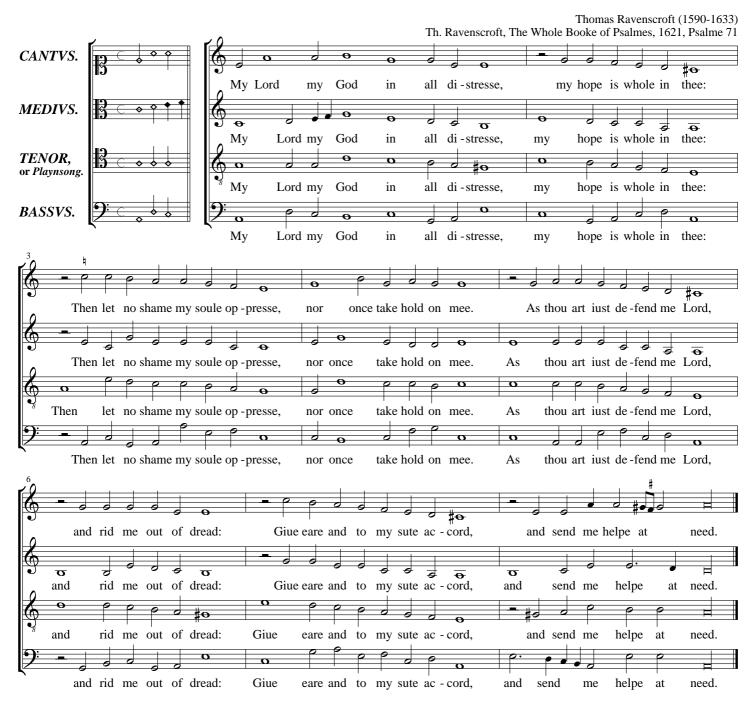
My Lord my God in all distresse



- 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.
- 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.
- 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.
- 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.
- 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.

- 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.
- 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?
- Thou madest me feele 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 faithfulnesse 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.
- My tongue thy vprightnes shal sound and speake it daily still: For griefe & shame oe them confound, that sought to worke me ill.

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