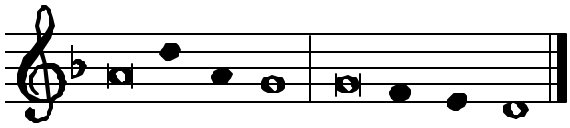
Psalm 38

Psalm Tone: Sloan Rolando



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Psalm 38

A sinner in extreme danger prays earnestly to God
All his friends were standing at a distance (Luke 23:49).

O Lord, do not rebuke me *in* your anger; *
do not punish me, Lord, *in* your rage.
Your arrows have sunk *deep* in me; *
your hand has come down *u*-pon me.
Through your anger all my *bo*-dy is sick: *
through my sin, there is no health *in* my limbs.

My guilt towers higher *than* my head; *
it is a weight too hea-*vy* to bear.
My wounds are foul and *fes*-tering, *
the result of *my* own folly.
I am bowed and brought *to* my knees. *
I go mourning all *the* day long.

All my frame *burns* with fever; *
all my bo-*dy* is sick.
Spent and *ut*-terly crushed, *
I cry aloud in an-*guish* of head.

O Lord, you know *all* my longing: *
my groans are not hid-*den* from you.
My heart throbs, my *strength* is spent; *
the very light has gone *from* my eyes.

My friends avoid me *like* a leper; *
those closest to me stand afar off.
Those who plot against my *life* lay snares;
those who seek my ruin *speak* of harm, *
planning treachery all *the* day long.

But I am like the deaf who *can*-not hear, *
like the dumb una-*ble* to speak.
I am like a man *who* hears nothing, *
in whose mouth is *no* defense.

I count on *you*, O Lord: *
it is you, Lord God, *who* will answer.
I pray: "Do not *let* them mock me, *
those who triumph if my *foot* should slip."

For I am on the *point* of falling *
and my pain is al-*ways* before me.
I confess that *I* am guilty *
and my sin fills me *with* dismay.

My wanton enemies are *num*-berless *
and my lying *foes* are many.
They repay me *e*-vil for good *
and attack me for seeking *what* is right.

O Lord, do *not* forsake me! *
My God, do not stay *a*-far off!
Make haste and come *to* my help, *
O Lord, my *God*, my savior!

Glory to the Father, and *to* the Son, *
and to the *Ho*-ly Spirit.

As it was in *the* beginning, *
is now, and will be for ev-*er*. A - men.

Grail Psalmody

Psalm 38 used: Good Friday and Friday WkII Office of Readings