

# O Lord I put my trust in thee

The Whole Booke of Psalmes (1621) - *Psalm 31*

John BENNET (ca. 1570 - 1614)

CANTVS  
MEDIVS  
TENOR  
or Playnsong  
BASSVS

*Cheshire Tune*

O Lord I put my trust in thee, let no - thing work me shame:  
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3

S.  
A.  
T.  
B.

As thou art just de - li - ver me, and set me quit from blame.  
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As thou art just de - li - ver me, and set me quit from blame.

2. Hear me O Lord, and that anon  
to help me make good speed:

Be thou my rock and house of stone,  
my fence in time of need.

3. For why? as stones by strength is tried  
thou art my fort and tower:

For thy name's sake be thou my guide,  
and lead me in thy power.

4. Pluck forth my feet out of the snare  
which they for me have laid:

Thou art my strength, and all my care  
is for thy might and aid.

5. Into thy hands Lord I commit  
my spirit which is thy due:

For why? thou hast redeemed it,  
O Lord my God most true.

6. I hate such folk as will not part  
from things to be abhorred:

When they on trifles set their heart,  
my trust is in the Lord.

7. For I will in thy mercy joy,  
I see it doth excell:

Thou seest when ought would me annoy  
and knowest my soul full well.

8. Thou hast not left me in their hand,  
that would me overcharge:

But thou hast set me out of band  
to walk abroad at large.

## Critical notes:

Medius & Bassus, bar 2, notes 3 & 4: there is a (forbidden) parallel 5th;  
this setting is similar to the one of Psalms 80, 129 & 146;  
text somewhat modernised.

## *The Second part.*

9. Great grief O Lord doth me assail,  
some pity on me take:

Mine eyes wax dim, my sight doth fail,  
my whombe for woe doth ache.

10. My life is worn with grief and pain  
my years in woe are past:

My strength is gone, and through disdain  
my bones corrupt and waste.

11. Among my foes I am a scorn,  
my friends are all dismayed:

My neighbors and my kinsmen born  
to see me are afraid.

12. As men once dead are out of mind,  
so am I now forgot:

As small effect in me they find,  
as in a broken pot.

13. I heard the brags of all the rout  
their threats my mind did fray:

How they conspired and went about  
to take my life away.

14. But Lord I trust in thee for aid,  
not to be overtrod:

For I confess and still have said,  
thou art my Lord and God.

15. The length of all my life and age,  
O Lord is in thy hand.

Defend me from the wrath and rage  
of them that thee withstand.

16. To me thy servant Lord express,  
and shew thy joyful face:

And save me Lord for thy goodness,  
thy mercy and thy grace.

## *The Third part.*

17. Lord let me not be put to blame,  
for that on thee I call:

But let the wicked bear the shame  
and in the grave to fall.

18. O how great good hast thou in store  
laid up full safe for them:

That fear and trust in thee therefore  
before the sons of men?

19. Thy presence shall them fence and guide  
from all proud brags and wrongs:  
Within thy place thou shalt them hide  
from all the strife and tongues.

20. Thanks to the Lord that hath declar'd  
on me his grace so far:  
Me to defend with watch and ward,  
as in a town of war.

21. Thus did I say both day and night,  
when I was sore oppressed:

Lo I was clean cast out of sight,  
yet heardst thou my request.

22. Ye Saints love ye the Lord I say,  
the faithful he doth guide:

And to the proud he will repay,  
according to their pride.

23. Be strong and God shall stay your hart,  
be bold and have a lust:

For sure the Lord will take your part  
sith ye on him do trust.