

# Blessed are they that perfect are

The Whole Booke of Psalmes (1621) - *Psalm 119*

Giles FARNABY (ca. 1563 - 1640)

CANTVS  
MEDIVS  
TENOR  
or Playnsong  
BASSVS

Bles - sed are they that per - fect are, and pure in mind and heart:  
Bles - sed are they that per - fect are, and pure in mind and heart:  
Bles - sed are they that per - fect are, and pure in mind and heart:  
Bles - sed are they that per - fect are, and pure in mind and heart:

3  
S.  
A.  
T.  
B.

Whose lives and con - ver - sa - ti - on from God's laws ne - ver start. Bles - sed are they that give them-selves  
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Whose lives and con - ver - sa - ti - on from God's laws ne - ver start. Bles - sed are they that give them-selves

6  
S.  
A.  
T.  
B.

his sta - tutes to ob - serve: Seek - ing the Lord with all their heart, and ne - ver from him swerve.  
his sta - tutes to ob - serve: Seek - ing the Lord with all their heart, and ne - ver from him swerve.  
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his sta - tutes to ob - serve: Seek - ing the Lord with all their heart, and ne - ver from him swerve.

3. Doubtless such men go not astray,  
nor do no wicked thing:

Which steadfastly walk in his paths,  
without any wand'ring.

4. It is thy will and commandment,  
that with attentive heed:

Thy noble and divine precepts,  
we learn and keep indeed.

5. Oh would to God it might thee please  
my ways so to address:

That I might both in heart and voice,  
thy laws keep and confess.

6. So should no shame my life attain,  
whilst I thus set mine eyes:

And bend my mind always to muse  
on thy sacred decrees.

7. Then will I praise with upright heart  
and magnify thy name:

When I shall learn thy judgments just,  
and likewise prove the same.

8. And wholly will I give myself,  
to keep thy laws most right:

Forsake me not for ever Lord,  
but shew thy grace and might.

## Critical notes:

Bassus bar 5, note 3 is G (natural) in the original;  
text somewhat modernised.

**BETH.** *The second part.*

9. By what means may a young man best  
his life learn to amend?

If that he mark and keep thy word,  
and therein his time spend.

10. Unfeignedly I have thee sought,  
and thus seeking abide:

O never suffer me O Lord,  
from thy precepts to slide.

11. Within my heart and secret thoughts,  
thy word I have hid still:

That I might not at any time,  
offend thy godly will.

12. We magnify thy name O Lord,  
and praise thee evermore:

Thy statutes of most worthy fame  
O Lord teach me therefore.

13. My lips have never ceased to preach,  
and publish day and night:

Thy judgments all which did proceed,  
from thy mouth full of might.

14. Thy testimonies and thy ways,  
please me no less indeed::,

Than all the treasures of the earth,  
which worldlings make their meed.

15. Of thy precepts I will still muse,  
and thereto frame my talk:

And at a mark so will I aim,  
thy ways how I may walk.

16. My only joy shall be so fixed,  
and on thy laws so set:

That nothing can me so far blind,  
that I thy word forget.

**GIMEL.** *The III Part.*

17. Grant to thy servant now such grace  
as may my life prolong:

Thy holy word then will I keep  
both in my heart and tongue.

18. Mine eyes which were dim and shut up  
so open and make bright:

That of thy law and marvellous works  
I may have the clear sight.

19. I am a stranger in this earth,  
wand'ring now here now there:

Thy word therefore to me disclose,  
my footsteps for to clear.

20. My soul is ravished with desire,  
and never is at rest:

But seeks to know thy judgments high,  
and what may please thee best.

21. The proud men and malicious,  
thou hast destroyed each one:

And cursed are such as do not  
thy hefts attend upon.

22. Lord turn from me rebuke and shame,  
which wicked men conspire:

For I have kept the covenants,  
with zeal as hot as fire.

23. The princes great in council sat,  
and did against me speak:

But then thy servant thought how he  
thy statutes might no break.

24. For why? thy covenants are my joy,  
and my great heart's solace:

They serve in stead of counselors,  
my matters for to pass.

**DALETH.** *The IIII Part.*

25. I am alas as brought to grave,  
and almost torn'd to dust:

Restore therefore my life again,  
as thy promise is just.

26. My ways when I acknowledged,  
with mercy thou didst hear:

Hear now estsoon and me instruct  
thy laws to love and fear.

27. Teach me once throughly for to know  
thy precepts and thy lore:

Thy works then will I meditate,  
and lay them up in store.

28. My soul I feel so sore oppressed,  
that it melteth for grief:

According to thy word therefore  
haste Lord to send relief.

29. From lying and deceitful lips,  
let thy grace me defend:

And that I may learn thee to love  
thy holy law me send.

30. The way of truth both straight and sure  
I have chosen and found:

I set the judgments me before  
which keep me safe and sound.

31. Since then (O Lord) I forced myself  
thy covenants to embrace:

Let me therefore have no rebuke,  
nor check in any case.

32. Then will I run with joyful cheer  
where thy word doth me call:

when thou hast set my heart at large,  
and rid me out of thrall.

**HE.** *The V. Part.*

33. Instruct me Lord in the right trade,  
of thy statutes divine:

And it to keep even to the end  
my heart I will incline.

34. Grant me the knowledge of thy law  
and I shall it obey:

With heart and mind and all my might,  
I will it keep I say.

35. In the right path of thy precepts,  
guide me Lord I require:

None other pleasure do I wish,  
nor greater thing desire.

36. Incline mine heart thy laws to keep  
and covenants to embrace:

And from all filthy avarice,  
Lord shield me with thy grace.

37. From vain desires and wordly lusts  
turn back mine eyes and sight:

Give me the spirit of life and pow'r  
to walk thy ways aright.

38. Confirm thy gracious promise Lord,  
which thou hast made to me:

Which am thy servant and do love  
and fear nothing but thee.

39. Reproach and shame which I do fear  
from me O Lord expel:

For thou doest judge with equity,  
and therein dost excel.

40. Behold my heart's desire is bent  
thy laws to keep for aye:

Lord strengthen me so with thy grace,  
that it perform I may.

**VAU.** *The VI. Part.*

41. Thy mercies great and manifold  
let me obtain O Lord:

Thy saving health let me enjoy,  
according to thy word.

42. So shall I stop the sland'rous mouths  
of lewd men and unjust:

For in thy faithul promises  
stands my comfort and trust.

43. The word of truth within my mouth  
let ever still be pressed:

For in thy judgments wonderful  
my hope doth stand and rest.

44. And whilst that breath within my breast  
doth natural life preserve:

Yea, till this world shall be dissolv'd  
thy law will I observe.

45. So walk will I as set at large,  
and made free from all dread:

Because I sought how for to keep  
thy precepts and thy read.

46. Thy noble acts I will describe,  
as things of most great fame:

E'en before Kings I will them blaze,  
and shrink no whit for shame.

47. I will rejoice then to obey  
thy worthy hefts and will:

Which evermore I have lov'd best,  
and so will love them still.

48. My hand will I lift to thy laws,  
which I have dearly sought:

And practise thy commandements,  
in will, in deed, and thought.

**ZAIN.** *The VII. Part.*

49. Thy promise which thou mad'st to me  
thy servant Lord remember:

For therein have I put my trust,  
and confidence for ever.

50. It is my comfort and my joy,  
when troubles me assail:

For were me life not by thy word,  
my life would soon me fail.

51. The proud and such as God contemn,  
still made of me a scorn:

Yet would I not thy law forsake,  
as he that were forlorn.

52. But call to mind Lord thy great works  
shew'd to our fathers old:

Whereby I felt my joy surmount,  
my grief an hundred fold.

53. But yet alas for fear I quake,  
seeing how wicked men:

Thy law forsook and did procure  
thy judgments who knows when.

54. And as for me I fram'd my songs,  
thy statutes to exalt:

When I among the strangers dwell,  
and thoughts gan me assault.

55. I thought upon thy name O Lord,  
by night when others sleep:

as for thy law I also kept,  
and ever will it keep.

56. This grace I did obtain because  
thy covenants sweet and dear

I did embrace, and also keep  
with reverence and with fear.

**HETH. *The VIII. Part.***

57. O God, which art my part and lot,  
my comfort and my stay:  
I have decreed and promised,  
thy law to keep alway.  
58. Mine earnest heart did humbly sue  
in presence of thy face:  
as thou therefore hast promised,  
Lord grant me of thy face.

59. My life I have examined,  
and tried my secret heart:  
Which to thy statutes caused me  
my feet straight to convert.  
60. I did not stay nor linger long,  
as they that slothful are:  
But hastily thy laws to keep,  
I did myself prepare.

61. The cruel bands of wicked men,  
have made of me their prey:  
Yet would I not thy law forget,  
nor from thee go astray.  
92. Thy righteous judgments towards me  
so great is and so high:  
That e'en at midnight I will rise,  
thy name to magnify.

63. Companion am I to all them,  
which fear thee in their heart:  
And neither will for love nor dread,  
from thy commandments start.  
94. Thy mercies Lord most plentiful  
do all the world fulfill:  
Oh teach me how I may obey  
thy statutes and thy will.

**TETH. *The IX. Part.***

65. According to thy promise Lord,  
so hast thou with me dealt:  
For of thy grace in sundry sorts,  
have I thy servant felt.  
66. Teach me to judge always aright,  
and give me knowledge sure:  
For certainly believe I do,  
that thy precepts are pure.

67. Ere thou didst touch me with thy rod,  
I err'd and went astray:  
But now I keep thy holy word,  
and make it all my stay.  
68. Thou art both good and gracious,  
and giv'st most liberally:  
Thine ordinances how to keep,  
therefore O Lord teach me.

69. The proud and wicked men have forg'd  
agaist me many lie  
Yet thy commandments still observe,  
with all my heart will I.  
70. Their hearts are swollen with worldly wealth  
as grease so are they fat:  
But in thy law do I delight,  
and nothing seek but that.

71. O happy time may I well say,  
when thou didst me correct:  
For as a guide to learn thy laws,  
thy rod did me direct.  
72. So that to me thy word and law,  
is dearer manifold:  
Then thousands great of silver and gold  
or ought that can be told.

**JOD. *The X. Part.***

73. Seeing thy hands have made me Lord,  
to be thy creature:  
grant knowledge likewise how to learn  
to put thy laws in ure.  
74. So they that fear thee shall rejoice,  
when ever they me see:  
Because I have learned by thy word,  
to put my trust in thee.

75. When with thy rod the world is plagued,  
I know the cause is just:  
So when thou dost correct me Lord,  
the cause just needs bemust.  
76. Now of thy goodness I thee pray,  
some comfort to me send:  
As thou to me thy servant hetst,  
so from all ill me shend.

77. Thy tender mercies pour on me,  
and I shall surely live:  
For joy and consolation both,  
thy laws to me do give.  
78. Confound the proud whose false pretence,  
is me for to destroy.  
But as for me thy hefts to know,  
I will myself employ.

79. Who so with rev'ence do thee fear  
to me let them retire:  
And such as do thy cov'nants know,  
and them alone desire.  
80. My heart without all wavering,  
let on thy laws be bent:  
That no confusion come to me,  
whereby I should be shent.

**CAPH. *The XI. Part.***

81. My soul doth faint and ceaseth not  
thy saving health to crave:  
And for thy word's sake still I trust,  
my heart's desire to have.  
82. Mine eyes do fail with looking for  
thy words, and thus I say:  
O when wilt thou me comfort Lord?  
why dost thou thus delay?

83. As a skin bottle in the smoke,  
so am I parch'd and dried:  
Yet will I not out of my heart  
let thy commandments slide.  
84. Alas how long shall I yet live,  
before I see the hour:  
That on my foes which me torment,  
thy vengeance thou wilt pour?

85. Presumptuous men have digged pitts  
thinking to make me sure:  
Thus contrary against thy law,  
my hurt they do procure.  
86. But thy commandements all true,  
and causeless they me grieve:  
To thee therefore I do complain;  
that thou might'st me relieve.

87. Almost they had me clean destroyed,  
and brought me quite to ground:  
Yet by thy statutes I abode,  
and therein succor found.  
88. Restore me Lord again to life,  
for thy mercies excel:  
And so shall I thy covenants keep,  
till death my life expel.

**LAMED. *The XII. Part.***

89. In heaven Lord where thou dost dwell  
thy word is stablished sure:  
And shall for all eternity,  
fast graven there endure.  
90. From age to age thy truth abides,  
as doth the earth witness:  
Whose ground-work thou hast laid so sure,  
as no tongue can express.

91. Even to this day we may well see,  
how all things persevere:  
According to thy ordinance,  
for all things thee revere.  
92. Had it not been that in thy law,  
my soul had comfort sought:  
Long time ere now is my distress,  
I had been brought to nought.

93. Therefore I will thy precepts aye,  
in memory keep fast:  
By them thou hast my life restored,  
when I was at last cast.  
94. No wight to me can title make,  
for I am only thine:  
Save me therefore for to thy laws  
mine ears and heart incline.

95. The wicked me, do seek my bane,  
and therefore lie in wait:  
But I the while considered  
thy noble acts and great.  
96. I see nothing in this wide world,  
at length which hath no end:  
But thy commandements and thy word,  
beyond all end extend.

**MEM. *The XIII. Part.***

97. What great desire, and fervent love  
do I bear to thy law:  
All the day long my whole devise  
is only on thy law.  
98. Thy word hath taught me far to pass,  
my foes in policy:  
For still I keep it as a thing  
of most excellency

99. My teachers which did me instruct,  
in knowledge I excel:  
Because I do thy covenants keep,  
and them to others tell.  
100. In wisdom I do pass also,  
the ancient men in deed:  
And all because to keep thy laws,  
I held it aye best need.

101. My feet I have refrained  
eke from every evil way:  
Because that I continually  
thy word might keep I say.  
102. I have not swerv'd from thy judgements  
nor yet shronk any dell:  
For why? thou hast me taught thereby,  
to live godly and well.

103. O Lord how sweet unto my taste  
find I thy words alway:  
Doubtless no honey in my mouth,  
feel ought so sweet I may.  
104. Thy laws have me such wisdom learned,  
that utterly I hate  
All wicked and ungodly ways,  
in every kind of rate.

**NUN. *The XIII. Part.***

105. Even as a lantern to my feet,  
so doth thy word shine bright:  
And to my paths where ever I go,  
it is a flaming light.

106. I have both sworn and will perform  
most certainly doubtless:  
That I will keep thy judgements just,  
and them in life express.

107. Affliction hath me sore oppressed,  
and brought me to death's door:  
O Lord as thou hast promised,  
so me to life restore.

108. The offerings which with heart and voice  
most frankly I thee give,  
Accept, and teach me how I may  
after thy judgements live.

109. My soul is aye so in my hand,  
that dangers me assail:  
Yet do I not thy law forget,  
nor it to keep will fail.

110. Although the wicked lay their nets  
to catch me at a bay:  
Yet did I not from thy precepts  
once swerve or go astray.

111. Thy laws I have so claim'd alway  
as mine own heritage:  
And why? for therein I delight,  
and set my whole courage.

112. For evermore I have been bent,  
thy statutes to fulfill:  
Even so likewise unto the end  
I will continue still.

**SAMECH. *The XV. Part.***

113. The crafty thoughts and double hearts  
I do always detest:  
But as for thy law and precepts,  
I count them ever best.

114. Thou art my hid and secret place,  
my shield of strong defense:  
Therefore I have thy promises,  
looked for with patience.

115. Go to therefore ye wicked men,  
depart from me anone:  
For the commandments will I keep,  
of God my Lord alone.

116. As thou hast promis'd so perform,  
that death me not assail:  
Nor let my hope abuse me so,  
that through distrust I quail.

117. Uphold me and I shall be safe,  
for ought they do or say:  
And in thy statutes pleasure take  
will I both night and day.

118. Thou hast trod such under thy feet,  
as do thy statutes break:  
For naught avails their subtlety  
their counsel is but weak.

119. Like dross thou casts the wicked out  
where ever they go or dwell:  
Therefore can I as thy statutes,  
love nothing half so well.

120. My flesh alas is taken with fears,  
as though it were benumb'd:  
For when I see thy judgements,  
traight I am as one astond.

**AIN. *The XVI. Part.***

121. I do the thing that lawful is,  
and give to all men right:  
Resign me not to them that would  
oppress me with their might.

122. But for thy servant surety be,  
in that thing that is good:  
That proud men give me not the foil,  
which rage as they were wood.

123. Mine eyes wich waiting are now blind,  
thy health so much I crave:  
And eke thy righteous promise Lord,  
whereby thou wilt me save.

124. Entreat thy servant lovingly,  
and favor to him show:  
Thy statutes of most excellency,  
teach me also to know.

125. Thy humble servant Lord I am,  
grant me to understand  
How by thy statutes I may know,  
best what to take in hand.

126. It is now time Lord to begin,  
for truth is quite decayed:  
thy law likewise they have transgressed,  
and none against them said.

127. This is the cause wherefore I love  
thy laws better then gold:  
Or jewels fine which are esteem'd  
most costly to be sold.

128. I thought thy precepts all most just  
and so them layed in store:  
All crafty and malicious ways  
I do abhor therefore.

**PE. *The XVII. Part.***

129. Thy covenants are most wonderful,  
and full of things profound:  
My soul therefore doth keep them sure,  
when they are tried and found.

130. When men first enter into thy word  
they find a light most clear:  
And very idiots understand,  
when they it read or hear.

131. For joy I have noth gape and breath'd  
to know thy commandment:  
That I might guide my life thereby  
I sought what thing is meant.

132. With mercy and compassion both,  
behold me from above:  
As thou art wont to behold such  
as thy name fear and love.

133. Direct my footsteps by thy word,  
that I thy will may know:  
And never let iniquity,  
thy servant overthrow.

134. From sland'rous tongues and deadly hate  
preserve and keep me sure:  
Thy precepts then will I observe,  
and put them eke in ure.

135. Thy countenance which doth surmount  
the Sun in his bright bow:  
Let shine on me and by thy law,  
teach me what to eschew.

136. Out of mine eyes great floods gush out  
of dreary tears and fell:  
When I behold how wicked men  
thy laws keep never adell.

**ZADE. *The XVIII. Part.***

137. In every point Lord thou art just,  
the wicked though they grudge:  
And when thou dost sentence pronounce  
thou art a righteous judge.

138. To render right and flee from guile,  
are two chief points most high:  
And such as thou hast in thy law,  
commanded us straitly.

139. With zeal and wrath I am consum'd  
and even pined away:  
To see my foes thy word forget,  
for ought that I do may.

140. So pure and perfect is thy word,  
as any heart can deem:  
And I thy servant nothing more  
do love or yet esteem.

141. And though I be nothing set by,  
as one of base degree:

Yet do I not thy hests forget,  
nor shrink away from thee.

142. Thy righteousness Lord is most just  
for ever to endure:  
Also thy law is truth itself,  
most constant and most pure.

143. Trouble and grief have seiz'd on me  
and brought me wondrous low:  
Yet do I still of thy precepts  
delight to hear and know.

144. The righteousness of thy judgements  
doth last for evermore:  
Then teach them me for even in them  
my life lieth up in store.

**KOPH. *The XIX. Part.***

145. With fervent heart I called and cried,  
now answer me O Lord:  
that thy commandments to observe,  
I may fully accord.

146. To thee my God I make my suit,  
with most humble request  
Save me therefore and I will keep,  
thy precepts and thy hest.

147. To thee cry I even in the morn,  
before the day wax light:  
Because that I have in thy word,  
my confidence while plight.

148. Mine eyes prevent the watch by night,  
and ere they call I wake:  
That by devising on thy word  
I might some comfort take.

149. Incline thine ear to hear my voice  
and pity on me take:  
As thou was wont so judge me Lord,  
lest life should me forsake.

150. My foes draw near and do procure,  
my death maliciously:  
Which from thy law are far gone back  
and stayed from it lewdly.

151. Therefore O Lord approach thou near  
for need doth so desire:  
And all thy precepts true they are,  
then help I thee require.

152. By they commandments I have learned  
not now but long ago:  
That they remain for evermore,  
thou hast them grounded so.

**RESH. The XX. Part.**

153. My trouble and affliction,  
consider and behold:  
Deliver me for of thy law  
I ever take fast hold.

154. Defend my good and righteous cause  
with speed me succor send:  
From death as thou hast promised,  
Lord keep me and defend.

155. As for the wicked far they are  
from having health and grace:  
Whereby they might thy statutes know  
they enter not the trace.

156. Great are thy mercies Lord I grant  
what tongue can them attain?  
And as thou hast me judg'd ere now,  
so let my life obtain.

157. Though many men did trouble me,  
and persecute me sore:

Yet from thy laws I never shronk,  
nor went away therefore.

158. And truth it is for grief I die,  
when I these traitors see:  
Because they keep no whit thy word,  
nor yet seek to know thee.

159. Behold for I do love thy laws,  
with heart most glad and fain:  
As thou art good and gracious Lord,  
restore my life again.

106. What thy word doth decree, must be  
and so it hath been ever:  
Thy righteous judgements are also most true,  
and decay never.

**SCHIN. The XXI. Part.**

161. Princes have sought by cruelty  
cause less to make me couch:  
But all in vain, for of thy word,  
the fear did my heart touch.

162. And certainly even of thy word,  
I was more merry and glad:  
Then he that of rich spoils and preys  
great store and plenty had.

163. As for all lies and falsity,  
I hate most and detest:  
For why? thy holy laws do I,  
above all things love best.

164. Seven times a day I praise the Lord  
singing with heart and voice:  
Thy righteous acts and wonderful,  
so cause me to rejoice.

165. Great peace and rest shall all such have,  
which do thy statutes love,  
No danger shall their quiet state  
impair or once remove.

166. Mine only health and comfort Lord,  
I look for at thy hand:  
And therefore have I done those things,  
which thou didst me command.

167. Thy laws have been my exercise  
which my soul much desir'd:  
So much my love to them was bent,  
that nought else I required.

168. Thy statutes and commandements,  
I kept thou aright:  
For all the things that I have done,  
are present in thy sight.

**THAU. The XXII. Part.**

169. O Lord let my complaint and cry  
before thy face appear:  
And as thou hast me promise made,  
so teach me thee to fear.

170. My humble supplication,  
toward thee let find access:  
And grant me Lord deliverance,  
for so is thy promise.

171. Then shall my lips thy praises speak  
after most ample sort:  
When thou thy statutes hast me taught  
wherein stands my comfort.

172. My tongue shall sing and preach thy word  
and on this wise say shall.  
God's famous acts and noble laws,  
are just and perfect all.

173. Stretch out thy hand I thee beseech,  
and speedily me save:  
For thy commandements to observe,  
chosen O Lord I have.

174. Of thee alone Lord I crave health  
for other I know none:  
And in thy law and nothing else  
I do delight alone.

175. Grant me therefore long days to live,  
thy name to magnify:  
And of thy judgements merciful,  
let me thy favor try.

176. For I was lost and went astray,  
much like a wand'ring sheep:  
Oh seek me for I have not failed  
thy commandements to keep.