

Psalme 69.

The second part.

11 Though I doe fast my flesh to chaffe,
yea if I weepe and mone:
Yet in my teeth this geare is cast,
they passe not thereupon.
12 If I for griefe and paine of heart,
in sackcloth vsf to walke:
Then they anone will it peruert,
thereof they iest and talke.
13 Both hie and low, & all the throng,
that sit within the gate:
They haue me euer in their tongue,
of me they talke and prate.
14 The drunkards which in wine delight
is is their chiefe pastime:
To seeke which way to worke mee
of me they sing and time. (spight)

14 But thee the while O Lord I pray,
that when it pleaseth thee:
For thy great truth thou wilt alway,
send downe thine aide to me.
16 Pluck thou my feet out of the mire,
from drowning doe me keepe:
From such as owe me vvrath and ire,
and from the waters deepe.
17 Least with the vvaues I should be
and depth my soule deuoure: (drownd,
And that the pit should me confound,
and shut me in her power.

18 O Lord of hosts to me giue care,
as thou art good and kinde:
And as thy mercy is most deere,
Lord haue me in thy minde.
19 And doe not from thy seruant hide
not turne thy face away:
I am opprest on every side,
with haire giue care I say.
20 O Lord vnto my soule dravv night,
the same with ayde repose:
Because of their great tyranny,
acquite me from my foes.

The third part.

21 That I abide rebuke and shame,
thou knowest and thou canst tell:
For those that seeke and vvoike the same
thou seest them all full vvell.
22 When they with brags do breake my
I seeke for helpe anone: (hart,
But finde no friends to ease my smart,
to comfort me not one.
23 But in my meat they gaue me gall:
too cruell for to thinke:
And gaue me in my thirst withall
strong vineg ir to drinke.
24 Lord turne their table to a snare,
to take them selues therein:
And vvbenthey thinke full-vvell to fare,
then trap them in the grin.

Psalme 70. CANTVS. M. Peirson B. of M.

God to mee take heed, of helpe I thee require: O Lord of
hosts vwith haire make speed, helpe, helpe, I thee desire:

Southwell Tune. TENOR, or Playnsong.

God to mee take heed, of helpe I thee require: O Lord of
hosts vwith haire make speed, helpe, helpe, I thee desire.

2 VWith shame confound them all
that seeke my soule to spill:
Rebuke them backe vwith blame to fall,
that thinke and vvissh me ill.
3 Confound them that apply,
and seeke to vvoike me shame:
And at my harme doe laugh and cry,
so, so, there goth the game.
4 But let them ioyfull be,
in thee vvissh ioy and vycalth:

Psalme 69.

25 And let their eyes be darke and blind,
that they may nothing see:
Bow down their back and do them bend
in thraldome for to be.
26 Poure out thy vvrath as hot as fire,
that it on them may fall:
Let thy displeasure in thine ire,
take hold vpon them all.
27 As desert dry their house disgrace,
their off-spring eke exptil:
That none thereof possesse their place,
nor in their tents doe dwell.
28 If thou dost strike the man to tame,
on him they lie full sore:
And if that thou doe vround the same,
they seeke to hurt him more.
29 Then let them heap vp mischief till
sith they are all peruert:
Thxt of thy fauour and good vwill,
they neuer haue no part.
30 And dash them cleane out of the
of life, of hope, of trust (Booke,
That for their names they neuer looke
in number of the iust.

The fourth part.

31 I thought I O Lord, vwith vvoce & griefe
haue bene full sore opprest:
Thy helpe shall giue me such reliefe,
that all shall be redrest.

32 That I may giue thy name the praise,
and shevv it vwith a song:
I vwill extoll the same alwayes,
vwith heartie thanks among.

33 VWhich is more pleasant vnto thee,
such minde thy grace hath borne,
Then either Oxe or Calfe can be,
that hath both hoofe and horne.
34 VWhen simple folke doe this behold,
it shall reioyce them sure:
All yee that seeke the Lord behold,
your life for aye shall dure.

35 For why? the Lord of hosts doth heare
the poore: when they complaine:
His prisoners are to him full deare,
he doth them not disdain.
36 VWherefore the skie and earth below
the sea vwith foud and streame:
His prayse they shall declare and shevv,
vwith all that liue in them.

37 For sure our God will Ston saue,
and Iudae Citie build:
Much folke possession there shall haue,
her streets shall all be fid.

38 Her seruantes feed shall keep the same
all ages out of minde:
39 And there all they that loue his name
a dwelling place shall finde.

Psalme 70 MEDIVS. M. Peirson B. of M.

God to mee take heed, of helpe I thee require: O Lord of
hosts vwith haire make speed, helpe, helpe, I thee desire.

BASSVS.

God to mee take heed, of helpe I thee require: O Lord of
hoits vwith haire make speed, helpe, helpe, I thee desire.

VWhich onely trust and seeke to thee,
and to thy saving health,
5 That they may say alwayes,
in mirth and one accord.
All glory, honour, laud and praise
be giuen to thee O Lord.
6 But I am vveake and poore,
come Lord, thine aid I lacke:
Thou art my stay and help, therefore
make speed and be not slacke.