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TENOR, or Playnsong.

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3 Be thou my rocke, to vvhom I may
for aid all times resort:
Thy promise is to help alway,
thou art my fence and fort.
4 Saue me my God from vvhicked men,
and from their strength and powver:
From folke vniust, and eke from them
that cruelly deuoure.
5 Thou art my stay vvherein I trust,
thou Lord of hosts art he:
Yea, from my youth I had a lust,
still to depend on thee.
6 Thou hast me kept euen from my birth
and I through thee vvas borne:
Vvherfore I vwill thee praise vwith mirth
both euening and at morne.
7 As to a monster seldome seene,
much folke about me throng:
But thou art now and still hast bene
my fence and aid most strong.
8 Vvherfore my mouth no time shall lack
thy glory and thy praise:

And eke my tongue shall not be slacke,
to honour thee alwayes.
Refuse me not O Lord I say,
vvhhen age my limmes doth take:
And vvhhen my strength doth vvaske away
doe not my soule forsake.
10 Among them selues my foes inquire
to take me through deceit:
And they against me doe conspire
that for my soule laid wait.

The second part.

11 Lay hand, and take him now they said
for God from him is gone:
Dispatch him quite, for to his aid
i vvis there commeth none.
12 Doe not absent thy selfe away,
(O Lord, vvhhen need shall be:
But that in time of grieffe thou maist
vwith haste giue helpe to me.

M

BASSVS.

M

13 Vvith shame confound & ouerthrow
all those that seeke my life:
Oppresse them vwith rebuke also,
that faine vwould vvorke me strife.
14 But I vwill patiently abide
thy helpe at all assayes:
Still more and more each time and tide
I vwill 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 vwill I goe and seeke forth one,
vwith thy good helpe O God,
The sauing health of thee alone
to sherr and set abroad.
17 For of my youth thou tookst the care,
and dost instruct me still:
Therefore thy v wondersto declare
I haue great minde and vwill.
18 And as in youth from vvanion rage

thou didst me keepe and stay:
Forfake me not vnto mine age,
and till my head be gray.

The third part.

19 That I thy strength & might may sherr
to them that now be here:
And that our seed thy powver may know
hereafter many a yeere.
20 O Lord thy iustice doth exceed,
thy doings all shall see:
Thy vvorke are wonderfull indeed,
oh, vvhho islike to thee?
21 Thou mad'st me feeble affliction sore,
and yet thou didst 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