

CANTVS.

I vwill take heed all times that I offend not in my tongue.

TENOR, or Playn song

I vwill take heed all times that I offend not in my tongue.

- 2 As with a bit I vwill keepe fast, my mouth vvith force and might: Nor once to vvhisper all the vvhile, the vvicked are in sight.
- 3 I held my tongue and spake no vvord, but kept me close and still: Yea, from good talke I did refraine, but sore against my vvill.
- 4 My heart vvaxt hot vvithin my brest, vvith musing thought and doubt: VVhich did increase and stirre the fire, at last the vvords braff out.
- 5 Lord number out my life and dayes, vvhich yet I haue not past: So that I may be certified, how long my life shall last.
- 6 Lord thou hast pointed out my life in length much like a span: Mine age is nothing vvnto thee, so vaine is euerie man.
- 7 Man vvalketh like a shade, and doth in vaine himseffe annoy.
- 8 In getting goods, and cannot tell vvho shall the same annoy. (frame)
- 8 Now I. rd fith things this vvife doe

Here beginneth the VVelch Tunes.

Pfalme 40. CANTVS Tho. Rauent. B. of M.

VVaited long and sought the Lord, and patiently did beare:

At length to me he did accord, my voyce and cry to heare.

Lan daffe Tune. TENOR, or Playn song.

VVaited long and sought the Lord, and patiently did beare:

At length to me he did accord, my voyce and cry to heare.

- 1 He pluckt me from the lake so deepe, out of the mire and clay: And on a rocke he fet my feete, and he did guide my vvay.
- 2 To me he taught a Psalme of praise, vvhich I must shevv abroad: And sing nev songs of thanks alvvayes, vvnto the Lord our God.
- 4 VVhen all the folke these things shall as people much afraid: Then they vvnto the Lord vvill flee, and trust vvpon his aide.
- 5 O blest is he vvwhose hope and heart doth in the Lord remaine: That vvith the proud doth take no part, nor such as lye and faine.
- 6 For Lord, my God, thy vvodrous deeds, in greatnesse far doe passe: Thy fauour vvowards vs exceeds, all things that euer vvvas.
- 7 VVhen I entend and doe deuife, thy vvorkes abroad to shevv: To such a reckoning they doe rise, thereof no end I know.

MEDIVS.

I vwill take heed all times that I offend not in my tongue.

BASSVS

I vwill take heed all times that I, offend not in my tongue.

- 1 I faint and pine avvay for feare, of thy most heavy hand.
- 2 VVhen thou for sinne dost man rebuke he vvaxeth vvoc and vvane: As dost a cloath that Mothes haue frett, so vaine a thing is man.
- 3 Lord heare my sute & giue good heed, regard my teares that fall: I souerne like a stranger here, as did my fathers all.
- 4 O spare a little, giue me space, my strength for to restore: Before I goe avvay from hence, and shall be seene no more.
- 5 vvhat help doe I desire: Of truth my helpe doth hang on thee, I nothing else require.
- 6 The second part.
- 9 From all the sinnes that I haue done, Lord quite me out of hand: And make me not a storne to fooles, that nothing vnderstand.
- 10 I vvvas as dumbe, and to complaine no trouble might me moue: Because I know it vvvas thy vvork, my patience for to proue.
- 11 Lord take from me thy scourge and I can them not vvithstand: (plague,

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BASSVS.

VVaited long and sought the Lord, and patiently did beare:

At length to me he did accord, my voyce and cry to heare.

- 2 But offerings thou delightest not in, I know thy vvhole desire: VVith sacrifice to purge his sinne, thou dost no man require.
- 9 Meate offerings and sacrifice thou vvouldst not haue at all: But thou O Lord hast open made, mine eares to heare vvishall.
- 10 But then said I behold and looke, I come a meane to be:
- 11 For in the volume of thy Booke, thus it is said of me, That I O God should doe thy min<sup>de</sup>, vvhich thing doth like me vvell: For in my heart thy Law I finde, fast placed there to dwell.
- 12 Thy iustice and thy right: outnesse, in great reſort I tell: Behold my tongue no time doth cease, O Lord thou knowest full vvell.