

CANTVS.

which didst not make my foes rejoyce, but hast exalted me. O Lord
my God to thee I crye in all my paine and griefe, thou gauest an eare
and didst prouide, to ease me vwith relief.

T E N O R, or Playnong.

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my God to thee I crye in all my paine and griefe, thou gaest an eare,
and didst prouide, to ease me vwith relief.

3 Of thy good vwill thou hast calde back
my soule from hell to sauie:
Thou didst reue me when strength did lack
and kepe me from the grāue.
4 Sing praise ye Saints that proue & see
the goodness of the Lord:
In memory of his maiestie,
rejoyce vwith one accord.
5 For vwhy: his anger but a space
doth last and falecagaine:
But in his fauour and his grace

alvvayes doth life remaine.
Though gripes of griefe and pangs full
shall lode vs all night: (Fere
The Lord to ioy shall vs restore.

6 VWhen I abyde the wrold at vwill,
thus woulde I boast and say:
Tush I am sure to feele none ill,
this vrealth shall not decay:
7 For thou O god of thy good grace
haſt ſent me ſtrengthe and aid.

Pſalm 31. CANTVS. John Bennet.

O Lord I put my truſt in thee, let nothing worke me shame:
As thou art iuft deliuere me, and ſet me quite from blame.
Cheshire Tune. T E N O R, or Playnong.

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MEDIVS.

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But vwhen thou turndſt awaſ thy face
my minde vwas fore diſtaid.
8 VVherefore againe yet did I cry
to thee O Lord of night:
My God vwith plaints I did apply,
and praide both day and night.
9 VWhat gaine is in my bloud ſaid I,
if death deſtroy my dayes?
Doth dulf declare thy maiestie,
or yet thy truſt doth praife?

10 VVherefore my God ſome pity take,
But o Lord I thee desire:
Doe not this ſimple ſoule forſake,
of helpe I thee require.
11 Then diſt thou turn my grief & vwoe
vnto a chearefull voycie:
The mourning vveed thou rookeſt me fro
and madſt me to rejoyce.

22 VVherefore my ſoule vnceſtantly
ſhall ſing vnto thy praife:
My Lord, my God, to thee vwill I
giue laud and thanks alvvayes.

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