The Liturgy of the Presanctified Gifts:

The Lenten Psalm tone

The Lenten tone is used for the people's responses at the Liturgy of the Presanctified Gifts; it is sometimes used at other services of the Great Fast as well:

Lord, have mercy. Lord, have mercy.

To you, O Lord. Amen.

This same two-part melody can also be used for singing psalms and other texts which are arranged into pairs of phrases:

The accent marks show where an accented syllable is normally sung. In the first phrase of the Lenten psalm tone, the accent falls on the first half note:

To the Lord in the hour of my distress I call and he answers me.

The phrase is sung this same way whenever two syllables follow the accent. If only one syllable follows the accent, then the first two half-notes are slurred together.

Those who put their trust in the Lord are like Mount Zion,
And if there are three syllables after the accent, the middle half note is split into two quarter notes on the same pitch:

![Music notation]

on the treetop, the stórk has her home

In the second phrase of the Lenten psalm tone, the accent also falls on the first half note, and the first two half notes can be slurred together, or the second split in half, just as in the first phrase:

![Music notation]

clothed with majesty and glory, wrapped in light as in a robe.

![Music notation]

O Lord, save my soul from lying lips, from the tongue of the de-ceit-ful.

![Music notation]

You make the clouds your chariot, you walk on the wings of the wind.

When an entire psalm or prayer is sung to the Lenten psalm tone, instead of writing out the whole text to music, we can "point" it for chanting as follows:

1. The text sung to the first psalm tone phrase is unindented, and the text sung to the second psalm tone phrase is indented.

2. In each phrase, the syllable where the voice first drops in pitch is in **bold** face.

3. The syllable that goes on the first half note is marked with an accent mark.

3. If two slurred notes are sung on one syllable, then a double-dot symbol (like a German unlaut character) is put over it. This mark does **NOT** change the pronunciation of the word! It is simply a reminder that the syllable will be sung on two pitches in a row. If the double-dot falls on the same syllable as the accent, then only the double-dot is shown.
These rules can be summarized by giving an example of the tone at the start of the psalm, like so:

The bold-faced and accented syllables are shown in their proper places; and the dashed slur and double-dot show where there might be a slur. The splitting of the middle half note into quarter notes is not shown.

When a psalm is chanted, the "Come let us worship..." before the psalm, and the "Glory... now and ever..." after it, are usually chanted to the same tone as the psalm. So consider the following:

Come, let us worship our King and God.
Come, let us worship Christ, our King and God.

Come, let us worship and bow
before the only Lord Jesus Christ, our King and our God.

Here is how this would be chanted:
be - fore the only Lord Je-sus Christ the King and our God.

The following pages provide the texts for the psalms of the Liturgy of the Presanctified Gifts, pointed for chanting to the Lenten Psalm tone.

Introduction, and Psalm 103

Come, let us worship our King and God.
Come, let us worship Christ, our King and God.
Come, let us worship and bow
before the only Lord Jesus Christ, our King and our God.

Psalm 103

Bless the Lord, O my soul!
Lord my God, how great you are,
clothed in majesty and glory,
wrapped in light as in a robe.

You stretch out the heavens like a tent.
Above the rains you build your dwelling.
You make the clouds your chariot,
you walk on the wings of the wind;

you make your angels spirits:
and your ministers a flaming fire.
You founded the earth on its base,
to stand firm from age to age.

You wrapped it with the ocean like a cloak:
the waters stood higher than the mountains.
At your threat they took to flight;
at the voice of your thunder they fled.
They rose over the mountains and flowed down
to the place which you had appointed.
You set limits they might not pass
lest they return to cover the earth.

You make springs gush forth in the valleys;
they flow in between the hills.
They give drink to all the beasts of the field;
the wild asses quench their thirst.

On their banks dwell the birds of heaven;
from the branches they sing their song.
From your dwelling you water the hills;
earth drinks its fill of your gift.

You make the grass grow for the cattle
and the plants to serve man's needs,
that he may bring forth bread from the earth
and wine to cheer man's heart;

oil, to make his face shine
and bread to strengthen man's heart.
The trees of the Lord drink their fill,
the cedars he planted on Lebanon;

there the birds build their nests;
on the treetop the stork has her home.
The goats find a home on the mountains
and rabbits hide in the rocks.

You made the moon to mark the months;
the sun knows the time for its setting.
When you spread the darkness it is night
and all the beasts of the forest creep forth.
The young lions roar for their prey
and ask their food from God.
    At the rising of the sun they steal away
    and go to rest in their dens.

Man goes out to his work,
to labor till evening falls.
    How many are your works, O Lord!
    In wisdom you have made them all.
    The earth is full of your riches.

There is the sea, vast and wide,
with its moving swarms past counting,
living things great and small.
    The ships are moving there,
    and the monsters you made to play with.

All of these look to you
to give them their food in due season.
    You give it, they gather it up;
    you open your hand, they have their fill.

You hide your face, they are dismayed;
you take back your spirit, they die,
returning to the dust from which they came.
    You send forth your spirit, they are created;
    and you renew the face of the earth.

May the glory of the Lord last forever!
May the Lord rejoice in his works!
    He looks on the earth and it trembles;
    the mountains send forth smoke at his touch.

I will sing to the Lord all my life,
make music to my God while I live.
    May my thoughts be pleasing to him.
    I find my joy in the Lord.
Let sinners vanish from the earth and the wicked exist no more. Bless the Lord, Ó my soul.

And again:

You made the moon to mark the months; the sun knows the time for its setting. How many are your works, O Lord! In wisdom you have made them all.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

Then three times, with a bow each time:

Alleluia! Alleluia! Allelūia! Glory to you, O God!

Antiphonal Psalms for Wednesday

Psalm 119

To the Lord in the hour of my distress I call and he answers me. “O Lord, save my soul from lying lips, from the tongue of the deceitful.”

What shall he repay you in return, O treacherous tongue? The warriors' arrow sharpened and coals, red-hot, blazing.

Alas, that I abide a stranger in Meshech, dwell among the tents of Kēdar! Long enough have I been dwelling with those who hate peace.

I am for peace, but when I speak, they are for fighting.
Psalm 120  
I lift up my eyes to the mountains  
from where *shall* come my help.  
    My help shall come from the Lord  
*who* made heaven and earth.  

May he never allow you to stumble!  
Let him *sleep* not, your guard.  
    No, he sleeps not nor *slumbers*,  
Israel's guard.  

The Lord is your guard and your shade;  
at your right side he stands.  
    By day the sun shall not smite you  
*nor* the moon in the night.  

The Lord will guard you from evil,  
he *will* guard your soul.  
    The Lord will guard your going and coming  
both now *and* forever.  

Psalm 121  
I rejoiced when I heard them say:  
"Let *us* go to God's house."  
    And now our feet are standing  
within your gates, *O* Jerusalem.  

Jerusalem is built as a *city*  
strongly compact.  
    It is there that the tribes go *up*,  
the tribes of the Lord.  

For Israel's law it is,  
there *to* praise the Lord's name.  
    There were set the thrones of judgment  
of the *house* of Dävid.
For the peace of Jerusalem pray:
"Peace be to your homes!
   May peace reign in your walls,
   in your palaces, peace!"

For love of my brethren and friends
I say: "Peace upon you."
   For love of the house of the Lord
   I will ask for your good.

Psalm 122
To you have I lifted up my eyes,
you who dwell in the heavens;
   my eyes, like the eyes of slaves
   on the hand of their lords.

Like the eyes of a servant
on the hand of her mistress,
   so our eyes are on the Lord our God
till he show us his mercy.

Have mercy on us, Lord, have mercy.
We are filled with contempt.
   Indeed all too full is our soul with the scorn of the rich,
with the proud man's disdain.

Psalm 123
"If the Lord had not been on our side,"
this is Israel's song.
   "If the Lord had not been on our side
   when men rose up against us,

then would they have swallowed us alive
when their anger was kindled,
   Then would the waters have engulfed us,
   the torrent gone over us;

"Peace be to your homes!
   May peace reign in your walls,
   in your palaces, peace!"
over our head would have swept
the raging wäters."
   Blessed be the Lord
   who did not give us a préy to their teeth!

Our life, like a bird, has escaped
from the snare of the fëwler.
   Indeed the snare has been broken
   and we have escaped.

Our help is in the name of the Lord,
who made héaven and earth.
   Glory to the Father, and to the Son, and to the Holy Spirit,
   now and ever and foréver. Amen.

Alleuia! Alleluia! Allelúia!
   Glory to you, O God! (three times)

Antiphonal Psalms for Tuesday and Friday

**Psalm 124** Those who put their trust in the Lord are like Mount Zëon,
   that cannot be shaken, that stands for ever.

Jerusalem! The mountains surround her,
   so the Lord surrounds his people both now and for ever.

For the scepter of the wicked shall not rest over the land of the just
   for fear that the hands of the just should turn to evil.

Do good, Lord, to those who are good,
   to the upright of heart;

but the crooked and those who do evil, drive them away!
   Ön Ísrael, peace!
Psalm 125  When the Lord delivered Zion from bondage,  
  *it* seemed like a dream.  
  Then was our mouth filled with laughter,  
  *on* our lips there were songs.  

The heathens themselves said:  
"What marvels *the* Lord worked for them!"  
What marvels the Lord worked for us!  
*Indeed* we were glad.  

Deliver us, O Lord, from our bondage  
in streams *in* dry land.  
Those who are sowing in *tears*  
will sing when they reap.  

They go out, they go out, full of tears,  
carrying seed for *the* sowing:  
they come back, they come back, full of song,  
carrying their sheaves.  *(last three notes on "sheaves")*  

Psalm 126  If the Lord does not build the house,  
in vain do its builders labor;  
if the Lord does not watch over the city,  
in vain does the watchman keep vigil.  

In vain is your earlier rising,  
your going *later* to rest,  
you who toil for the bread you eat,  
when he pours gifts on his beloved *while* they slumber.  

Truly sons are a gift from the Lord,  
a blessing, *the* fruit of the womb.  
Indeed the sons of youth  
are like arrows in the hand *of* a warrior.
O the happiness of the man who has filled his quiver with these arrows!
He will have no cause for shame when he disputes with his foes in the gateways.

Psalm 127
O blessed are those who fear the Lord and walk in his ways!
By the labor of your hands you shall eat. You will be happy and prosperous;

Your wife like a fruitful vine in the heart of your house;
Your children like shoots of the olive, around your table.

Indeed thus shall be blessed the man who fears the Lord.
May the Lord bless you from Zion, may you see the prosperity of Jerusalem all the days of your life!

May you see your children's children.
Ön Israel, peace!

Psalm 128
“They have pressed me hard from my youth,” this is Israel’s song.
“They have pressed me hard from my youth but could never destroy me.

They plowed my back like plowmen, drawing long furrows.
But the Lord who is just, has destroyed the yoke of the wicked.”
Let them be shamed and routed,
those who hate Zion!
    Let them be like grass on the roof
    that withers before it flowers.

With that no reaper fill his arms,
no binder makes his sheaves
    and those passing by will not say:
    “On you the Lord’s blessing!”
    “We bless you in the name of the Lord.”

Glory to the Father and to the Son
and to the Holy Spirit,
    now and ever and for ever. Amen.

Alleluia, alleluia, allelúia!
    Glory to you, O God! (three times)
Psalm 129

Out of the depths I cry to you,
O Lord; **Lord**, hear my voice!
   O let your ears be attentive
to the voice of my pleading.

If you, O Lord, should mark our guilt,
**Lord**, who would survive?
   But with you is found forgiveness:
for this we revere you.

My soul is waiting for the Lord.
*I* count on his word.
   My soul is longing for the Lord
more than watchman for daybreak.

Let the watchman count **on** daybreak
   and Israel on the Lord.

Because with the Lord there is mercy
and fullness of redemption,
   Israel indeed he will redeem
from all **its** iniquity.

Psalm 130

O Lord, my heart is not proud
**nor** haughty my eyes.
   I have not gone after things too great
**nor** marvels beyond me.

Truly I have set my soul
**in** silence and peace.
   A weaned child on its mother's breast,
**even** so is my soul.

O Israel, hope in the Lord
   both now **and** for ever.
Psalm 131

O Lord, remember David and all his humility,
    how he swore to the Lord,
    and vowed to the Strong One of Jacob.

"I will not enter the house where I live
nor go to the bed where I rest.
I will give no sleep to my eyes,
to my eyelids I will give no slumber
till I find a place for the Lord,
a dwelling for the Strong One of Jacob."

At Ephrata we heard of the ark;
we found it in the plains of Yëarim.
"Let us go to the place of his dwelling;
let us go to kneel at his footstool."

Go up, Lord, to your rest,
you and your holy ark.

Your priests will be clothed with righteousness
and your saints will rejoice.
    For the sake of David your servant
do not reject your anointed.

The Lord swore a true oath to David;
he will not go back on this word:
"A son, the fruit of your body,
will I set upon your throne.

If they keep my covenant in truth
and my laws that I have taught them,
their sons also shall rule
on your throne from age to age."
For the Lord has chosen Zion; he has desired her for his dwelling:
"This is my resting-place for ever; here have I chosen to live.

I will greatly bless her produce, I will fill her poor with bread.
I will clothe her priests with salvation and her saints will rejoice.

There David's stock will flower; I will prepare a lamp for my anointed.
I will cover his enemies with shame but on him my crown shall shine."

Psalm 132
Behold, how good and how pleasant, when brothers dwell in unity!

It is like precious oil upon the head running down upon the beard,
running down upon Aaron's beard to the hem of his garment.

It is like the dew of Hermon which falls on the heights of Zion.
For there the Lord has commanded the blessing: life for ever.

Psalm 133
O come, bless the Lord, all you who serve the Lord,
who stand in the house of the Lord, in the courts of the house of our God.

Lift up your hands to the holy place and bless the Lord through the night.
Psalm 33 (for Holy Communion)

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad.

Glorify the Lord with me.
Together let us praise his name.
   I sought the Lord and he answered me;
   from all my terrors he set me free.

Look towards him and be radiant;
let your faces not be abashed.
   This poor man called, the Lord heard him
   and rescued him from all his distress.

The angel of the Lord is encamped,
around those who revere him, to rescue them.
   Taste and see that the Lord is good.
   He is happy who seeks refuge in him.

Revere the Lord, you his saints.
They lack nothing, those who revere him.
   Strong lions suffer want and go hungry
   but those who seek the Lord lack no blessing
Come, children, and hear me
that I may teach you the fear of the Lord.
Who is he who longs for life
and many days, to enjoy his prosperity?

Then keep your tongue from evil
and your lips from speaking deceit.
Turn aside from evil and do good;
seek and strive after peace.

The Lord turns his face against the wicked
to destroy their remembrance from the earth.
The Lord turns his eyes to the just
and his ears to their appeal.

They call and the Lord hears
and rescues them in all their distress.
The Lord is close to the broken-hearted;
those whose spirit is crushed he will save.

Many are the trials of the just man
but from them all the Lord will rescue him.
He will keep guard over all his bones,
not one of his bones shall be broken.

Evil brings death to the wicked;
those who hate the good are doomed.
The Lord ransoms the souls of his servants.
Those who hide in him shall not be condemned.