When Israel came out of Egypt
the house of Jacob from a people of a strange tongue,
Judah became his sanctuary
Israel his dominion.
The sea saw that, and fled
Jordan was driven back.
The mountains skipped like rams
the little hills like young sheep. [R]
What ailed you, O sea, that you fled?
O Jordan, that you were driven back?
You mountains, that you skipped like rams?
you little hills like young sheep?
Tremble, O earth, at the presence of the Lord
at the presence of the God of Jacob,
Who turns the hard rock into a pool of water
the flint-stone into a springing well.

Strike the rock of our hard hearts, O God,
and let our tears of joy and sorrow
mould us to bear the imprint of your love,
given in Christ our risen Lord.

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