

*Refrain: In the day of my trouble I have sought the Lord.*

1 I cry aloud to God; □

I cry aloud to God and he will hear me.

2 In the day of my trouble I have sought the Lord; □

by night my hand is stretched out and does not tire;

my soul refuses comfort.

3 I think upon God and I groan; □

I ponder, and my spirit faints.

4 You will not let my eyelids close; □

I am so troubled that I cannot speak. [R]

5 I consider the days of old; □

I remember the years long past;

6 I commune with my heart in the night; □

my spirit searches for understanding.

7 Will the Lord cast us off for ever? □

Will he no more show us his favour?

8 Has his loving mercy clean gone for ever? □

Has his promise come to an end for evermore?

9 Has God forgotten to be gracious? □

Has he shut up his compassion in displeasure?

10 And I said, 'My grief is this: □

that the right hand of the Most High has lost its strength.' [R]

11 I will remember the works of the Lord □

and call to mind your wonders of old time.

12 I will meditate on all your works □

and ponder your mighty deeds.

13 Your way, O God, is holy; □

who is so great a god as our God?

14 You are the God who worked wonders □

and declared your power among the peoples.

15 With a mighty arm you redeemed your people, □

the children of Jacob and Joseph. [R]

16 The waters saw you, O God;

the waters saw you and were afraid; □

the depths also were troubled.

17 The clouds poured out water; the skies thundered; □

your arrows flashed on every side;

18 The voice of your thunder was in the whirlwind;

your lightnings lit up the ground; □

the earth trembled and shook.

19 Your way was in the sea, and your paths in the great waters, □

but your footsteps were not known.

20 You led your people like sheep □

by the hand of Moses and Aaron.

*Refrain: In the day of my trouble I have sought the Lord.*

*God our shepherd,*

*you led us and saved us in times of old;*

*do not forget your people in their troubles,*

*but raise up your power*

*to sustain the poor and helpless;*

*for the honour of Jesus Christ our Lord.*

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