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

1 I cry aloud to God; 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.

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.

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: Â Â Â 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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