

# Good Friday Years A, B, C

## Psalm 22

### Refrain

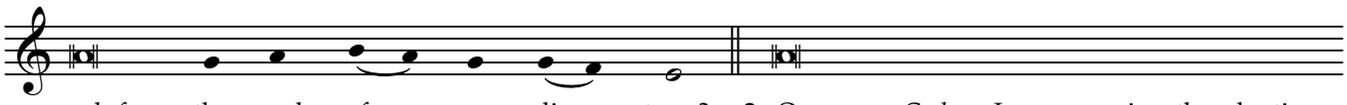
Mode 4



My God, my God, why have you for - sak - en me?



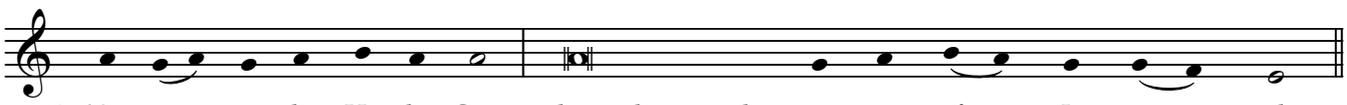
1. My God, my God, why have you for - sak - en me? and are so far from my cry



and from the words of my dis - tress?



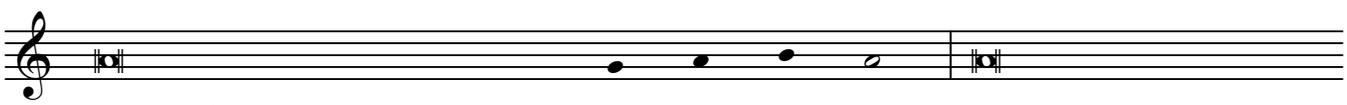
2. O my God, I cry in the daytime,



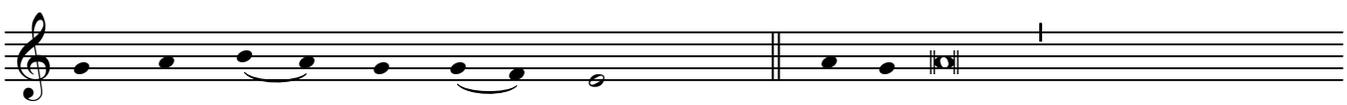
but you do not an - swer; by night as well, but I find no rest. **Refrain**



3. Yet you are the Ho - ly One, enthroned upon the prais - es of Is - ra - el.



4. Our forefathers put their trust in you; they trusted, and you de - liv - ered them.



5. They *cried* out to you and were de - liv - ered; they trusted in you



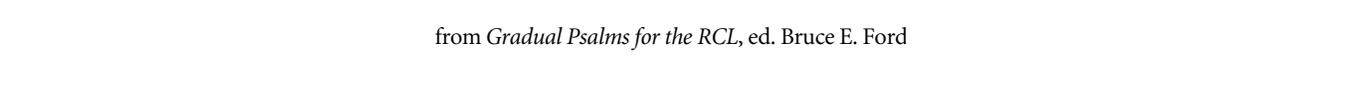
and were not put to shame. **Refrain**



6. But as for me, I am a worm and no man, scorned by all and de - spised by the peo - ple.



7. All who see me laugh me to scorn; they curl their lips and



wag their heads, say - ing,

8. "He trusted in the Lord; let him de - liv - er him;



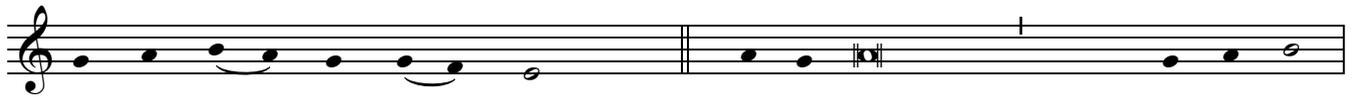
let him rescue him, if he de - lights in him." **Refrain 9.** Yet you are he who



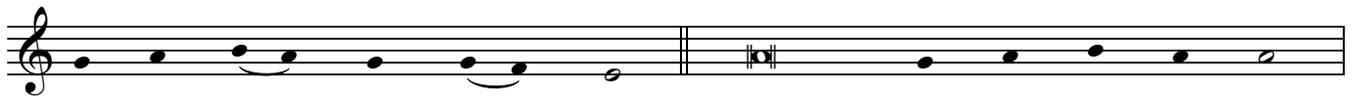
took me out of the womb, and kept me safe up - on my moth - er's breast.



10. I have been entrusted to *you* ever since I was born; you were my God when I was



still in my moth - er's womb. **Refrain 11.** Be not far from me, for trou - ble is near,



and there is none to help. 12. Many *young* bulls en - cir - cle me;



*strong* bulls of Ba - shan sur - round me. 13. They open wide their jaws at me,



like a ravening and a roar - ing li - on. **Refrain 14.** I am *poured* out like water;



all my bones are out of joint; my heart within my breast is melt - ing wax.



15. My mouth is *dried* out like a pot-*sherd*; my *tongue* sticks to the roof of my mouth;



and you have laid me in the dust of the grave. **Refrain 16.** Packs of *dogs* close me in,



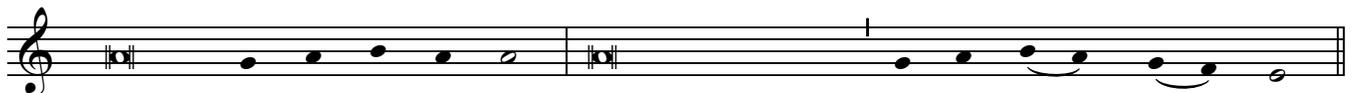
and gangs of evildoers cir - cle a - round me; they pierce my hands and my feet;



I can count all my bones. 17. They stare and gloat o - ver me;



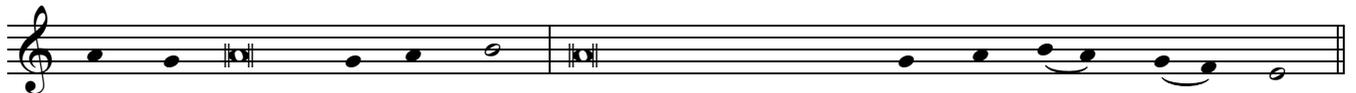
they divide my garments among them; they *cast* lots for my cloth - ing. **Refrain**



18. Be not far a - way, O Lord; you are my strength; has - ten to help me.



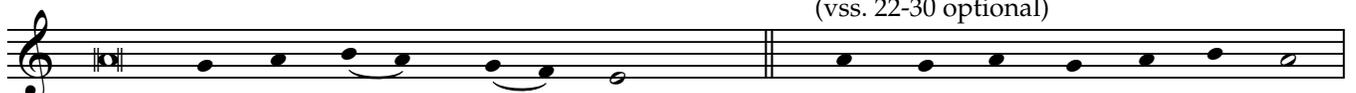
19. Save me from the sword, my life from the pow'r of the dog. **Refrain**



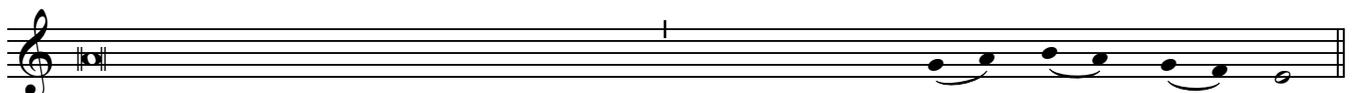
20. Save me from the li - on's mouth, my wretched body from the horns of wild bulls.



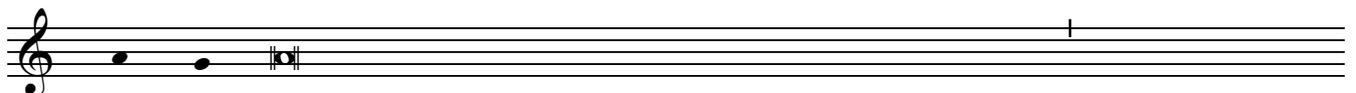
21. I will declare your Name to my breth - ren; in the midst of the  
(vss. 22-30 optional)



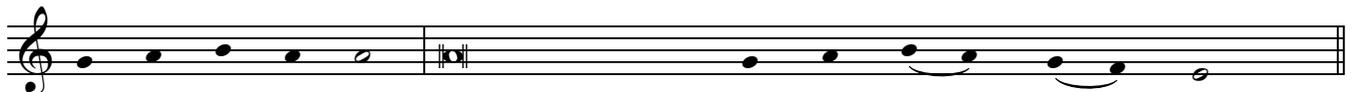
congrega - tion I will praise you. **Refrain** 22. Praise the *Lord*, you that fear him;



stand in awe of him, O offspring of Israel; *all* you of Jacob's line, give glo - ry.



23. For he does not despise nor abhor the poor in their poverty; neither does he



hide his face from them; but when they cry to him he hears them. **Refrain**



24. My praise is of him in the great as - sem - bly; I will perform my vows



in the presence of those who wor - ship him. 25. The poor shall eat and be satisfied,



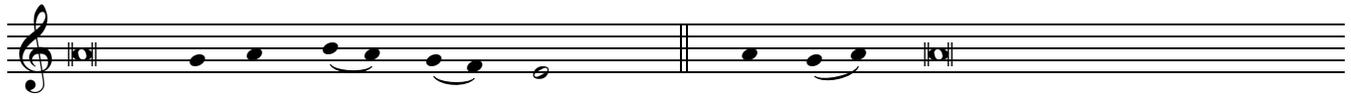
and those who seek the Lord shall praise him: "May your heart live for ev - er!" **Refrain**



26. All the ends of the earth shall remember and turn to the Lord, and all the families



of the nations shall bow be - fore him. 27. For kingship belongs to the Lord;



he rules o - ver the na - tions. **Refrain** 28. To him alone all who sleep in the earth



bow down in wor - ship; all who go down to the dust fall be - fore him. **Refrain**



29. My soul shall live for him; my descen - dants shall serve him; they shall be known as



the Lord's for ev - er. 30. They shall come and *make* known

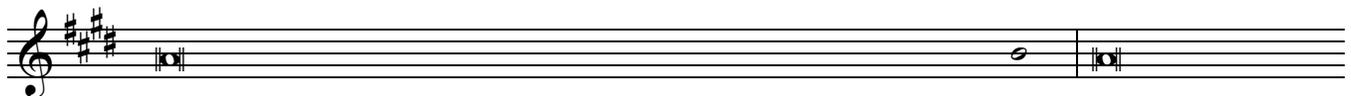


to a people yet un - born the sav - ing deeds that he has done. **Refrain**

### Tract (First Option): Psalm 40



1. I wait - ed patiently upon the Lord; he stooped to me and heard my cry.



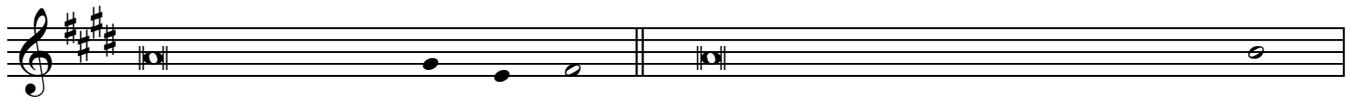
2. He lifted me out of the desolate *pit*, out of the mire and clay; he set my feet



upon a *high* cliff and made my foot - ing sure. 3. He put a *new* song in my mouth,



a song of praise to our God; many shall see, and stand in *awe*,



and put their trust in the Lord. 4. Happy are they who trust in the Lord!



they do not resort to evil spirits or turn to false gods. 5. *Great* things are they



that you have done, O Lord my God! how great your wonders and your plans for us!



there is none who can be compared with you. 6. Oh, that I could make them known



and tell them! but they are more than I can count.



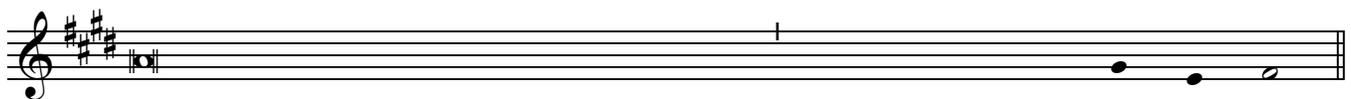
7. In sacrifice and offering you take no pleasure (you have given me ears to hear you);



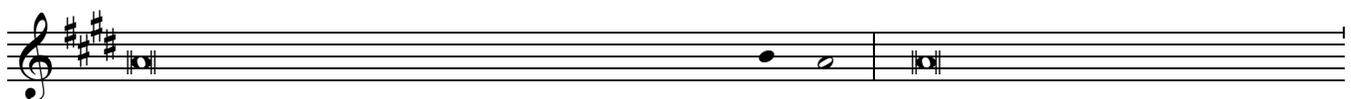
8. *Burnt-offering* and *sin-offering* you have not required, and so I said,



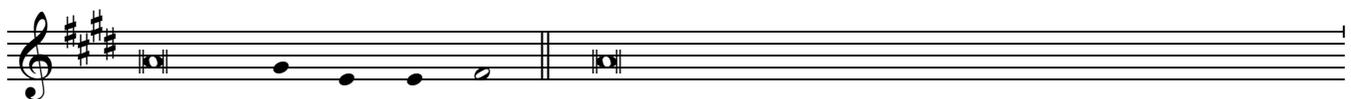
"Be-hold, I come. 9. In the roll of the book it is written concerning me:



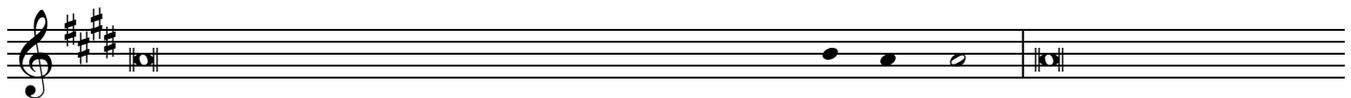
"I love to do your will, O my God; your law is deep in my heart."



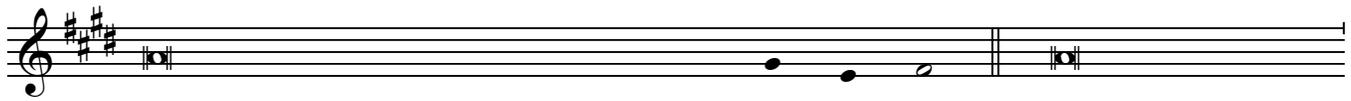
10. I *pro-claimed* righteousness in the *great* congre-ga-tion; *behold*, I did *not* restrain my lips;



and that, O Lord, you know. 11. Your righteousness have I not hidden in my heart;



I have spoken of your faithfulness and your de-liv-er-ance; I have not concealed



your love and faithfulness from the *great* con - gre - ga - tion. 12. You are the Lord;



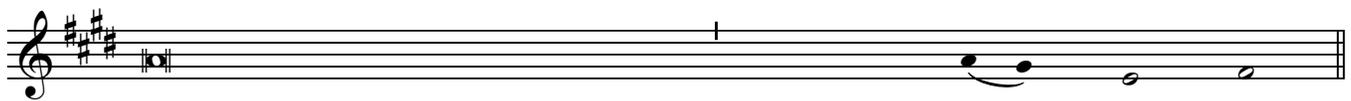
do not withhold your compassion from me; let your love and your faithfulness



keep me safe for ev - er. 13. For innumerable troubles have crowded upon me;



my sins have overtaken *me*, and I cannot see; they are more in number

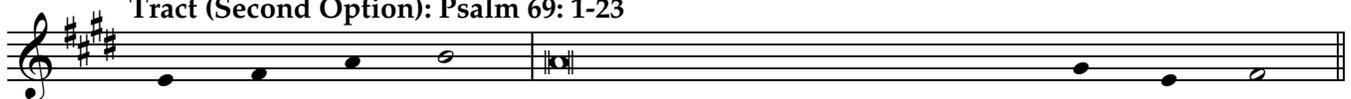


than the hairs of my head, and my heart fails me.



14. Be pleased, O Lord, to de - liv - er me; O *Lord*, make haste to help me.

### Tract (Second Option): Psalm 69: 1-23



1. Save me, O God, for the waters have risen up to my neck.



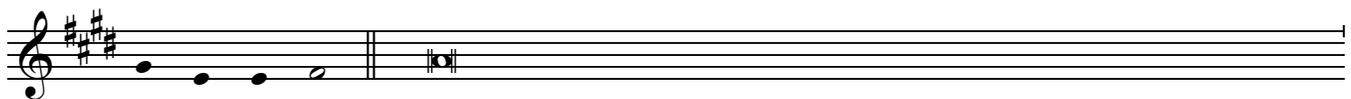
2. I am sinking in *deep* mire, and there is *no firm* ground for my feet.



3. I have come into *deep* wa - ters, and the torrent wash - es o - ver me.



4. I have *grown* weary with my crying; my throat is in-flamed; my eyes have failed from look -



ing for my God. 5. Those who hate me without a cause are more than the hairs of my head;



my lying foes who would destroy me are migh - ty. Must I *then give* back what I nev - er stole?



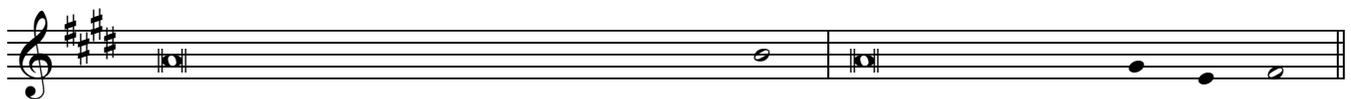
6. O *God*, you know my fool - ish - ness, and my faults are *not* hid - den from you.



7. Let not those who hope in you be put to shame through *me*, Lord God of hosts;



let not those who seek you be disgraced because of *me*, O God of Is - ra - el.



8. Surely, for *your* sake have I suffered re - proach, and shame has cov - ered my face.



9. I have become a stranger to my *own* kin - dred, an alien to my moth - er's chil - dren.



10. Zeal for your house has eaten me up; the scorn of those who scorn you



has fallen up - on me. 11. I humbled myself with fast - ing,



but that was turned to my re - proach. 12. I put on sack - cloth al - so,



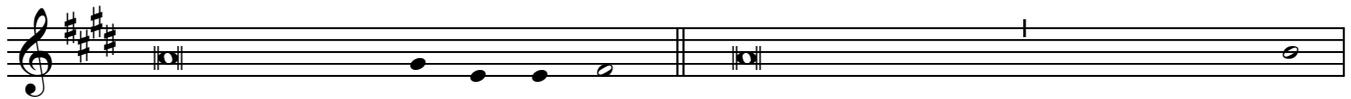
and became a byword a - mong them. 13. Those who sit at the *gate* murmur a - gainst me,



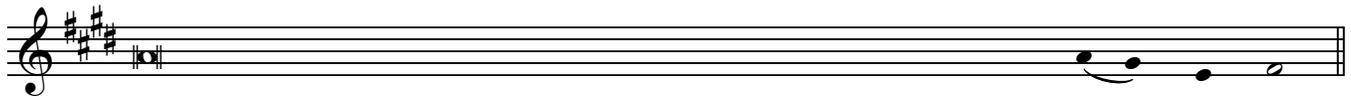
and the drunkards *make* songs a - bout me. 14. But as for me, this is my prayer to you,



at the time you have set, O Lord: 15. "In your *great* mercy, O God,



answer me with your un - fail - ing help. 16. Save me from the mire; do *not* let me sink;



let me be rescued from those who hate me and out of the deep wa - ters.



17. Let not the torrent of waters *wash* over me, neither let the *deep* swallow me up;



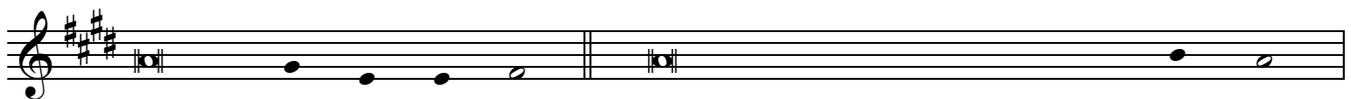
do not let the *Pit* shut its mouth up - on me. 18. Answer me, O *Lord*,



for your love is kind; in your great compas - sion, turn to me."



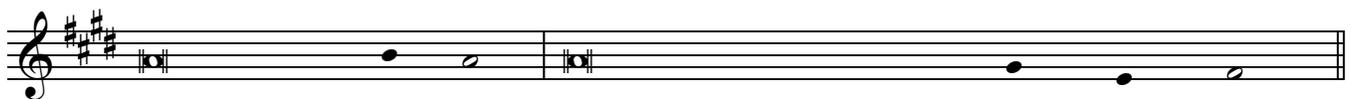
19. "*Hide* not your face from your ser - vant; be swift and answer me,



for I am in dis - tress. 20. *Draw* near to me and re - deem me;



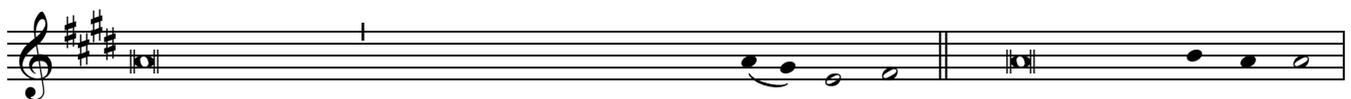
because of my enemies de - liv - er me. 21. You know my reproach, my shame,



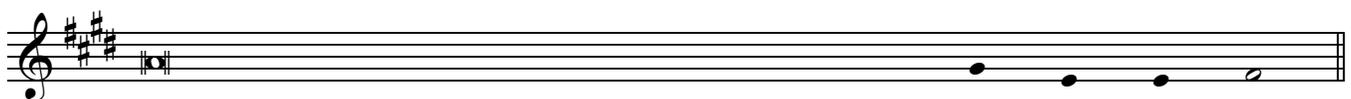
and my dis - hon - or; my adversaries are all in your sight."



22. Reproach has broken my heart, and it cannot be healed; I looked for sympathy,

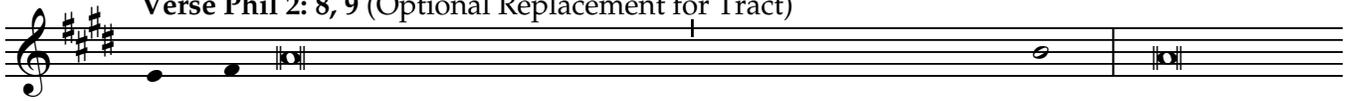


but there was none, for comforters, but I could find no one. 23. They gave me gall to eat,



and when I was thirsty, they gave me vin - e - gar to drink.

Verse Phil 2: 8, 9 (Optional Replacement for Tract)



Christ for us became obedient unto death, even death on a cross; therefore God



has highly exalted him, and bestowed on him the name which is a - bove ev - 'ry name.