

THE TYPICA

First Stasis Psalm 102

Duration: 4:15

Plagal First Mode

Presto $\text{J}=190$

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English Adaptation by
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1

Bless the Lord, O my soul; blessed are You, O Lord.

Bless the Lord, O my soul, and all that is within me

bless His holy name.

2

Bless the Lord, O my soul, and for - get not

all that He has done for you,

3

Who is gracious unto all your in - iqu - ieties,

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Who heals all your infirmities,

4 D G A G D

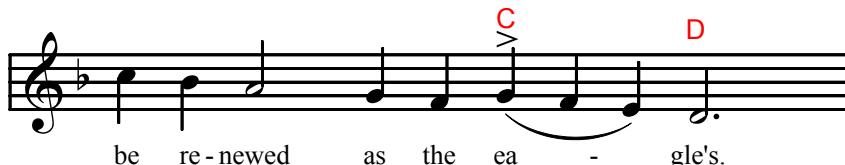
Who redeems your life from corruption, Who crowns you



with mercy and compassion,

5 D

Who fulfills your desire with good things; your youth shall



be renewed as the eagles.

6 D C D G

The Lord performs deeds of mercy, and executes



judgment for all them that are wronged.

7 C D

He has made His ways known unto Moses, unto the sons of

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Is - ra - el the things that He has willed.

8

D

Com - pas - sion - ate and mer - ci - ful is — the Lord, long - suf - fer - ing

and plen - te - ous in mer - cy; not un - to the end will He be an - gered,

nei - ther un - to e - ter - ni - ty — will He — be wroth.

9

D↓

A

D

Not — ac - cord - ing to our in - iq - ui - ties has He dealt with us,

nei - ther ac - cord - ing to our sins has He re - ward - ed us.

10

D

G

For ac - cord - ing to the height of heav - en from the earth, the Lord has made

His mer - cy to pre - vail o - ver them that fear — Him.

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11

Musical notation for measure 11. The melody consists of quarter notes and eighth notes. Red annotations indicate pitch changes: a red 'D' above the first note, a red 'G' above the fifth note, and a red 'D' above the last note. The lyrics are: "As far—— as the east is from the west, so far has He re-moved".

As far—— as the east is from the west, so far has He re-moved

Musical notation for the continuation of measure 11. It consists of quarter notes and eighth notes. The lyrics are: "our in - iq - ui - ties from us."

12

Musical notation for measure 12. The melody consists of quarter notes and eighth notes. A red 'D' is above the first note. The lyrics are: "Like a fa - ther has com - pas - sion up - on his sons, so has the Lord had".

Like a fa - ther has com - pas - sion up - on his sons, so has the Lord had

Musical notation for the continuation of measure 12. It consists of quarter notes and eighth notes. The lyrics are: "com - pas - sion up - on them that fear—— Him; for He knows". A red 'G' is above the fifth note.

com - pas - sion up - on them that fear—— Him; for He knows

Musical notation for the final part of measure 12. It consists of quarter notes and eighth notes. The lyrics are: "where - of we are made, He has re - mem - bered that we—— are dust." A red 'D' is above the first note, a red 'C' above the fifth note, and a red 'D' above the last note.

where - of we are made, He has re - mem - bered that we—— are dust.

13

Musical notation for measure 13. The melody consists of quarter notes and eighth notes. A red 'D' with a downward arrow is above the first note. The lyrics are: "As—— for man, his days are as—— the grass; as a flow - er of the field,"

As—— for man, his days are as—— the grass; as a flow - er of the field,

Musical notation for the continuation of measure 13. It consists of quarter notes and eighth notes. The lyrics are: "so shall he blos - som forth." A red 'C' is above the second note and a red 'D' is above the last note.

so shall he blos - som forth.

14

Musical notation for measure 14. The melody consists of quarter notes and eighth notes. Red annotations indicate pitch changes: a red 'C' above the first note, a red 'D' above the second note, and a red 'C' above the last note. The lyrics are: "For when the wind is passed o - ver it, then it shall—— be gone,"

For when the wind is passed o - ver it, then it shall—— be gone,

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and no lon - ger will it know— the place— there - of.

15

But the mer - cy of the Lord is from e - ter - ni - ty, e - ven un - to

e - ter - ni - ty, up - on them that fear Him.

16

And His right - eous - ness is up - on sons of sons, up - on them that keep His

tes - ta - ment and re - mem - ber His com - mand - ments to do them.

17

The Lord in heav - en has pre - pared His throne, and His

king - dom rules— o - ver all.

18

Bless the Lord, all— you His an - gels, might - y in strength,

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that per - form— His word, to hear the voice of His words.

19

Bless the Lord,— all— you His hosts, His min - - is - ters—

that do— His will.

20

Bless the Lord,— all— you His works, in ev - 'ry place of His do-min - - ion.

Andante ♩=100

Bless the Lord,— O my soul.

21

Glo - ry to the Fa - - ther, and to the Son, and to the Ho - ly Spir - - it;

22

Both now— and— ev - - er, and un - to the a - - ges— of

a - ges. A - men.

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23

D↓

G

D

Bless the— Lord,— O— my— soul, and all that is with - in— me,—

bless— His— ho - ly— Name; bless - ed— are— You,— O—

Lord.

WHEN WE ARE WEIGHED DOWN BY DEEP DESPONDENCY,
WE SHOULD FOR A WHILE SING PSALMS OUT LOUD,
RAISING OUR VOICE WITH JOYFUL EXPECTATION
UNTIL THE THICK MIST IS DISSOLVED
BY THE WARMTH OF SONG.

-FROM THE PHILOKALIA
(ST. DIADOCHEOS OF PHOTIKI)