



Psalms for Lent

Lectionary Year C

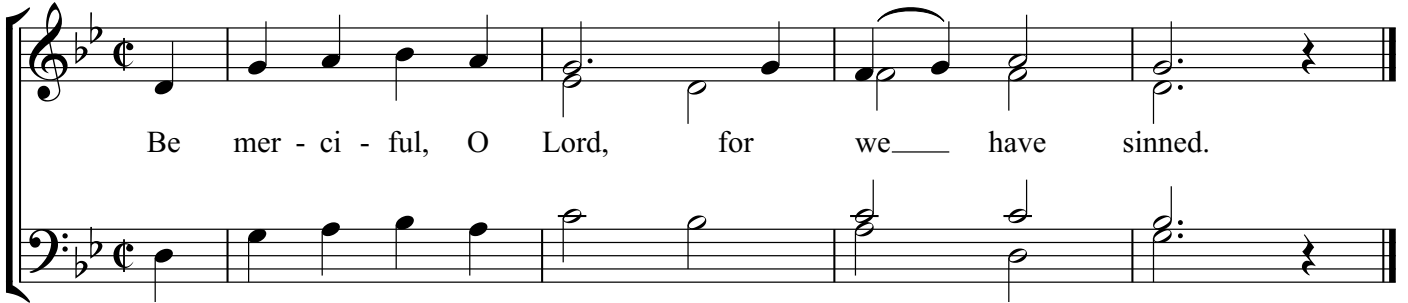
Jonathan Hellerman
copyright 2022

Psalms for Lent
YEAR C

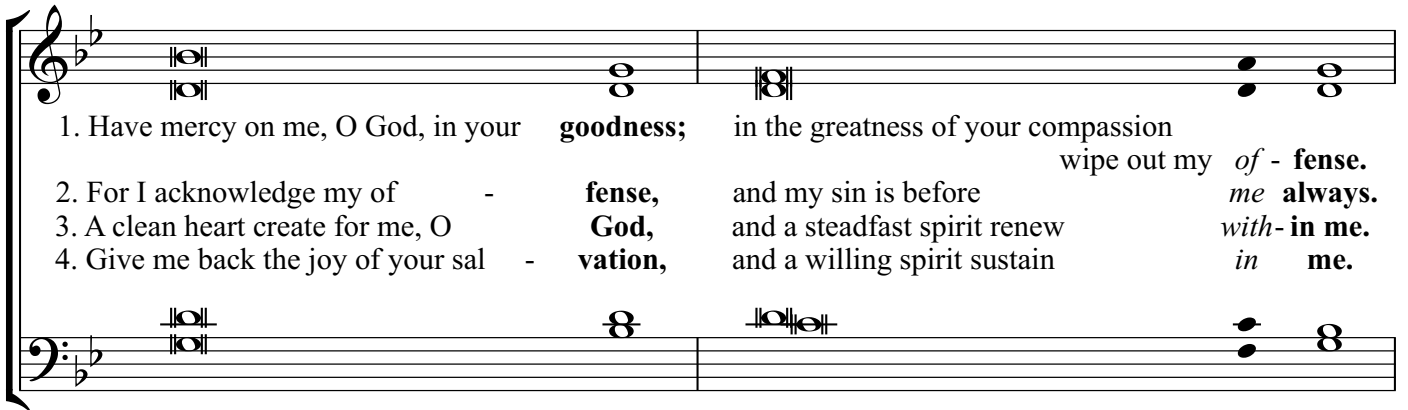
<u>PSALMS</u>	<u>Dates (2021)</u>	<u>page</u>
Ash Wednesday	(Mar 2nd) . .	p. 1
1st Sunday of Lent	(Mar 6th) . .	p. 2
2nd Sunday of Lent	(Mar 13th) . .	p. 3
3rd Sunday of Lent	(Mar 20th) . .	p. 4
4th Sunday of Lent	(Mar 27th) . .	p. 5
5th Sunday of Lent	(Apr 3rd) . .	p. 6
Palm Sunday	(Apr 10th) . .	p. 7
St. Joseph	(Mar 19th) . .	p. 8
Annunciation	(Mar 25th) . .	p. 9
GOSPEL ACCLAMATION		
Lenten Gospel Acclamation and verses		p. 10

Ash Wednesday

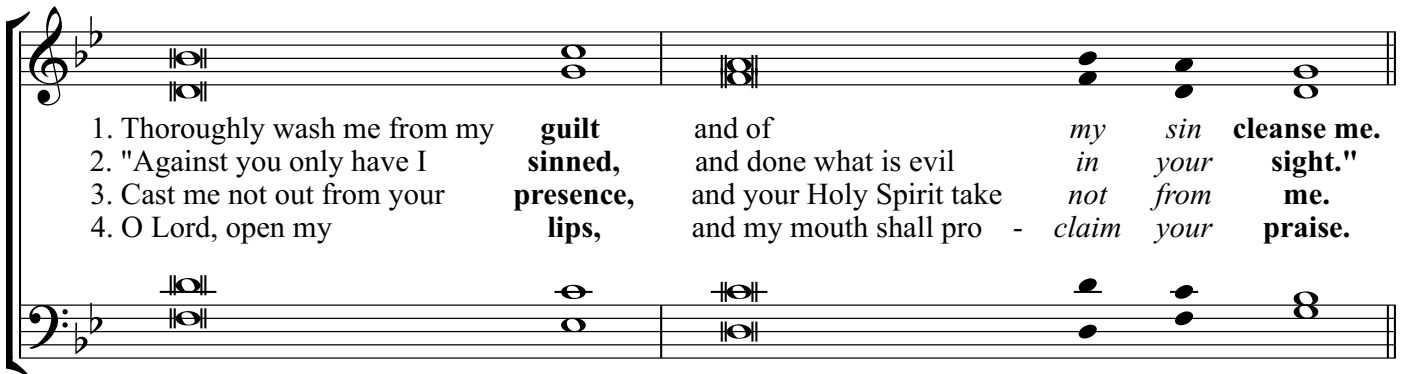
Psalm 51:3-4, 5-6ab, 12-13, 14, 17



Be mer - ci - ful, O Lord, for we have sinned.



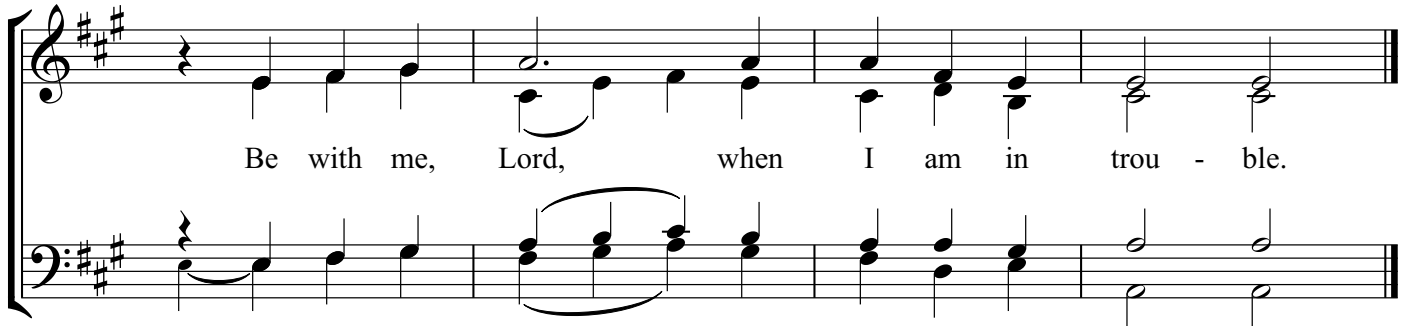
1. Have mercy on me, O God, in your **goodness;** in the greatness of your compassion
 wipe out my *of - fense.*
 2. For I acknowledge my of - **fense,** and my sin is before *me always.*
 3. A clean heart create for me, O **God,** and a steadfast spirit renew *with- in me.*
 4. Give me back the joy of your sal - **vation,** and a willing spirit sustain *in me.*



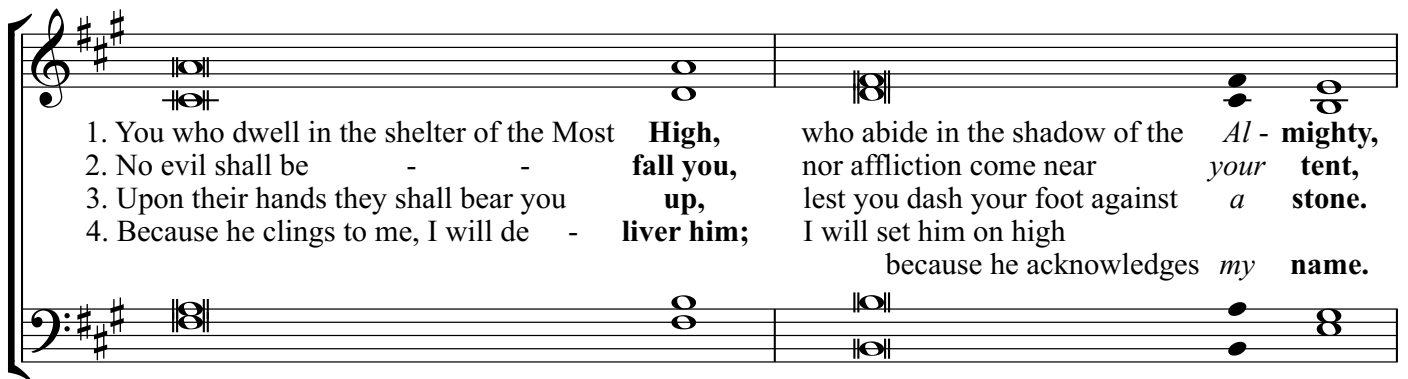
1. Thoroughly wash me from my **guilt** and of *my sin cleanse me.*
 2. "Against you only have I **sinned,** and done what is evil *in your sight."*
 3. Cast me not out from your **presence,** and your Holy Spirit take *not from me.*
 4. O Lord, open my **lips,** and my mouth shall pro - *claim your praise.*

1st Sunday of Lent

Psalm 91: 1-2, 10-11, 12-13, 14-15



Be with me, Lord, when I am in trou - ble.



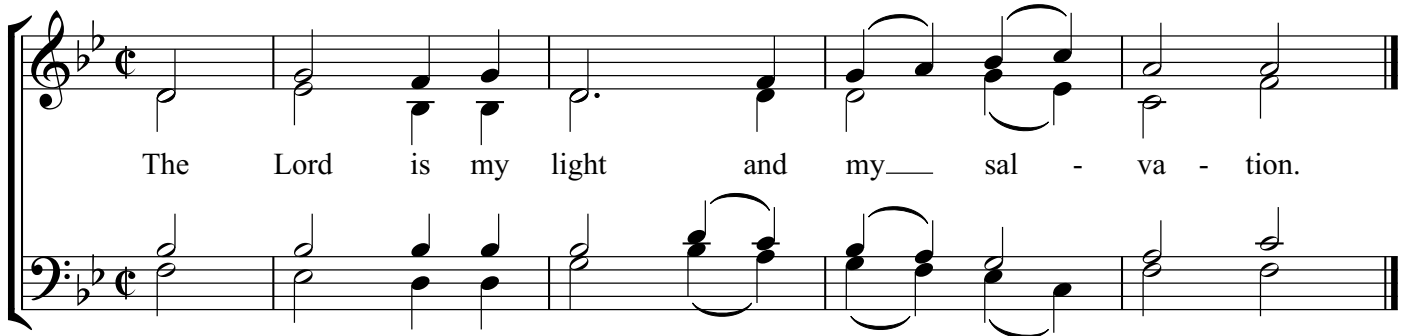
1. You who dwell in the shelter of the Most **High,** who abide in the shadow of the **Al - mighty,**
 2. No evil shall be - - - **fall you,** nor affliction come near **your tent,**
 3. Upon their hands they shall bear you **up,** lest you dash your foot against **a stone.**
 4. Because he clings to me, I will de - **live him;** I will set him on high
 because he acknowledges **my name.**



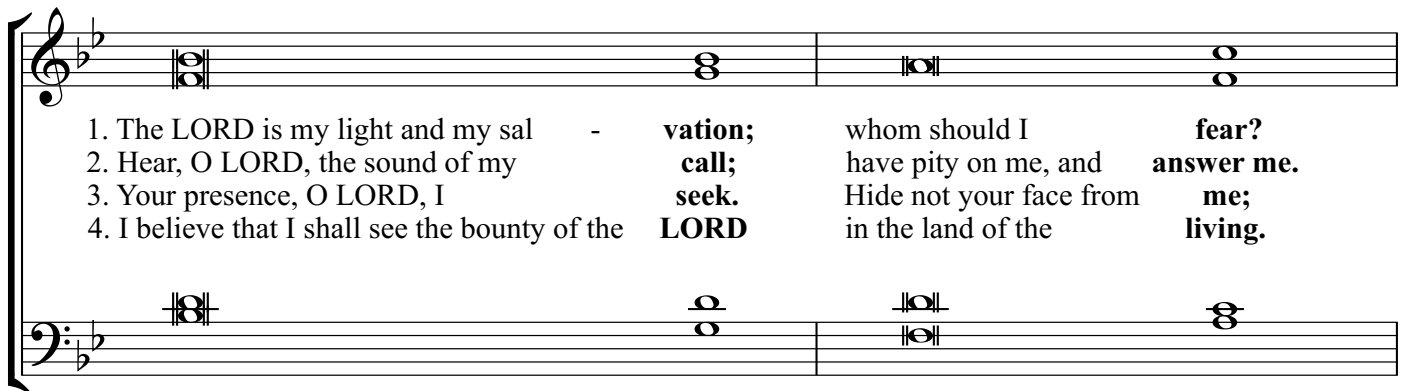
1. say to the LORD, / "My refuge and **fortress,** my God in whom **I trust."**
 2. For to his angels he has given command a - **bout you,** that they guard you in all **your ways.**
 3. You shall tread upon the asp and the **viper;** you shall trample down the lion and **the dragon.**
 4. He shall call upon me, and I will **answer him;** I will be with him in **di - stress;** /
 I will deliver him and glori - **fy him.**

2nd Sunday of Lent

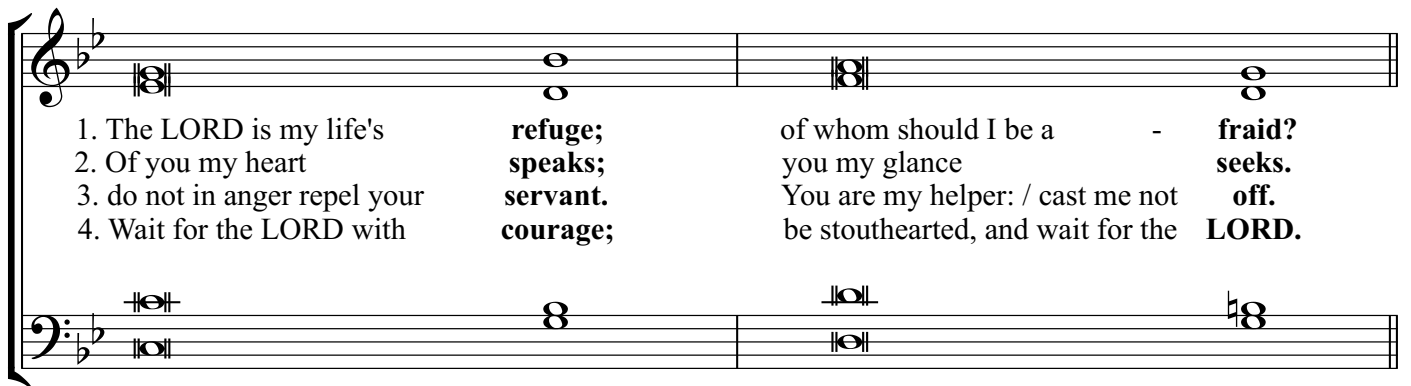
Psalm 27:1, 7-8, 8-9, 13-14



The Lord is my light and my sal - va - tion.



1. The LORD is my light and my sal - vation; whom should I fear?
 2. Hear, O LORD, the sound of my call; have pity on me, and answer me.
 3. Your presence, O LORD, I seek. Hide not your face from me;
 4. I believe that I shall see the bounty of the LORD in the land of the living.



1. The LORD is my life's refuge; of whom should I be a - fraid?
 2. Of you my heart speaks; you my glance seeks.
 3. do not in anger repel your servant. You are my helper: / cast me not off.
 4. Wait for the LORD with courage; be stouthearted, and wait for the LORD.

3rd Sunday of Lent

Psalm 103:1-2, 3-4, 6-7, 8, 11

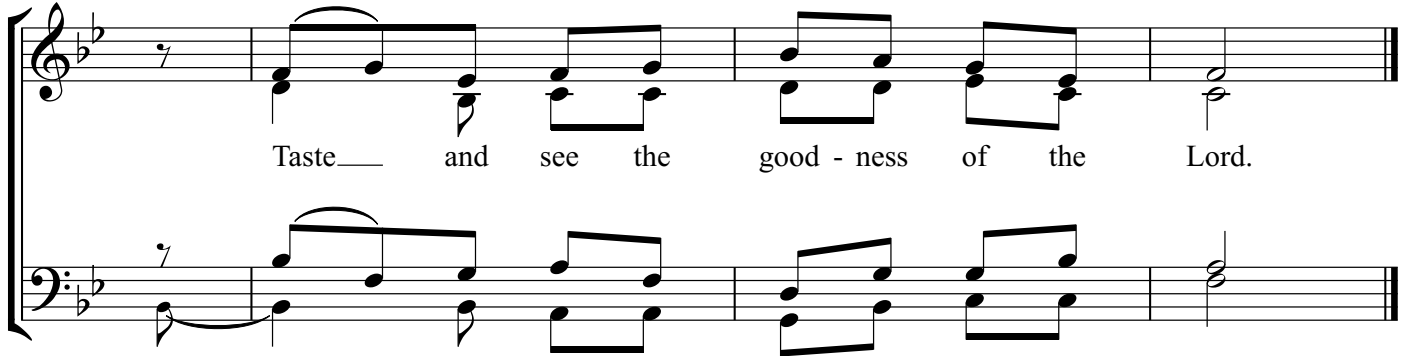
The Lord is kind and mer - ci - ful.

1. Bless the LORD, *O my soul;* and all my being, bless his *ho - ly name.*
 2. He pardons all *your i -* **niquities,** heals *all your ills.*
 3. The LORD *se - cures* **justice** and the rights of all *the op - pressed.*
 4. Merciful and gracious *is the* **LORD,** slow to anger and abound - *ing in* **kindness.**

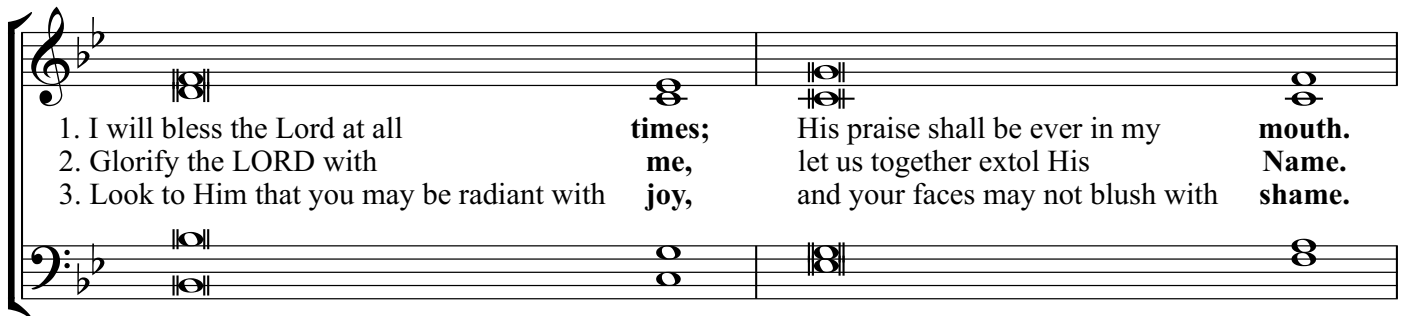
1. Bless the LORD, *O my soul;* and forget not *all his* **benefits.**
 2. He redeems your life *from de -* **struction,** crowns you with kindness *and* **com - passion.**
 3. He has made known his *ways to* **Moses,** and his deeds to the child - *ren of* **Israel.**
 4. For as the heavens are high a - *bove the* **earth,** so surpassing is his
 kindness toward *those who* **fear him.**

4th Sunday of Lent

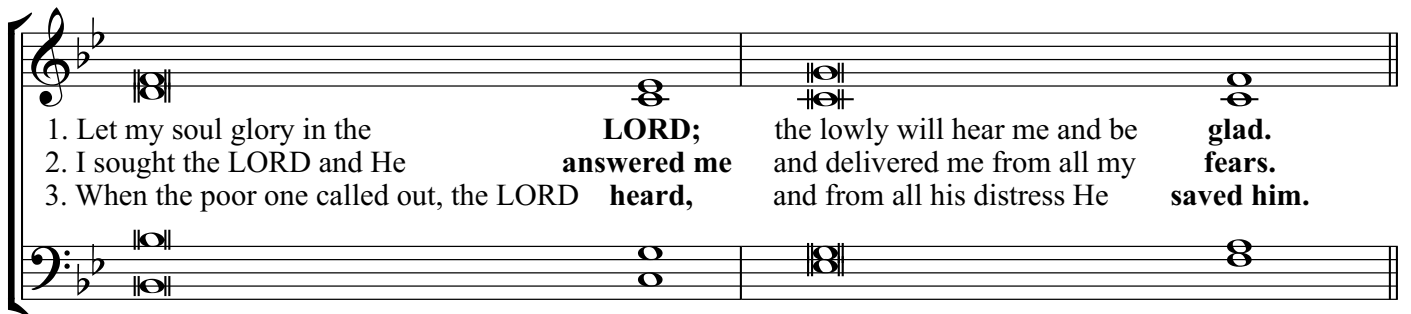
Psalm 34:2-3, 4-5, 6-7



Taste and see the goodness of the Lord.



1. I will bless the Lord at all **times;** His praise shall be ever in my **mouth.**
 2. Glorify the LORD with **me,** let us together extol His **Name.**
 3. Look to Him that you may be radiant with **joy,** and your faces may not blush with **shame.**



1. Let my soul glory in the **LORD;** the lowly will hear me and be **glad.**
 2. I sought the LORD and He **answered me** and delivered me from all my **fears.**
 3. When the poor one called out, the LORD **heard,** and from all his distress He **saved him.**

5th Sunday of Lent

Psalm 126:1-2, 2-3, 4-5, 6

The Lord has done great things for us; we are filled with joy.

1. When the LORD brought back the captives of Zion, we were like men dreaming.
 2. Then they said among the nations, "The LORD has done great things for them."
 3. Restore our fortunes, O LORD, like the torrents in the southern desert.
 4. Although they go forth weeping, carrying the seed to be sown,

1. Then our mouth was filled with laughter, and our tongue with rejoicing.
 2. The LORD has done great things for us; we are glad in deed.
 3. Those that sow in tears shall reap rejoicing.
 4. They shall come back rejoicing, carrying their sheaves.

Palm Sunday

Psalm 22:8-9, 17-18, 19-20, 23-24

My God, my God, why have you a - ban - doned me?

1. All who see me **scoff at me;** they mock me with parted lips, they wag *their* **heads:**
 2. Indeed, many dogs sur - **round me,** a pack of evildoers closes in *u -* **pon me;**
 3. They divide my garments a - **mong them,** and for my vesture they *cast* **lots.**
 4. I will proclaim your name to my **brethren;** in the midst of the assembly I *will* **praise you:**

1. "He relied on the LORD; let him de - **liver him,** let him rescue him, if *he* **loves him."**
 2. They have pierced my hands and my **feet;** I can count all *my* **bones.**
 3. But you, O LORD, be not far from **me;** O my help, hasten *to* **aid me.**
 4. "You who fear the LORD, **praise Him;** /
 / all you descendants of Jacob, give glory to **Him;** revere Him, all you descendants *of* **Israel!"**

Solemnity of St. Joseph, husband of the Blessed Virgin Mary

Psalm 89:2-3, 4-5, 27 and 29



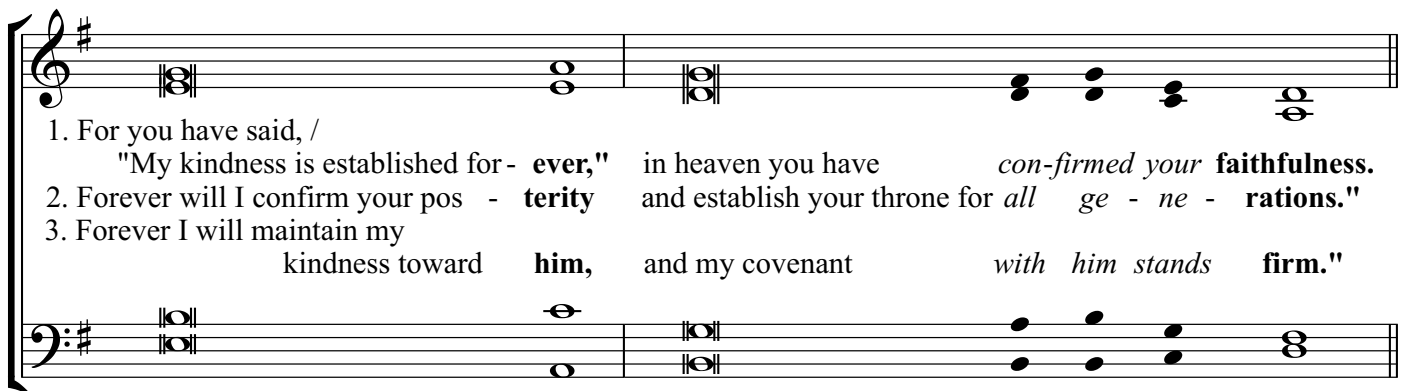
The son of David will live for ever.



1. The promises of the LORD I will sing for - ever, through all generations
my mouth shall *pro-claim your faithfulness.*

2. "I have made a covenant with my **chosen one,** I have sworn to *Da - vid my servant:*

3. "He shall say of me, 'You are my **father,** my God, / *the Rock, my savior.'*



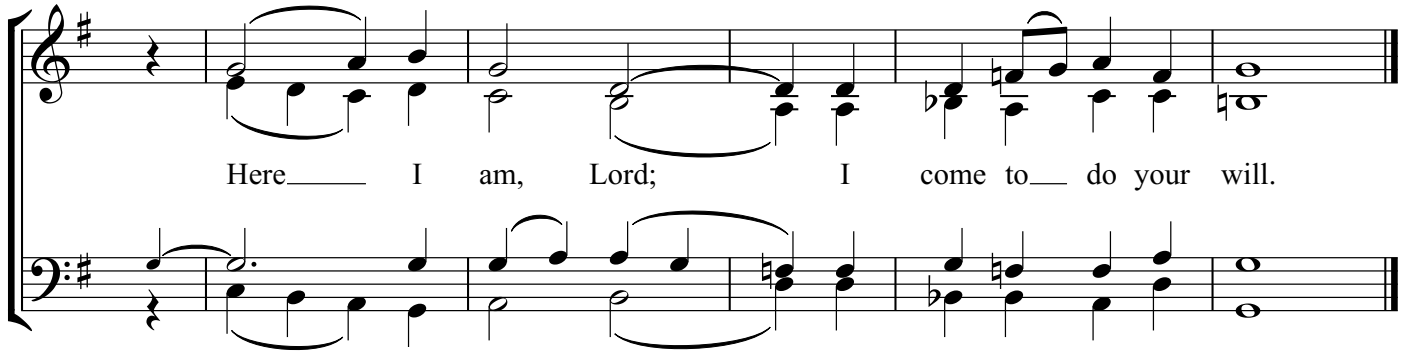
1. For you have said, /
"My kindness is established for - **ever,"** in heaven you have *con-firmed your faithfulness.*

2. Forever will I confirm your pos - **terity** and establish your throne for *all ge - ne - rations."*

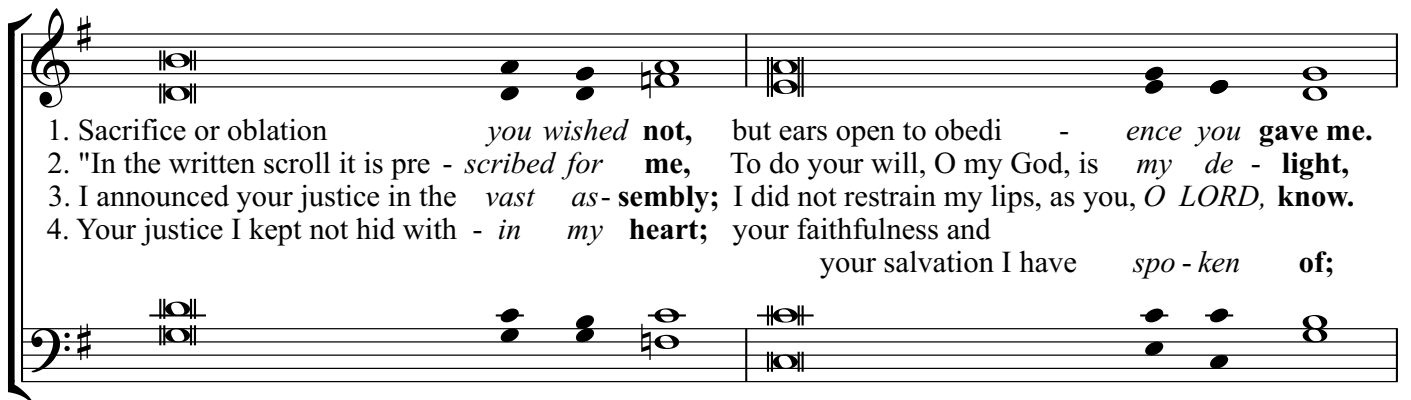
3. Forever I will maintain my
kindness toward **him,** and my covenant *with him stands firm."*

Solemnity of the Annunciation of the Lord

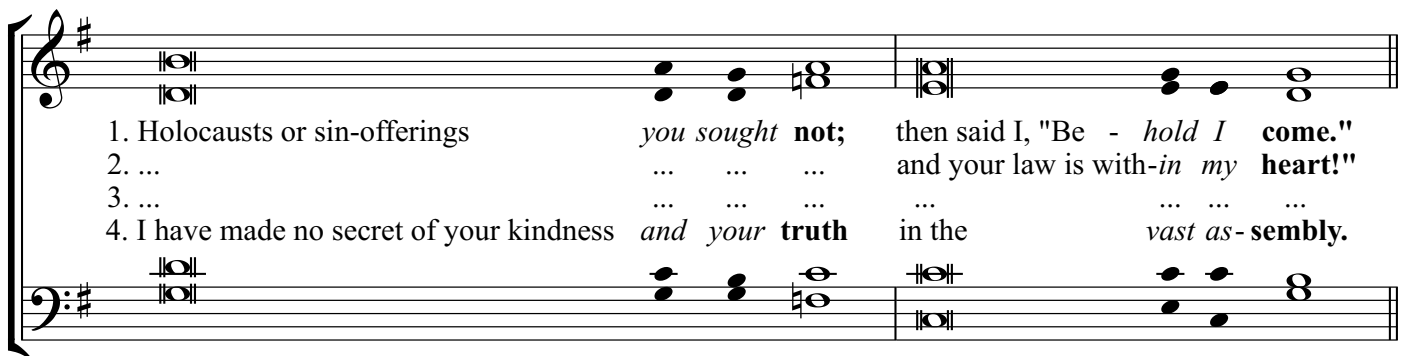
Psalm 40:7-8a, 8b-9, 10, 11



Here I am, Lord; I come to do your will.



1. Sacrifice or oblation you wished **not**, but ears open to obedi - ence you gave me.
 2. "In the written scroll it is pre - scribed for **me**, To do your will, O my God, is my de - light,
 3. I announced your justice in the vast as - ssembly; I did not restrain my lips, as you, O LORD, know.
 4. Your justice I kept not hid with - in my **heart**; your faithfulness and
 your salvation I have spo - ken of;



1. Holocausts or sin-offerings you sought **not**; then said I, "Be - hold I come."
 2. and your law is with-in my **heart!**
 3.
 4. I have made no secret of your kindness and your **truth** in the vast as - ssembly.

Lenten Gospel Acclamation

for Lent
verses from Year C

Praise to you Lord Je - sus Christ, King of end - less glo - ry!

Verse for Ash Wednesday

If today you hear his voice, harden not your hearts.

Ash Wednesday

If today you *hear his voice*,
harden *not your hearts*.

1st Sunday of Lent

One does not live on *bread a-lone*,
but on every word that comes forth from
the *mouth of God*.

2nd Sunday of Lent

From the shining cloud the Father's *voice is heard*:
This is my beloved *Son, hear him*.

3rd Sunday of Lent

Repent, *says the Lord*;
the kingdom of heaven *is at hand*.

4th Sunday of Lent

I will get up and go to my Father and
shall *say to him*:

Psalms for Lectionary Year C
Father, / I have sinned against heaven
and *against you*.

5th Sunday of Lent

Even now, says the Lord, / return to me
with *your whole heart*;
for I am *gracious and merciful*.

Palm Sunday of the Lord's Passion

Christ became obedient to the point of
death, / even death *on a cross*.
Because of this, God greatly exalted
him / and bestowed on him the name
which is above *every name*.

March 19th - Solemnity of St. Joseph, husband of the Blessed Virgin Mary

Blessed are those who dwell in your *house*,
O Lord;
they never *cease to praise you*.

March 25th - Solemnity of the Annunciation of the Lord

The Word of God became flesh and made
his dwell-*ing a-mong us*;
and we *saw his glory*.