



# Psalms for Lent

Lectionary Year B

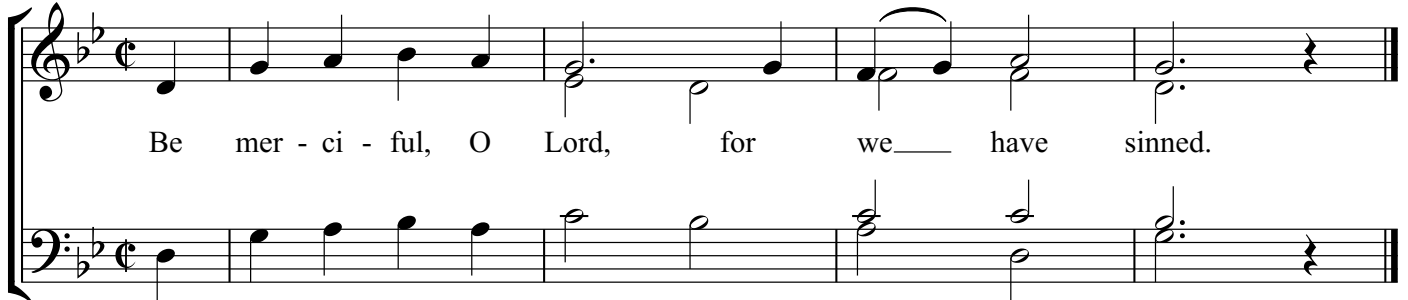
Jonathan Hellerman  
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Psalms for Lent  
YEAR B

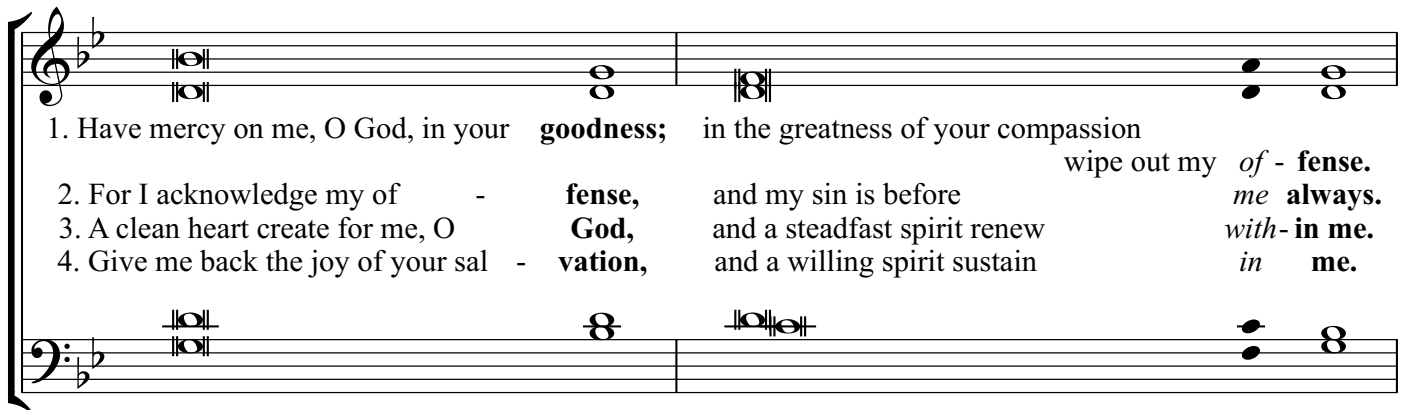
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# Ash Wednesday

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



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

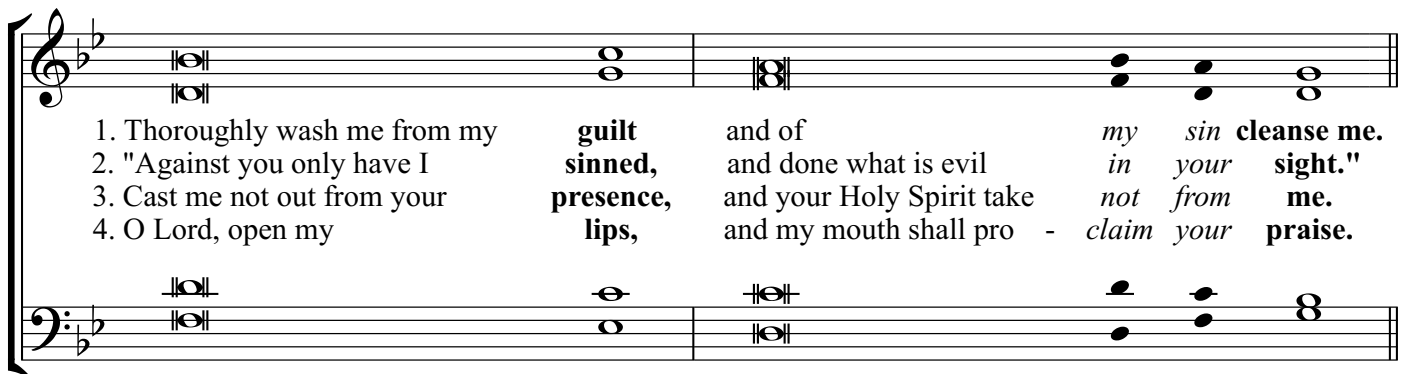


1. Have mercy on me, O God, in your **goodness;** in the greatness of your compassion  
wipe out my *of - fense.*

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.*

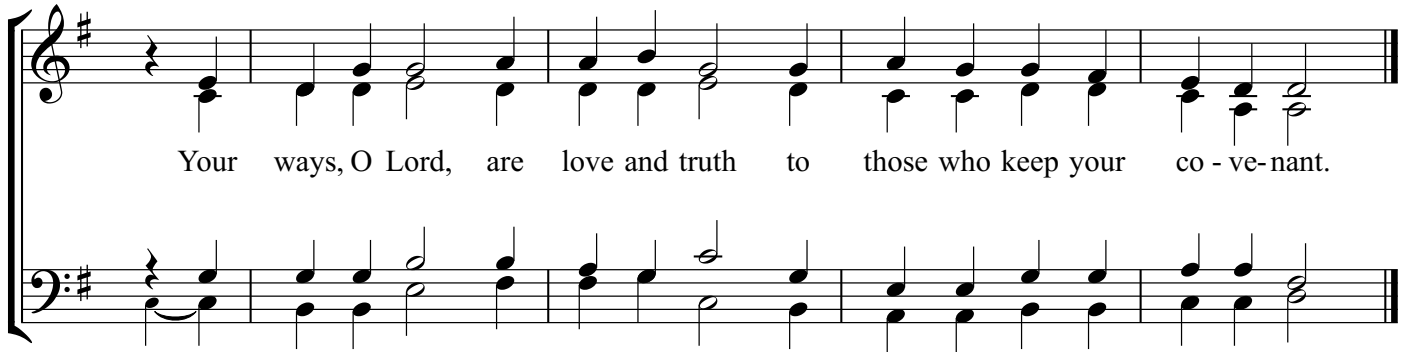
2. "Against you only have I **sinned,** and done what is evil *in your sight."*

3. Cast me not out from your **presence,** and your Holy Spirit take *not from me.*

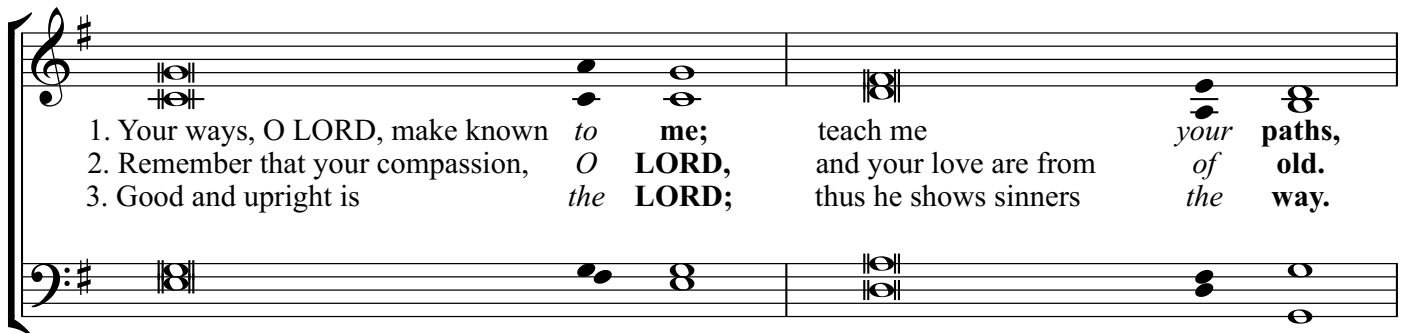
4. O Lord, open my **lips,** and my mouth shall pro - *claim your praise.*

# 1st Sunday of Lent

Psalm 25: 4-5, 6-7, 8-9



Your ways, O Lord, are love and truth to those who keep your co-ve-nant.



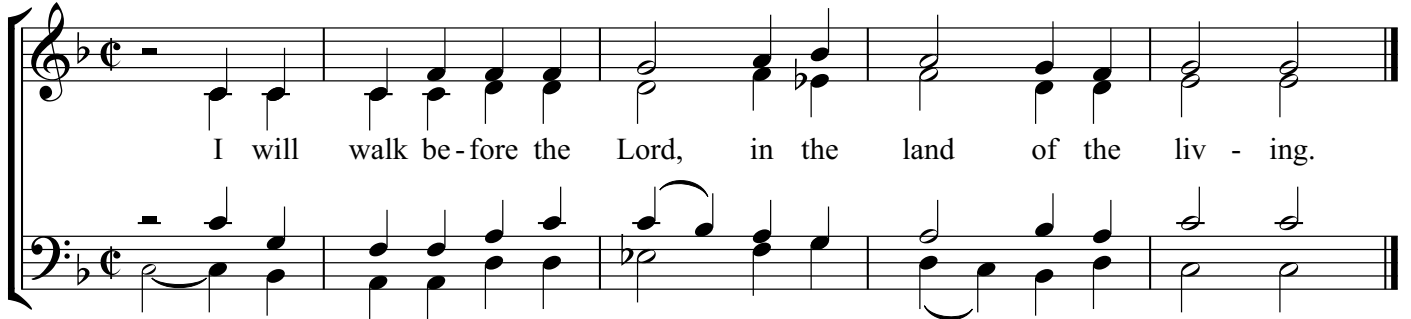
1. Your ways, O LORD, make known to me; teach me your paths,  
 2. Remember that your compassion, O LORD, and your love are from of old.  
 3. Good and upright is the LORD; thus he shows sinners the way.



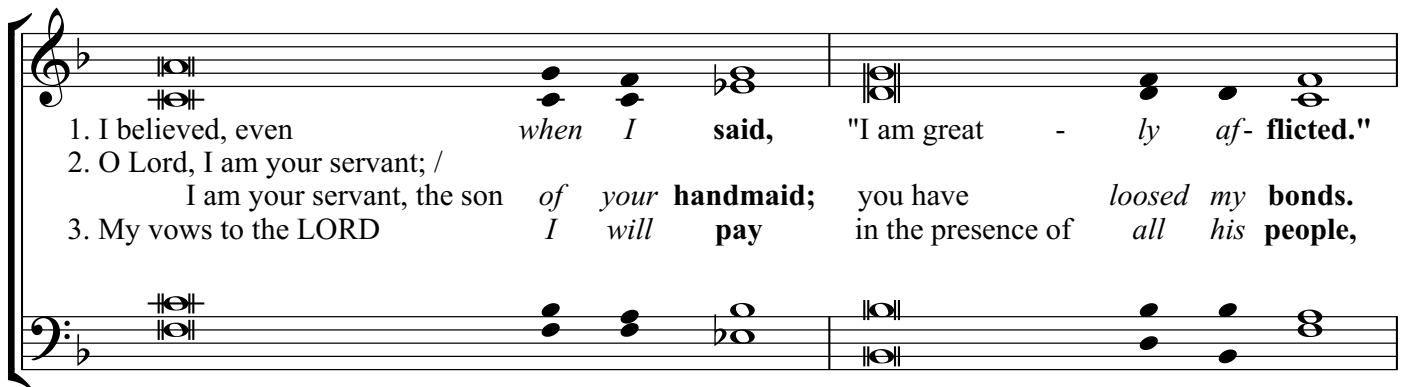
1. guide me in your truth and teach me, for you are God my savior.  
 2. The sins of my youth and my frailties remember not; in your kindness remember me, /  
 because of your goodness, O LORD.  
 3. He guides the humble to justice, and teaches the humble his way.

# 2nd Sunday of Lent

Psalm 116:10, 15, 16-17, 18-19



I will walk be-fore the Lord, in the land of the liv - ing.



1. I believed, even when I said, "I am great - ly af- flicted."  
 2. O Lord, I am your servant; /  
 I am your servant, the son of your **handmaid**; you have loosed my **bonds**.  
 3. My vows to the LORD I will pay in the presence of all his **people**,



1. Precious in the eyes of the **LORD** is the death of his **faithful ones**.  
 2. To you will I offer sacrifice of **thanks-giving**, and I will call upon the name of the **LORD**.  
 3. In the courts of the house of the **LORD**, in your midst, O Je - **rusalem**.

# 3rd Sunday of Lent

Psalm 19:8, 9, 10, 11

Lord, you have the words of e - ver - last - ing life.

1. The law of the *LORD* is **perfect**, refresh - ing the **soul**;  
 2. The precepts of the *LORD* are **right**, rejoic - ing the **heart**;  
 3. The fear of the *LORD* is **pure**, endur - ing for - ever;  
 4. They are more pre - cious than **gold**, than a heap of pur - est **gold**;

1. The decree of the *LORD* is **trustworthy**, giving wisdom to the **simple**.  
 2. The command of the *LORD* is **clear**, enlighten - ing the **eye**.  
 3. The ordinances of the *LORD* are **true**, all of them **just**.  
 4. Sweeter al - so than **syrup** or honey from the **comb**.

# 4th Sunday of Lent

Psalm 137:1-2, 3, 4-5, 6

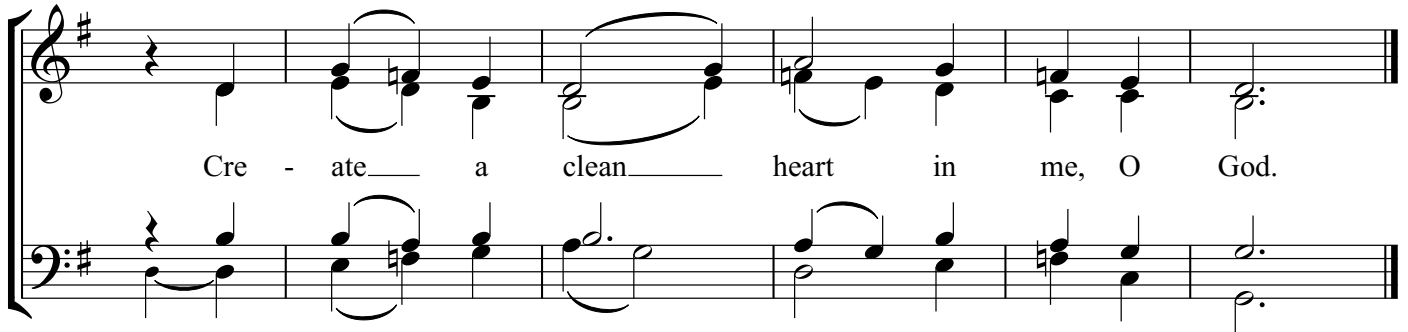
Let my tongue be si-lenced, if I e-ver for-get you!

1. By the streams of Babylon we sat and **wept** when we remem - bered **Zion.**  
 2. For there our captors **asked of us** the lyrics of *our* **songs,**  
 3. How could we sing a song of the **LORD** in a fo - *reign* **land?**  
 4. May my tongue cleave to my **palate** if I remember *you* **not,**

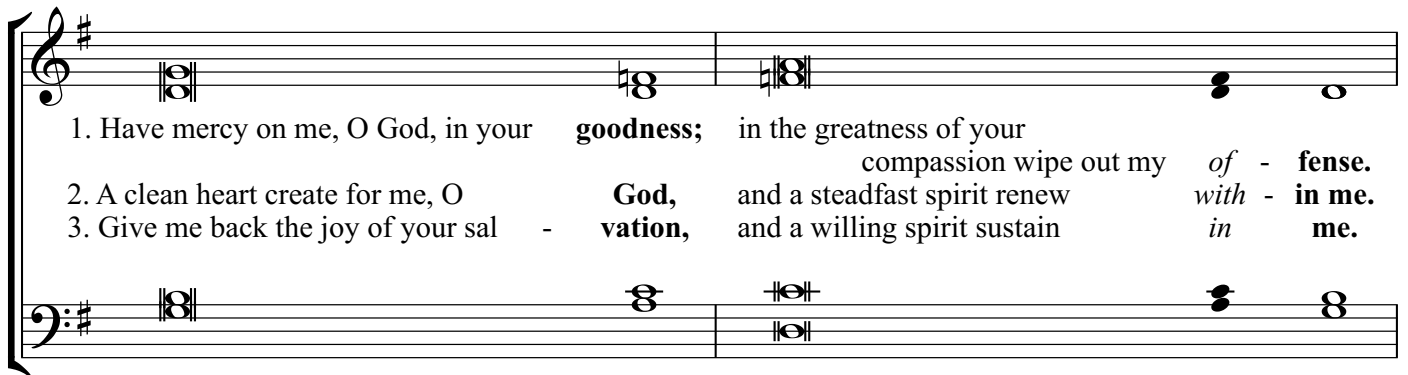
1. On the aspens of that **land** we hung up *our* **harps.**  
 2. And our despoilers urged us to be **joyous:** "Sing for us the songs *of* **Zion!"**  
 3. If I ever forget you, Je - **rusalem,** may my right hand be *for* - **gotten!**  
 4. If I place not Je - - **rusalem** ahead of *my* **joy.**

## 5th Sunday of Lent

Psalm 51:12-13, 14-15, 18-19



Cre - ate a clean heart in me, O God.



1. Have mercy on me, O God, in your **goodness**; in the greatness of your compassion wipe out my *of - fense*.  
 2. A clean heart create for me, O **God**, and a steadfast spirit renew *with - in me*.  
 3. 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. Cast me not out from your **presence**, and your Holy Spirit take not *from* **me**.  
 3. I will teach transgressors your **ways**, and sinners shall return *to* **you**.



# 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:**

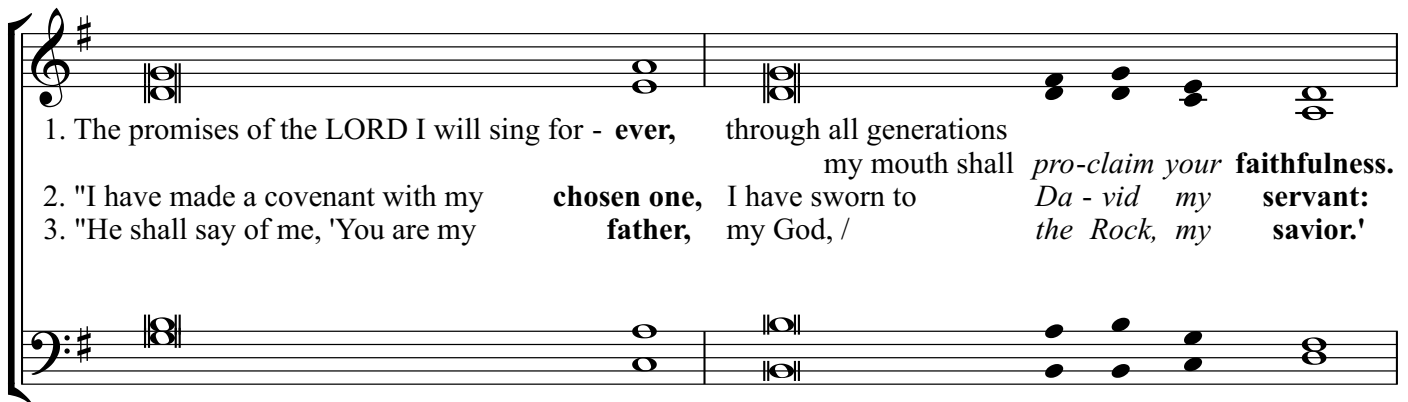
1. "He relied on the LORD; let him de - **liver him,** let him rescue him, if *he* **loves him."**  
 2. They have pierced my hands and my **feet;** I can count all *my* **bones.**  
 3. But you, O LORD, be not far from **me;** O my help, hasten *to* **aid me.**  
 4. "You who fear the LORD, **praise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



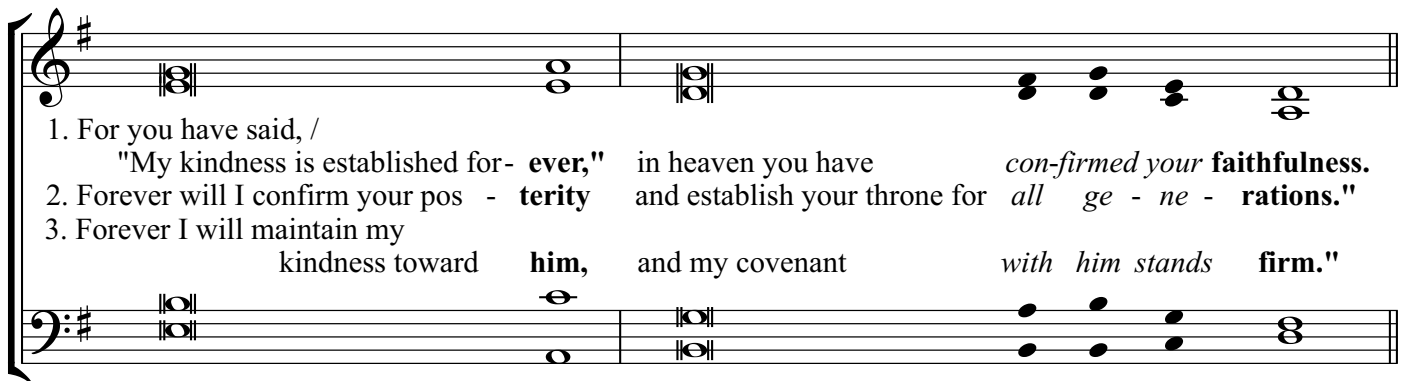
The son of Da - vid will live for e - ver.



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."*

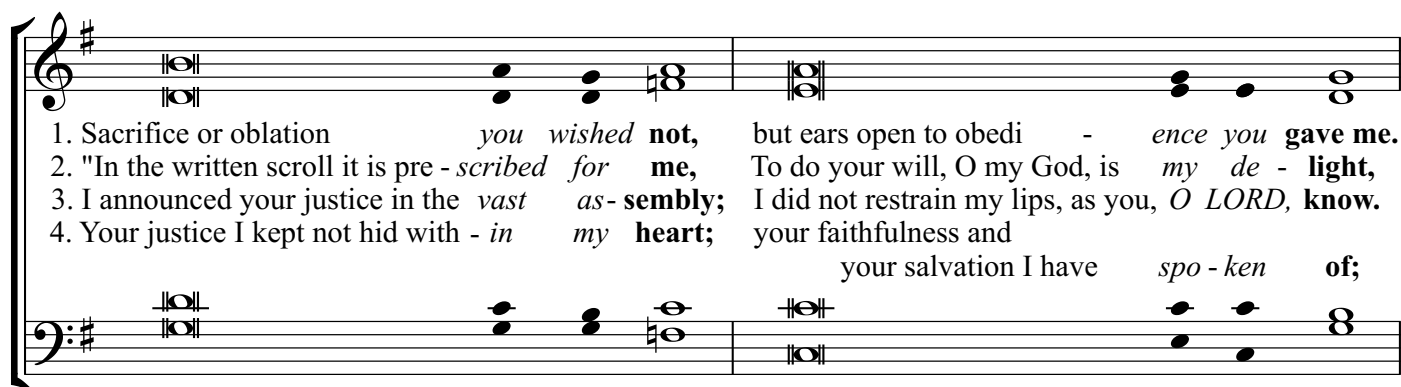
3. Forever I will maintain my  
kindness toward **him,** and my covenant *with him stands firm."*

# Solemnity of the Annunciation of the Lord

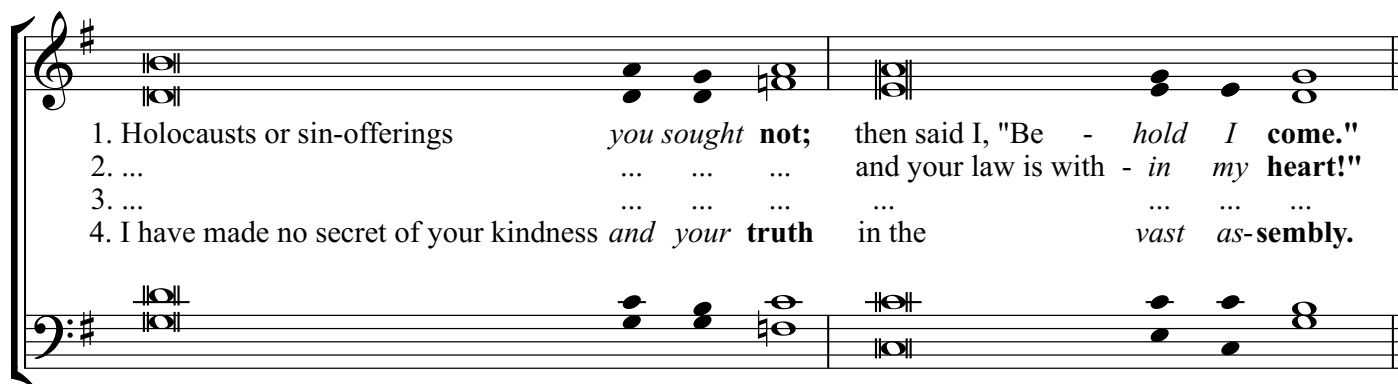
Psalm 40:7-8a, 8b-9, 10, 11



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 B

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**

God so loved the world that he gave his *only Son*,  
so that everyone who believes in him  
might have *e-ternal life*.

### **4th Sunday of Lent**

God so loved the world that he gave his *only Son*,  
so that everyone who believes in him  
might have *e-ternal life*.

### **5th Sunday of Lent**

Whoever serves me must follow me, *says the Lord*;  
and where I am, there also will my *servant be*.

### **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*.