



Lord, show your mercy, for I am in trouble, and my soul and my body are consumed with my sorrow. My life is wasted with grief and with sighing, my strength has failed me, my bones have all crumbled.

I have become a reproach to my enemies, an object of loathing to my friends and my neighbours. I am forgotten, like one dead, one out of mind, I am left broken, and scattered in ashes.

Slander is all around, fear lurks on every side,
I hear all their whispering and plotting against me.
Yet will I trust you, my times are all in your hand,
you will deliver me, you will protect me.

From Psalm 31

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