Psalms from the Soul

Volume 1: Advent, Christmas & Ordinary Time

Rawn Harbor, ValLimar & Frank Jansen, and Val Parker
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Psalm 25: To You, O Lord, I Lift My Soul

Psalm 25:4–5, 8–9, 10, 14

INTRO (q = ca. 70)

REFRAIN: 1st time: Cantor, All repeat; thereafter: All

VERSE 1: Cantors

1. Your ways, O LORD, make known to me; teach me your paths.

1. Guide me in your

Gm9 Cmaj7/G Dmaj7/A Bb7/D C/F Gmaj9

Gm11 Cmaj7/G Dmaj7/A Gm9 C/G Fadd9/A Dadd9/F# D.S.

1. truth and teach me, for you are God my savior.
VERSES 2, 3: Choir or Cantor(s)

2. Good and upright is the LORD, all the paths of the LORD are kindness and constancy toward those who keep his ways.

3. Thus he shows sinners the way. He guides the humble his decrees. The friendship of the LORD is with those who fear him, and his covenant for their instruction.
PSALM 25: TO YOU, O LORD, I LIFT MY SOUL

Val Parker

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To you, O Lord, I lift my soul. To you, O Lord, I lift my soul.

1. Your ways, O LORD, make known to me; teach me your paths. Guide me in your truth and teach me, for you are God my savior.
2. Good and upright is the LORD, thus he shows sinners the way. He guides the humble to justice and teaches the humble his way.
3. All the paths of the LORD are kindness and constancy toward those who keep his covenant and his decrees. The friendship of the LORD is with those who fear him, and his covenant for their instruction.

PSALM 27: THE LORD IS MY LIGHT AND MY SALVATION

Rawn Harbor

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The Lord is my light, the Lord is my light, the Lord is my light, and my salvation.

1. The LORD is my light and my salvation; whom should I fear? The Lord is my life’s refuge; of whom should I be afraid?
2. One thing I ask of the LORD; this, this I seek: to dwell in the house of the LORD, all the days of my life, that I may gaze on the loveliness of the LORD, and contemplate his temple.
3. I believe that I shall see the bounty of the LORD in the land, in the land of the living. Wait for the LORD, wait for the LORD, with courage; be stouthearted, and wait for the LORD!

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PSALM 72: LORD, EVERY NATION ON EARTH WILL ADORE YOU

Val Parker


Lord, ev’ry nation on earth will adore you.

1. O God, with your judgment endow the king, and with your justice the king’s son; he shall govern your people with justice and your afflicted ones with judgment.

2. Justice shall flower in his days, and profound peace, till the moon be no more. May he rule from sea to sea, and from the River to the ends of the earth.

3. The kings of Tarshish and the Isles shall offer gifts; the kings of Arabia and Seba shall bring tribute. All kings shall pay him homage, all nations shall serve him.

4. For he shall rescue the poor when he cries out, and the afflicted when he has no one to help him. He shall have pity for the lowly and the poor; the lives of the poor he shall save.


PSALM 85: LORD, SHOW US YOUR MERCY AND LOVE

Val Parker

Lord, show us your mercy and love.

1. I will hear what God proclaims; the LORD— for he proclaims peace. Near indeed is his salvation to those who fear him, glory dwelling in our land.

2. Kindness and truth shall meet; justice and peace shall kiss. Truth shall spring out of the earth, and justice shall look down from heaven.

3. The Lord himself will give his benefits; our land shall yield its increase. Justice shall walk before him, and prepare the way of his steps.


PSALM 89: FOR EVER I WILL SING THE GOODNESS OF THE LORD

ValLimar and Frank Jansen

For ever I will sing the goodness of the Lord.

1. The promises of the Lord I will sing, sing forever; through all generations my mouth shall proclaim your faithfulness. For you have said, “My kindness is established forever”; in heaven you have confirmed, in heaven you have confirmed your faithfulness.

2. “I have made a covenant with my chosen one, I have sworn to David my servant: forever will I confirm your posterity and establish your throne for all generations.”

3. “He shall say of me, ‘You are my father, my God, the Rock, my savior.’ Forever, forever I will maintain my kindness toward him, and my covenant with him stands firm, stands firm, stands firm.”


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PSALM 95: IF TODAY YOU HEAR HIS VOICE

Rawn Harbor

1. Come, let us sing joyfully to the LORD; let us acclaim the Rock of our salvation. Let us come into his presence with thanksgiving; let us joyfully sing psalms to him. For he is our God, and we are the people he shepherds, the flock he guides.

2. Come, let us bow down and worship; let us kneel before the LORD who made us. For he is our God, and we are the people he shepherds, the flock he guides.

3. O, that today you would hear his voice: “Harden not your hearts as at Meribah, as in the day of Massah in the desert,” where your fathers tempted me; they tested me though they had seen my works.

PSALM 98: ALL THE ENDS OF THE EARTH

Val Parker

1. Sing to the LORD a new song, for he has done wondrous deeds; his right hand has won victory for him, his holy arm.

2. The LORD has made his salvation known: in the sight of the nations he has revealed his justice. He has remembered his kindness and his faithfulness toward the house of Israel.

3. All the ends of the earth have seen the salvation by our God. Sing joyfully to the LORD, all you lands; break into song; sing praise.

4. Sing praise to the LORD with the harp, with the harp and melodious song. With trumpets and the sound of the horn sing joyfully before the King, the LORD.
PSALM 103: THE LORD IS KIND AND MERCIFUL

Rawn Harbor

1. Bless the LORD, O my soul; all my being bless his holy name. Bless the LORD, O my soul; forget not all his benefits.
2. He pardons all your iniquities, heals all your ills. He redeems your life from destruction, crowns you with kindness and compassion.
3. Merciful and gracious is the LORD, slow to anger, and abounding in kindness. Not according to our sins does he deal with us, nor does he requite us according to our crimes.
4. As far as the east is from the west, so far has he put our transgressions from us. As a father has compassion on his children, so the LORD has compassion on those who fear him.


PSALM 122: LET US GO REJOICING

Rawn Harbor

1. I rejoiced because they said to me “We will go up to the house of the LORD,” and now we have set foot within your gates, O Jerusalem, Jerusalem.
2. Jerusalem, built as a city with compact unity. To it the tribes go up, the tribes of the LORD.
3. According to the decree for Israel, to give thanks to the name of the LORD.
4. Pray for the peace of Jerusalem! May those who love you prosper! May peace be within your walls, prosperity in your buildings.
5. Because of my relatives and friends I will say, “Peace be within you!” Because of the house of the LORD, our God, I will pray for your good.


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PSALM 141: LET MY PRAYER ARISE

ValLimar and Frank Jansen

Let my prayer arise before you like incense, the raising of my hands like an evening oblation.

1. I have called to you, O Lord; hasten to help me! Hear my voice when I cry to you.
2. Set, O Lord, a guard over my mouth; keep watch at the door of my lips! Do not turn my heart to things that are wrong, to evil deeds with men who are sinners. Never allow me to share in their feasting. If a good man strikes or reproves me, it is kindness. But let the oil of the wicked not anoint my head. Let my prayer be ever against their malice.
3. Their princes were thrown down by the side of the rock; then they understood that my words were kind.

As a millstone is shattered to pieces on the ground, So their bones were strewn at the mouth of the grave.

4. To you, Lord God, my eyes are turned; in you I take refuge. Spare my soul from the trap they have laid for me; keep me safe.

Keep me from the snares of those who do evil.

5. Glory to the Father, and to the Son, and to the Holy Spirit: As it was in the beginning is now and will be forever. Amen! Amen! Amen!

PSALM 141: LET MY PRAYER ARISE

ValLimar and Frank Jansen

CANTICLE OF MARY

ValLimar and Frank Jansen

My soul proclaims the great-ness of the Lord, my spir-it re-joic-es in God my Sav-ior.

1. For he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name.
2. He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit, he scattered the proud.
3. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty.
4. He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children for ever.


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Blessed be the Lord, the God of Israel; he has come to his people and set them free.

He has raised up for us a mighty savior, born of the house of his servant David. Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham, to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.
Refrain

Lord, now let your servant go in peace; peace; your word has been fulfilled:

my own eyes have seen the salvation which you have prepared in the sight of every people:

a light to reveal you to the nations and the glory of your people Israel:

and to the nations and the glory of your people Israel:

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever.

CANTICLE OF SIMEON

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Afterword

Psalms from the Soul is a collection of twenty-eight gospel-style psalms and canticles in two volumes, using verbatim texts from the Lectionary, composed and recorded by three nationally renowned gospel music artists:

**RAWN HARBOR** is pastoral associate and liturgist at St. Columba Catholic Church in Oakland, CA; director of liturgy at the Franciscan School of Theology in Berkeley; and adjunct instructor in Performing Arts at the University of San Francisco.

**VALLIMAR JANSEN** is a highly regarded singer, recording artist, college professor, leader of worship, and workshop presenter, known especially for her work in gospel, contemporary Christian and gospel-jazz styles. ValLimar composes all her music in collaboration with her husband, Frank.

**VAL PARKER** is director of music at St. Paul A.M.E. Church in Atlanta and assistant director of the jazz orchestra at Clark-Atlanta University. He has recorded several collections with composer Grayson Warren Brown, as well as improvisatory piano duets with Paul Inwood. Most of his psalm settings were written when he was working at the Archbishop James P. Lyke Center at the Atlanta University Center.

These two volumes include all of the Common Responsorial Psalms designated for seasonal use in the [Lectionary for Mass](#). A Common Psalm may be properly used on any Sunday within its appointed season, and many of these psalms are also the specific psalms for certain Sundays or feast days within the liturgical cycle; indices on the two previous pages supply more information on the seasons, Sundays, feast days and Rites for which each psalm is appropriate. In addition, this two-volume collection includes a setting of Psalm 23, appropriate for use at funeral liturgies, plus settings of Psalm 141 and the three canticles for use in Morning Prayer, Evening Prayer and Night Prayer.

These settings cover a wide variety of musical styles and moods, ranging from the simple and reflective “Canticle of Simeon,” to the brooding minor-keyed “Let My Prayer Arise,” to the jazz-inflected “All the Ends of the Earth,” to the highly syncopated and energetic “Let Us Go Rejoicing.” “The Lord Is Kind and Merciful” is written in the declamatory, text-driven style of a southern field-holler, while “Lord, Show Us Your Mercy and Love” flows in lyrical melodic lines.

The choral arrangements of several of these Psalms (27: The Lord Is My Light; 95: If Today You Hear His Voice; 122: Let Us Go Rejoicing; 72: Lord, Every Nation on Earth; 98: All the Ends of the Earth; Canticle of Simeon) will work effectively with either SAT or SATB vocal forces.

**Note to Guitarists:**

Many of the chords in these pieces are far beyond the standard chords an average (or even above-average) guitarist is likely to know. Beyond that, many of these extended chords are not really practical to play in full versions on the six strings available to a guitarist, and we have not attempted to provide chord charts in this book. When in doubt, play a more basic form of the chord you see in the score. For example, instead of D13(#11), play D, D7, or D9, any of which will be compatible with a keyboardist playing the fuller version of the chord.

Please visit the OCP web page for free downloadable Guitar Chord Charts, [www.ocp.org/](http://www.ocp.org/). You may also call our Customer Service Department at 1-800-548-8749 for a free copy.