

Psalm 103

Benedic, anima mea

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Peter Aston (1938-2013)

SATB

1) Bless the Lord, O my soul,

and all that is within me, bless his ho - ly Name.

2) Bless the Lord, O my soul,

and for - get not all his benefits.

Psalm 103

TB

3) He forgives

all your sins

This block contains the first measure of the Tenor and Bass parts. The Tenor part (treble clef) has a whole note chord of G4 and A4. The Bass part (bass clef) has a whole note chord of G3 and A3. The lyrics are "3) He forgives" for the Tenor and "all your sins" for the Bass.

and HEALS all your in - firmities;

This block contains the second measure of the Tenor and Bass parts. The Tenor part (treble clef) has a whole note chord of G4 and A4. The Bass part (bass clef) has a whole note chord of G3 and A3. The lyrics are "and HEALS all your in - firmities;" for the Tenor and "and HEALS all your in - firmities;" for the Bass.

SA

4) He redeems your

life from the

grave

This block contains the first measure of the Soprano and Alto parts. The Soprano part (treble clef) has a whole note chord of G4 and A4. The Alto part (bass clef) has a whole note chord of G3 and A3. The lyrics are "4) He redeems your" for the Soprano and "life from the" for the Alto.

and crowns you with mercy and lov - ing - kindness;

This block contains the second measure of the Soprano and Alto parts. The Soprano part (treble clef) has a whole note chord of G4 and A4. The Alto part (bass clef) has a whole note chord of G3 and A3. The lyrics are "and crowns you with mercy and lov - ing - kindness;" for the Soprano and "and crowns you with mercy and lov - ing - kindness;" for the Alto.

Psalm 103

TB

2nd half of chant

5) He satisfies you with GOOD things,

This musical score is for a Tenor and Bass (TB) part. It consists of two staves, a treble staff for the Tenor and a bass staff for the Bass. The music is written in a simple, homophonic style. The lyrics are: "5) He satisfies you with GOOD things,". The melody is primarily in the Tenor part, with the Bass part providing harmonic support. The key signature is one flat (B-flat), and the time signature is common time (C).

SA

and your youth is re - newed like an eagle's.

This musical score is for a Soprano and Alto (SA) part. It consists of two staves, a treble staff for the Soprano and a bass staff for the Alto. The music is written in a simple, homophonic style. The lyrics are: "and your youth is re - newed like an eagle's.". The melody is primarily in the Soprano part, with the Alto part providing harmonic support. The key signature is one flat (B-flat), and the time signature is common time (C).

Psalm 103

SATB

6) The Lord exe - cutes righteousness

and judgment for all who are op - pressed.

7) He made his ways known to Moses

and his works to the chil - dren of Israel.

Psalm 103

TB



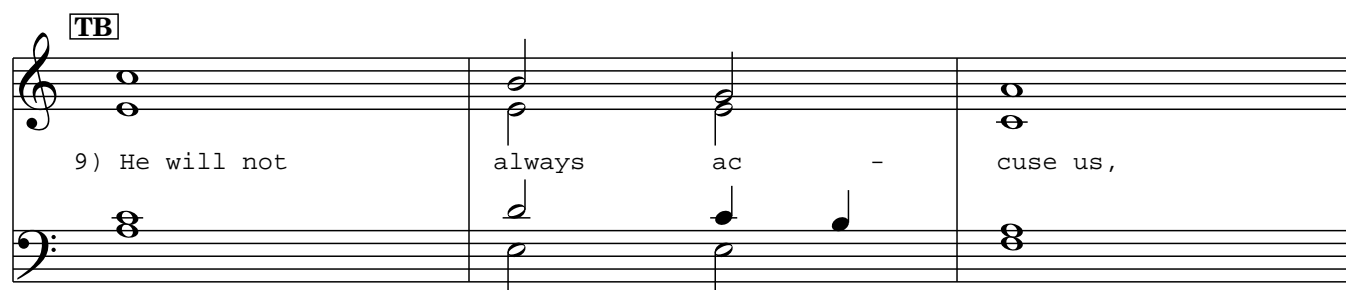
8) The Lord is full of com - passion and mercy,

SA



slow to anger and of GREAT kindness.

TB



9) He will not always ac - cuse us,

SA



nor will he keep his anger for ever.

Psalm 103

SATB

10) He has not dealt with us ac - cording to our sins,

This system of the musical score for SATB choir consists of two staves, Treble and Bass. The time signature is 8/8. The first measure contains the lyrics '10) He has not dealt with us'. The second measure contains 'ac - cording' and the third measure contains 'to our'. The fourth measure contains 'sins,'. The vocal parts are represented by whole notes and half notes.

nor rewarded us ac - cord - ing to our wickedness.

This system continues the musical score. The first measure contains 'nor rewarded us'. The second measure contains 'ac - cord - ing' and the third measure contains 'to our'. The fourth measure contains 'wickedness.'.

11) For as the heav'ns are high a - bove the earth,

This system begins with the number '11)'. The first measure contains 'For as the heav'ns are'. The second measure contains 'high a -' and the third measure contains 'bove the'. The fourth measure contains 'earth,'.

so is his mercy great u - pon those who fear him.

This system continues the musical score. The first measure contains 'so is his mercy'. The second measure contains 'great u -' and the third measure contains 'pon those'. The fourth measure contains 'who fear him.'.

Psalm 103

Unison

Chorus

12) As far as the east is from the west,

so far has he re - moved our SINS from us.

SATB

Solo

13) As a father cares for his children,

so does the Lord care for those who fear him.

Psalm 103

SATB

14) For he himself knows where - of we are made;

he re - members that we are but dust.

15) Our days are like the grass;

we flourish like a flow - er of the field;

Psalm 103

SATB

2nd half of chant

16) When the wind goes over it,) it is gone,

and its place shall know it no more.

Psalm 103

SATB

New chant - Aston

17) But the merciful goodness
of the Lord endures for ever on those who fear him,

and his righteousness on chil - dren's children;

18) On those who keep his covenant

and re - member his com - mandments and do them.

Psalm 103

SATB

19) The Lord has set his throne in heav'n,

and his kingship has do-min - ion o - ver all.

20) Bless the Lord, you angels of his,) you mighty ones who do his bidding,

and hearken to the voice of his word.

Psalm 103

SATB

21) Bless the Lord, all you his hosts,

you ministers of his who do his will.

22) Bless the Lord, all you works of his,) in all places of his do - minion;

bless the LORD, O my soul.

Psalm 103

SATB

Glory to the Father, and to the Son,

and to the Ho - ly Spirit:

as it was in the be - ginning, is now,

and will be for - ever.) A - men.