

SELECT PSALMS  
FOR WORSHIP

Union University Psalm Project

## *Guide to Using the Metrical Psalter*

All the Psalms can be sung to familiar Hymn tunes. Some of those familiar hymns are listed below, with the name of the tune to the side. All 150 Psalms can be sung to the following **Common Meter** tunes:

- “Amazing Grace” (New Britain)
- “O For A thousand Tongues to Sing” (Azmon)
- “Alas and Did My Savior Bleed?” (Martyrdom)
- “Our God Our Help in Ages Past” (St. Ann)
- “I Sing the Mighty Power of God” (Ellecomb)
- “All Hail the Power of Jesus’ Name” (Coronation)- repeat 3rd & 4th lines
- “Am I a Soldier of the Cross?” (Arlington & Artaxerxes)
- “God Moves in a Mysterious Way” (Dundee & French)
- “Majestic Sweetness Sits Enthorned” (Ortonville)
- “Must Jesus Bear the Cross Alone?” (Maitland)

There are alternative **Long Meter** versions found on the following pages:

Psalm 6 (page 6)

Psalm 100 (page 201)

Psalm 102 (page 207)

Psalm 145 (page 302)

*these can be sung to...*

- “Doxology” (Old 100<sup>th</sup>)
- “Just As I am” (Woodworth)
- “Jesus Shall Reign” (Duke Street)
- “When I Survey the Wondrous Cross” (Hamburg)
- “Jesus Thou Joy of Loving Hearts” (Quebec & Hesperus)

There are alternative **Short Meter** versions found on the following pages:

Psalm 25 (page 39)

Psalm 45 (page 86)

Psalm 50 (page 95)

Psalm 67 First Version (page 126)

Psalm 70 (page 136)

*these can be sung to...*

- “Not What My Hands Have Done” –(Leominster)
- “Blest Be the Tie That Binds” (Dennis)
- “I Love Thy Kingdom Lord” (St. Thomas)
- “Crown Him With Many Crowns” (Diademata)
- “This is My Father’s World” ( Terra Beta)

## *Understanding Meter*

What is meter? Meter is the number of beats, notes, and syllables in a line. The three basic meter structures used in the following Psalter are as follows:

- Common Meter (CM): 8.6.8.6.
- Long Meter (LM): 8.8.8.8.
- Short Meter (SM): 6.6.8.6.

Common meter can be demonstrated with Psalm 23:

The<sup>1</sup> Lord's<sup>2</sup> my<sup>3</sup> shep<sup>4</sup>-herd<sup>5</sup>, I'll<sup>6</sup> not<sup>7</sup> want<sup>8</sup>

He<sup>1</sup> makes<sup>2</sup> me<sup>3</sup> down<sup>4</sup> to<sup>5</sup> lie<sup>6</sup>

In<sup>1</sup> pas<sup>2</sup>-tures<sup>3</sup> green:<sup>4</sup> he<sup>5</sup> lead<sup>6</sup>-eth<sup>7</sup> me<sup>8</sup>

The<sup>1</sup> qui<sup>2</sup>-et<sup>3</sup> wa<sup>4</sup>-ters<sup>5</sup> by<sup>6</sup>

## *A Topical Table of the Psalms*

### **Prayers**

- For pardon of sin: Ps. 6th, 25th, 32nd, 38th, 51st, 102nd, 130th, 143rd.
- Dealing with depression and affliction: Ps. 13th, 22nd, 69th, 77th, 88th.
- Asking God for help: Ps. 7th, 17th, 26th, 35th.
- Trust and Confidence in the Lord while going through afflictions: Ps. 3rd, 16th, 27th, 31st, 54th, 56th, 57th, 61st, 62nd, 71st, 86th, 94th, 102nd.
- Prayers of intercession: Ps. 20th, 67th, 122nd, 132nd, 144th.

### **Thanksgiving**

Ps. 9th, 18th, 22nd, 30th, 34th, 40th, Ps. 46th, 65th, 66th, 68th, 75th, 81st, 85th, 98th, 103rd, 108th, 116th, 118th, 124th, 129th, 135th, 136th, 138th, 144th, 149th.

### **Praise: Psalms Celebrating the Attributes and Providence of God**

- God's goodness and mercy, particularly his care and protection of his people: Ps. 23rd, 34th, 36th, 91st, 100th, 103rd, 107th, 117th, 121st, 145th, 146th.
- Psalms expressing the power, majesty, glory, and other attributes of the Lord: Ps. 8th, 19th, 24th, 29th, 33rd, 47th, 50th, 65th, 66th, 76th, 77th, 93rd, 95th, 96th, 97th, 99th, 104th, 111th, 113th, 114th, 115th, 134th, 139th, 147th, 148th, 150th.

### **Instructive**

- The different characters of good and bad men: Ps. 1st, 5th, 7th, 9th, 10th, 11th, 12th, 14th, 15th, 17th, 24th, 25th, 32nd, 36th, 37th, 50th, 52nd, 53rd, 58th, 73rd, 75th, 84th, 91st, 92nd, 94th, 112th, 119th, 121st, 125th, 127th, 128th, 133rd.
- The excellence of God's law: Ps. 19th, 119th.
- The vanity of human life: Ps. 39th, 49th, 90th.
- Advice to magistrates: Ps. 82nd, 101st.
- The virtue of humility: Ps. 131st.

**Psalm 1** Tune: New Britain  
 “Amazing Grace”

- 1 That man hath perfect blessedness,  
 who walketh not astray  
 In counsel of ungodly men,  
 nor stands in sinners' way,
- Nor sitteth in the scorner's chair:
- 2 But placeth his delight  
 Upon God's law, and meditates  
 on his law day and night.
- 3 He shall be like a tree that grows  
 near planted by a river,  
 Which in his season yields his fruit,  
 and his leaf fadeth never:
- And all he doth shall prosper well.
- 4 The wicked are not so;  
 But like they are unto the chaff,  
 which wind drives to and fro.
- 5 In judgment therefore shall not stand  
 such as ungodly are;  
 Nor in th' assembly of the just  
 shall wicked men appear.
- 6 For why? the way of godly men  
 unto the Lord is known:  
 Whereas the way of wicked men  
 shall quite be overthrown.

**Psalm 8** Tune: St. Anne  
“Our God Our Help in Ages Past”

To the chief Musician upon Gittith, A Psalm of David.

- 1    How excellent in all the earth,  
          Lord, our Lord, is thy name!  
Who hast thy glory far advanc'd  
          above the starry frame.
  
- 2    From infants' and from sucklings' mouth  
          thou didest strength ordain,  
For thy foes' cause, that so thou might'st  
          th' avenging foe restrain.
  
- 3    When I look up unto the heav'ns,  
          which thine own fingers fram'd,  
Unto the moon, and to the stars,  
          which were by thee ordain'd;
  
- 4    Then say I, What is man, that he  
          remember'd is by thee?  
Or what the son of man, that thou  
          so kind to him should'st be?

**Psalm 23** Tune: Crimond  
A Psalm of David.

- 1 The Lord's my shepherd, I'll not want.
- 2 He makes me down to lie  
In pastures green: he leadeth me  
the quiet waters by.
- 3 My soul he doth restore again;  
and me to walk doth make  
Within the paths of righteousness,  
ev'n for his own name's sake.
- 4 Yea, though I walk in death's dark vale,  
yet will I fear none ill:  
For thou art with me; and thy rod  
and staff me comfort still.
- 5 My table thou hast furnished  
in presence of my foes;  
My head thou dost with oil anoint,  
and my cup overflows.
- 6 Goodness and mercy all my life  
shall surely follow me:  
And in God's house for evermore  
my dwelling-place shall be.

**Psalm 29** Tune: Hymn to Joy  
 “Joyful, Joyful, We Adore Thee”  
 [Versification by Chad Davis]

Praise the Lord, O heavenly beings  
     Praise His glory and His might (v. 1)  
 Worship all His holy splendor  
     Give to Him what's His by right. (v. 2)  
 For His voice o'er waters thunders,  
     Over many waters roars (v. 3)  
 Full of majesty and power  
     Is the voice of our great Lord. (v. 4)

That great voice has such deep power  
     Mighty cedars it can break (v. 5)  
 Like a calf or wild oxen  
     It can make this whole world shake. (v. 6)  
 This voice makes the wild to tremble (v. 8)  
     From it flash forth fire and flame (v. 7)  
 This Lord brings both life and judgment  
     In His house all praise His name (v. 9)

Praise the Lord, O heavenly beings  
     Praise His glory and His might (v. 1)  
 Worship all His holy splendor  
     Give to Him what's His by right. (v. 2)  
 O'er the flood our God is reigning  
     And His reign will never cease (v. 10)  
 May He give strength to His people  
     May He bless us with His peace (v. 11).



**Psalm 67** Tune: Dennis  
 “Bless Be the Tie That Binds”

To the chief Musician on Neginoth, A Psalm or Song.  
 First Version (S.M.)

- 1 Lord, bless and pity us,  
     shine on us with thy face:
- 2 That th' earth thy way, and nations all  
     may know thy saving grace.
- 3 Let people praise thee, Lord;  
     let people all thee praise.
- 4 O let the na-tions be glad,  
     in songs their voices raise:
- Thou'lt justly people judge,  
     on earth rule na-tions all.
- 5 Let people praise thee, Lord; let them  
     praise thee, both great and small.
- 6 The earth her fruit shall yield,  
     our God shall blessing send.
- 7 God shall us bless; men shall him fear  
     unto earth's utmost end.

**Psalm 98** Tune: Azmon

“O For a Thousand Tongues to Sing”

- 1 O sing a new song to the Lord,  
for wonders he hath done:  
His right hand and his holy arm  
him victory hath won.
- 2 The Lord God his salvation  
hath caused to be known;  
His justice in the heathen's sight  
he openly hath shown.
- 3 He mindful of his grace and truth  
to Isr'el's house hath been;  
And the salvation of our God  
all ends of th' earth have seen.
- 4 Let all the earth unto the Lord  
send forth a joyful noise;  
Lift up your voice aloud to him,  
sing praises, and rejoice.

**Psalm 100** Tune: Old 100<sup>th</sup>  
“Doxology”

A Psalm of praise.  
FIRST VERSION (L.M.)

- 1 All people that on earth do dwell,  
Sing to the Lord with cheerful voice.
- 2 Him serve with mirth, his praise forth tell,  
Come ye before him and rejoice.
- 3 Know that the Lord is God indeed;  
Without our aid he did us make:  
We are his flock, he doth us feed,  
And for his sheep he doth us take.
- 4 O enter then his gates with praise,  
Approach with joy his courts unto:  
Praise, laud, and bless his name always,  
For it is seemly so to do.
- 5 For why? the Lord our God is good,  
His mercy is for ever sure;  
His truth at all times firmly stood,  
And shall from age to age endure.

**Psalm 119**

Tune: Azmon

“O For A Thousand Tongues”

- 1 Blessed are they that undefil'd,  
and straight are in the way;  
Who in the Lord's most holy law  
do walk, and do not stray.
- 2 Blessed are they who to observe  
his statutes are inclin'd;  
And who do seek the living God  
with their whole heart and mind.
- 3 Such in his ways do walk, and they  
do no iniquity.
- 4 Thou hast commanded us to keep  
thy precepts carefully.
- 5 O that thy statutes to observe  
thou would'st my ways direct!
- 6 Then shall I not be sham'd, when I  
thy precepts all respect.

**Psalm 138 Tune: Ellacombe** (“I Sing the Mighty Power of God”)

- 1 Thee will I praise with all my heart,  
I will sing praise to thee
- 2 Before the gods: And worship will  
toward thy sanctuary.  
I'll praise thy name, ev'n for thy truth,  
and kindness of thy love;  
For thou thy word hast magnified  
all thy great name above.
- 3 Thou didst me answer in the day  
when I to thee did cry;  
And thou my fainting soul with strength  
didst strengthen inwardly.
- 4 All kings upon the earth that are  
shall give thee praise, O Lord,  
When as they from thy mouth shall hear  
thy true and faithful word.
- 5 Yea, in the righteous ways of God  
with gladness they shall sing:  
For great's the glory of the Lord;  
who doth for ever reign.
- 6 Though God be high, yet he respects  
all those that lowly be;  
Whereas the proud and lofty ones  
afar off knoweth he.
- 7 Though I in midst of trouble walk,  
I life from thee shall have:  
'Gainst my foes' wrath thou'lt stretch thine hand;  
thy right hand shall me save.
- 8 Surely that which concerneth me  
the Lord will perfect make:  
Lord, still thy mercy lasts; do not  
thine own hands' works forsake.

**Psalm 145** Tune: Woodworth  
“Just As I Am”

David's Psalm of praise.

SECOND VERSION (L.M.)

- 1 O Lord, thou art my God and King;  
Thee will I magnify and praise:  
I will thee bless, and gladly sing  
Unto thy holy name always.
- 2 Each day I rise I will thee bless,  
And praise thy name time without end.
- 3 Much to be prais'd, and great God is;  
His greatness none can comprehend.
- 4 Race shall thy works praise unto race,  
The mighty acts show done by thee.
- 5 I will speak of the glorious grace,  
And honour of thy majesty;  
  
Thy wondrous works I will record.
- 6 By men the might shall be extoll'd  
Of all thy dreadful acts, O Lord:  
And I thy greatness will unfold.

## SAMPLE FOR WORSHIP

### *Call to Worship: Psalm 103:19-22*

The LORD has established his throne in the heavens, and his kingdom rules over all. Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word! Bless the LORD, all his hosts, his ministers, who do his will! Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul!

### *Confession of Sin (Responsive Reading): Psalm 103:8-14*

Leader: The LORD is compassionate and merciful,

**Congregation: Slow to get angry and filled with unfailing love.**

He will not constantly accuse us, nor remain angry forever.

**He does not punish us for all our sins;**

He does not repay us according to our iniquities.

**As a father shows compassion to his children,**

So the LORD shows compassion to those who fear him

**For he knows our frame; he remembers that we are dust.**

### *Promise of Forgiveness: Psalm 103:11-12*

For as the heavens are high above the earth, So great is His mercy toward those who fear Him; as far as the east is from the west, So far has He removed our transgressions from us.

### *Psalm of Thanksgiving: Psalm 103 [Tune: Coronation]*

O thou my soul, bless God the Lord; and all that in me is

Be stir-red up his holy name to magnify and bless.

Be stir-red up his holy name to magnify and bless.

Bless, O my soul, the Lord thy God, and not forgetful be

Of all his gracious benefits he hath bestow'd on thee.

Of all his gracious benefits he hath bestow'd on thee.

All thine iniquities who doth most graciously forgive:

Who thy diseases all and pains doth heal, and thee relieve.

Who thy diseases all and pains doth heal, and thee relieve.

## Suggested Resources

*The Psalms of David in Metre*

(1650 Scottish Metrical Psalter)

Online: [<http://www.cgmusic.com>]

*The Genevan Psalter*

Online: [<http://genevanpsalter.redeemer.ca/>]

*Trinity Psalter*

[<http://www.gcp.org/>]

*Book of Psalms for Singing*

[<http://www.crownandcovenant.com/>]

*Psalter Hymnal* [CRC Publications]

Terry L. Johnson, *The Family Worship Book*  
(Christian Focus, 1998)