

Blest Be the Lord, My Rock

PSALM 144 - Genevan Psalter

CAPO III - Hypo-Aeolian

Em D G D

1. Blest be the Lord, my rock, he who sus - tains me.
2. Lord, what is man, mere man, that you should e - ven
3. From heaven on high, stretch out your hand, O Sav - iour;
4. To you, O God, a new song I'll be sing - ing;

Bm D Em7 Bm Em

My hands are strong, my God for bat - tle trains me;
take note of him, as you look down from heav - en?
your ser - vant from the rag - ing waves de - liv - er.
I'll play the ten - stringed lyre, my prais - es bring - ing

C D G Bm

my for - tress and my rock to whom I flee,
For he is but a breath, a puff of wind,
From trou - bles that en - gulf me, set me free,
to you who kings with vic - to - ry re - ward,

Em Am7/C D B Em

he is my strong - hold and de - liv - ers me.
a fleet - ing shad - ow. Soon his days will end.
and from the hands of al - iens res - cue me.
who freed your ser - vant Da - vid from the sword.

G D Am7 D G

God is my shield; I turn to him for shel - ter.
Lord, split the skies! Come down, make moun - tains trem - ble.
Lord, be my shield, my ref - uge, my de - fend - er;
When for - eign foes draw near, be my de - fend - er;

Tune: Louis Bourgeois - Lyon, 1547, Geneva, 1551 - also used for Psalm 18; Arr. Tim Nijenhuis, © 2020

Lyrics: 1972, Walter van der Kamp; 2009, William Helder - © 2009, Standing Committee of the Book of Praise

Meter: 11.11.10.10 D

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