

In memory of Peter R. Hallock (1924-2014)

# Psalm 103

Benedic, anima mea

Book of Common Prayer, 1979

Jeff Reynolds (b. 1943)

*All: in a slow 2* *mp*

2T.   
Bless the Lord, *mp* O my soul, 1. Bless the Lord O my soul, and

2T.   
all that is with - in me bless his ho - ly Name.

3Bar. *high voices* *mf*   
1. Bless the Lord O my soul, \*and all that is with - in me bless his ho - ly Name.

4B. *low voices* *mp*   
Bless the Lord, O my soul,

1A. *mf*   
2. Bless the Lord O my soul, and for - get not all his be - ne - fits.

2T. *mf*   
Bless the Lord O my soul, \*and all that is with - in me bless his ho - ly Name.

3Bar. *mp*   
Bless the Lord, O my soul,

4B. *mp*   
Bless the Lord, O my soul,

1A. *p*  
Bless the Lord, O my soul,

2T. *mf*  
3. He for gives all your sins \*and heals all your in - firm-i - ties;

3Bar. *p*  
Bless the Lord, O my soul.

4B. *p*  
Bless the Lord, O my soul.

1A. *mf*  
2. Bless the Lord, O my soul,

2T. *p* *mf*  
Bless the Lord, \*and crowns you with mer - cy and lov - ing

3Bar. *p* *mp*  
Bless the Lord, Bless the Lord,

4B. *mf* *mp*  
4. He re - deems your life from the grave Bless the Lord,

1A. *mf* *p*  
\*and for - get not all his be - ni - fits. Bless the Lord,

2T. *p*  
kind - ness; Bless the Lord,

3Bar. *mf*  
O my soul, 5. He sat - is fies you with good things,

4B. *mf*  
O my soul, 5. He sat - is fies you with good things,

1A. *mf*  
O my soul, 6.The Lord ex-e-cutes right-teous ness

2T. *mf*  
O my soul. 6.The Lord ex-e-cutes right-teous ness

3Bar. *mf*  
\*and your youth is re-stored like an ea gle's. 6.The Lord ex-e-cutes right-teous ness

4B. *mp*  
\*and your youth is re-stored like an ea gle's. Bless the

1A. *mf*  
\*and judg-ment for all who are op-pressed. 7. He made his ways

2T. *mf*  
\*and judg-ment for all who are op-pressed. 7. He made his ways

3Bar. *mf*  
\*and judg-ment for all who are op-pressed. 7. He made his ways

4B. *mf*  
Lord, O my soul. Bless the Lord,

1A. *mf*  
known to Mo-ses and his works to the chil-dren of Is-ra-el.

2T. *mf*  
known to Mo-ses and his works to the chil-dren of Is-ra-el.

3Bar. *slow dim.*  
known to Mo-ses O my soul, *slow dim.*

4B. *slow dim.*  
O my soul,

1A. *mp* Bless the Lord, O my soul, *mf* \*slow to an-ger

2T. *mf* 8. The Lord is full of com-pas-sion and mer - cy, *mf* \*slow to an-ger

3Bar. *mf* 8. The Lord is full of com-pas-sion and mer - cy, *mp*

4B. *mp* 1. Bless the Lord, *non-dim.* *mp* O

1A. *p* all altos and of great com - pas-sion. Bless the Lord,

2T. *mf* and of great com - pas-sion. 9. He will not al-ways ac - cuse us,

3Bar. *mf* my soul, 9. He will not al-ways ac - cuse us,


4B. *mf* my soul, 9. He will not al-ways ac - cuse us,


1A. O my soul, *mf* 10. He has not dealt with us ac -


2T. \*nor will he keep his an-ger for ev - er. *mf* 10. He has not dealt with us ac -


3Bar. \*nor will he keep his an-ger for ev - er. *mf* 10. He has not dealt with us ac -

4B. \*nor will he keep his an-ger for ev - er. *mp* Bless the


1A. 


2T. 


3Bar. 


4B. 

Lord, O my soul.

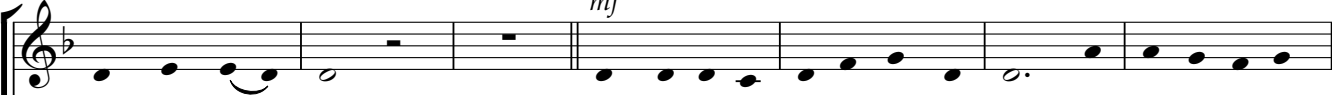
1A. 


2T. 


3Bar. 

4B. 

11. For as the hea-vens are high a-bove the earth, so is his mer-cy great up-on

1A. 

2T. 

3Bar. 

4B. 

those who fear him. 12. As far as the east is from the west, \*so far has he re -

- - cy 12. As far as the east is from the west, \*so far has he re -

1A. *p*  
 moved our sins from us. Bless the Lord,

2T. *p*  
 moved our sins from us. Bless the Lord,

3Bar. *mf*  
 moved our sins from us. 13. As a father cares for his chil - dren,

4B. *mf*  
 moved our sins from us. 13. As a father cares for his chil - dren,

1A. *mf*  
 O my soul. 14. For he him-self knows where

2T. *mf*  
 O my soul. 14. For he him-self knows where

3Bar. *mf* *mp*  
 \*so does the Lord care for those who fear him. Bless the Lord,

4B. *mf* *mp*  
 \*so does the Lord care for those who fear him. Bless the Lord,

1A. *mp* *G.P.*  
 of we are made; \*He re-mem-bers that we are but dust.

2T. *mp* *G.P.*  
 of we are made; \*He re-mem-bers that we are but dust.

3Bar. *G.P.*  
 O my soul. \*He re-mem-bers that we are but dust.

4B. *G.P.*  
 O my soul. \*He re-mem-bers that we are but dust.

1A. *mp*  
15. Our days are like the grass; \*we flourish like a flower of the field.

2T. *mp*  
15. Our days are like the grass; \*we flourish like a flower of the field.

3Bar. *mp*  
15. Our days are like the grass; \*we flourish like a flower of the field.

1A. *mf* *mp* *p*  
16. When the wind goes over it, it is gone, \*and its place shall know it no more.

2T. *mf* *mp* *p*  
16. When the wind goes over it, *mp*it is gone, *p*\*and its place shall know it no more.

3Bar. *mf* *mp* *p*  
16. When the wind goes over it, *mp*it is gone, *p*\*and its place shall know it no more.

4B. *mf* *p*  
Bless the Lord, O

1A. *f*  
17. But the merciful good-ness of the Lord en-dures for ev-er on those who

2T. *f*  
17. But the merciful good-ness of the Lord en-dures for ev-er on those who

3Bar. *f*  
good-ness of the Lord en-dures for ev-er on those who

4B. *f*  
my soul, good-ness of the Lord en-dures for ev-er on those who

1A. *mf* fear him, \*and his right-eous-ness on chil-dren's chil-dren; 18. On *mp*

2T. *mf* fear him, \*and his right-eous-ness on chil-dren's chil-dren; 18. On *mp*

3Bar. *mf* fear him, \*and his right-eous-ness on chil-dren's chil-dren; 18. On *mp*

4B. *mf* fear him, \*and his right-eous-ness on chil-dren's chil-dren; 18. On *mp*

1A. *mf* those who keep his co ve -nant \*and re mem -ber his com -mand - ments and do them.

2T. *mf* those who keep his co ve -nant \*and re mem -ber his com -mand - ments and do them.

3Bar. *mf* those who keep his co ve -nant \*and re mem -ber his com -mand - ments and do them.

4B. *mf* those who keep his co ve -nant \*and re mem -ber his com -mand - ments and do them.

1A. *f* 19. The Lord has set his throne in hea - ven, \*and his king - ship has do - min - ion ov - er

2T. *f* 19. The Lord has set his throne in hea - ven, \*and his king - ship has do - min - ion ov - er

3Bar. *f* 19. The Lord has set his throne in hea - ven, \*and his king ship has do - min - ion ov - er

4B. *f* 19. The Lord has set his throne in hea - ven, \*and his king ship has do - min - ion ov - er



1A. *mf*  
all. 20. Bless the Lord, you an-gels of his, you might-y ones who do his bid ding,

2T. *mf*  
all. 20. Bless the Lord, you an-gels of his, you might-y ones who do his bid ding,

3Bar. *mf*  
all. 20. Bless the Lord, you an-gels of his, you might-y ones who do his bid ding,

4B. *mp*  
all. Bless the Lord, O my

1A. *f*  
\*and hear-ken to the voice of his word. 21. Bless the Lord all you his

2T. *f*  
\*and hear-ken to the voice of his word. 21. Bless the Lord all you his

3Bar. *f*  
\*and hear-ken to the voice of his word. 21. Bless the Lord all you his

4B. *f*  
soul, Bless the Lord, 21. Bless the Lord all you his

1A. *mf* *mp*  
hosts, \*you min-i-sters of him who do his will 22. Bless the Lord all you works of his,

2T. *mf* *mp*  
hosts, \*you min-i-sters of him who do his will 22. Bless the Lord all you works of his,

3Bar. *mf* *mp*  
hosts, \*you min-i-sters of him who do his will 22. Bless the Lord, all you works of his,

4B. *mf* *mp*  
hosts, \*you min-i-sters of him who do his will 22. Bless the Lord, all you works,

1A. *dim.*  
in all plac-es of his do - mi - nion. *mp*

2T. *dim.*  
in all plac-es of his do - mi - nion. *mp*

3Bar. *slow dim.*  
of his do - mi - nion. *mp*

4B. *slow dim.*  
of his do - mi - nion. *mp*

A. *slower*  
\*Bless the Lord, O my soul.

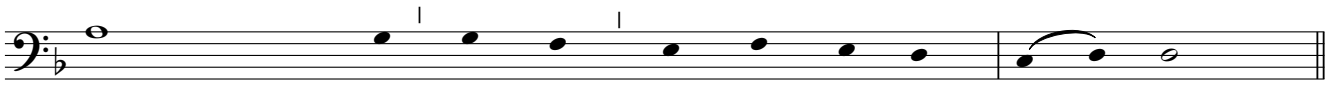
1T. *slower*  
\*Bless the Lord, O my soul.

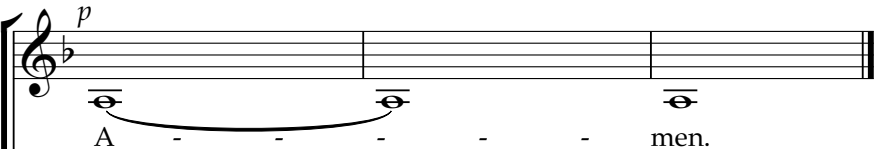
2T. *slower*  
\*Bless the Lord, O my soul.

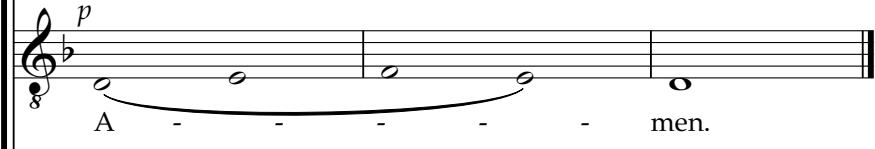
B. *slower*  
\*Bless the Lord, O my soul.


2T. *all:*

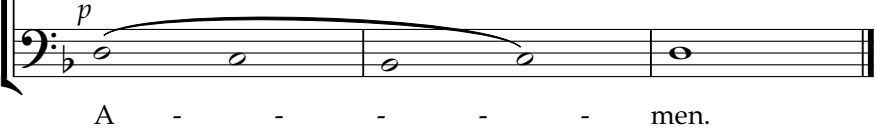
*mf* Glory be to the Father, and to the Son, and to the Ho - ly Spi - rit:

2T.   
as it was in the begin - ing, is now, and will be for ev - er.

A.   
A - - - - - men.

1T.   
A - - - - - men.

2T.   
A - - - - - men.

B.   
A - - - - - men.