

Psalm 103

Anthony Ruff, OSB

7th Sunday in Ordinary Time, Year A • 8th Sunday in Ordinary Time, Year B •
3rd Sunday of Lent, Year C • 7th Sunday in Ordinary Time, Year C • Common Ordinary Time 7

The Lord is kind and merciful.

The first system of the musical score for Psalm 103. It consists of a vocal line on a single staff and a piano accompaniment on two staves (treble and bass clef). The key signature has three flats (B-flat, E-flat, A-flat), and the time signature is 4/4. The vocal line begins with a quarter rest, followed by a half note G4, a quarter note A4, a quarter note B4, a quarter note C5, and a quarter note B4. The piano accompaniment features a steady bass line with chords in the right hand.

24th Sunday in Ordinary Time, Year A

The Lord is kind and merciful, to anger, and rich in com- pas- sion.

The second system of the musical score for Psalm 103. It continues the vocal line and piano accompaniment from the first system. The vocal line includes the lyrics: "The Lord is kind and merciful, to anger, and rich in com- pas- sion." The piano accompaniment continues with similar harmonic support.

SAMPLE

Psalm Tone

Psalm 103:1-2, 3-4, 6-7, 8, 9, 10, 12-13. R/ v. 8a; v. 8

1. Bless the LORD, O my soul;
and all my being, bless his holy name.
Bless the LORD, O my soul,
and forget not all his benefits. R/

2. He pardons all your iniquities,
heals all your ills.
He redeems your life from destruction,
crowns you with kindness and compassion. R/

3 Lent C only

3. The LORD secures justice
and the rights of all the oppressed.
He has made known his deeds
and his deeds to the children of Israel.

4. 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. R/

5. 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. R/

7 OT A, 8 OT B, 7 OT C, Common OT 7
2. - 4. - 5.
24 OT A
1. - 2. - 4b. - 5a.
Lent C
1. - 2. - 3. - 4a.

3 Lent C only

4. Merciful and gracious is the LORD,
slow to anger and abounding in kindness.
For as the heavens are high above the earth,
so surpassing is his kindness toward those
who fear him. R/

24 OT A only

4b. He will not always chide,
nor does he keep his wrath forever.
Not according to our sins does he deal with us,
nor does he requite us according to
our crimes. R/

24 OT A only

5a. For as the heavens are high above the earth,
so surpassing is his kindness toward
those who fear him.
As far as the east is from the west,
so far has he put our transgressions
from us. R/

7th Sunday of Easter, Year B

The Lord has set his throne in heav-en.

7th Sunday of Easter, Year B, *alternate response*

Al - le - lu - ia.

Psalm Tone

Mode 4

Psalm 103:1-2, 11-12, 13-14, 17-18, 19a

1. Praise the LORD, O my soul,
and all my being, bless his holy name.
Bless the LORD, O my soul,
and forget not his benefits. *R/*

2. For as the heavens are high above the earth,
so surpassing is his kindness toward those who fear him.
As far as the east is from the west,
so far has he put our transgressions from us. *R/*

3. The LORD has established his throne in heaven,
and his kingdom rules over all.
Bless the LORD, all you his angels,
you mighty in strength, who do his bidding. *R/*

Sacred Heart, Year A

The Lord's kind-ness is ev - er - last - ing to those who re - mem - ber him

Psalm Tone

Mode 4

Psalm 103:1-2, 3-4, 6-7, 8, 10. R/ cf. v. 17

1. Bless the LORD, O my soul,
and all my being, ble - ssed be the LORD,
Bless the LORD, O my soul,
and forget not all his benefits.
2. He pardons all your iniquities,
heals all your wounds,
He redeems your soul from destruction,
crowns you with kindness and mercy. *R/*
3. Merciful and gra - cious is the LORD,
slow to anger, and abun - dant in kindness.
Not according to our iniquities does he deal with us,
nor does he requite us according to our crimes. *R/*

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