

Welcome to Matins for **Sundays in the Season of Lent**. The Service is on p131-141 in the Lutheran Book of Worship. The Psalms are **Psalm 84 on page 253-4** and **Psalm 61 on page 241**. The hymn is **#97**.

PSALM 84 (*The cantor will speak / sing the antiphon. The psalm will be spoken / sung in unison.*)

ANTIPHON

Eve of Lent 1:

Happy are the people whose strength | is in you,
whose hearts are set on the | pilgrim's way.*

Eve of Lent 2:

*No good thing will the | Lord withhold *
from those who walk | with integrity.*

Eve of Lent 3:

Here we have no | lasting city
but are looking for the city that | is to come.*

Eve of Lent 4:

Those who go through the des|olate valley
will find it a | place of springs.*

Eve of Lent 5:

Behold our defend | er, O God;
and look upon the face of | your anointed.*

¹ How dear to me is your dwelling, O | LORD of hosts!*
My soul has a desire and longing for the courts of the LORD;
my heart and my flesh rejoice in the | living God.

² The sparrow has found her a house
and the swallow a nest where she may | lay her young,*
by the side of your altars, O LORD of hosts, my King | and my God.

³ Happy are they who dwell | in your house!*
They will always be | praising you.

- ⁴ Happy are the people whose strength | is in you,*
whose hearts are set on the | pilgrims' way.
- ⁵ Those who go through the desolate valley will find it a | place of springs,*
for the early rains have covered it with | pools of water.
- ⁶ They will climb from | height to height,*
and the God of gods will reveal him- | self in Zion.
- ⁷ LORD God of hosts, | hear my prayer;*
hearken, O | God of Jacob.
- ⁸ Behold our defend- | er, O God;*
and look upon the face of | your anointed.
- ⁹ For one day in your courts is better than a thousand in | my own room,*
and to stand at the threshold of the house of my God
than to dwell in the tents | of the wicked.
- ¹⁰ For the LORD God is both | sun and shield;*
he will give | grace and glory;
- ¹¹ no good thing will the | LORD withhold*
from those who walk | with integrity.
- ¹² O | LORD of hosts,*
happy are they who put their | trust in you!

ANTIPHON

Eve of Lent 1:

Happy are the people whose strength | is in you,
whose hearts are set on the | pilgrim's way.*

Eve of Lent 2:

*No good thing will the | Lord withhold *
from those who walk | with integrity.*

Eve of Lent 3:

Here we have no | lasting city
but are looking for the city that | is to come.*

Eve of Lent 4:

Those who go through the desolate valley
will find it a place of springs.*

Eve of Lent 5:

Behold our defender, O God;
and look upon the face of your anointed.*

PSALM 61 (*The cantor will speak / sing the antiphon. The psalm will be spoken / sung in unison.*)

ANTIPHON

Eve of Lent 1:

You, O Lord, have been my refuge,
a strong tower against the enemy.*

Eve of Lent 2:

*Your statutes have been my songs; *
wherever I live in exile.*

Eve of Lent 3:

The Lord your God is leading you
Through the great and terrible wilderness.*

Eve of Lent 4:

We know that while we are at home in the body
we are away from the Lord.*

Eve of Lent 5:

We have a high priest who in every respect has been tempted as we are,
yet without sin.*

¹ Hear my cry, O God,*
and listen to my prayer.

² I call upon you from the ends of the earth with heaviness in my heart;*
set me upon the rock that is higher than I.

³ For you have | been my refuge,*
a strong tower a- | gainst the enemy.

⁴ I will dwell in your | house forever;*
I will take refuge under the cover | of your wings.

⁵ For you, O God, have | heard my vows;*
you have granted me the heritage of those who | fear your name.

⁶ Add length of days | to the king's life;*
let his years extend over many | generations.

⁷ Let him sit enthroned before | God forever;*
bid love and faithfulness watch | over him.

⁸ So will I always sing the praise | of your name,*
and day by day I will ful- | fill my vows.

ANTIPHON

Eve of Lent 1:

You, O Lord, have | been my refuge,
a strong tower a | gainst the enemy.*

Eve of Lent 2:

*Your statutes have | been my songs; *
wherever I | live in exile.*

Eve of Lent 3:

The Lord your God is | leading you
Through the great and ter | rible wilderness.*

Eve of Lent 4:

We know that while we are at home | in the body
we are away | from the Lord.*

Eve of Lent 5:

We have a high priest who in every respect has been tempted | as we are,
yet | without sin.*

Christ, the Life of All the Living



1 Christ, the life of all the liv - ing, Christ, the death of death, our foe,
2 You have suf - fered great af - flic - tion and have borne it pa - tient - ly,
3 Then, for all that bought my par - don, for the sor - rows deep and sore,



Christ, your - self for me once giv - ing to the dark - est depths of woe:
e - ven death by cru - ci - fix - ion, ful - ly to a - tone for me;
for the an - guish in the gar - den, I will thank you ev - er - more;



through your suf - f'ring, death, and mer - it life e - ter - nal I in - her - it.
for you chose to be tor - ment - ed that my doom should be pre - vent - ed.
thank you for the groan - ing, sigh - ing, for the bleed - ing and the dy - ing,



Thou - sand, thou - sand thanks are due, dear - est Je - sus, un - to you.
Thou - sand, thou - sand thanks are due, dear - est Je - sus, un - to you.
for that last tri - um - phant cry, praise you ev - er - more on high.

Text: Ernst Christoph Homburg, 1605–1681; tr. Catherine Winkworth, 1827–1878, alt.
Music: JESU, MEINES LEBENS LEBEN, *Das grosse Cantional*, Darmstadt, 1687

From Sundays and Seasons.com. Copyright 2020 Augsburg Fortress. All rights reserved.
Reprinted by permission under Augsburg Fortress Liturgies Annual License #SASO24667.

Hymns reprinted by permission under One License #A-720947. This license also includes pod -
casting and streaming the services of the congregation.

The Holy Bible, English Standard Version Copyright © 2001 by [Crossway Bibles](#), a division of
[Good News Publishers](#). Used by permission. All rights reserved.