

# SUNDAY I OF LENT

## 16-f. Communion

℞. Psalm 91 (90): 4

The Lord will hide you with his shoulders, and under his wings you will find refuge.

Tone 1a

℣ Psalm 91 (90): 1-3, 5, 11-16

1. a. *He who dwells in the shelter of the Most High, \* who abide in the shade of the Almighty,*  
 b.\* *Say to the Lord: "my refuge) and fortress, \* my God in whom (I) trust." ℞.*
2. a. *For he shall deliver you from the snare (of) the fowler, \* and from the cut(ing) word.*  
 b.\* *His truth shall encom(pass) you with (a) shield, \* you need not fear the terror of (the) night. ℞.*
3. a. *For to his angels he has given command over you, \* that they guard you in all (your) ways.*  
 b.\* *Upon their hands (they) shall bear (you) up, \* lest you dash your foot against (the) stone. ℞.*
4. a. *Upon the asp and the viper you (shall) tread; \* you shall trample the lion and the dragon.*  
 b.\* *Because he clings to me, I (will) deliv(er) him; \* I will protect him because he knows (my) name. ℞.*
5. a. *He shall call upon me, and I will hear him; / I will be with him in distress. \**  
 I will deliver him and glorify him.  
 b.\* *I will fill (him) with length (of) days; \* I will show him my salvation. ℞.*

\* Alternate SATB setting: versicles 1b-5b

1b. say to the Lord: "My refuge and my fortress,  
 2b. His truth will encompass you with a shield,  
 3b. Upon their hands they shall bear you up,  
 4b. Because he clings to me, I will deliv - er him,  
 5b. I will fill him with length of days;

1b. my God in whom I trust. ℞.  
 2b. you need not fear the ter - ror of the night. ℞.  
 3b. lest you dash your foot a - gainst the stone. ℞.  
 4b. I will protect him be - cause he knows my name. ℞.  
 5b. I will show him my sal - vation. ℞.