150
PSALMS
for Singing

Juliana Howard
150 Psalms for Singing is based on
Psalms for Praying: An Invitation to Wholeness by Nan C. Merrill
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These short chants or prayer songs came out of ten years of daily meditation on Nan’s poetic, inclusive rendition of the Psalms. They are devotional, simple and easy to sing. I have used them in small prayer settings and liturgies, with both adults and children. It is my hope that you will let the chants becomes yours too, opening your heart, awakening you to wholeness, and drawing you ever deeper into love.

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Be Like a Tree
Psalm 1

Be like a tree. Be like a tree. Be like a tree in all you do, give life!

Awaken All
Psalm 2

Awaken all who are living in darkness. You live in my heart as I dwell in yours.

Rise Up in Me
Psalm 3

Rise up in me. Set me free. Transform my fears to love.
Lift my head high. Hear my cry. Transform my fears to love.
Make Peace
Psalm 4

Make peace with your fears, and trust in love. Commune with the heart of your heart.

Lead Me
Psalm 5

Lead me, O my beloved. In your mercy, lighten my fears.

Surround Me
Psalm 6

Surround me with your healing light; surround me with your light.
Arise, O Beloved
Psalm 7

Dm Gm C Dm

A - rise, O Be - lov - ed, in your stead-fast love.

How Powerful Is Your Name
Psalm 8

ROUND

Dm C

You made us in your im - age; you fill us with your love. How pow - er - ful is your name!

Tell the Story
Psalm 9

ROUND

F Bb F Bb F

Tell the sto - ry of Love’s way. Be glad and dance with joy! Sing

F Bb F Bb F

prai - es to the Name a - bove all names. Be glad and dance with joy!
Awaken, O Love
Psalm 10

In My Beloved
Psalm 11

Come to Our Aid
Psalm 12
Come, O Beloved
Psalm 13

We Are All One
Psalm 14

Who Will Dwell With You
Psalm 15
You Are My Beloved

Psalm 16

You are my Beloved: in You I can do all things.

You are my Beloved: in You will I live.

Be Thou My Feet

Psalm 17

Be thou my feet and guide my walking. Be thou my eyes that I can see.

Open my heart, give me compassion. Hear my cry and answer me.
May We Walk With You

Psalm 18

May we walk with you justly, in mercy and in peace. May we be a mirror of your love in the world. May we love in the world.

Cleanse Me

Psalm 19

Cleanse me from all my hidden faults. Help me surrender to your love. Free me from all my hidden fears. Help me surrender to your love.
May the Name of Love
Psalm 20

Dm
May the name of Love be your protection;
Gm
Dm
Gm
rise up in your heart like a tower of strength.

You Root Out My Fears
Psalm 21

Dm
You root out my fears as I face my shadows.
Gm
Dm

Like a blazing sun, your light shines.

Come Close to Me
Psalm 22

F
Come close to me. Come close to me.
C
C7
F
Come close to me for trouble is near.

Dm
Gm
Bb
F
You Are My Shepherd
Psalm 23

F       Dm       Bb       C7
You are my shepherd; you restore my soul.

F       Dm       Bb       F
You are my shepherd; my cup, it overflows.

Let the Holy One Come In
Psalm 24

ROUND
1 F       F       F       F
Fling wide your gates! Open your doors! Let the Holy One come in!

2

Lead Me in Your Truth
Psalm 25

ROUND
1 Dm       Dm       Dm       Dm
Lead me in your truth and teach me. Companion me along your way. For through you I will know my

2

whole-ness, reflecting light both night and day.
May My Heart
Psalm 26

May my heart be as your heart. May my mind be as your mind.

Teach Me to Be Love
Psalm 27

Teach me to be love as you are Love. Lead me through each fear. Hold my hand as I walk through my doubts each day, that I may know your peace.
Heart of My Heart
Psalm 28

Heart of my heart, I call to you.

The Voice of Love
Psalm 29

The voice of Love is powerful majestic is the Heart of love.
Now We Are Dancing
Psalm 30

Dm
C
Dm

You set us free.
Now we are dancing.

C
Dm

Turning the darkness into light.
You set us free.

C
Dm

Now we are dancing.
You are with us in the night.

You Are My Life
Psalm 31

Dm

You are my light.
My life is in your hands.
You are my light.
You are my life.

I Surrender My Life
Psalm 32

ROUND

Am
G
Am
G
Am

I surrender my life into your hands.
Create in me a clean heart.
All Is Held Together
Psalm 33

From the distant stars to the depths of the sea,
all is held together by Love.

Let us sing with joyful hearts that are open and free.

All is held together by Love.

Come and hear. Come and see.
Come with hearts open and free.

Wel-come love. Fly a-way fear.
Pour Forth Your Strength
Psalm 35

Dm
C
Dm

Pour forth Your strength into my heart, that I might be strong.

In You
Psalm 36

Dm

In you is the very source of life. In your light do we see light.

Live in Love
Psalm 37

Dm
C
Dm

Give no heed to those who are greedy. Live in love.
For You Alone  
*Psalm 38*

Dm

\[\text{Dm} - \text{C} - \text{Dm}\]

For you alone do I wait, Beloved. Roll away the stone from my heart.

I Am Made New  
*Psalm 39*

ROUND 1

Dm

\[\text{Dm}\]

I am made new, redeemed by your love, redeemed by your love, made new.

ROUND 2

C

\[\text{C} - \text{Dm}\]

I abandon myself into your hands. Yes! I come!

I Abandon Myself  
*Psalm 40*

Dm

\[\text{Dm}\]

I abandon myself into your hands, O Beloved. I abandon myself into your hands. Yes! I come!
Blessed are you who consider the poor. You are not beset by fear.

My hope is in you, my strength and my joy.

Open the door to love.

O send out your light and your truth; let them guide me.

You are my strength and my joy.
Rise Up
*Psalm 44*

<table>
<thead>
<tr>
<th>Dm</th>
<th>A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dm</td>
<td>A</td>
</tr>
</tbody>
</table>

Rise up! Pray for a change of heart. Rise up! Why do you sleep?

<table>
<thead>
<tr>
<th>Dm</th>
<th>A</th>
<th>Dm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dm</td>
<td>A</td>
<td></td>
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</tbody>
</table>

Rise up! Pray for a change of heart. Rise up! Why do you sleep?

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Turn Your Feet
*Psalm 45*

<table>
<thead>
<tr>
<th>Am</th>
<th>Dm</th>
<th>Am</th>
<th>G</th>
<th>Am</th>
</tr>
</thead>
</table>

Turn your feet to the path of Love. Awaken to the Heart of your heart.

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Be Still
*Psalm 46*

<table>
<thead>
<tr>
<th>Dm</th>
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</thead>
</table>

Be still and know that I am Love. Be still and know.

| Dm |

Be still and know that I am Love. Be still.
Gather As One
Psalm 47

We call on your name, O Holy One. Your Word is our armor of strength.

May the leaders of all nations gather as one, walk in peace.

We Call on Your Name
Psalm 48

We call on your name, O Holy One. Your Word is our armor of strength.

Spirit of Truth
Psalm 49

Spirit of truth, you are my strength,

you are my guiding light.
Search for the Voice
Psalm 50

ROUND

1. Search for the voice that dwells in silence.
2. Call upon me in times of trouble.
3. Honor my love and you will know me.

Create in Me a Clean Heart
Psalm 51

1. Follow the inner way.
2. Follow the inner way.
3. Follow the inner way.

Create in me a clean heart. Enfold me in your arms of love.
Create in me a clean heart. Enfold me in your love.
Blessed are Those

Psalm 52

C G C C

Blessed are those who trust in your love. They walk in your truth; they live in your peace.

My Courage Is in You

Psalm 53

Dm C Dm C Dm

My courage is in you, O Love. Rise up and set me free.

In Your Holy Mercy

Psalm 54

Gm Dm Gm Dm

Awaken me, O Mighty One, in your holy mercy. Awaken me, O Mighty One, that I may be free of fear.

- 23 -
Listen to Me
Psalm 55

I Put My Trust in You
Psalm 56

In the Shadow of Your Wings
Psalm 57
Open Our Eyes  
*Psalm 58*

Am
Dm
G

O - pen our eyes. Break through the dark - ness.

Am
G
Am

Tear down the walls of our fears.

O Blessed Heart  
*Psalm 59*

F
C
F

O Bless - ed Heart, we sing our songs, we sing our songs of love for you. We

F
C
F

sing a - loud your love for all, for you have set us free.

Walk with Me  
*Psalm 60*

ROUND
Dm
C

Walk with me as love. Walk with me know - ing love.

Dm
C
Dm

Walk with me as love. Come walk with love.
Open Your Hearts to Love
Psalm 63

Dm C Dm
You fill me with abiding love, deep peace and wisdom.

For You Alone
Psalm 62

Dm C Dm
For you alone, my soul waits in silence. For you alone; for you alone.

Open Your Hearts to Love
Psalm 63

ROUND
Em D Em
O pen your heart to love. Live in peace.

Em D Em
O pen your heart to love. Live in joy!
Ponder the Power
Psalm 64

You Are the Hope
Psalm 65

I Enter Your Heart
Psalm 66
Love’s Grace
Psalm 67

I Will Shatter the Fears that Bind
Psalm 68
Reach Into Our Hearts
Psalm 68

Reach into our hearts. Root out our fears.
Fill us with love. Call your people home.
Reach into our hearts. Root out our fears.
Fill us with light. Call your people home.

Let Me See with the Heart’s Eye
Psalm 69

Let me see with the hearts eye. Let me hear through the heart’s ear, and I will praise your name in song.
**Let Me Begin Anew**

*Psalm 70*

Let me begin anew, ____ as a child after its mother's breast.

Let me begin anew, ____ as a child who basks in love.

**In Your Compassion**

*Psalm 71*

In your compassion, come and refresh me.

Listen to my cry, and answer my plea. In your compassion,

come and refresh me. Strengthen me again, my friend, be not far from me.
May Your Glory Fill the Earth
Psalm 72

Blest be you who come in the name of love. May your glory fill the earth!

I Was Blind
Psalm 73

I was blind. You waited for me to see.
I was proud, still you were ever near to me.

Yours Is the Day
Psalm 74

Yours is the day. Yours is the night.

Yours is the temple within my heart.
You Break down Our Walls
Psalm 76

Am Dm Am
You break down our walls. You raise us up with love. You
Am Dm Am
call us to awaken. How glorious your name.

Can You Wonder
Psalm 77

Am G F G Am
Can you wonder that we tremble in the power of your love?
Listen Long
Psalm 78

Listen long in the silence, that the Word may be heard.

Pour Out Your Love
Psalm 79

Pour out your love. Pour out your love. Pour out your love on your people. Open our hearts.

Open our hearts. Open the hearts of your people.

Teach Us to Love
Psalm 80

Restore us, O Holy One. Let your face shine on us. Teach us, teach us to love.
I Am Your Very Breath
Psalm 81

Am/E   Dm/F   Am/E

I am your very breath from the beginning. My voice you’ve come to know. Open up your heart and I will fill it.

G/D   Am/E   Dm/F

Your heart will overflow.

Arise, Awaken
Psalm 82

Dm   C   Dm

Arise! Awaken! Come into the light. Shed darkness like a skin. Arise! Awaken! Come

C   Dm

in to the light. A new dawn dwells within.
Fear Is Rampant
Psalm 83

Fear is rampant in the world. Let all people seek your love.

All That Is Within Me
Psalm 84

All that is within me sings for joy to the Living Heart of Love. O Eternal Lover, may I dwell in your Living Heart of Love.
Teach Me Your Ways
Psalm 86

C   F   C   F   C
Teach me your ways; may I walk in your truth.

C   F   C   F   C
Pour forth your light, for my trust is in you.

Restore Us, Revive Us
Psalm 85

D   G   D
Restore us, O Spirit of truth.______ Re-

G   A   D   G
vive us, O Holy One.______ Refine us, O Fire of

D   G   D
love.______ Remind us thy will be done.______
City of Light  
Psalm 87

In the heavenly realm stands the City of Light for those who live by the Spirit of love. Oh,

glories await you in the City of Light, if you live by the Spirit of love.

Merciful Redeemer  
Psalm 88

Merciful redeemer hear my prayer.

I am in a deep pit of despair. I am in a prison, weary of tears. Reach into the darkness of my fears.
Blessed Are Those
Psalm 89

Blessed are those who know your love. Through you we are born anew.

Awaken Us
Psalm 90

Awaken us, O Holy One; too long have we been sleeping.

Increase the light within us; O Beloved, hear our prayer.
I Will Deliver You
Psalm 91

Because you cleave to me in love, I will deliver you.

Gladden My Soul
Psalm 92

Heart of my heart, gladden my soul. Bathe me in the oil of kindness.

You Reign
Psalm 93

You who are and ever shall be, you reign adorned in majesty.
Heart of Pure Fire
Psalm 94

Heart of pure fire, cleanse and refine us that we may hear your voice, that we may heed your Word.

You Are the Breathing Life of All
Psalm 95

You are the breathing life of all. The depths of earth belong to love. You are the breathing life of all. The sky above belongs to love.

Be Guided By Love
Psalm 96

Yield to love; be guided by love. Yield and be guided by love.
You Are the Heart  
*Psalm 97*

You are the heart of ev'rything. Your light enlightens the world.

Let the Voices of All People  
*Psalm 98*

Let the voices of the people make a joyful noise! Let us blend in harmony. Let the sea and all that fills it laugh and clap their hands, for your love has set us free.

Out of the Silence  
*Psalm 99*

Out of the silence your word can be heard in the land.
Open the Gates

Psalm 100

May I Be a Mirror

Psalm 101
Your Love Never Fails
Psalm 102

Our lives are like the seasons and they pass away, but

your years never end. Our lives are like the seasons and they pass away, but your love will endure.

Bless the Beloved
Psalm 103

Bless the Beloved, O my soul. I will bless your holy name.

Praise the Beloved, O my soul. I will praise your name.
O You Who Know All Hearts
Psalm 104

Dm C Dm Gm C Dm
O you who know all hearts, how manifold your works! In
Dm C Dm C Gm A7 Dm
wisdom you created all. We sing our song to you.

All That We Have
Psalm 105

Dm Gm Dm Gm A7 Dm
All that we have is gift from you. All that we have is yours.

We Listen
Psalm 106

Dm
We listen for your voice, O giver of the journey.

Dm
Help us to live the mystery. We listen for your voice, O
giver of the journey. Help us fulfill our destiny.
Let Your Heart Be Pure
Psalm 107

C   F   Dm   C
Let your heart be pure and simple. Let your soul be filled with light.

I Am In You
Psalm 108

C   F   C
For as I am in you, so do you live in me. We are

C   G7   C
one in the Spirit of love.

Love Me into Life
Psalm 109

Am   Dm   E
Wash away my hidden faults. Love me into new life.

Am   Dm   E
Wash away my hidden faults. Love me into life.
Come Walk with Me

Psalm 110

Come, walk with me giving birth to a new earth.

Come, claim your home in the Universal Heart.

Your Word Is Truth

Psalm 111

Your word is truth for those with ears to hear. Your word is truth, your word is truth.
Blessed Are Those
Psalm 112

1. Blessed are those who delight in the Word,
2. Blessed are those who are facing their fears.
3. Blessed are those who are loving and kind.
4. Blessed are those who have hearts that are firm.
5. Blessed are those who give freely to all.

Befriend All That Is
Psalm 114

Befriend all that is within you, for then you will find your way home.
May You Be Guided
Psalm 115

May you be guided by the Spirit of Truth who dwells within your heart.

Dm
I will drink of the Chalice of Love and eat of the Bread of Life.

Praises Be
Psalm 117

Prais-es be to the Heart of all hearts, for great is the Bless-ed One’s love for us!
Your Steadfast Love
Psalm 118

Your steadfast love endures forever. I will not fear.

I Offer Myself
Psalm 119

I offer myself into your hands, that I may live fully into your life.

Be Strong in Me
Psalm 120

Be strong in me that I might face the darkness.

Be strong in me; be strong in me.
In You
Psalm 121

Dm    A    A7    Dm
In you I will not be afraid of the darkness. You are the light of my life.

Come to the Heart
Psalm 122

D    G/D    D    Am/C    D
1. Come, come to the Heart of Love, enter the gates facing fears.
2. Come, come to the Heart of Love, enter the gates in deep peace.
3. Come, come to the Heart of Love, enter the gates with great joy.
4. Come, come to the Heart of Love, enter the gates seeking love.

Have Mercy
Psalm 123

ROUND
Am    G    Am
Have mercy on us, have mercy, as we seek the Heart of Love.
G    Am

G    Am
mercy on us, have mercy, as we seek the Heart of Love.
Grant Us the Strength
Psalm 124

Grant us the strength of eagle’s wings. Give us the courage to fly.

Enter the Garden
Psalm 125

Come! Enter the garden; enter the garden of Love.

Restore Us, O Healer
Psalm 126

Restore us, O Healer, like newborn babes who have never strayed from you.
Unless You Make Your Home
Psalm 127

Dm

Un - less you make your home with - in us,

we will wan - der through life in vain.

Peace Be Within You
Psalm 128

Dm    G    Dm

Blest are you who walk in Love’s way. (Peace be within you.)

Dm    G    Dm

Blest are you who comfort the op - pressed. (Peace be within you.)

Dm    G    Dm

Blest are you who see those in need. (Peace be within you.)
There Is Beauty
Psalm 129

Dm  G  Dm
Whenever you dwell, there is beauty. Be glad, O people of the Light.

I Wait for You
Psalm 130

Dm
I wait for you, my soul waits; for in your love I will live.

Like a Child
Psalm 131

Am  G  Am
Like a child that is quieted at its mother’s breast, so be my soul.
Enter Into the Silence
Psalm 132

Dm

> > > Dm G

Enter into the silence.

G Dm G Dm

Listen for the music of the Heart of Love.

How Good It Is
Psalm 133

ROUND

F

When brothers and sisters dwell in unity,

2

how good it is! How pleasant it is!

Come Bask in the Light
Psalm 134

Dm C Bb A

Come, bask in the Light of Love, all you who would serve.

Dm C Bb A

Lift up your hands to the Holy One, singing songs of praise!
To You
Psalm 135

To you, who enter all open hearts, we raise our voice in praise to you. To

Your Love Sustains Us
Psalm 136

Your love sustains us. Your love sustains us.

Too Long
Psalm 137

Too long have I flown where ere the winds have blown.

Guide me to the promised shore.
You Dwell In Me
Psalm 138

You dwell in me; you dwell in me.
I was humbled when I came to see.

Search Me
Psalm 139

You know my strengths; you know my fears.
Search me and know my heart. You formed me in my mother's womb.
Search me and know my heart.
Guide Me
Psalm 140

Dm
Gm
A
Dm

Guide me, O my Beloved. Lead me into new life.

May Your Light Shine
Psalm 141

ROUND 1
Dm

May your light so shine on me; may your light so shine,

ROUND 2

bring ing peace and har mo ny. May your light so shine.

I Call To You
Psalm 142

F
Bb

I call to you; I cry out to you. I

Am
Gm
F

pour forth my fears before you.
O Bringer of Joy

Psalm 143

Awaken Us

Psalm 144

O Bringer of Joy, awaken my heart. Pour your blessings through all my being.

Awaken us, open us, inflame us, empower us! Evoke the child in our souls.
Shine Out to the World
Psalm 145

1. Let your wisdom __
2. Let divine light __
3. Let your glory __

Loose the Fetters of Fear
Psalm 146

1. Loose the fetters of fear that bind us, loose the fetters of fear, that we will praise you always with free and joyful song!
2. Loose the fetters of fear that bind us, loose the fetters of fear, that we will praise you always with free and joyful song!
Life of All Life
Psalm 147

Praise the Beloved, Life of all life.

Praise the Beloved, Heart of all hearts.

Praises Be
Psalm 148

Praises be to the Blessed One, the very Breath of our breath.

Praises be to the Blessed One, the very Heart of our heart.
We Are In Harmony
Psalm 149

ROUND 1
Dm
With truth on our tongues, and gratitude our friend,
we are in harmony with the universe. With truth on our tongues, and

ROUND 2
2
F
C
we are in harmony with the universe.

Praise the Beloved
Psalm 150

ROUND 1
F
C
Let every thing that breathes praise the Beloved,

ROUND 2
F
C
praise the Beloved with their lives!
