

# THIRTEENTH SUNDAY IN ORDINARY TIME

Music : Ferdinand Pereira

Reviewed by: Fr. Lawrence D'Souza

I will ex-tol you, O Lord, for you have raised me up.

I will extol you, O Lord, for you have raised me up  
Sing psalms to the Lord, you faithful ones,  
Hear, O Lord, and have mercy on me;

and have not let my enemies rejoice over me.  
give thanks to his holy name.  
be my helper - O Lord.

O Lord, you have lifted up my soul from the grave,  
His anger lasts a moment, his favour all through life.  
You have changed my mourning in - to dancing,

restored me to life from those who sink in - to the pit.  
At night comes tears, but dawn brings joy.  
O Lord my God, I will thank you for ever.