

# Lift Up Your Hearts

PSALMS, HYMNS, AND SPIRITUAL SONGS



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Grand Rapids, Michigan

*Lift Up Your Hearts: Psalms, Hymns, and Spiritual Songs*

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# Preface

One of the great gifts of life in Jesus Christ is the gift and privilege of worship—to draw near to God to receive God’s Word; to respond in thanksgiving and praise, lament, and confession; to receive the signs and seals of God’s love in baptism and the Lord’s Supper; to testify to God’s faithfulness; to contemplate God’s promises; to dedicate our lives to God’s service. All of it—whether in public worship, or in the echoes of public worship that resound through other aspects of church life and personal devotion—becomes a gift through the work of the Holy Spirit who unites us with our ascended Lord and helps us to taste and see that God is good. What a gift it is to lift up our hearts to God!

Further, what a gift it is to participate in all of this *together*—with the other voices in our worshiping communities and with all members of Christ’s body throughout time and space. This book is designed to strengthen singing together in all sorts of worshiping communities, small and large, new and old, and to make possible the sharing of gifts within the worldwide body of Christ with resources drawn from a stunningly diverse range of cultures, languages, and musical genres.

In a diverse world it is a testimony to our unity in Christ that two denominations, the Christian Reformed Church in North America and the Reformed Church in America, have joined together to produce this volume of songs endorsed by each denomination—a book available for use both within and beyond the two thousand worshiping communities that make up these two bodies.

One of the privileges of living in today’s world is the opportunity to learn from and explore a wide variety of the songs of God’s people from many musical cultures across time and space. Our churches resound with a broad spectrum of music, from majestic hymns to rhythmic gospel songs, from rock tempo praise songs to the contemplative strains of a Taizé refrain. With such a rich abundance of songs, musical styles, and even varying versions of the same text, it seems wise, then, to appoint a curator to assemble a core collection of biblically faithful, theologically sound, and congregationally accessible music for worship. The thirteen-member editorial team took on the task of curator, and along with an eighty-member advisory committee and other experts, they searched out heart songs of the church, explored thousands of texts, and evaluated new melodies and harmonies. The volume you hold in your hands is the result—a core collection that is biblical, Reformed, balanced, and accessible.

While the message of the gospel doesn’t change, the context in which we worship does. We see the great wisdom and depth of texts that have stood the test of time and desire to hold on to the gifts of previous generations while wanting to give voice to our prayers, praises, and laments particular to this generation. In *Lift Up Your Hearts* you’ll find not only treasured hymns but also new hymns, contemporary songs, and songs from the global church.

God’s people have learned many times throughout history how important it is that we tell the whole story of God—from creation to re-creation. We need to remember; and as we remember, we teach our children the story of God’s work in this world, God’s work in our families and relationships, and God’s work through us to the world. It is this story that forms the outline for the first half of *Lift Up Your Hearts*. Beginning with creation and our fall into sin, through the Old Testament narratives and the hope of Advent, to the birth, life, death, and resurrection of Christ, and onward to the gift of the Holy Spirit of Pentecost and the promise of the new creation, we find our story woven into the fabric, creating a beautiful testimony to the grace of God in our own lives. Here we also find prayers and prayer outlines that name many of our praises and laments asking God to continue to be a part of our story in mighty and even miraculous ways.

*Lift Up Your Hearts* also supports the full range of actions in worship. The second half of this hymnal follows a basic order of worship, from the Call to Worship to the Benediction. It includes many prayers and other short litanies but also larger liturgies for baptism and the Lord's Supper, creeds, and a call to live out our baptismal calling to be the missional church.

*Lift Up Your Hearts* celebrates the long history of Christian psalm singing. Included are all 150 psalms—both beloved familiar settings and new settings, each helping us to enter into the psalm in a way that fits its function as a prayer, exhortation, or prophetic announcement. Some psalm settings are very close in form, content, and imagery to the corresponding biblical psalms, while others exercise greater interpretive freedom. Some portions of the psalms are heartily sung, while others may call for reading with a sung refrain or even changing the emotive energy of a single stanza to better convey the message of the psalm and in doing so, covering the full range of human emotion.

*Lift Up Your Hearts* is designed to serve people in many roles:

- It is first of all designed for group singing—in *congregations, small groups, church education classes, schools, camps*, and more.
- It is also designed to be a comprehensive resource for *pastors* and *worship planners* with extensive indexes for looking up titles, Scriptures, subjects, tunes, and meters to help the planning process.
- It can serve as an essential resource for both *praise teams* and *choirs*, with harmonies, descants, canons, and other musical resources. Praise teams will appreciate the many contemporary songs and the traditional hymnal repertoire that can easily be adapted for their use.
- *Choral conductors* will find ample four-part hymn arrangements for their *adult choir*, songs fitting for the *children's choir*, and a good number of canons.

*Lift Up Your Hearts* is more than a hymnal for corporate worship.

- There are additional *services for morning, evening, and night prayer* useful for *small groups* and the *opening of meetings*.
- *Pastoral care* resources are included that can be used for events in the life of the church; this hymnal is also a useful resource for hospital and home visits.
- For *personal and family devotions*, the songs, prayers, and Scriptures can be sung, played, or read.
- *Accessible accompaniments* throughout the book, including some intentionally simplified accompaniments, encourage younger musicians to grow and develop into the next generation of church musicians.
- The contents can also be used as part of a *curriculum for teaching* both new and lifelong Christians the overarching story of God's love.

With such a feast set before us, where do we even begin? The best feast is one that is savored, where time is taken to taste and relish the delights of a familiar dish, a favorite food presented in a different way, or the discovery of a new favorite. So it is with this collection. With over 850 songs to choose from, begin with a hundred songs that your church already knows well and another hundred that are familiar. From there, build your repertoire slowly, exploring different genres and learning texts that are particularly suited for your congregation's context. Savor the old and new. When introducing a new song, have it played one Sunday by an instrumentalist as part of a prelude, offertory, postlude, or time of reflection; then on the following week have it sung by a soloist or small ensemble; later include the congregation, singing it for a number of services until you can add it to the list of songs your church is familiar with. Be creative; search for other ways and opportunities for your congregation to learn the songs. And, most important, don't forget the children and youth.

Have them share with the congregation their heart songs—you may be surprised to learn what they are.

Our prayer is that this musical feast is deep enough to give voice to our praises and laments, contain both our sung prayers and God's words to us, and play a significant role in the faith formation of Christians old and young alike. May God take the work of our hands and the songs of our hearts, and use them for his glory.

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## About the music

*Simplified arrangements:* We have attempted to preserve the integrity of the music while maintaining a style consistent with a hymnal. Music was also simplified in cases where it became necessary for purposes of accessibility to the church musician and singer, and also to fit on a limited number of pages while still providing enough of an accompaniment to support congregational singing.

*Chords:* Basic chords are provided for every song for guitarists and pianists who read or improvise from the chordal structure. Guitarists may need to ignore some of the information provided for the keyboardist (i.e., the indication of bass notes and sevenths and ninths). More accomplished guitarists or keyboardists may also desire to fill in more of the chordal structure. Again, what is provided is the basic resource. A capo chart to assist guitarists with some of the more difficult keys is available at [www.LiftUpYourHeartsHymnal.org](http://www.LiftUpYourHeartsHymnal.org).

*Musical terms/abbreviations:*

(^)—optional fermatas are used where there are a variety of acceptable performance practices.

(#)—You may find a sharp in parentheses at the end of a piece. The sharp is meant to be played on the last stanza changing the chord from minor to major (known as a Picardy Third).

st.—stanza, used in reference to song texts

tr.—translated

vv.—verses, used in reference to Scripture

## Other versions available

- In addition to this pew version of the hymnal, the following versions are available electronically.  
*(Note: Additional copyright permission or licensing is necessary for reprinting and projection when using these resources.)*
- Music and Words for Projection
- Words Only for Print and Projection
- Music and Words for Printing
- Music and Words for Reading Only

An accompaniment edition is being planned to provide fuller and more complex accompaniments for many songs, alternate arrangements for often-used tunes, and additional arrangements for piano or organ accompaniment.

Additional free online resources including indexes and a growing number of background notes, audio files, and more are all available at [www.LiftUpYourHeartsHymnal.org](http://www.LiftUpYourHeartsHymnal.org).



*The Story of Creation and Redemption*

# 6 Praise the LORD, Sing Hallelujah

PSALM 148

F

1 Praise the LORD, sing hal - le - lu - jah, from the heav - ens praise his  
 2 Let them praise the LORD their Mak - er: they were made at his com -  
 3 All you fruit - ful trees and ce - dars, ev - ery hill and moun - tain

C

F

C

name; praise the LORD, our great Cre - a - tor; all his an - gels,  
 mand. God es - tab - lished them for - ev - er; his de - cree shall  
 high, creep - ing things and beasts and cat - tle, birds that in the

Gsus G7

C

praise pro - claim. All his hosts, to - geth - er praise him, sun and  
 ev - er stand. Let the earth sing hal - le - lu - jah: rag - ing  
 heav - ens fly, kings of earth and all you peo - ple, princ - es

F

C

moon and stars on high; praise the LORD, O heavens of  
 seas, you mon - sters all, fire and hail and snow and  
 great, earth's judg - es all; praise his name, young men and

For other settings of Ps. 148 see 550, 555

Words: Bible Songs Hymnal, 1927, alt., P.D.

Music (PRAISE JEHOVAH 8.7.8.7 with refrain): William J. Kirkpatrick (1838-1921), P.D.

F B<sup>b</sup> F/C C<sub>sus</sub> C7 F

heav - ens, and the floods a - bove the sky.  
 va - pors, storm - y winds that hear his call.  
 maid - ens, a - ged men, and chil - dren small.

*Refrain (may be sung after stanza 3 only)*

B<sup>b</sup> C

Praise the LORD, sing hal - le - lu - jah, for his name a - lone is high,  
*Praise the LORD,*

F

and his glo - ry is ex - alt - ed, and his glo - ry is ex -  
*and his glo - ry and his glo - ry*

B<sup>b</sup> F C F

alt - ed, and his glo - ry is ex - alt - ed, far a - bove the earth and sky.  
*and his glo - ry*