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.

vii

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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We are grateful for the work of the advisory committee who helped us discern the heart songs of the church and provided helpful advice and feedback throughout the development of this hymnal.

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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.

Musical terms/abbreviations:

- $(\hat{\ })$ —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.LiftUpYourHearts Hymnal.org.

The Story of Creation and Redemption

4 God of Wonders



Words and Music (GOD OF WONDERS): Marc Byrd, Steve Hindalong; arr. Albert Chung © 2000 New Spring Publishing (ASCAP)/Never Say Never Songs (ASCAP), admin. New Spring Publishing/Storm Boy Music (BMI)/Meaux Mercy (BMI), admin. EMI CMG Publishing

6 Praise the Lord, Sing Hallelujah

PSALM 148



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.





- 4 Though an infant now we view him, he will share his Father's throne, gather all the nations to him; every knee shall then bow down: *Refrain*
- 5 All creation, join in praising God the Father, Spirit, Son, evermore your voices raising to the eternal Three in One: *Refrain*

Optional call to worship

All who come from near and far, come and worship.

All who thirst for God, come and worship.

All whose hearts overflow with gratitude and hope, **come and worship.**

All whose hearts may be filled with despair or grief, **come and worship.**

All who come with doubts or questions about life in Jesus, **come and worship.**

[Add other phrases as appropriate].

Through the grace of God's Holy Spirit, come, worship Christ, the newborn King.

Words: James Montgomery, 1816, alt., P.D.

Music (REGENT SQUARE 8.7.8.7 refrain 4.4.6): Henry Smart, 1867, P.D.

Easter Call to Worship

ISAIAH 25:6-9

On this mountain the LORD of hosts will make for all peoples a feast of rich food, a feast of well-aged wines,

of rich food filled with marrow, of well-aged wines strained clear.

And he will destroy on this mountain

the shroud that is cast over all peoples,

the sheet that is spread over all nations;

he will swallow up death forever.

Then the LORD God will wipe away the tears from all faces,

and the disgrace of his people he will take away from all the earth,

for the LORD has spoken.

It will be said on that day,

Lo, this is our God;

we have waited for him, so that he might save us.

This is the LORD for whom we have waited;

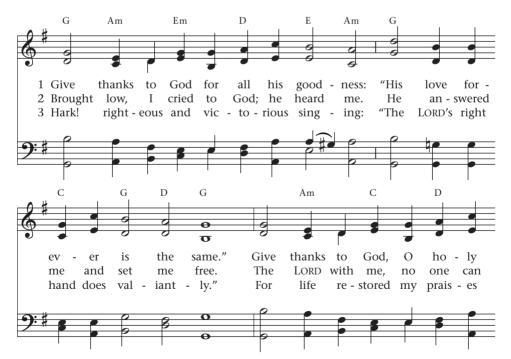
let us be glad and rejoice in his salvation.

Continue with the singing of 196 or another Easter song of praise.

Text: Isaiah 25:6-9, NRSV

196 Give Thanks to God for All His Goodness

PSALM 118



For an alternate arrangement see 113, 547

For another setting of Ps. 118 see 147

Words: Stanley Wiersma, 1982, © 1987 Faith Alive Christian Resources Music (GENEVAN 98/118/RENDEZ À DIEU 9.8.9.8 D): *Genevan Psalter*, 1551; harm. Claude Goudimel, 1564, P.D.

Lift Up Your Voices

PSALM 68:1-19



For accompaniment see 212

Refrain

May God arise,
may his enemies be scattered;
may his foes flee before him.
May you blow them away like smoke—
as wax melts before the fire,
may the wicked perish before God.
But may the righteous be glad
and rejoice before God;
may they be happy and joyful.
Sing to God, sing in praise of his name,
extol him who rides on the clouds;
rejoice before him—his name is the LORD.

Refrain

A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land.

When you, God, went out before your people, when you marched through the wilderness, the earth shook, the heavens poured down rain, before God, the One of Sinai, before God, the God of Israel.

You gave abundant showers, O God; you refreshed your weary inheritance. Your people settled in it, and from your bounty, God, you provided for the poor.

Refrain

The Lord announces the word, and the women who proclaim it are a mighty throng: "Kings and armies flee in haste; the women at home divide the plunder. Even while you sleep among the sheep pens, the wings of my dove are sheathed with silver, its feathers with shining gold."

When the Almighty scattered the kings in the land, it was like snow

fallen on Mount Zalmon.

Mount Bashan, majestic mountain, Mount Bashan, rugged mountain, why gaze in envy, you rugged mountain, at the mountain where God chooses to reign, where the Lord himself will dwell forever?

Refrain

The chariots of God are tens of thousands and thousands of thousands; the Lord has come from Sinai into his sanctuary.

When you ascended on high, you took many captives; you received gifts from people, even from the rebellious — that you, Lord God, might dwell there.

Praise be to the Lord, to God our Savior, who daily bears our burdens.

Refrain or continue by singing 212

In Christ There Is No East or West



1 In Christ there is no

God in Christ has

3 It is by grace we

4 So. bro - thers, sis - ters, Christ there is

made us one from ev-ery land and race: as-sured that we be-long him: praise his name who died to set free us or west; he breaks all bar - riers down; east



no



the cho - sen fam - ily God has blessed now spans the whole wide earth. he re - con-ciled us through his Son and met us with his grace. >the love we share in Christ our Lord, the Spir - it works with - in. sin, di - vi - sion, hate, and shame, from spite and en - mi - ty. Christ re-deemed, by Christ pos-sessed, in Christ we live



German

1 In Christus ist nicht Ost noch West, nicht Süden oder Nord, nur eine groß' Geschwisterschaft die ganze Erde fort.

French

1 Gens de tous pays, du sud au nord, vous êtes invités: De l'ouest à l'est, du sud au nord, accourez du monde entire.

Dutch

1 In Christus is noch west noch oost. in Hem noch zuid noch noord. één broederschap rust in zijn troost, één wereld in zijn woord.

Spanish

1 Orient ni_occidente hay, en Cristo y su bondad, incluida en su amor está la entera humanidad.

Korean

1 예수 안에는 동과 서 없네 주 안에 귀천 없네 주가 축복하신 백성들 온 세계에 퍼지네

Arabic

1 في المسيح لا شرق و لا غرب، فيــه لانفتخــــر بجنس العائلــــة المختـــارة الــتي ــار كهــا الله الأن تمـــلًأ كل الــُـرضُ

Alternate tune: ST. PETER see 266

Words: John Oxenbam, 1908, alt., P.D.; Korean tr. Eunae Chung © 2012 Faith Alive Christian Resources; Arabic tr. Maged Dakdouk and Anne Zaki © 2012 Faith Alive Christian Resouces; Dutch tr. J.W. Schulte Nordholt (b. 1920); French Nicole Berthet, German M. Liesengag, 1924; Spanish J. R. de Balloch Music (MCKEE 8.6.8.6): African American spiritual, adapt. and harm. Harry T. Burleigh, 1939, P.D.

325 O Master, Let Me Walk with Thee



Words: Washington Gladden (1836-1918), P.D. Music (MARYTON 8.8.8.8): H. Percy Smith (1825-1898), P.D.

A Call to Discipleship

COLOSSIANS 3:1-4

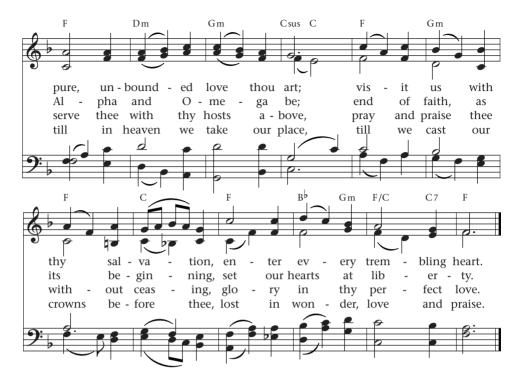
Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God.

Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.

351 Love Divine, All Loves Excelling



Words: Charles Wesley, 1747, P.D. Music (HYFRYDOL 8.7.8.7 D): Rowland H. Prichard, 1831, P.D.



Optional readings

A. 2 CORINTHIANS 3:17-4:1

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with

ever-increasing glory, which comes from the Lord, who is the Spirit.

Therefore, since through God's mercy we have this ministry, we do not lose heart.

B. 2 CORINTHIANS 4:5-6

For what we preach is not ourselves, but Jesus Christ as Lord,

and ourselves as your servants for Jesus' sake. For God, who said, "Let light shine out of darkness,"

made his light shine in our hearts to give us the light of

the knowledge of God's glory displayed in the face of Christ.

But we have this treasure in jars of clay to show

that this all-surpassing power is from God and not from us.

C. 2 CORINTHIANS 4:14-18

We know that the one who raised the Lord Iesus from the dead

will also raise us with Jesus and present us with you to himself.

All this is for your benefit,

so that the grace that is reaching more and more people

may cause thanksgiving to overflow to the glory of God.

Therefore we do not lose heart.

Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

So we fix our eyes not on what is seen, but on what is unseen,

since what is seen is temporary, but what is unseen is eternal.

363 Blessed Assurance: Jesus Is Mine



^{*}Used here in the sense of glory, ecstatic joy

Words: Fanny Crosby, 1873, P.D.

Music (ASSURANCE 9.10.9.9 refrain 9.9.9.9): Phoebe P. Knapp, 1873, P.D.

Total Praise



Words and Music (TOTAL PRAISE): Richard Smallwood, arr. Stephen Key © 1996 Bridge Building Music (BMI)/T Autumn Music (BMI), admin. Bridge Building Music

Swing Low, Sweet Chariot



Better Is One Day

PSALM 84



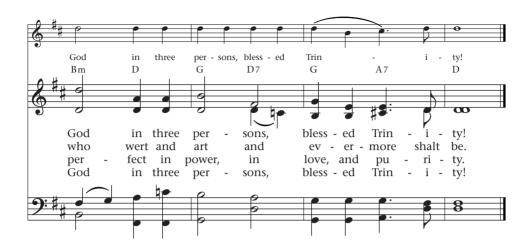
For other settings of Ps. 84 see 46, 507

Words and Music (BETTER IS ONE DAY): Psalm 84 and 27:4; Matt Redman © 1995 Thankyou Music (PRS), admin. worldwide at EMICMGPublishing.com except Europe which is admin. by Kingswaysongs

Holy, Holy, Holy! Lord God Almighty



Words: Reginald Heber, 1827, alt., P.D. Music (NICAEA 11.12.12.10): John B. Dykes, 1861; desc. David McK. Williams (1887-1978), P.D.



A Call to Worship and Greeting

539

PSALM 34:3; 9:1-2; REVELATION 1:4-5

O magnify the LORD with me.

Let us exalt God's name together!

We will give thanks to you, O LORD, with our whole heart; we will tell of all your wonderful deeds.

We will be glad and exult in you; we will sing praise to your name, O Most High.

Grace to you and peace from him who is and who was and who is to come, and from the seven spirits who are before his throne, and from Jesus Christ, the faithful witness, the firstborn of the dead, and the ruler of the kings of the earth.

Amen.

Continue with the singing of "Holy, Holy, Holy! Lord God Almighty" or another appropriate song.

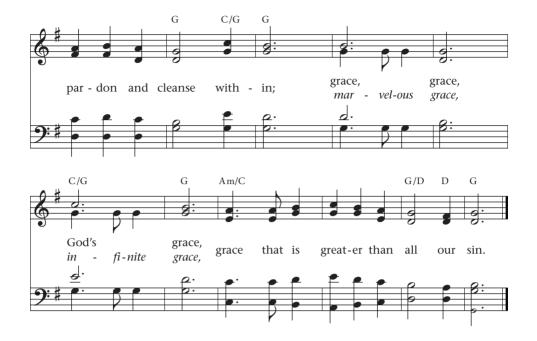
Text: from Ps. 34:3, Ps. 9:1-2, Rev. 1:4b-5, NRSV



Words and Music (MIGHTY TO SAVE): Ben Fielding, Reuben Morgan, arr. Jay Rouse © 2006 Hillsong Publishing (APRA), admin. in the US and Canada at EMICMGPublishing.com



Words: Julia H. Johnston, P.D. Music (MOODY 9.9.9.9 refrain 4.9.4.9): Daniel B. Towner, P.D.



Affirmation: Righteous Before God 697

How are you righteous before God?

Only by true faith in Jesus Christ.

Even though my conscience accuses me
of having grievously sinned against all God's commandments,
of never having kept any of them,
and of still being inclined toward all evil,
nevertheless,
without any merit of my own,
out of sheer grace,
God grants and credits to me
the perfect satisfaction, righteousness, and holiness of Christ,
as if I had never sinned nor been a sinner,
and as if I had been as perfectly obedient
as Christ was obedient for me.
All I need to do
is accept this gift with a believing heart.

Text: Heidelberg Catechism Q&A 60

The Great Prayer of Thanksgiving 1 810

THE THANKSGIVING

Lift up your hearts.

We lift them up to the Lord. Let us give thanks to the Lord our God. It is right for us to give thanks and praise.

With joy we praise you, gracious God, for you have created heaven and earth, made us in your image,

and kept covenant with us—
even when we fell into sin.
We give you thanks for Jesus Christ, our Lord,
who by his life, death, and resurrection
opened to us the way of everlasting life.
Therefore we join our voices with all the
saints and angels and the whole creation
to proclaim the glory of your name.



THE INSTITUTION

We give thanks to God the Father that our Savior, Jesus Christ, before he suffered,

gave us this memorial of his sacrifice, until he comes again.

At his last supper, the Lord Jesus took bread, and when he had given thanks, he broke it [here the minister breaks the bread] and said, "This is my body, which is for you; do this in remembrance of me."

In the same way, he took the cup after supper [here the minister pours the wine] and said,

"This cup is the new covenant in my blood; do this in remembrance of me."
For whenever we eat this bread and drink this cup, we proclaim the Lord's death until he comes (1 Cor. 11:23-26).
Therefore we proclaim our faith as signed and sealed in this sacrament:



Christ has died. Christ is ris-en. Christ will come a-gain.

(continues)

For accompaniment see 809

Text: taken from The Lord's Supper Liturgy of the Christian Reformed Church of North America, 1994 Music (LAND OF REST 8.6.8.6): American folk melody, P.D.

911 Abana alathi fi ssama/Abana in Heaven MATTHEW 6:9-13



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