

METRICAL PSALM SINGING

Christ the sure and steady Anchor
In the fury of the storm
When the winds of doubt blow through me
And my sails have all been torn
In the suffering, in the sorrow
When my sinking hopes are few
I will hold fast to the Anchor
It shall never be removed

Come behold the wondrous mystery
In the dawning of the King
He the theme of heaven's praises
Robed in frail humanity
In our longing, in our darkness
Now the light of life has come
Look to Christ, who condescended
Took on flesh to ransom us

The meter for the above is:

____ . ____ . ____ . ____

A well-known tune with this meter is: _____

Some Popular Meters/Tunes:

C.M. (Common Meter, 8.6.8.6.)

Amazing Grace
O God Our Help in Ages Past

C.M.D. (Common Meter Doubled)

There is a Fountain
I Sing the Mighty Power of God
All Glory Be to Christ
It Came Upon a Midnight Clear

L.M. (Long Meter, 8.8.8.8.)

The Doxology
Before the Throne of God Above
Just As I Am

L.M.D. (Long Meter Doubled)

Sweet Hour of Prayer

S.M.D. (Short Meter Doubled, 6.6.8.6. 6.6.8.6.)

This is My Father's World
Crown Him with Many Crowns

7.6.7.6.D.

The Church's One Foundation
All Glory Laud and Honour
O Sacred Heart Now Wounded

7.7.7.7.7.7. (or 77.77.77.)

For the Beauty of the Earth
Rock of Ages

8.7.8.7.D.

What a Friend We Have in Jesus
Come Thou Long Expected Jesus (Or Our Great Saviour)
Ode to Joy
Come Thou Fount

10.10.10.10.

Lift High the Cross
Abide with Me
Be Thou My Vision

11.11.11.11.

My Jesus I Love Thee
Immortal, Invisible
Away in a Manger (both versions)

Psalm Examples from Seedbed Online Psalter

Psalm 86

Hear me, O Lord, and answer me;
I'm poor and in great need.
Come, guard my life; You are my God—
save me! I trust in Thee.

Meter is:

Pick a Tune:

Psalm 34

All of my days I'll bless and praise the Lord;
His praise will ever be within my mouth.
Boast, O my soul, extol the living Lord;
Let all the humble hear it and be glad.

Meter is:

Pick a Tune:

Psalm 5

Give ear to my words, O Lord,
My deep groaning don't ignore.
Hear and heed my pleading prayer,
As I come and seek Your care.
King and God, to You I pray;
I will watch for You this day.

Meter is:

Pick a Tune:

Some Recommended Resources:

- *Worship Matters* by Bob Kauflin
- *Sing!* by Keith and Kristin Getty
- Sound + Doctrine Podcast
- Worship Leader Intensive (Louisville)
- Seedbed Online Psalter
- The Book of Psalms for Worship (App)
- Psalms of Grace (forthcoming)
- Poor Bishop Hooper/The Corner Room/Sovereign Grace Music