

**A music playlist podcast for Lent  
saint benedict's table**

**1. Gord Johnson - Ps. 57 (O Lord Have Mercy)**

Originally released on the 1996 album, *Stubble and Hay*

O Lord have mercy  
Have mercy on me  
O Lord have mercy on me  
I take refuge in the shadow of your wings  
Until my enemies flee

I call to you Lord  
I call to you Lord on high  
You make your wonders known to me  
You send your love from above  
And make my enemies flee

I am in the midst of lions  
Their teeth, they cut like swords  
But I will sing and make my music  
To the king and lord of lords

My heart is with you  
Is with you O God  
And I will offer you my song  
Awake my soul and take complete control  
And I will open up the dawn

I will praise your name among the nations  
Sing of you among the peoples  
Your love is great, it reaches to the heavens  
Your faithfulness to the skies

O Lord have mercy...

**2. Jenny Moore – Pried Open**

Originally released on her 2007 saint ben's CD *Songs for Listening to on the Train, with an Excellent Set of Headphones and an Ambivalent Heart*

I am pried open  
I am pried open  
You are far and near  
Here and gone at once

### **3. Mike Koop – Jacob's Well**

Originally released on his 2021 saint ben's album, *Brutal*

He sat down at Jacob's Well  
and asked her for some water  
she said sir I'm Samaritan  
your request I cannot honour

He said woman if you only knew  
about the cup I offer  
just drink of my dram so sure and sweet  
and you will live forever

Please give me water  
pure clear water  
my thirst has brought me low  
please give me water  
pure clear water  
my thirst is all I know

I thought you were a prophet  
when you told me who I am  
but then you offered to set me free  
Now I see and I believe in my soul  
that your cup is all I need

### **4. Anass Quinten – Song of Confession**

A new home-recording of a song written by Gord Johnson, based on the communion confession prayer from *The Book of Alternative Services* of the Anglican Church of Canada

I have sinned in thought and word and deed  
against the One who calls me as His own  
these things I do confess to him whose righteousness  
alone can save me by His blood

what can save me?  
what can save me?  
nothing but the blood of Jesus Christ

I have not done what I should have done  
and have done things that were better left undone  
these things I do confess to him whose righteousness  
alone can save me by His blood

## **5. Rob Kwade – Forgive Me**

Recorded by Rob in his home studio, and previously unreleased

In this place, everything grows hard  
I can feel my legs turn to clay  
I've tried so hard, to see your face  
But I see that I have lost my way  
In this place, it's easy to forget  
The love I had for you on our first day  
So I'll say...

Forgive me

In this shell, it's hard to move  
I can feel the earth hold me to it's skin  
This mortal coil keeps winding tight  
I can't forget all the places that I've been  
My lips are dry, from speaking words  
That never make it through the atmosphere  
So I'll say...

Forgive me

It's not a hard thing, to find a little peace  
You just fall on your knees and bury your face in the dirt  
It's not a hard thing to find a little rest  
You just fall on your knees and bury your face in the dirt

It's not a hard thing...

## **6. Lois Gillespie – Temptation**

A home-recording of a new song by Lois, written as part of her saint ben's Arts Residency

The rising of the sun over a barren land  
Walk with me my friend Take my hand

I will give you power, wealth and majesty  
If you would bend a knee, worship only me

Chorus: I serve only God Keeper of my soul  
I serve only Love A love you'll never know

Can it be so hard? Prove your great Divinity  
Make known who you are Let the angels set you free  
Chorus

Bridge : Serve Love Be free Serve Love Be free (2x)

Gather up these stones Turn them into bread  
Look! You're skin and bones Save yourself from death  
Chorus

The rising of the sun o'er a barren land

### **7. Gord Johnson – Make Way**

Originally recorded for our 2009 book and music project, *Beautiful Mercy: A Book of Hours*

We are like the grass  
Blowing in the wind,  
Groping in the dark,  
Drowning in our sin;  
We hear your gentle voice  
In the wilderness;  
Make way, make way, make way.

We are watching,  
We are waiting,  
We are longing for You...

And the glory of the Lord will be revealed;  
And the glory of the Lord will be revealed;  
And the glory of the Lord will be revealed;  
And the glory of the Lord will be revealed...

### **8. Samantha Klassen – Into Thy Hands**

A home-recording of a song written by Samantha, with lyrics based on Psalm 31 from *The Book of Common Prayer*

Into Thy hands I commend my spirit  
Thou hast redeemed me, O Lord God of truth  
Incline Thine ear, hear my cry for mercy  
My times are in Thy hand  
My times are in Thy hand

Into Thy hands I commend my spirit  
Be Thou my strong rock and house of defense  
Crowds whisper evil and fear surrounds me  
My times are in Thy hand  
My times are in Thy hand

Into Thy hands I commend my spirit  
Weariness and sorrow consume my soul  
I am become like a broken vessel  
My times are in Thy hand  
My times are in Thy hand

Into Thy hands I commend my spirit  
Shelter my soul in Thy secret embrace  
Show me the light of Thy healing countenance  
My times are in Thy hand  
My times are in Thy hand

### **9. Mike Koop - Kyrie/Trisagion**

Originally released on his 2021 saint ben's album, *Brutal*

Lord have mercy (4x)  
Christ have mercy (2x)  
Lord have mercy (2x)  
Holy God, holy and mighty  
immortal one  
have mercy on us

### **10. Alana Levandoski – When Love Meets Dust**

Recorded by Alana in her home studio, you can view a video of this song on YouTube:

<https://www.youtube.com/watch?v=rTZ4sRTS88I>

### **11. Steve Bell - Into The Darkness**

A cover version of a song written by Gord Johnson for our Lenten liturgies, originally released on Steve's 2008 album, *Devotion*

Into the darkness we must go  
Gone, gone is the light

Jesus remember me  
When you enter your kingdom

Father forgive them  
They know not what they do

Gone, gone is the light