

Have You Forgotten?

Why are you cast down, O my soul?
And in dark turmoil within me?

Have you forgotten
Who sustains you?
He who claims you and restrains,
He who reigns and preordains you?

Have you forgotten
Who upholds you?
He who molds you and enfolds you
The One who is to be adored?

Hope in Him!
Worship Him!
Your salvation and your God.
Your salvation and your God.
Hope in Him!
Rest in Him!
He is your exceeding joy.
He is your exceeding joy.

Why are you cast down, O my soul?
And so despairing in your troubles?

Have you forgotten what your eyes have seen?
The King who brings you to Himself on eagle's wings and sings salvation?
Have you forgotten His fidelity, His beauty that so constantly rends reality.

And now, O LORD, for what do I wait? My hope is in You.
Gracious are You LORD, merciful and righteous.
You have become my strength and my song!
Gracious are You LORD, merciful and righteous.
You have become my great salvation!
Return, O my soul, to your rest,
For the LORD has dealt bountifully with you.