



PILGRIM SONGS

15 PSALMS—THE SONGS OF ASCENT
WORDS AND MUSIC BY ROBERT BECK

PILGRIM SONGS

THE SONGS OF ASCENT
- PSALMS 120 TO 134 -

BEING THE PSALMS SUNG BY
THE JEWS ON THEIR PILGRIMAGES
UP TO JERUSALEM FOR THE FEASTS.

(CONTENTS PAGE IN BACK)

BY
Robert R Beck

NOTE: THESE SONGS ARE NOT SPIN-OFFS
OF IDEAS OR LINES FROM THE PSALMS LISTED,
BUT RATHER MIGHT BE STYLED 'MUSICAL TRANS-
LATIONS' - BEING COMPLETE RENDERINGS OF EACH
PSALM. THE BEST WAY TO SEE THIS IS TO COM-
PARE THEM WITH A BIBLE.

R BECK
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The songs in this book are found in the Bible's Book of Psalms, numbers 120 to 134. Each of these carry the subheading:

"A SONG OF ASCENT."

Authorities vary on their interpretation of this label.

Some say it refers to the songs about the Jews' return from the Exile.

Others say other things.

But most agree that these are the songs that they sang on the road as they traveled up to Jerusalem in pilgrimage to participate in the Feasts.

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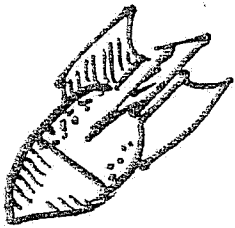
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THE NONVIOLENT MAN

PAGE TWO

Ps. 120 (119)

LYRICS & MUSIC
BY ROBERT BECK



^C Save me, Lord, from this ^E treachery!

I call to the Lord, and he ^D rescues me
From these liars I live among,
^G ^F
Lying lip and treacherous tongue.
^D ^C ^G ^C

What shall all of your sharp words earn,
Shall they win for you in return?
Sudden shot from a soldier's gun,
Fires burn fiercely as the sun.

Long I've wandered a stranger's land,
Pitched my camp in the bitter sand.
Long enough I have lived among
Warmongers with treacherous tongue.

Long enough I have lived among
Warmongers with treacherous tongue,
For whom, when I propose a truce,
War is the answer that they choose.

(Repeat first verse)

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Handwritten musical notation for the first verse of the song. It consists of three staves of music in G major, 4/4 time. The lyrics are written below the notes, with chord symbols (C, E, D, G, F) placed above the corresponding notes. The lyrics are: "SAVE ME, LORD, FROM THIS TREACH-ER-Y! I CALL TO THE LORD AND HE RESCUES ME FROM THESE LI-ARS I LIVE A-MONG LY-ING LIP AND TREACHEROUS TONGUE. (HMM-M-M)"

I LIFT MY EYES TO THE HILLS

Ps. 121 (122)

PAGE
THREE

WORDS
AND
MUSIC
BY
ROBERT
BECK

Em Am Em
I lift my eyes to the hills.
C D Em
From where shall help come to me?
G D C B7
Comes the aid of the Lord who made
Em Am Em
The earth, the sky and the sea.

We neither stumble nor slip,
Though roads be narrow and steep,
For Israel's guard is Israel's Lord
Who needn't slumber nor sleep.

The Lord himself is your guide,
Your shade that stands by your side.
We aren't undone by noontime sun
Nor by the moon in the night.

The Lord protects you from harm.
He guards your life all your days.
He has control when you come and go,
For now, all times and always.

The musical notation is written on two staves in treble clef with a key signature of one sharp (F#) and a 4/4 time signature. The melody consists of quarter and eighth notes. Chord symbols are written above the notes. The lyrics are written below the notes.

Em Am Em C D Em
I LIFT MY EYES TO THE HILLS. FROM WHERE SHALL HELP COME TO ME?
G D C B7 Em Am Em
COMES THE AID OF THE LORD WHO MADE THE EARTH, THE SKY AND THE SEA

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CITY OF PEACE

Ps. 122 (121)

WORDS AND MUSIC
BY ROBERT BECK

^{Am}
I was glad when they said:
We shall ^D go to the ^{Dm} house of ^{Am} God,
We shall ^E go ^{Am} down.

Now our feet walk the streets ^G
That run inside the gates ^{Dm(F)} ^E
Of Jerusalem ^{Am} town.

Now, Jerusalem was made
With a memory and a spade:
We were restored!
And Jerusalem's the town
Where all the tribes go down,
Tribes of the Lord.

For the law of the Lord, it says
That's the place to give God praise,
The good Lord praise.
For there stood the judgment throne
When David wore the crown
In bygone days.

Pray the peace of Jerusalem,
May it settle on your home:
Peace to your home!
And peace within your walls,
In your parlors and your halls.
Shalom, shalom!

For the love of kith and kin,
For the bond between two friends:
Peace come to you!
For the love of God's own house,
I will pray for full success
In all you do.

REFRAIN:

I WAS GLAD WHEN THEY SAID: WE SHALL GO TO THE HOUSE OF
GOD, WE SHALL GO DOWN. NOW OUR FEET WALK THE STREETS THAT
RUN INSIDE THE GATES OF JERUSALEM TOWN.

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SONG OF THE WEARY FAITHFUL

WORDS AND
MUSIC BY
ROBERT BECK

PAGE SEVEN

Ps. 123 (122)

E G A
I lift my eyes
C A E
To you in the skies
G C D E
Like the eyes of a man
G A D E
On his master's hand.

Like the eyes of a maid
Turned toward her lady,
Our eyes turn toward
Our all-merciful Lord.

Have mercy on us,
We're tired of their disgust,
Of the jeers of the crowd,
Of the sneers of the proud.

E G A C A E
I LIFT MY EYES TO YOU IN THE SKIES
G C D E G A D E
LIKE THE EYES OF A MAN ON HIS MAS-TER'S HAND

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THE NARROW ESCAPE

WORDS +
MUSIC
BY
ROBERT BECK

Ps. 124 (123)

REFRAIN: ^D Had not the ^{Bm} Lord been on our ^{G-Em-A7} side,
^D This is our refrain.
^{Bm} Had not the Lord been on our ^{G-Em-A7} side
^{D-D7} When that uprising came,
^G They would have swallowed us alive
^{A7} When their fury burst to ^D flame.

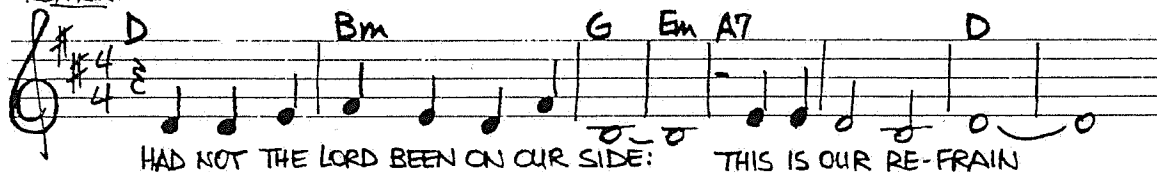
VERSES: ^D 1. Flood would overrun ^{Bm}
^G The cities and the ^{A7} towns
^D And the countryside.
^{Bm} We'd be overcome
^G Like a man about to ^{A7} drown
^D In the foaming tide.

2. Blessed is the Lord
Who released us from the threat
Of the beast of prey.
Our life is like a bird,
In a net the fowler set,
That got away.

3. But broken is the frame
Of the trap, and we are freed
From the fowler's snare.
Our help is in the name,
The name of the Lord who made
The earth and air.

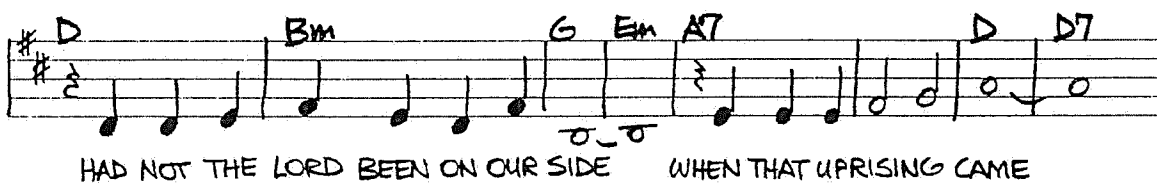
REFRAIN:

D Bm G Em A7 D



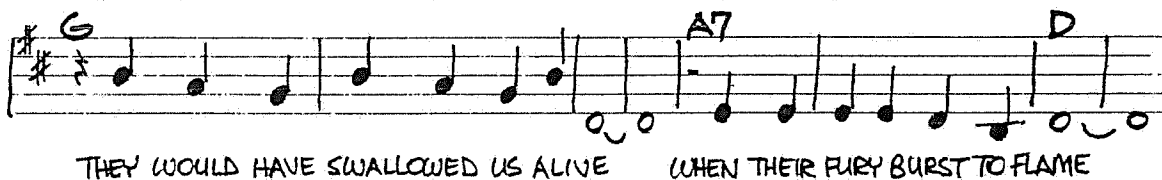
HAD NOT THE LORD BEEN ON OUR SIDE: THIS IS OUR RE-FRAIN

D Bm G Em A7 D D7



HAD NOT THE LORD BEEN ON OUR SIDE WHEN THAT UPRISING CAME

G A7 D



THEY WOULD HAVE SWALLOWED US ALIVE WHEN THEIR FURY BURST TO FLAME

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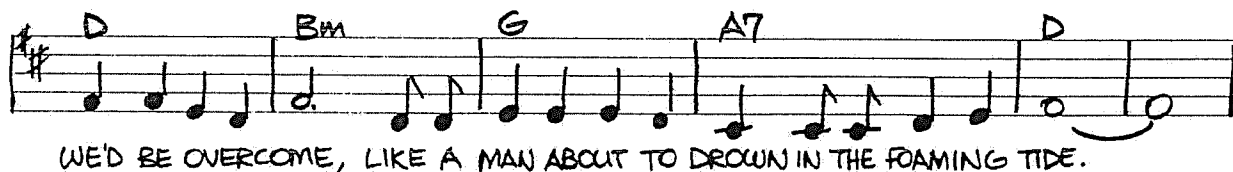
VERSES:

D Bm G A7 D



1. FLOOD WOULD OVER-RUN THE CITIES AND THE TOWNS AND THE COUNTRYSIDE.

D Bm G A7 D



WE'D BE OVERCOME, LIKE A MAN ABOUT TO DROWN IN THE FOAMING TIDE.

ROCK OF ZION

WORDS AND
MUSIC BY
ROBERT BECK

Ps. 125 (124)

C
D
 Now those who give the Lord their trust
G
C
 Are like Mount Zion
F
B7
 They can rely on,
E
A7
 Standing forever,
D
G
C
 Standing forever.

The evil rule shall never rest
 Upon the just land
 For fear the just man
 Take up with evil,
 Take up with evil.

Jerusalem and all her hills,
 The hills around her;
 God will surround her,
 Now and forever,
 Now and forever.

Lord, do good unto the good,
 Unto the right of heart,
 And strive to drive apart
 Workers of evil,
 Workers of evil.

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C
D
G
C
 NOW, THOSE WHO GIVE THE LORD THEIR TRUST ARE LIKE MOUNT ZI-ON
F
B7
E
A7
D
G
C
 THEY CAN, RE-LY ON, STANDING FOR-EV-ER, STANDING FOR-EV-ER

SONG OF THE RETURNING EXILES

WORDS & MUSIC BY ROBERT BECK

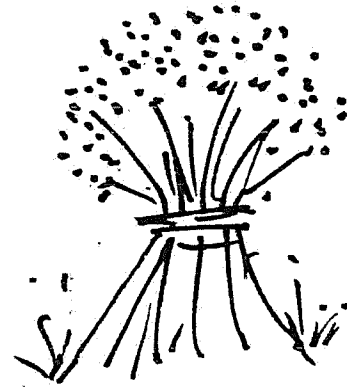
Ps. 126 (125)

^{Am} Lord released us from that foreign shore;
^{Am} Seemed just dreamy ^G prisoners of war. ^{Dm}
 Then our mouths spilled over with laughing, ^C ^{E7} ^{Am} ^{-Dm}
 Our lips rang out then with songs, ^F ^{G7} ^{Am}
 Our lips rang out then with songs, ^F ^{G7} ^A

All the people watching us remarked:
 See what wonders Zion's Lord has worked;
 All the wonders he's done to help us.
 Our gladness rings out in songs,
 Our gladness rings out in songs.

Like the streams that come to end the drought,
 Lead us, Lord, from bondage lead us out.
 For the ones who weep at the sowing
 Are those who reap singing songs,
 Are those who reap singing songs.

Though they leave in sorrow and in woe,
 With the seeds that they must learn to sow,
 They return with sheaves full of gladness,
 Their joy shall break forth in songs,
 Their joy shall break forth in songs.



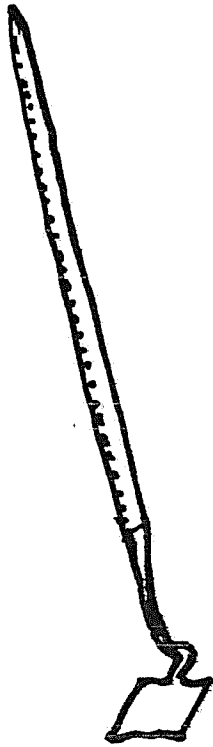
^{Am} ^G ^{Am}
 LORD RELEASED US FROM THAT FOREIGN SHORE. SEEMED JUST DREAMY
^G ^{Dm} ^C ^{E7} ^{Am}
 PRISONERS OF WAR. — THEN OUR MOUTHS SPILLED OVER WITH LAUGHING.
^{Dm} ^F ^{G7} ^{Am} ^F ^{G7} ^A
 OUR LIPS RANG OUT THEN WITH SONGS. OUR LIPS RANG OUT THEN WITH SONGS

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UNLESS THE LORD

WORDS AND
MUSIC BY
ROBERT BECK

Ps. 127 (126)



Am G Am
Unless the Lord should build the house,
C E
In vain the workers toil.

Am Dm
Unless the Lord should guard the town,
E Am
In vain are watchmen loyal.

In vain your early rise from bed,
In vain your late returning.
To those who toil for their bread,
He gives without their earning.

For sons are blessing from the Lord,
Which he alone lets happen.
A young man's sons are his reward,
Each like a soldier's weapon.

A man with such an armament
Need not fear disgraces,
He's confident in argument
About the marketplaces.

(Repeat first verse)

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Am G Am C E
UNLESS THE LORD SHOULD BUILD THE HOUSE, IN VAIN THE WORKERS TOIL

Am Dm E Am
UNLESS THE LORD SHOULD GUARD THE TOWN, IN VAIN ARE WATCHMEN LOYAL

REFRAIN: ^{D G A7} He is a happy man
^{D G A7} Who gives the Lord his due regard
^{D G D} And follows in his ways.

YOUR CHILDREN'S CHILDREN

PAGE THIRTEEN

WORDS & MUSIC BY ROBERT BECK

Ps. 128 (127)

1. ^{D G A7 D} Your labor shall provide your food.
^{G A7} Your life shall prove complete and good.
^{D G} Within your home your wife shall be
^{E A7} A beautiful and fruitful tree,
^{D G} Your children like young maple plants
^{A7 D} Around your table.

2. And may the good God-fearing man
 Discover joys on every hand.
 From Zion may God's love extend
 To every day till days may end,
 Till in Jerusalem you see
 Your children's children.

REFRAIN: ^{D G A7 D G A7}

HE IS A HAPPY MAN WHO GIVES THE LORD HIS DUE REGARD AND
 FOLLOWS IN HIS WAYS

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VERSE ^{D G A7 D G}

1. YOUR LABOR SHALL PROVIDE YOUR FOOD. YOUR LIFE SHALL PROVE COMPLETE AND
^{A7 D G E} GOOD. WITHIN YOUR HOME YOUR WIFE SHALL BE A BEAUTIFUL AND FRUITFUL
^{A7 D G A7 D} TREE. — YOUR CHILDREN LIKE YOUNG MAPLE PLANTS AROUND YOUR TABLE

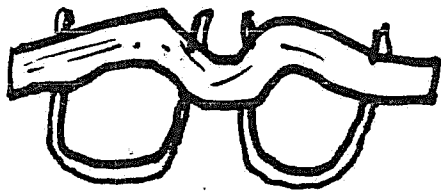
YOKE OF WRONG

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FOURTEEN

Ps. 129 (128)

WORDS & MUSIC
BY ROBERT BECK

They've ^{A7} put me down since I was ^{Dm} young,
That's Israel's sad ^{A7} story.
They've ^{Dm} put me down since I was ^C young,
But ^{Dm} never could ^{A7} destroy ^{Dm} me.



Like plowmen hard they plowed my back,
They made their furrows longer.
The yoke of wrong has long been strong,
The Lord is always stronger.

May Zion's foes be shamed and strewn,
Uprooted, wrecked and routed,
Like rooftop grass that withers up
As soon as it has sprouted.

No one reaps upon the roof
Nor binds the rooftop grasses.
And no one greets the godless house
Nor blesses as he passes.

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(Repeat first verse)

THEY'VE PUT ME DOWN SINCE I WAS YOUNG. THAT'S ISRAEL'S SAD STORY

THEY'VE PUT ME DOWN SINCE I WAS YOUNG, BUT NEVER COULD DESTROY ME.

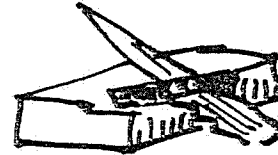


FROM THE DEPTHS

Ps. 130 (129)

MUSIC & WORDS
BY ROBERT
BECK

Am Dm
From the depths I cry,
Will you listen, O Lord?
Am
From the depths I cry.
Dm
Shall my prayer be ignored?
Am
Don't you know I try?
Dm
Won't you listen to me?
Am
Won't you please reply
Dm
To my sorrowing plea?
Am
Always I rely
F-67
On your word.
C
Am Dm
From the depths I cry,
Am
Will you listen, O Lord?



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2. If you mark our guilt,
Lord, then who would survive?
If you mark our guilt
Who would still be alive?
But you will forgive,
And I thank you, O Lord,
For I only live
Since I count on your word.
Yes, I always count
On your word.
From the depths I shout,
Will you listen, O Lord?

3. The night watchman waits
For the breaking of dawn.
As the watchman waits
Till the night time is gone,
So I lie awake
For your coming, O Lord,
For the day to break
With your answering word.
Can't you see my need
For your word?
From the depths I plead,
Will you listen, O Lord?

4. Since the Lord is kind,
Ready willing to care,
Since the Lord is kind
And his mercy is there,
He will save my life
And save Israel, too,
From the brick and knife,
From the things we might do
Give us your reply,
Send your word.
From the depths I cry,
Will you listen, O Lord?

Handwritten musical score for the hymn "From the Depths I Cry". The score is written on a grand staff with a treble clef and a 4/4 time signature. The melody is written in the upper voice, and the lyrics are written below the notes. The key signature is one flat (F major/D minor). The score consists of seven staves of music. The first staff begins with a treble clef and a 4/4 time signature. The lyrics are: "1. FROM THE DEPTHS I CRY, WILL YOU LISTEN, O LORD?". The second staff continues the melody: "FROM THE DEPTHS I CRY, SHALL MY PRAYER BE IGNORED?". The third staff continues: "DON'T YOU KNOW I TRY? WON'T YOU LISTEN TO ME?". The fourth staff continues: "WON'T YOU PLEASE REPLY TO MY SORROWING PLEA?". The fifth staff continues: "ALWAYS I RELY ON YOUR WORD.". The sixth staff continues: "FROM THE DEPTHS I CRY, WILL YOU LISTEN, O LORD?". The seventh staff concludes the piece with a double bar line. Chord symbols are written above the notes: Am, Dm, Am, Dm, Am, Am, Dm, Am, Am, F, G7, C, Am, Dm, Am.

1. FROM THE DEPTHS I CRY, WILL YOU LISTEN, O LORD?
FROM THE DEPTHS I CRY, SHALL MY PRAYER BE IGNORED?
DON'T YOU KNOW I TRY? WON'T YOU LISTEN TO ME?
WON'T YOU PLEASE REPLY TO MY SORROWING PLEA?
ALWAYS I RELY ON YOUR WORD.
FROM THE DEPTHS I CRY, WILL YOU LISTEN, O LORD?



CHILD ISRAEL

Ps. 131 (130)

WORDS & MUSIC
BY ROBERT BECK

D G
Israel, hope in Yahweh,
A7 D
Now and always;
D G
Israel, hope in Yahweh,
A7 D
Now and always.

1. My heart is not ambitious, Lord,
Nor proud, my eyes.
I don't concern myself with things
Beyond my size.
2. My soul is satisfied to be
At peace, at ease.
A baby in his mamma's arms,
Upon her knees.

CALYPSO STYLE REFRAIN:

IS-RA-EL, HOPE IN YAHWEH NOW AND ALWAYS. (REPEAT)

VERSES:

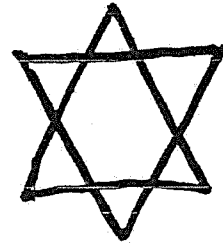
1. MY HEART IS NOT AMBITIOUS, LORD, NOR PROUD, MY EYES.

I DON'T CONCERN MYSELF WITH THINGS BEYOND MY SIZE

Remember, Lord, for David's sake,
 The hardships he endured.
 The oath he swore to Jacob's Lord;
 He gave his solemn word:

WORDS AND
 MUSIC BY
 ROBERT BECK

I will not go inside my house
 Nor rest upon my bed;
 I will keep away from sleep,
 Open my eyelid,
 Until I find the Lord a place
 To live in, David said.



We found the ark at Ephratha,
 Upon the woodland field.
 Let us go to where he waits,
 Let us go to kneel.

Go up, Lord, with your mighty ark,
 To the place you chose to be.
 Your priests are wrapped in holiness,
 Your folk sing merrily.
 For your servant David's sake,
 Hear your Anointed's plea.

An oath to David swore the Lord,
 Which he will not disown:
 "Your offspring, your own sons, I shall
 Establish on your throne.

"And if they keep my covenant,
 The law that I've made known,
 Their sons shall rule from age to age,
 Shall sit upon your throne."

The Lord has found a place to live,
 He's chosen Zion's hill.
 "This shall be my resting-place,
 For here I choose to dwell."

THE PROMISE TO DAVID

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TWENTY-
ONE

Ps. 132 (131)

WORDS & MUSIC
BY ROBERT BECK

1. REMEMBER, LORD, FOR DAVID'S SAKE THE HARDSHIPS HE EN-
DURED, THE OATH HE SWORE TO JACOB'S LORD, HE
GAVE HIS SOLEMN WORD

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FOR THE SIX-LINE STANZAS, THE LAST TWO LINES REPEAT
THE MELODY OF LINES 3 AND 4,
IN THE FOLLOWING MANNER:

2. I WILL NOT GO INSIDE MY HOUSE NOR REST UPON MY BED
I WILL KEEP AWAY FROM SLEEP, OPEN MY EYELID UN-
TIL I FIND THE LORD A PLACE TO LIVE IN, DAVID SAID.

RICHNESS OF BROTHERHOOD

Ps. 133 (132)

PAGE TWENTY-TWO

WORDS & MUSIC
BY ROBERT BECK

REFRAIN:

How good and how grand it is
When men can live together
Like brothers.

1. It's like the oil upon the head
Flowing down the beard the Aaro
Flowing down the collar of
The vestments he is wearing.

2. It's like Mount Hermon's morning dew
Descending on the Mount of Zion
Where the Lord extends his blessing:
Living without dying.

optional verses: (ADD YOUR OWN)

It's like the star-filled winter night:
The Pliades, the Bear, Orion.
A million zero points of light
Whose splendor is undying.

REFRAIN

HOW GOOD AND HOW GRAND IT IS WHEN MEN CAN LIVE TOGETHER LIKE

BROTHERS.

1. IT'S LIKE THE OIL UPON THE HEAD, FLOWING DOWN THE BEARD OF

AARON.

FLOWING DOWN THE COLLAR OF THE VESTMENTS HE IS WEARING.

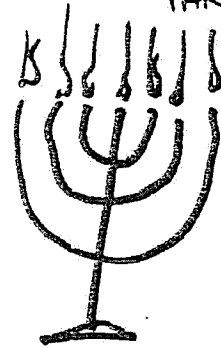
CALL TO THE VIGIL SERVICE

WORDS & MUSIC
BY ROBERT BECK

Ps. 134 (133)

PAGE
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THREE

Em Am D G
Come, O come to bless the Lord
Em Am D Em
All of you who serve the Lord.
Em Am D G C
Take your place within the Lord's own house,
Em Am D Em
Inside God's own house and court.



Reach up to the holy place,
Bless the Lord throughout the night.
May the Lord who made the heaven and earth
Bless you now from Zion's height.

Handwritten musical notation for the song, including chords and lyrics.

Chords: Em, Am, D, G, Em, Am, D, Em, Em, Am, D, G, C, Em, Am, D, Em

Lyrics:
1. COME, O COME TO BLESS THE LORD ALL OF YOU WHO SERVE THE
LORD. TAKE YOUR PLACE WITH-IN THE LORD'S OWN HOUSE, INSIDE
GOD'S OWN HOUSE AND COURT.

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