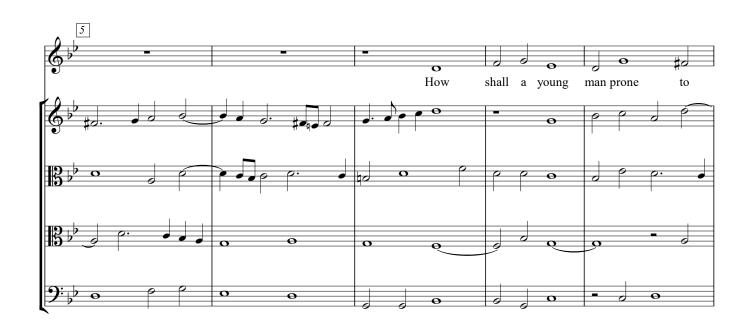
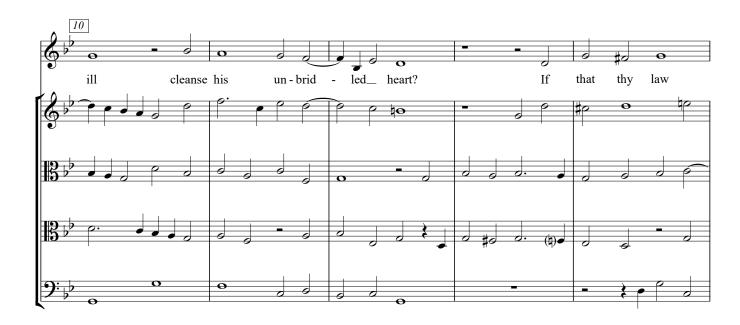
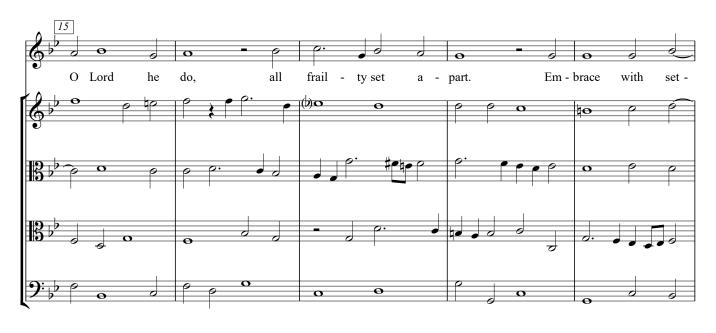
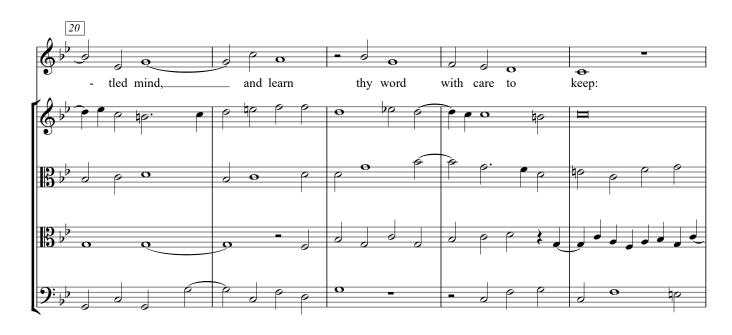
## How shall a young man prone to ill

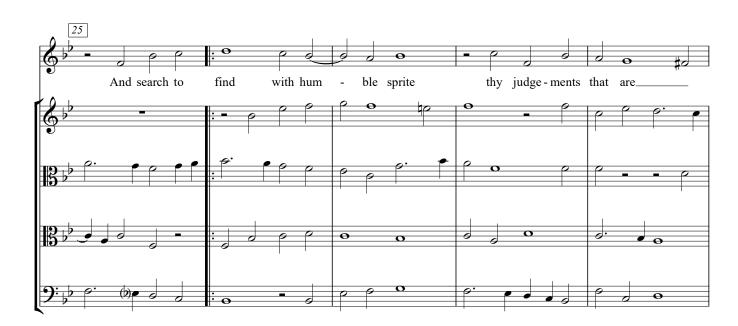




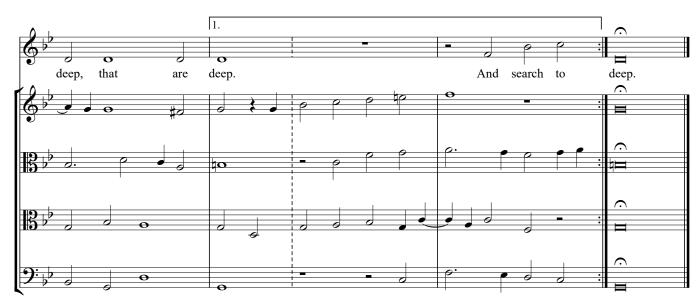












- How shall a yong man proane to yll clenze his unbridled harte?
   If that thy lawe o Lorde he doe all frailtie set a parte.
  - Embrace with settled mynde & learne thy woorde with care to kepe And search to fynde with humble sprite, thy iudgments that are depe.
- With my whole heart I have thee sought, and searched out thy way:
   O suffer not that from thy word, I swarve or goe astray.
- 3. Thy woord O Lord, within my heart, least I should thee offend:
  I have laid up as treasure great, for that shall mee defend.
- 4. The Lord is blest, hee shall me teach, the judgements of his mouth, Thereby to rule and dresse the waies, of my untamed youth.
- 5. Thy laws therefore in open place, my lippes shall ever sound:
  And never faile to shew forth that, to which thou hast mee bound.
- For in the way of thy precepts,
   I set my whole delight:
   No wealth, no treasure of the world, so precious in my sight.
- 7. What thou command'st I will think on, With diligent respect:

  And to thy lawes have due regard, for they shall mee protect.
- 8. In thy precepts O Lord, my soule her whole delight hath set:
  Thy words therefore more pure than gold, I never will forget.

Source: GB-Och Music MSS 984-988. Text of additional verses from printed edition. (William Byrd, *Psalmes, Sonets, & songs of sadnes and pietie* (London, 1588)). Text: Anonymous metrical version of Psalm 119: 9-16.

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