

**‘The prayer of an afflicted man  
when he is faint and pours out  
his lament before the Lord.’**

*‘Hear my prayer O Lord, let my  
cry for help come to you.’ v1*

- ***my days vanish like smoke***

- ***my days vanish like smoke***
- ***my bones burn like glowing embers***

- ***my days vanish like smoke***
- ***my bones burn like glowing embers***
- ***my heart is blighted and withered like grass***

- ***my days vanish like smoke***
- ***my bones burn like glowing embers***
- ***my heart is blighted and withered like grass***
- ***I forget to eat my food***

- ***my days vanish like smoke***
- ***my bones burn like glowing embers***
- ***my heart is blighted and withered like grass***
- ***I forget to eat my food***
- ***I am like a desert owl***

- ***my days vanish like smoke***
- ***my bones burn like glowing embers***
- ***my heart is blighted and withered like grass***
- ***I forget to eat my food***
- ***I am like a desert owl***
- ***I lie awake...***

**TANYA COLLINS**

**‘THORNS AND GOLD’**

*‘Where can I flee from your  
presence? If I make my bed in the  
depths, you are there.*

*Psalm 139:8’*

*‘But you, Lord, sit enthroned for  
ever; your renown endures  
through all generations’ v12*

*The nations will fear the name of the  
Lord, all the kings of the earth will  
revere His glory. v15*

*‘Let this be written for a future generation, that a people not yet created may praise the Lord’ v18*

*‘from heaven he viewed the earth  
to hear the groans of the  
prisoners’ vv19-20*

**Hear my prayer, Lord,  
Hear my cry;  
Hide not your face from me.  
Turn your ear, Lord  
When I call;  
In my despair, Lord,  
answer me.**

*(Repeat)*

**For my days are few and vanish  
Like smoke blown from a candle;  
And the flesh is weak,  
Life's embers burn,  
The pain too much to handle.  
My heart is smitten and  
withered like the desert grass,  
And sometimes, Lord, I wonder  
if this pain will ever pass?**

**Hear my prayer, Lord,  
Hear my cry;  
Hide not your face from me.  
Turn your ear, Lord  
When I call;  
In my despair, Lord,  
answer me.**

**Without your love I'm in the cold  
On the lonely streets at night;  
Unfriendly faces each way I turn  
Sneer and keep me out of sight.  
Tears flow; I am alone,  
without a friend  
And sometimes, Lord, I wonder  
if this pain will ever end?**

**But you, Lord, sit enthroned  
forever,**

**You, Lord, sit enthroned forever,**

**You, Lord, sit enthroned  
forevermore!**

**Yes, you, Lord, sit enthroned  
forever,**

**You, Lord, sit enthroned forever,**

**You, Lord, sit enthroned  
forevermore!**

**So, let these words be written  
For a future generation;  
Let the people of all nations  
Know the Lord of all creation.  
Let the enemy be crushed,  
sin wiped away,  
And may your boundless love  
shine on us, ev'ry glorious day!**

**Hear my prayer, Lord,  
Hear my praise;  
Lord, enthroned forever,  
come to me.**

**Turn your ear, Lord,  
When I call;  
In my despair, Lord,  
you answer me.**

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