

[](#) **for Lent**

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Father, into your hands, I commend, my Spirit. - twice.

Verse 1.

In you O Lord, I take refuge, Let me never be put to shame

In your justice set me free, Into your hands I commend my Spirit

It is you O Lord, who will redeem me.

Refrain: Father into your hands I commend my Spirit.

Verse 2

In the face of all my foes, I am a reproach

An object of scorn to my neighbors, and of fear, to my friends.

Refrain: Father into your hands I commend my Spirit.

Verse 3.

Those who see me in the street, run far away from me

I am like a dead man/forgotten in men's hearts, Like a thing thrown away.

Refrain: Father into your hands I commend my Spirit.

Verse 4.

But as for me / I trust in you Lord, I say "you are my God"

My life is in your hands, deliver me. from the hands of those who hate me.

Refrain: Father into your hands I commend my Spirit.

Verse 5.

Let your face shine on your servant, save me in your love,

Be strong / let your heart take courage, all those who hope in the Lord.

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