

2026-03-11 Meditation for Wednesday in the Third Week of Lent is now available at: <https://pgimf.org/meditations/>

[The opening theme song with a poetic paraphrase begins:]

Ich bete an die Macht der Liebe,
O Pow'r of love, all else transcending,
Die sich in Jesu offenbart;
In Jesus present evermore,
Ich geb' mich hin dem freien Triebe,
I worship thee, in homage bending,

Mitten wir im Leben sind, Op. 9, No. 3 (published 1869)

Lyrics: Martin Luther (1483-1546; published in *Erfurt Enchiridion*, 1524);

Verse 1 built on the Latin, Verses 2-3 newly written by Luther

Translated: Catherine Winkworth (1827-1878; translated this poetic paraphrase in 1862)

Music: Carl August Peter Cornelius (1824-1874)

Artists: Camerata Musica Limburg, Jan Schumacher (dir.)

https://www.youtube.com/watch?v=e3sSOKdBGcM&list=RDe3sSOKdBGcM&start_radio=1

[On human mortality and helplessness]

1. *Mitten wir im Leben sind*

Though we are in the midst of life,
Von dem Tod umfängen.
Snares of death surround us.
Wer ist da, der Hülfe tu',
Who shall help us in the strife
Dass wir Gnad erlangen?
Lest the foe confound us?
Das bist du, Herr, alleine.
Thou only, Lord, Thou only!
Uns reuet unsre Missetat,
We mourn that we have greatly erred,
Die dich, Herr, erzürnet hat.
That ours in thy wrath have stirred.
Heiliger Herre Gott!
Holy Lord God!
Heiliger starker Gott!
Holy Mighty God!
Heiliger barmherziger Heiland,

Holy Merciful Saviour,
Du ewiger Gott!
You Eternal God!
Lass uns nicht versinken
Save us lest we perish
In der bittern Todesnot.
In the bitter pangs of death.
Kyrieleison.
Lord, have mercy.

[An appeal for mercy]

2. *Mitten in dem Tod anficht*
In the midst of death's dark vale
Uns der Hölle Rachen.
Pow'rs of hell o'ertake us.
Wer will uns aus Nöten
Who will help when they assail,
Frei und ledig machen?
Who secure will us make?
Das tust du, Herr, alleine.
Thou only, Lord, Thou only!
Es jammert dein' Barmherzigkeit
Thy heart is moved with tenderness,
Unsre Sünd' und großes Leid.
Pities us in our distress,
Heiliger Herre Gott!
Holy Lord God!
Heiliger starker Gott!
Holy Mighty God!
Heiliger barmherziger Heiland,
Holy Merciful Saviour,
Du ewiger Gott!
You Eternal God!
Lass uns nicht verzagen
Save us from the terror
Vor der tiefen Höllen Glut.
Of the fiery pit of hell.
Kyrieleison.

Lord, have mercy.

[Christ is our refuge and hope.]

3. *Mitten in der Höllen Angst*

In the midst of utter woe
Unsre Sünd' uns treiben.
All our sins oppress us,
Wohim sol'ln wir fliehen dann,
Where shall we for refuge go,
Daß wir mögen bleiben?
Where for grace to bless us?
Zu dir, Herr Christ, alleine.
To Thee, Lord Jesus, only!
Vergossen ist dein teures Blut,
Thy precious blood was shed to win
Das g'nug für die Sünde tut.
Full atonement for our sin.
Heiliger Herre Gott!
Holy Lord God!
Heiliger starker Gott!
Holy Mighty God!
Heiliger barmherziger Heiland,
Holy Merciful Saviour,
Du ewiger Gott!
You Eternal God!
Lass uns nicht entfallen
Let us not fall away
Von des rechten Glaubens Trost.
From the peace that faith can give.
Kyrieleison.
Lord, have mercy.

[Closing words to our theme song:]

O! dass diess jeder Sünder wüsste,

O! that every sinner would know this,

Sein Herz wohl bald dich lieben müsste.

His heart must soon surely love You.

Evan

j.evan.kreider@ubc.ca

To unsubscribe, please either contact me directly (no problem) or go to the bottom of: https://pgimf.ca/mailman/listinfo/meditations_pgimf.org