

2026-03-20 Meditation for Friday in the Fourth Week of Lent is now available at: <https://pgimf.org/meditations/>

## ***In manus tuas I***

Lyrics: Psalm 31:5

Music: John Sheppard (c.1515-1558)

Artists: Alumni from the Choir at Magdalen College, Oxford; Harry Christophers (alumnus and dir.)

[https://www.youtube.com/watch?v=vAdWQCEVQhE&list=RDvAdWQCEVQhE&start\\_radio=1](https://www.youtube.com/watch?v=vAdWQCEVQhE&list=RDvAdWQCEVQhE&start_radio=1)

[chant]

*In manus tuas,*

Into your hands,

[Men's ensemble]

*Domine, commendo spiritum meum.*

O Lord, I commend my spirit.

[chant]

*Redemisti me Domine, Deus veritatis*

You have redeemed me, O Lord, O God of truth.

[Men's ensemble]

*Commendo spiritum meum.*

O Lord, I commend my spirit.

[chant]

*In manus tuas,*

Into your hands,

[Men's ensemble]

*Domine, commendo spiritum meum.*

O Lord, I commend my spirit.

Evan

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