


Sandra  
McCracken  
Psalms





A woman with long, wavy brown hair and bangs is shown from the chest up, wearing a white sleeveless dress with ruffles. She is hugging herself with both arms, looking down with a somber expression. The background is a blurred cityscape at night, with numerous warm, out-of-focus lights creating a bokeh effect. The overall mood is contemplative and melancholic.

All Ye Refugees  
We Will Feast In The House Of Zion  
Almighty God (To You All Hearts Are Open)  
My Help, My God  
Sweet Comfort  
All Your Works Are Good  
Flourishing (Psalm 119)  
Psalm 62 (My Soul Finds Rest)  
From The Rising Of The Sun (Psalm 113)  
Send Out Your Light (Psalm 43)  
Have Mercy

# All Ye Refugees

Written by Chelsey Scott, Kellie Haddock, and Flo Paris

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I am the One, the earth is my handmade work  
The skies I laid them wide, beauty unfurled  
Horizon to horizon  
Creation to creation, sings you home

Welcome home, gather round  
all ye refugees, come in.

Oh refugee, I did not cast you out  
In death and broken ground, Salvation springs  
My body and my blood, the healing that you need  
Come and receive (Chorus)

Watch and wait and see, what is yet to be  
Watch and wait and see, for the morning

Go out in joy and join the great procession  
The mountains and the heav'ns all will rejoice  
horizon to horizon, creation to creation  
horizon to horizon, creation to creation  
With one voice (Chorus)

# We Will Feast In The House Of Zion

Written by Sandra McCracken and Joshua Moore

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Chorus: We will feast in the house of Zion  
We will sing with our hearts restored  
He has done great things, we will say together  
We will feast and weep no more

We will not be burned by the fire  
He is the LORD our God  
We are not consumed, by the flood  
Upheld, protected, gathered up (Chorus)

In the dark of night, before the dawn  
My soul, be not afraid  
For the promised morning, oh how long?  
Oh God of Jacob, be my strength (Chorus)

Every vow we've broken and betrayed  
You are the Faithful one  
And from the garden to the grave  
Bind us together, bring shalom. (Chorus)

# Almighty God

Written by Sandra McCracken, Leslie Jordan and David Leonard

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Almighty God to you all hearts are open  
Search and know our thoughts and anxious fears  
Wash us in the fountain of your mercy  
Come with your light, we cannot hide from you

Almighty God to you all hearts are open  
With gratitude we raise our song to you  
Come and fill the praises of your people  
In grace and truth, you make us new again

Chorus  
Hallelujah, hallelujah, hallelujah, hallelujah

Almighty God to you all hearts are open  
We long for more than what this world provides  
No shallow spring will ever satisfy us  
Your river deep floods over everything (Chorus)

To you all hearts are open, Almighty God...(Chorus)

# My Help, My God

Written by Sandra McCracken, Based on Psalm 42

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Why are you so full of heaviness?  
Why are you disquieted within?  
O my soul, O my soul

As the deer longs for the water brooks  
So my soul it longs, it thirsts for you  
O my God, O my God

Put your trust in God, I will yet give thanks to him  
Put your trust in God, I will yet give thanks to him  
Put your trust in God, I will yet give thanks to him  
My help, my God

Deep calls unto deep like ocean waves,  
All your floods and rapids on me break  
Oh my soul, O my soul

I will say unto my God, my strength,  
“How is it you have forgotten me?  
O how long? O how long?” (Chorus)

## Sweet Comfort

Written by Sandra McCracken and Latifah Phillips,  
Adapted from a hymn by Samuel Rodigast

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Whatever my God ordains is right  
His holy will abides  
I will be still whatever he does  
And follow where he guides

Chorus  
Sweet comfort, sweet comfort  
Yet shall fill my heart  
Sweet comfort, sweet comfort  
Sorrow shall depart

Whatever my God ordains is right  
He makes my feet to stand  
Though sorrow, need, or death be mine  
He holds me in his hand (Chorus)

This bitter cup, I take it  
My fainting heart restored  
So here I stand, unshaken  
I trust upon the Lord (Chorus)

He is my God though dark my road  
He holds me, I shall not fall  
Whatever my God ordains as right  
To him I leave it all. (Chorus)

## All Your Works Are Good

Written by Sandra McCracken, Jill Phillips and Julie Lee

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The moon it marks the seasons  
The sun knows when to go down  
The ocean holds its creatures  
The river knows its bounds

The birds, the trees, the cattle  
And all things great and small  
We find our place in creation  
Your hand sustains it all

Chorus  
All your works are good  
All your works are good  
From everlasting, to everlasting  
All your works are good

He makes the clouds his chariot  
He wraps himself in light  
He stretches out the heavens,  
like a tent across the sky

He knows our every burden  
When darkness veils our eyes  
He comes with spring returning,  
Bringing death to life (Chorus)

As we labor until evening  
There's a message on the wind  
Be still and know your maker  
Be satisfied in Him (Chorus)

# Flourishing

Written by Sandra McCracken, Based on Psalm 119:33-40

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Teach me, oh God to follow your decrees  
Give me understanding, your law, I wanna keep  
Direct me in the path, of your commands  
For there I find delight, my will is in your hands

Turn my heart away from worthless things  
Preserve my life, according to your ways  
Take away disgrace  
You hold me in my place--flourishing

Fulfill your promise to the ones you love  
Within your ways we walk, for your laws are good  
Temptation loses pow'r, my soul's revived  
In righteousness, oh God, preserve my life. (Chorus)

# My Soul Finds Rest

Written by Sandra McCracken, Based on Psalm 62-63

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Oh my God hear my cry  
From the depths I call out to you  
You give your mercy and light  
In the dark, in the wilderness

Chorus: My soul finds rest in God alone  
My salvation comes from him  
My soul finds rest, God is my home  
I will not be shaken, I will not be shaken.

You are my shield and my strength  
Train my feet for this battle  
Our God is mighty to save  
I will wait, I will wait for him (Chorus)

O my strength, I sing praise to you  
O my strength, I sing praise to you  
In joy or pain, I sing praise to you  
Night or day, I sing praise to you (Chorus)



# Send Out Your Light

Written by Sandra McCracken, Based on Psalm 43

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Vindicate me o God, and defend my cause  
Against the deceitful man, O deliver us  
For you are the God in whom I take refuge  
Why have you rejected me? I walk around confused.

Send out your light and truth  
Let them lead me  
Bring me to your holy hill  
To your dwelling  
Then I will go to the alter of God  
To God, my exceeding joy  
Then I will praise him with my guitar  
Oh my joy, my joy

Why are you cast down low, o my soul?  
Why are you cast down low, and in turmoil?  
Hope in God, for I shall again praise him  
Hope in God, for he is my salvation. (Chorus)

# From the Rising Of The Sun

Written by Sandra McCracken, Based on Psalm 113

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Hallelujah, give praise, you servants  
Praise the name of the LORD  
Let the name of the LORD be blessed  
from now and forevermore.

From the rising of the sun, to it's going down  
Let the name of the LORD be praised, from the rising of the sun.

The LORD is high above all nations, and his glory above the heavens,  
Who is like the LORD our God? Who sits enthroned on high?  
Who is like the LORD our God? Who stoops to behold,  
The heavens and the earth?

From the rising of the sun, to it's going down  
Let the name of the LORD be praised, from the rising of the sun.

# Have Mercy

Written by Sandra McCracken and Thad Cockrell

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Have mercy on us	Oh help my unbelief
Have mercy on us, O Lord	Oh help my unbelief, O Lord
Have mercy, O Lord	Have mercy, O Lord
Have mercy	Have mercy



With gratitude, this album is dedicated to  
St. Mary of Bethany Parish (Nashville)  
and Ecclesia Church (Houston).

Special thanks to Isaac Wardell, Brannon & Melissa McAllister, Danny & Rebecca Bryant, Jenna & Trevor Henderson, Chris Seay, Josh and Elise Moore, Thad Cockrell, Brian and Brooke Murphy, Brian Griffin, Kevin & Wendy Twit, Don & Lori Chaffer, Jay Foote, Beth Narducci, Alex Foote, Vito & Monique Aiuto, Melanie Penn, Tom Walsh, Andi Ashworth, Charlie Peacock, David McCollum, Chris DeTray and the folks at BE Music & Entertainment and Monday Night Music, Mark Nicholas and Simpleville Music Inc., J.R. Montes, Brad Strouse Kurtis Dickerson at Current Booking, Andrea Howat, Amanda McCloskey, Russ Long, Greg LaFollette, Hank Williams, Leslie Jordan, David Leonard, Ted & Kellie Haddock, Jordan Brooke Hamlin, Allan Heinberg, and the Nashville A Rocha community.

To Rhodes and Carter Marie; may these Psalms sink deep in our hearts, imprinting on us the promise that one day we will feast together in the house of Zion. It's a joy to practice that celebration every day with you.



## Credits

Produced by Sandra McCracken and Jay Foote

Additional production and string arrangements  
by Isaac Wardell

Engineered by Brian Murphy  
Mixed by Russ Long  
Mastered by Hank Williams

PSALMS was recorded in South Williamsburg,  
Brooklyn, NY over two and a half days of live  
recording, around a piano in Brian & Brooke  
Murphy's living room.

Engineering - Brian Murphy  
Drums - Brian Griffin  
Upright bass - Jay Foote  
Electric guitar - Alex Foote  
Background vocals - Thad Cockrell, Melanie Penn

Additional guitars on "We Will Feast In The House Of  
Zion" and "Almighty God" by Tyler Burkum.  
Additional engineering by Greg LaFollette.  
Additional recording and arranging by Isaac Wardell at  
Trinity Presbyterian Church in Charlottesville, VA

Vocals - Meredith Thompson, Yolonda Jones,  
Paul Zach, and Isaac Wardell  
Violin - Daniel Sender  
Violin - Victoria Pent  
Cello - Kelley Mikkelsen

All songs written by Sandra McCracken ©2015 Drink  
Your Tea Music (ASCAP) except "All Ye Refugees"  
which was written by Chelsey Scott, Kellie Haddock, and  
Flo Paris. "Have Mercy" written by Sandra McCracken  
and Thad Cockrell. "Almighty God (To You All Hearts  
Are Open)" written by Sandra McCracken, Leslie Jordan  
and David Leonard and "We Will Feast In The House  
Of Zion," written by Sandra McCracken and Joshua  
Moore.

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## Booking

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Send out your light and your truth;  
let them lead me;  
let them bring me to your holy hill  
and to your dwelling!

Then I will go to the altar of God,  
to God my exceeding joy,  
and I will praise you with the lyre,  
O God, my God.

Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation and my God.

Psalm 43:3-5



