

# Many a Time

(from Psalm 129)

## REFRAIN

Many a time have they afflicted me,  
from my youth may Israel now say,  
Many a time have they afflicted me,  
yet they have not prevailed.

## Verse 1

The plowers plowed upon my back,  
they made long their furrows,  
the Lord is righteous,  
he has cut the wicked's cords.

## REFRAIN