

## 資料1 讃美歌「こころを高くあげよう」、Lift up your hearts! 歌詞

作成 2023-9-19 岡本雅幸

讃美歌第二編1番「こころを高くあげよう」

原詩口語訳 由木 康 (1896-1985)

1

こころを高くあげよう  
主のみ声にしたがい、  
ただ主のみを見あげて、  
こころを高くあげよう。

2

霧のようなうれいも、  
やみのような恐れも、  
みなうしろに投げすて、  
こころを高くあげよう。

3

主から受けたすべてを、  
ふたたび主にささげて、  
きよきみ名をほめつつ、  
こころを高くあげよう。

4

おわりの日がきたなら、  
さばきの座を見あげて、  
わがちからのかぎり、  
こころを高くあげよう。

Lift up your hearts ! (SURSUM CORDA)

詞: Henry Montagu Butler, 1881

曲: Alfred Morton Smith, 1941

'Lift up your hearts!' We lift them, Lord, to thee;  
Here at thy feet none other may we see:  
'Lift up your hearts!' E'en so, with one accord,  
We lift them up, we lift them to the Lord.

Above the level of the former years,  
The mire of sin, the slough of guilty fears,  
The mist of doubt, the blight of love's decay,  
O Lord of Light, lift all our hearts to-day!

Above the swamps of subterfuge and shame,  
The deeds, the thoughts, that honor may not name,  
The halting tongue that dares not tell the whole,  
O Lord of Truth, lift every Christian soul!

Lift every gift that thou thyself hast given;  
Low lies the best till lifted up to heaven:  
Low lie the bounding heart, the teeming brain,  
Till, sent from God, they mount to God again.

Then, as the trumpet-call, in after years,  
'Lift up your hearts!' rings pealing in our ears,  
Still shall those hearts respond, with full accord,  
'We lift them up, we lift them to the Lord!'

※ 歌詞は下記よりの転載です

[https://en.wikipedia.org/wiki/Lift\\_Up\\_Your\\_Hearts!](https://en.wikipedia.org/wiki/Lift_Up_Your_Hearts!)