

# 86 Nun lob, mein Seel, den Herren

Primary melodic source: Johann Gottfried Walther (1784-1648)  
Origination of melody: *Contrafactum* of *Weiss mir ein Blümlein blaue*: Augsburg 1540 (Johann Kugelmann)  
Text: Paraphrase of Psalm 103, Johann Gramann *alias* Poliander (1487-1541)

The image shows a musical score for the hymn 'Nun lob, mein Seel, den Herren'. It consists of six staves of music, all in treble clef. The first staff begins with a 3/4 time signature. The melody is written in a simple, homophonic style, primarily using quarter and half notes with some rests. There are several measures with a fermata over a note. The score ends with a double bar line and repeat dots. Below the first staff, there are two small 'p' symbols, likely indicating a piano dynamic.

Text known to Bach (Weimar 1713):

Nun lob mein Seel den Herren  
was in mir ist den Nahmen sein :/  
Sein Wohlthat thut er mehren/  
vergiss es nicht/ O Hertze mein/  
hat dir dein Sünd vergeben/  
und heilt dein Schwachheit gross/  
errett dein armes Leben/  
nimmt dich in seinen Schoos/  
mit reichem Trost beschüttet/  
verjungt dem Adler gleich/  
der König schaft Recht/ behütet/  
die leiden in seinem Reich.

English translation (*Psalm 103*):

*Praise the Lord, O my soul,  
and all that is within me, praise his holy name.  
Praise the Lord, O my soul  
and forget not all his benefits.  
He forgives all your sin,  
and heals all your infirmities;  
He saves your life from destruction  
and crowns you with mercy and loving kindness.  
He satisfies your mouth with good things  
making you youthful as an eagle.  
The Lord executes righteousness and judgment  
for all them that are oppressed.*