@ Man, Thy Griebous Sin Bemoan

THE PASSION HYMN "O Man, Thy Grievous Sin Bemoan" ("O Mensch, bewein dein Sünde groß") was written by Sebald Heyden and was first published as a standalone booklet in Nürnberg, 1530, under the title, "The passion, or the suffering of Jesus Christ, rendered in hymnic form, in the melody of the 119th Psalm, 'Es sind doch selig alle die," with the superscription, "The passion, from the four Evangelists: Matthew 26, Mark 14, Luke 22, John 18." It is a hymn of unusually great length, with 23 stanzas of 12 lines each. In recent German hymnals it appears with only the first and last stanzas.

The melody first appeared in the 1525 Strassburg *Kirchenamt*, where it accompanied the text "Es sind doch selig alle, die," a metrical paraphrase of the first two octaves of Psalm 119. From its first publication, "O Man, Thy Grievous Sin Bemoan" was intended to be sung to this tune. The setting is by Melchior Vulpius, adapted to fit the original form of the melody.

As of the time of this publication, there has been no English translation of the full hymn made publicly available. Translations of the first stanza have appeared in English editions of Bach's St. Matthew Passion, the most well known of which, by Ivor Atkins (though it is frequently misattributed to Catherine Winkworth), follows:

O man thy grievous sin bemoan,
For which Christ left His Father's throne,
From highest heaven descending.
Of virgin pure and undefiled,
He here was born, our Savior mild,
For sin to make atonement.
The dead He raised to life again,
The sick He freed from grief and pain,
Until the time appointed,
That He for us should give His Blood,
Should bear our sins' o'erwhelming load,
The shameful Cross enduring.

The translation for the Free Lutheran Chorale-Book, with the exception of the opening line, is altogether new and may be freely used and reproduced for any purpose whatever.

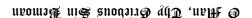
O Man, Thy Grievous Sin Bemoan

The Passion, or the suffering of Jesus Christ, drawn from the Four Evangelists.

Sebald Heyden

Translated by the Rev. Christopher J. Neuendorf

The Free Lutheran Chorale-Book Davenport, Iowa AD 2020







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