Seven Times a Day I Will Praise You

By Nancy Gordon and Paul Smith
Psalm 119:164 "Seven times a day I praise you for your righteous laws."

F Bb

Seven times a day I will praise You

I will praise You seven times a day

В

It's a joy to your ear whenever you hear

F *C*7 F

Praises seven times a day

F One for my family, Two for my friends,

F

Three for your mercies that never end,

F

Four for the stars that shine by night,

F

Five 'cause I'm glad I know You're alive!

Bb

Six for the food You give us each day.

Gm7

CI

Seven for heaven 'cause I'm goin' that way!

Seven Canonical Hours

- 1. lauds (dawn)
- 2. prime (sunrise)
- 3. terce (mid-morning)
- 4. sext (midday)
- 5. none (mid-afternoon)
- 6. vespers (sunset)
- 7. compline (retiring)

Night watch