

Refrain: You are my refuge, my portion in the land of the living.

1 O Lord, God of my salvation, □

I have cried day and night before you.

2 Let my prayer come into your presence; □

incline your ear to my cry.

3 For my soul is full of troubles; □

my life draws near to the land of death.

4 I am counted as one gone down to the Pit; □

I am like one that has no strength,

5 Lost among the dead, □

like the slain who lie in the grave,

6 Whom you remember no more, □

for they are cut off from your hand. [R]

7 You have laid me in the lowest pit, □

in a place of darkness in the abyss.

8 Your anger lies heavy upon me, □

and you have afflicted me with all your waves.

9 You have put my friends far from me □

and made me to be abhorred by them.

10 I am so fast in prison that I cannot get free; □

my eyes fail from all my trouble. [R]

11 Lord, I have called daily upon you; □

I have stretched out my hands to you.

12 Do you work wonders for the dead? □

Will the shades stand up and praise you?

13 Shall your loving-kindness be declared in the grave, □

your faithfulness in the land of destruction?

14 Shall your wonders be known in the dark □

or your righteous deeds in the land where all is forgotten? [R]

15 But as for me, O Lord, I will cry to you; □

early in the morning my prayer shall come before you.

16 Lord, why have you rejected my soul? □

Why have you hidden your face from me?

17 I have been wretched and at the point of death from my youth; □

I suffer your terrors and am no more seen.

18 Your wrath sweeps over me; □

your horrors are come to destroy me;

19 All day long they come about me like water; □

they close me in on every side.

20 Lover and friend have you put far from me □

and hid my companions out of my sight.

Refrain: You are my refuge, my portion in the land of the living.

In the depths of our isolation

we cry to you, Lord God;

give light in our darkness

and bring us out of the prison of our despair

through Jesus Christ our Lord.

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