Refrain:  My help comes from the Lord.

1  O Lord, hear my prayer ♦
and let my crying come before you.

2  Hide not your face from me ♦
in the day of my distress.

3  Incline your ear to me; ♦
when I call, make haste to answer me, [R]

4  For my days are consumed in smoke ♦
and my bones burn away as in a furnace.

5  My heart is smitten down and withered like grass, ♦
so that I forget to eat my bread.

6  From the sound of my groaning ♦
my bones cleave fast to my skin.

7  I am become like a vulture in the wilderness, ♦
like an owl that haunts the ruins.

8  I keep watch and am become like a sparrow ♦
solitary upon the housetop.

9  My enemies revile me all the day long, ♦
and those who rage at me have sworn together against me.

10  I have eaten ashes for bread ♦
and mingled my drink with weeping,

11  Because of your indignation and wrath, ♦
for you have taken me up and cast me down.
12 My days fade away like a shadow, and I am withered like grass. [R]

13 But you, O Lord, shall endure for ever and your name through all generations.

14 You will arise and have pity on Zion; it is time to have mercy upon her; surely the time has come.

15 For your servants love her very stones and feel compassion for her dust.

16 Then shall the nations fear your name, O Lord, and all the kings of the earth your glory,

17 When the Lord has built up Zion and shown himself in glory;

18 When he has turned to the prayer of the destitute and has not despised their plea. [R]

19 This shall be written for those that come after, and a people yet unborn shall praise the Lord.

20 For he has looked down from his holy height; from the heavens he beheld the earth,

21 That he might hear the sighings of the prisoner and set free those condemned to die;

22 That the name of the Lord may be proclaimed in Zion and his praises in Jerusalem,
When peoples are gathered together and kingdoms also, to serve the Lord. [R]

He has brought down my strength in my journey and has shortened my days.

I pray, 'O my God, do not take me in the midst of my days; your years endure throughout all generations.

In the beginning you laid the foundations of the earth, and the heavens are the work of your hands; they shall perish, but you will endure; they all shall wear out like a garment.

You change them like clothing, and they shall be changed; but you are the same, and your years will not fail.

The children of your servants shall continue, and their descendants shall be established in your sight.'

Refrain: My help comes from the Lord. Have pity on our frailty, O God, and in the hour of our death cast us not away as clothing that is worn, for you are our eternal refuge; through Jesus Christ our Lord.

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