

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,

23 When peoples are gathered together

and kingdoms also, to serve the Lord. [R]

24 He has brought down my strength in my journey

and has shortened my days.

25 I pray, O my God, do not take me in the midst of my days;

your years endure throughout all generations.

26 In the beginning you laid the foundations of the earth,

and the heavens are the work of your hands;

27 They shall perish, but you will endure;

they all shall wear out like a garment.

28 You change them like clothing, and they shall be changed;

but you are the same, and your years will not fail.

29 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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