

1 My God, my God, why have you forsaken me, □

and are so far from my salvation,

from the words of my distress?

2 O my God, I cry in the daytime,

but you do not answer; □

and by night also, but I find no rest.

3 Yet you are the Holy One, □

enthroned upon the praises of Israel.

4 Our forebears trusted in you; □

they trusted, and you delivered them.

5 They cried out to you and were delivered; □

they put their trust in you and were not confounded.

6 But as for me, I am a worm and no man, □

scorned by all and despised by the people.

7 All who see me laugh me to scorn; □

they curl their lips and wag their heads, saying,

8 'He trusted in the Lord; let him deliver him; □

let him deliver him, if he delights in him.'

9 But it is you that took me out of the womb □

and laid me safe upon my mother's breast.

10 On you was I cast ever since I was born; □

you are my God even from my mother's womb.

11 Be not far from me, for trouble is near at hand □

and there is none to help.

12 Mighty oxen come around me; □

fat bulls of Bashan close me in on every side.

13 They gape upon me with their mouths, □

as it were a ramping and a roaring lion.

14 I am poured out like water;

all my bones are out of joint; □

my heart has become like wax

melting in the depths of my body.

15 My mouth is dried up like a potsherd;

my tongue cleaves to my gums; □

you have laid me in the dust of death.

16 For the hounds are all about me,

the pack of evildoers close in on me; □

they pierce my hands and my feet.

17 I can count all my bones; □

they stand staring and looking upon me.

18 They divide my garments among them; □

they cast lots for my clothing.

19 Be not far from me, O Lord; □

you are my strength; hasten to help me.

20 Deliver my soul from the sword, □

my poor life from the power of the dog.

21 Save me from the lion's mouth,

from the horns of wild oxen. □

You have answered me!

22 I will tell of your name to my people; □

in the midst of the congregation will I praise you.

23 Praise the Lord, you that fear him; □

O seed of Jacob, glorify him;

stand in awe of him, O seed of Israel.

24 For he has not despised nor abhorred the suffering of the poor;

neither has he hidden his face from them; □

but when they cried to him he heard them.

25 From you comes my praise in the great congregation; □

I will perform my vows

in the presence of those that fear you.

26 The poor shall eat and be satisfied; □

those who seek the Lord shall praise him;

their hearts shall live for ever.

27 All the ends of the earth

shall remember and turn to the Lord, □

and all the families of the nations shall bow before him.

28 For the kingdom is the Lord's □

and he rules over the nations.

29 How can those who sleep in the earth

bow down in worship, □

or those who go down to the dust kneel before him?

30 He has saved my life for himself;

my descendants shall serve him; □

this shall be told of the Lord for generations to come.

31 They shall come and make known his salvation,

to a people yet unborn, □

declaring that he, the Lord, has done it.

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