

1 Contend, O Lord, with those that contend with me; □

fight against those that fight against me.

2 Take up shield and buckler □

and rise up to help me.

3 Draw the spear and bar the way

against those who pursue me; □

say to my soul, 'I am your salvation.'

4 Let those who seek after my life be shamed and disgraced; □

let those who plot my ruin fall back and be put to confusion.

5 Let them be as chaff before the wind, □

with the angel of the Lord thrusting them down.

6 Let their way be dark and slippery, □

with the angel of the Lord pursuing them.

7 For they have secretly spread a net for me without a cause; □

without any cause they have dug a pit for my soul.

8 Let ruin come upon them unawares; □

let them be caught in the net they laid;

let them fall in it to their destruction.

9 Then will my soul be joyful in the Lord □

and glory in his salvation.

10 My very bones will say, 'Lord, who is like you? □

You deliver the poor from those that are too strong for them,

the poor and needy from those who would despoil them.'

11 False witnesses rose up against me; □

they charged me with things I knew not.

12 They rewarded me evil for good, □

to the desolation of my soul.

13 But as for me, when they were sick I put on sackcloth □

and humbled myself with fasting;

14 When my prayer returned empty to my bosom, □

it was as though I grieved for my friend or brother;

15 I behaved as one who mourns for his mother, □

bowed down and brought very low.

16 But when I stumbled, they gathered in delight;

they gathered together against me; □

as if they were strangers I did not know

they tore at me without ceasing.

17 When I fell they mocked me; □

they gnashed at me with their teeth.

18 O Lord, how long will you look on? □

Rescue my soul from their ravages,

and my poor life from the young lions.

19 I will give you thanks in the great congregation; □

I will praise you in the mighty throng.

20 Do not let my treacherous foes rejoice over me, □

or those who hate me without a cause

mock me with their glances.

21 For they do not speak of peace, □

but invent deceitful schemes against those that are quiet in the land.

22 They opened wide their mouths and derided me, saying □

‘We have seen it with our very eyes.’

23 This you have seen, O Lord; do not keep silent; □

go not far from me, O Lord.

24 Awake, arise, to my cause, □

to my defence, my God and my Lord!

25 Give me justice, O Lord my God,

according to your righteousness; □

let them not triumph over me.

26 Let them not say to themselves,

‘Our heart’s desire!’ □

Let them not say, ‘We have swallowed him up.’

27 Let all who rejoice at my trouble be put to shame and confusion; □

let those who boast against me

be clothed with shame and dishonour.

28 Let those who favour my cause rejoice and be glad; □

let them say always,

‘Great is the Lord, who delights in his servant’s well-being.’

29 So shall my tongue be talking of your righteousness □

and of your praise all the day long.

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