



1 Rebuke me not, O Lord, in your anger, □

neither chasten me in your heavy displeasure.

2 For your arrows have stuck fast in me □

and your hand presses hard upon me.

3 There is no health in my flesh

because of your indignation; □

there is no peace in my bones because of my sin.

4 For my iniquities have gone over my head; □

their weight is a burden too heavy to bear.

5 My wounds stink and fester □

because of my foolishness.

6 I am utterly bowed down and brought very low; □

I go about mourning all the day long.

7 My loins are filled with searing pain; □

there is no health in my flesh.

8 I am feeble and utterly crushed; □

I roar aloud because of the disquiet of my heart.

9 O Lord, you know all my desires □

and my sighing is not hidden from you.

10 My heart is pounding, my strength has failed me; □

the light of my eyes is gone from me.

11 My friends and companions stand apart from my affliction; □

my neighbours stand afar off.

12 Those who seek after my life lay snares for me; □

and those who would harm me whisper evil

and mutter slander all the day long.

13 But I am like one who is deaf and hears not, □

like one that is dumb, who does not open his mouth.

14 I have become like one who does not hear □

and from whose mouth comes no retort.

15 For in you, Lord, have I put my trust; □

you will answer me, O Lord my God.

16 For I said, 'Let them not triumph over me, □

those who exult over me when my foot slips.'

17 Truly, I am on the verge of falling □

and my pain is ever with me.

18 I will confess my iniquity □

and be sorry for my sin.

19 Those that are my enemies without any cause are mighty, □

and those who hate me wrongfully are many in number.

20 Those who repay evil for good are against me, □

because the good is what I seek.

21 Forsake me not, O Lord; ☩

be not far from me, O my God.

22 Make haste to help me, ☩

O Lord of my salvation.

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