

1 I said, 'I will keep watch over my ways, □

so that I offend not with my tongue.

2 'I will guard my mouth with a muzzle, □

while the wicked are in my sight.'

3 So I held my tongue and said nothing; □

I kept silent but to no avail.

4 My distress increased, my heart grew hot within me; □

while I mused, the fire was kindled

and I spoke out with my tongue:

5 'Lord, let me know my end and the number of my days, □

that I may know how short my time is.

6 'You have made my days but a handsbreadth,

and my lifetime is as nothing in your sight; □

truly, even those who stand upright are but a breath.

7 'We walk about like a shadow

and in vain we are in turmoil; □

we heap up riches and cannot tell who will gather them.

8 'And now, what is my hope? □

Truly my hope is even in you.

9 'Deliver me from all my transgressions □

and do not make me the taunt of the fool.'

10 I fell silent and did not open my mouth, □

for surely it was your doing.

11 Take away your plague from me; □

I am consumed by the blows of your hand.

12 With rebukes for sin you punish us;

like a moth you consume our beauty; □

truly, everyone is but a breath.

13 Hear my prayer, O Lord, and give ear to my cry; □

hold not your peace at my tears.

14 For I am but a stranger with you, □

a wayfarer, as all my forebears were.

15 Turn your gaze from me, that I may be glad again, □

before I go my way and am no more.

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