

1 O God, you have cast us off and broken us;

you have been angry; restore us to yourself again.

2 You have shaken the earth and torn it apart;

heal its wounds, for it trembles.

3 You have made your people drink bitter things;

we reel from the deadly wine you have given us.

4 You have made those who fear you to flee,

to escape from the range of the bow.

5 That your beloved may be delivered,

save us by your right hand and answer us.

6 God has spoken in his holiness:

My people will triumph and divide Shechem,

and share out the valley of Succoth.

7 Gilead is mine and Manasseh is mine;

Ephraim is my helmet and Judah my sceptre.

8 Moab shall be my washpot;

over Edom will I cast my sandal;

across Philistia will I shout in triumph.

9 Who will lead me into the strong city?

Who will bring me into Edom?

10 Have you not cast us off, O God?

Will you no longer go forth with our troops?

11 Grant us your help against the enemy,

for earthly help is in vain.

12 Through God will we do great acts,

for it is he that shall tread down our enemies.

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