

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: □

‘I 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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