



1 Save me, O God, □

for the waters have come up, even to my neck.

2 I sink in deep mire where there is no foothold; □

I have come into deep waters and the flood sweeps over me.

3 I have grown weary with crying; my throat is raw; □

my eyes have failed from looking so long for my God.

4 Those who hate me without any cause □

are more than the hairs of my head;

5 Those who would destroy me are mighty; □

my enemies accuse me falsely:

must I now give back what I never stole?

6 O God, you know my foolishness, □

and my faults are not hidden from you.

7 Let not those who hope in you

be put to shame through me, Lord God of hosts; □

let not those who seek you be disgraced because of me,

O God of Israel.

8 For your sake have I suffered reproach; □

shame has covered my face.

9 I have become a stranger to my kindred, □

an alien to my mother's children.

10 Zeal for your house has eaten me up; □

the scorn of those who scorn you has fallen upon me.

11 I humbled myself with fasting, □

but that was turned to my reproach.

12 I put on sackcloth also □

and became a byword among them.

13 Those who sit at the gate murmur against me, □

and the drunkards make songs about me.

14 But as for me, I make my prayer to you, O Lord; □

at an acceptable time, O God.

15 Answer me, O God, in the abundance of your mercy □

and with your sure salvation.

16 Draw me out of the mire, that I sink not; □

let me be rescued from those who hate me

and out of the deep waters.

17 Let not the water flood drown me,

neither the deep swallow me up; □

let not the Pit shut its mouth upon me.

18 Answer me, Lord, for your loving-kindness is good; □

turn to me in the multitude of your mercies.

19 Hide not your face from your servant; □

be swift to answer me, for I am in trouble.

20 Draw near to my soul and redeem me; □

deliver me because of my enemies.

21 You know my reproach, my shame and my dishonour; □

my adversaries are all in your sight.

22 Reproach has broken my heart; I am full of heaviness. □

I looked for some to have pity, but there was no one,

neither found I any to comfort me.

23 They gave me gall to eat, □

and when I was thirsty, they gave me vinegar to drink.

24 Let the table before them be a trap □

and their sacred feasts a snare.

25 Let their eyes be darkened, that they cannot see, □

and give them continual trembling in their loins.

26 Pour out your indignation upon them, □

and let the heat of your anger overtake them.

27 Let their camp be desolate, □

and let there be no one to dwell in their tents.

28 For they persecute the one whom you have stricken, □

and increase the sorrows of him whom you have pierced.

29 Lay to their charge guilt upon guilt, □

and let them not receive your vindication.

30 Let them be wiped out of the book of the living □

and not be written among the righteous.

31 As for me, I am poor and in misery; □

your saving help, O God, will lift me up.

32 I will praise the name of God with a song; □

I will proclaim his greatness with thanksgiving.

33 This will please the Lord more than an offering of oxen, □

more than bulls with horns and hooves.

34 The humble shall see and be glad; □

you who seek God, your heart shall live.

35 For the Lord listens to the needy, □

and his own who are imprisoned he does not despise.

36 Let the heavens and the earth praise him, □

the seas and all that moves in them;

37 For God will save Zion and rebuild the cities of Judah; □

they shall live there and have it in possession.

38 The children of his servants shall inherit it, □

and they that love his name shall dwell therein.

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