

1 I cry aloud to the Lord; ☩

to the Lord I make my supplication.

2 I pour out my complaint before him ☩

and tell him of my trouble.

3 When my spirit faints within me, you know my path; ☩

in the way wherein I walk have they laid a snare for me.

4 I look to my right hand, and find no one who knows me; ☩

I have no place to flee to, and no one cares for my soul.

5 I cry out to you, O Lord, and say: ☩

'You are my refuge, my portion in the land of the living.

6 'Listen to my cry, for I am brought very low; ☩

save me from my persecutors, for they are too strong for me.

7 'Bring my soul out of prison,

that I may give thanks to your name; ☩

when you have dealt bountifully with me,

then shall the righteous gather around me.'

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