



1 Truly, God is loving to Israel, □

to those who are pure in heart.

2 Nevertheless, my feet were almost gone; □

my steps had well-nigh slipped.

3 For I was envious of the proud; □

I saw the wicked in such prosperity;

4 For they suffer no pains □

and their bodies are sleek and sound;

5 They come to no misfortune like other folk; □

nor are they plagued as others are;

6 Therefore pride is their necklace □

and violence wraps them like a cloak.

7 Their iniquity comes from within; □

the conceits of their hearts overflow.

8 They scoff, and speak only of evil; □

they talk of oppression from on high.

9 They set their mouth against the heavens, □

and their tongue ranges round the earth;

10 And so the people turn to them □

and find in them no fault.

11 They say, 'How should God know? □

Is there knowledge in the Most High?

12 Behold, these are the wicked; □

ever at ease, they increase their wealth.

13 Is it in vain that I cleansed my heart □

and washed my hands in innocence?

14 All day long have I been stricken □

and chastened every morning.

15 If I had said, 'I will speak as they do,' □

I should have betrayed the generation of your children.

16 Then thought I to understand this, □

but it was too hard for me,

17 Until I entered the sanctuary of God □

and understood the end of the wicked:

18 How you set them in slippery places; □

you cast them down to destruction.

19 How suddenly do they come to destruction, □

perish and come to a fearful end!

20 As with a dream when one awakes, □

so, Lord, when you arise you will despise their image.

21 When my heart became embittered □

and I was pierced to the quick,

22 I was but foolish and ignorant; □

I was like a brute beast in your presence.

23 Yet I am always with you; □

you hold me by my right hand.

24 You will guide me with your counsel □

and afterwards receive me with glory.

25 Whom have I in heaven but you? □

And there is nothing upon earth that I desire

in comparison with you.

26 Though my flesh and my heart fail me, □

God is the strength of my heart and my portion for ever.

27 Truly, those who forsake you will perish; □

you will put to silence the faithless who betray you.

28 But it is good for me to draw near to God; □

in the Lord God have I made my refuge,

that I may tell of all your works.

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