

1 Hear my teaching, O my people; □

incline your ears to the words of my mouth.

2 I will open my mouth in a parable; □

I will pour forth mysteries from of old,

3 Such as we have heard and known, □

which our forebears have told us.

4 We will not hide from their children,

but will recount to generations to come, □

the praises of the Lord and his power

and the wonderful works he has done.

5 He laid a solemn charge on Jacob

and made it a law in Israel, □

which he commanded them to teach their children,

6 That the generations to come might know,

and the children yet unborn, □

that they in turn might tell it to their children;

7 So that they might put their trust in God □

and not forget the deeds of God,

but keep his commandments,

8 And not be like their forebears,

a stubborn and rebellious generation, □

a generation whose heart was not steadfast,

and whose spirit was not faithful to God.

9 The people of Ephraim, armed with the bow, □

turned back in the day of battle;

10 They did not keep the covenant of God □

and refused to walk in his law;

11 They forgot what he had done □

and the wonders he had shown them.

12 For he did marvellous things in the sight of their forebears, □

in the land of Egypt, in the field of Zoan.

13 He divided the sea and let them pass through; □

he made the waters stand still in a heap.

14 He led them with a cloud by day □

and all the night through with a blaze of fire.

15 He split the hard rocks in the wilderness □

and gave them drink as from the great deep.

16 He brought streams out of the rock □

and made water gush out like rivers.

17 Yet for all this they sinned more against him □

and defied the Most High in the wilderness.

18 They tested God in their hearts □

and demanded food for their craving.

19 They spoke against God and said, □

‘Can God prepare a table in the wilderness?

20 ‘He struck the rock indeed, so that the waters gushed out

and the streams overflowed, □

but can he give bread or provide meat for his people?’

21 When the Lord heard this, he was full of wrath; □

a fire was kindled against Jacob

and his anger went out against Israel,

22 For they had no faith in God □

and put no trust in his saving help.

23 So he commanded the clouds above □

and opened the doors of heaven.

24 He rained down upon them manna to eat □

and gave them the grain of heaven.

25 So mortals ate the bread of angels; □

he sent them food in plenty.

26 He caused the east wind to blow in the heavens □

and led out the south wind by his might.

27 He rained flesh upon them as thick as dust □

and winged fowl like the sand of the sea.

28 He let it fall in the midst of their camp □

and round about their tents.

29 So they ate and were well filled, □

for he gave them what they desired.

30 But they did not stop their craving; □

their food was still in their mouths,

31 When the anger of God rose against them, □

and slew their strongest men

and felled the flower of Israel.

32 But for all this, they sinned yet more □

and put no faith in his wonderful works.

33 So he brought their days to an end like a breath □

and their years in sudden terror.

34 Whenever he slew them, they would seek him; □

they would repent and earnestly search for God.

35 They remembered that God was their rock □

and the Most High God their redeemer.

36 Yet they did but flatter him with their mouth □

and dissembled with their tongue.

37 Their heart was not steadfast towards him, □

neither were they faithful to his covenant.

38 But he was so merciful that he forgave their misdeeds

and did not destroy them; □

many a time he turned back his wrath

and did not suffer his whole displeasure to be roused.

39 For he remembered that they were but flesh, □

a wind that passes by and does not return.

40 How often they rebelled against him in the wilderness □

and grieved him in the desert!

41 Again and again they tempted God □

and provoked the Holy One of Israel.

42 They did not remember his power □

in the day when he redeemed them from the enemy;

43 How he had wrought his signs in Egypt □

and his wonders in the field of Zoan.

44 He turned their rivers into blood, □

so that they could not drink of their streams.

45 He sent swarms of flies among them, which devoured them, □

and frogs which brought them ruin.

46 He gave their produce to the caterpillar, □

the fruit of their toil to the locust.

47 He destroyed their vines with hailstones □

and their sycamore trees with the frost.

48 He delivered their cattle to hailstones □

and their flocks to thunderbolts.

49 He set loose on them his blazing anger: □

fury, displeasure and trouble,

a troop of destroying angels.

50 He made a way for his anger

and spared not their souls from death, □

but gave their life over to the pestilence.

51 He smote the firstborn of Egypt, □

the first fruits of their strength in the tents of Ham.

52 But he led out his people like sheep □

and guided them in the wilderness like a flock.

53 He led them to safety and they were not afraid, □

but the sea overwhelmed their enemies.

54 He brought them to his holy place, □

the mountain which his right hand took in possession.

55 He drove out the nations before them

and shared out to them their inheritance; □

he settled the tribes of Israel in their tents.

56 Yet still they tested God Most High

and rebelled against him, □

and would not keep his commandments.

57 They turned back and fell away like their forebears, □

starting aside like an unstrung bow.

58 They grieved him with their hill altars □

and provoked him to displeasure with their idols.

59 God heard and was greatly angered, □

and utterly rejected Israel.

60 He forsook the tabernacle at Shiloh, □

the tent of his presence on earth.

61 He gave the ark of his strength into captivity, □

his splendour into the adversary's hand.

62 He delivered his people to the sword □

and raged against his inheritance.

63 The fire consumed their young men; □

there was no one to lament their maidens.

64 Their priests fell by the sword, □

and their widows made no lamentation.

65 Then the Lord woke as out of sleep, □

like a warrior who had been overcome with wine.

66 He struck his enemies from behind □

and put them to perpetual shame.

67 He rejected the tent of Joseph □

and chose not the tribe of Ephraim,

68 But he chose the tribe of Judah □

and the hill of Zion, which he loved.

69 And there he built his sanctuary like the heights of heaven, □

like the earth which he founded for ever.

70 He chose David also, his servant, □

and took him away from the sheepfolds.

71 From following the ewes with their lambs he took him, □

that he might shepherd Jacob his people

and Israel his inheritance.

72 So he shepherded them with a devoted heart □

and with skilful hands he guided them.

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