

1 O God, the heathen have come into your heritage; □

your holy temple have they defiled

and made Jerusalem a heap of stones.

2 The dead bodies of your servants they have given

to be food for the birds of the air, □

and the flesh of your faithful to the beasts of the field.

3 Their blood have they shed like water

on every side of Jerusalem, □

and there was no one to bury them.

4 We have become the taunt of our neighbours, □

the scorn and derision of those that are round about us.

5 Lord, how long will you be angry, for ever? □

How long will your jealous fury blaze like fire?

6 Pour out your wrath upon the nations that have not known you, □

and upon the kingdoms that have not called upon your name.

7 For they have devoured Jacob □

and laid waste his dwelling place.

8 Remember not against us our former sins; □

let your compassion make haste to meet us,

for we are brought very low.

9 Help us, O God of our salvation, for the glory of your name; □

deliver us, and wipe away our sins for your name's sake.

10 Why should the heathen say, □

‘Where is now their God?’

11 Let vengeance for your servants' blood that is shed □

be known among the nations in our sight.

12 Let the sorrowful sighing of the prisoners come before you, □

and by your mighty arm

preserve those who are condemned to die.

13 May the taunts with which our neighbours taunted you, Lord, □

return sevenfold into their bosom.

14 But we that are your people and the sheep of your pasture

will give you thanks for ever, □

and tell of your praise from generation to generation.

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