1 And let my prayer come before you in the day of my distress.

2 Hide not your face from me when I call, make haste to answer me,

3 when I call, make haste to answer me,

4 For my days are consumed in smoke and my bones burn away as in a furnace.

5 My heart is smitten down and withered like grass so that I forget to eat my bread.

6 From the sound of my groaning my bones cleave fast to my skin.

7 I am become like a vulture in the wilderness like an owl that haunts the ruins.

8 I keep watch and am become like a sparrow solitary upon the housetop.

9 My enemies revile me all the day long and those who rage at me have sworn together against me.

10 I have eaten ashes for bread and mingled my drink with weeping,

11 Because of your indignation and wrath.
for you have taken me up and cast me down.

12 My days fade away like a shadow,
and I am withered like grass.

13 But you, O Lord, shall endure for ever
and your name through all generations.

14 You will arise and have pity on Zion;
it is time to have mercy upon her;

15 For your servants love her very stones
and feel compassion for her dust.

16 Then shall the nations fear your name, O Lord,
and all the kings of the earth your glory,

17 When the Lord has built up Zion
and shown himself in glory;

18 When he has turned to the prayer of the destitute
and has not despised their plea.

19 This shall be written for those that come after,
and a people yet unborn shall praise the Lord.

20 For he has looked down from his holy height;
from the heavens he beheld the earth,

21 That he might hear the sighings of the prisoner
and set free those condemned to die;
22 That the name of the Lord may be proclaimed in Zion, and his praises in Jerusalem,

23 When peoples are gathered together and kingdoms also, to serve the Lord.

24 He has brought down my strength in my journey and has shortened my days.

25 I pray, "O my God, do not take me in the midst of my days; your years endure throughout all generations.

26 In the beginning you laid the foundations of the earth, and the heavens are the work of your hands;

27 They shall perish, but you will endure; they all shall wear out like a garment.

28 You change them like clothing, and they shall be changed; but you are the same, and your years will not fail.

29 The children of your servants shall continue, and their descendants shall be established in your sight.

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