



*Refrain: Turn again, O Lord, and deliver my soul.*

1 O Lord, rebuke me not in your wrath; □

neither chasten me in your fierce anger.

2 Have mercy on me, Lord, for I am weak; □

Lord, heal me, for my bones are racked.

3 My soul also shakes with terror; □

how long, O Lord, how long?

4 Turn again, O Lord, and deliver my soul; □

save me for your loving mercy's sake.

5 For in death no one remembers you; □

and who can give you thanks in the grave?

6 I am weary with my groaning; □

every night I drench my pillow

and flood my bed with my tears.

7 My eyes are wasted with grief □

and worn away because of all my enemies. [R]

8 Depart from me, all you that do evil, □

for the Lord has heard the voice of my weeping.

9 The Lord has heard my supplication; □

the Lord will receive my prayer.

10 All my enemies shall be put to shame and confusion; □

they shall suddenly turn back in their shame.

*Refrain: Turn again, O Lord, and deliver my soul.*

*Lord Jesus Christ,*

*may the tears shed in your earthly life*

*be balm for all who weep,*

*and may the prayers of your pilgrimage*

*give strength to all who suffer;*

*for your mercy's sake.*

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