

Refrain: Rise up, O Lord, to help us.

1 We have heard with our ears, O God, our forebears have told us, □

all that you did in their days, in time of old;

2 How with your hand you drove out nations and planted us in, □

and broke the power of peoples and set us free.

3 For not by their own sword did our ancestors take the land □

nor did their own arm save them,

4 But your right hand, your arm, and the light of your countenance, □

because you were gracious to them. [R]

5 You are my King and my God, □

who commanded salvation for Jacob.

6 Through you we drove back our adversaries; □

through your name we trod down our foes.

7 For I did not trust in my bow; □

it was not my own sword that saved me;

8 It was you that saved us from our enemies □

and put our adversaries to shame.

9 We gloried in God all the day long, □

and were ever praising your name. [R]

10 But now you have rejected us and brought us to shame, □

and go not out with our armies.

11 You have made us turn our backs on our enemies, □

and our enemies have despoiled us.

12 You have made us like sheep to be slaughtered, □

and have scattered us among the nations.

13 You have sold your people for a pittance □

and made no profit on their sale.

14 You have made us the taunt of our neighbours, □

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

15 You have made us a byword among the nations; □

among the peoples they wag their heads. [R]

16 My confusion is daily before me, □

and shame has covered my face,

17 At the taunts of the slanderer and reviler, □

at the sight of the enemy and avenger.

18 All this has come upon us,

though we have not forgotten you □

and have not played false to your covenant.

19 Our hearts have not turned back, □

nor our steps gone out of your way,

20 Yet you have crushed us in the haunt of jackals, □

and covered us with the shadow of death.

21 If we have forgotten the name of our God, □

or stretched out our hands to any strange god,

22 Will not God search it out? □

For he knows the secrets of the heart.

23 But for your sake are we killed all the day long, □

and are counted as sheep for the slaughter. [R]

24 Rise up! Why sleep, O Lord? □

Awake, and do not reject us for ever.

25 Why do you hide your face □

and forget our grief and oppression?

26 Our soul is bowed down to the dust; □

our belly cleaves to the earth.

27 Rise up, O Lord, to help us □

and redeem us for the sake of your steadfast love.

Refrain: Rise up, O Lord, to help us.

In the darkness of unknowing,

when your love seems absent,

draw near to us, O God,

in Christ forsaken,

in Christ risen,

our Redeemer and our Lord.

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