

¹A Prayer of the afflicted, when he is overwhelmed, and poureth out his complaint before the LORD. Hear my prayer, O LORD, and let my cry come unto thee.²Hide not thy face from me in the day when I am in trouble; incline thine ear unto me: in the day when I call answer me speedily.³For my days are consumed like smoke, and my bones are burned as an hearth.⁴My heart is smitten, and withered like grass; so that I forget to eat my bread.⁵By reason of the voice of my groaning my bones cleave to my skin.⁶I am like a pelican of the wilderness: I am like an owl of the desert.⁷I watch, and am as a sparrow alone upon the house top.⁸Mine enemies reproach me all the day; and they that are mad against me are sworn against me.⁹For I have eaten ashes like bread, and mingled my drink with weeping,¹⁰Because of thine indignation and thy wrath: for thou hast lifted me up, and cast me down.¹¹My days are like a shadow that declineth; and I am withered like grass.¹²But thou, O LORD, shalt endure for ever; and thy remembrance unto all generations.¹³Thou shalt arise, and have mercy upon Zion: for the time to favour her, yea, the set time, is come.¹⁴For thy servants take pleasure in her stones, and favour the dust thereof.¹⁵So the heathen shall fear the name of the LORD, and all the kings of the earth thy glory.¹⁶When the LORD shall build up Zion, he shall appear in his glory.¹⁷He will regard the prayer of the destitute, and not despise their prayer.¹⁸This shall be written for the generation to come: and the people which

صَلَاةٌ لِمُسْكِينٍ إِذَا أَغْبَا وَسَكَبَ سَكْوَاهُ قُدَّامَ
اللَّهِ.

¹يَا رَبُّ، اسْتَمِعْ صَلَاتِي وَلِيَدْخُلْ إِلَيْكَ صَرَاجِي.²لَا تَحْجُبْ
وَجْهَكَ عَنِّي فِي يَوْمٍ صَيِّقِي. أَمِلْ إِلَيَّ أَذُنَكَ فِي يَوْمٍ
أُدْعُوكَ، اسْتَجِبْ لِي سَرِيعًا.³لَأَنَّ أَتْيَامِي قَدْ قَيِّتَ فِي
دُحَانٍ وَعِظَامِي مِثْلُ وَقِيدٍ قَدْ يَبَسَتْ.⁴مَلْفُوحٌ كَالْعُشْبِ
وَيَابِسَ قَلْبِي حَتَّى سَهَوْتُ عَنْ أَكْلِ خُبْزِي.⁵مِنْ صَوْتِ
تَهْدِي لَصِقَ عَظْمِي بِلَحْمِي.⁶أَسْبَهْتُ فَوْقَ الْبَرِّيَّةِ، صِرْتُ
مِثْلُ بُومَةٍ الْخَرَبِ.⁷سَهَذْتُ وَصِرْتُ كَعُصْفُورٍ مُتَقَرِّبٍ عَلَى
السَّطْحِ.⁸الْيَوْمَ كُلُّهُ غَيَّرَنِي أَغْدَائِي، الْخَنِفُونَ عَلَيَّ خَلَفُوا
عَلَيَّ.⁹إِنِّي قَدْ أَكَلْتُ الرَّمَادَ مِثْلَ الْخُبْزِ وَمَرَجْتُ شَرَابِي
يَذْمُوعٍ.¹⁰يَسْبِيبُ عَصَبِيكَ وَسَخَطَكَ، لِأَنَّكَ حَمَلْتَنِي
وَطَرَجْتَنِي.¹¹أَتْيَامِي كَطَلٍّ مَائِلٍ وَأَنَا مِثْلُ الْعُشْبِ يَبَسْتُ.
¹²أَمَّا أَنْتَ، يَا رَبُّ، فَإِلَى الدَّهْرِ جَالِسٌ وَذِكْرُكَ إِلَى دَوْرٍ
قَدُورٍ.¹³أَنْتَ تَقُومُ وَتَرْحَمُ صِهْيُونَ لِأَنَّهُ وَقْتُ الرَّافِقَةِ، لِأَنَّهُ
جَاءَ الِمْيَعَادُ.¹⁴لَأَنَّ عِبِيدَكَ قَدْ سُورُوا بِجَارَتِهَا وَخَنُوا إِلَى
تُرَابِهَا.¹⁵فَتَخْشَى الْأُمَمُ اسْمَ الرَّبِّ وَكُلُّ مُلُوكِ الْأَرْضِ
مَجْدَكَ.¹⁶إِذَا بَنَى الرَّبُّ صِهْيُونَ يُرَى بِمَجْدِهِ.¹⁷الْتَفَتَ إِلَى
صَلَاةِ الْمُضْطَرِّ وَلَمْ يَزِدْ دُعَاءَهُمْ.¹⁸يُكْتَبُ هَذَا لِلدَّوْرِ
الْآخِرِ، وَسَعْبُ سَوْفَ يُخْلَقُ يُسَبِّحُ الرَّبَّ.¹⁹لِأَنَّهُ أَشْرَفَ
مِنْ غُلُو قُدْسِهِ، الرَّبُّ مِنَ السَّمَاءِ إِلَى الْأَرْضِ
تَطَرَّ.²⁰لِيَسْمَعَ آيِينَ الْأَسِيرِ، لِيُطْلِقَ بَنِي الْمَوْتِ، لِيَكُنَّ
يُحَدَّثْنَ فِي صِهْيُونَ بِاسْمِ الرَّبِّ وَيَتَسَبِّحِيهِ فِي
أُورُشَلِيمَ.²²عِنْدَ اجْتِمَاعِ الشُّعُوبِ مَعًا وَالْمَمَالِكِ لِعِبَادَةِ
الرَّبِّ.

²³صَعَفَ فِي الطَّرِيقِ قُوَّتِي، قَصَرَ أَتْيَامِي.²⁴أَقُولُ: يَا
إِلَهِي، لَا تَقْبِضْنِي فِي بَصْفِ أَتْيَامِي، إِلَى دَهْرِ الدَّهْوَرِ
سُنُوكَ.²⁵مِنْ قَدَمِ أَسَسْتَ الْأَرْضَ، وَالسَّمَاوَاتِ هِيَ
عَمَلُ يَدَيْكَ.²⁶هِيَ تَبِيدُ وَأَنْتَ تَبْقَى، وَكُلُّهَا كَتُوبٌ تَبْلَى،
كَرْدَاءٍ تُغَيِّرُهُنَّ فَتَغَيَّرُ.²⁷وَأَنْتَ هُوَ وَسُنُوكَ لَنْ
تَنْهَي. ²⁸أَبْنَاءُ عِبِيدِكَ يَسْكُنُونَ وَدَرَبُهُمْ ثَبَتَ أَمَامَكَ.

shall be created shall praise the LORD.¹⁹ For he hath looked down from the height of his sanctuary; from heaven did the LORD behold the earth;²⁰ To hear the groaning of the prisoner; to loose those that are appointed to death;²¹ To declare the name of the LORD in Zion, and his praise in Jerusalem;²² When the people are gathered together, and the kingdoms, to serve the LORD.²³ He weakened my strength in the way; he shortened my days.²⁴ I said, O my God, take me not away in the midst of my days: thy years are throughout all generations.²⁵ Of old hast thou laid the foundation of the earth: and the heavens are the work of thy hands.²⁶ They shall perish, but thou shalt endure: yea, all of them shall wax old like a garment; as a vesture shalt thou change them, and they shall be changed:²⁷ But thou art the same, and thy years shall have no end.²⁸ The children of thy servants shall continue, and their seed shall be established before thee.