

¹To the chief Musician upon Aijeleth Shahar, A Psalm of David. My God, my God, why hast thou forsaken me? why art thou so far from helping me, and from the words of my roaring?²O my God, I cry in the daytime, but thou hearest not; and in the night season, and am not silent.³But thou art holy, O thou that inhabitest the praises of Israel.⁴Our fathers trusted in thee: they trusted, and thou didst deliver them.⁵They cried unto thee, and were delivered: they trusted in thee, and were not confounded.⁶But I am a worm, and no man; a reproach of men, and despised of the people.⁷All they that see me laugh me to scorn: they shoot out the lip, they shake the head, saying, ⁸He trusted on the LORD that he would deliver him: let him deliver him, seeing he delighted in him.⁹But thou art he that took me out of the womb: thou didst make me hope when I was upon my mother's breasts.¹⁰I was cast upon thee from the womb: thou art my God from my mother's belly.¹¹Be not far from me; for trouble is near; for there is none to help.¹²Many bulls have compassed me: strong bulls of Bashan have beset me round.¹³They gaped upon me with their mouths, as a ravening and a roaring lion.¹⁴I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels.¹⁵My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death.¹⁶For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet.¹⁷I may tell all my bones: they look

لِإِمَامٍ الْمُعْتَبَرِ عَلَى أَيْلَةِ الصُّنْحِ. مَرْمُورٌ لِدَاوُدَ.
¹إِلَهِي، إِلَهِي، لِمَاذَا تَرَكْتَنِي بَعِيداً عَنْ خَلَاصِي، عَنْ كَلَامِ رَفِيرِي؟²إِلَهِي، فِي النَّهَارِ أَذْعُو فَلَا تَسْتَجِيبُ، فِي اللَّيْلِ أَذْعُو فَلَا هُدُوءَ لِي.³وَأَنْتَ الْقُدُّوسُ الْجَالِسُ بَيْنَ تَشْيِخَاتِ إِسْرَائِيلَ.⁴عَلَيْكَ اتَّكَلْ آبَاؤُنَا، اتَّكَلُوا فَخَجَّيْتَهُمْ.⁵إِلَيْكَ صَرَخُوا فَتَجَوَّأُوا، عَلَيْكَ اتَّكَلُوا فَلَمْ يَخْرُؤُوا.⁶أَمَّا أَنَا قُدُودَةٌ لَا إِنْسَانٌ، عَارٌّ عِنْدَ الْبَشَرِ وَمُحْتَقَرُ الشَّعْبِ.⁷كُلُّ الَّذِينَ يَرْوُونَنِي يَسْتَهْزِئُونَ بِي، يَفْعَرُونَ الشَّفَاةَ وَيُبْغِضُونَ الرَّاسَ قَائِلِينَ: ⁸اتَّكَلْ عَلَى الرَّبِّ فَلْيَنْجِهِ، لِيُنْقِذَهُ لِأَنَّهُ سَرَّ بِهِ.⁹لَآنَكَ أَنْتَ جَذَبْتَنِي مِنَ الْبَطْنِ، جَعَلْتَنِي مُطْمَئِنّاً عَلَى تَدْنِي أُمِّي.¹⁰عَلَيْكَ أَقْبَيْتُ مِنَ الرَّجَمِ، مِنْ يَطْنِ أُمِّي أَنْتَ إِلَهِي.¹¹لَا تَتْبَاعِذْ عَنِّي لِأَنَّ الصِّيقَ قَرِيبٌ، لِأَنَّهُ لَا مُعِينَ.¹²أَخَاطُتُ بِي ثِيْرَانٌ كَثِيرَةٌ، أَفْوِيَاءُ بَاشَانَ اكْتَنَفْتَنِي. فَعَرَّوْا عَلَيَّ أَفْوَاهَهُمْ كَأَسَدٍ مُفْتَرِسٍ مُرْمَجِرٍ.¹³كَالْمَاءِ انْسَكَبَتْ، انْقَصَلَتْ كُلُّ عِظَامِي. صَارَ قَلْبِي كَالسَّمْعِ، قَدْ ذَابَ فِي وَسْطِ أَعْمَانِي.¹⁴يَسْتُثْنِ مِثْلَ شَفَقَةِ قُوَّتِي وَلَصِقَ لِسَانِي بِخَنَكِي، وَإِلَى تُرَابِ الْمَوْتِ تَصْغِي. لِأَنَّهُ قَدْ أَخَاطُتُ بِي كِلَابٌ، جَمَاعَةٌ مِنَ الْأَشْرَارِ اكْتَنَفْتَنِي، تَقْبُوا بَدَنِي وَرَجَلِي.¹⁵أُخْصِي كُلَّ عِظَامِي، وَهُمْ يَنْظُرُونَ وَيَنْقَرُّونَ فِيَّ.¹⁶يَقْسِمُونَ نِيَّائِي بَيْنَهُمْ وَعَلَى لِيَّاسِي يَفْتَرِعُونَ.¹⁷أَمَّا أَنْتَ، يَا رَبُّ، فَلَا تَبْعُدْ. يَا قُوَّتِي، أَسْرِعْ إِلَى نَصْرَتِي.¹⁸أَنْقِذْ مِنَ السَّيْفِ نَفْسِي، مِنْ يَدِ الْكَلْبِ وَجِيدَتِي.¹⁹خَلِّصْنِي مِنْ قَمِ الْأَسَدِ، وَمِنْ قُرُونِ بَقَرِ الْوَحْشِ اسْتَجِبْ لِي.²⁰أُخِيرْ بِاسْمِكَ إِخْوَتِي، فِي وَسْطِ الْجَمَاعَةِ أَسْبَحْكَ.²¹يَا خَائِفِي الرَّبِّ، سَبِّحُوهُ. مَجْدُوهُ، يَا مَعَشَرَ دُرِّيَّةِ يَعْقُوبَ، وَأَحْسُوهُ، يَا زَرْعَ إِسْرَائِيلَ جَمِيعاً.²²لِأَنَّهُ لَمْ يَخْتَفِرْ وَلَمْ يَزْدَلْ مَسْكَنَةُ الْمُسْكِينِ، وَلَمْ يَخْجُبْ وَجْهَهُ عَنْهُ، بَلْ عِنْدَ صُرَاخِهِ إِلَيْهِ اسْتَمَعَ.²³مِنْ قَبْلِكَ تَسْبِيحِي فِي الْجَمَاعَةِ الْعَظِيمَةِ، أَوْفِي يَنْدُورِي قُدَّامَ خَائِفِيهِ.²⁴يَأْكُلُ الْوُدْعَاءُ وَيَتَسَبَّغُونَ، يُسَبِّحُ الرَّبَّ طَائِلُوهُ، تَحِيًّا فَلُوبُكُمْ إِلَى الْأَبَدِ.²⁵تَذَكَّرْ وَتَرْجِعْ إِلَى الْبَرِّ كُلُّ أَقَاصِي الْأَرْضِ، وَتَسْجُدُ قُدَّامَكَ كُلُّ قَبَائِلِ الْأُمَمِ.²⁶لِأَنَّ لِلرَّبِّ الْمُلْكَ وَهُوَ الْمُتَسَلِّطُ عَلَى الْأُمَمِ. أَكَلْ وَسَجَدَ كُلُّ سَمِينِي الْأَرْضِ، قُدَّامَهُ يَخْجُو كُلُّ مَنْ يَنْحَدِرُ إِلَى التُّرَابِ وَمَنْ لَمْ يَخْجِ نَفْسَهُ.²⁷لِلدَّرْبَةِ تَتَعَبَّدُ لَهُ، يُخَيَّرُ عَنِ الرَّبِّ الْجِيلُ الْآتِي.²⁸يَأْتُونَ وَيُخَيَّرُونَ بِيَرِّهِ سَعْباً سَبُولَدَ، يَأْتُهُ قَدْ فَعَلَ.

and stare upon me.¹⁸ They part my garments among them, and cast lots upon my vesture.¹⁹ But be not thou far from me, O LORD: O my strength, haste thee to help me.²⁰ Deliver my soul from the sword; my darling from the power of the dog.²¹ Save me from the lion's mouth: for thou hast heard me from the horns of the unicorns.²² I will declare thy name unto my brethren: in the midst of the congregation will I praise thee.²³ Ye that fear the LORD, praise him; all ye the seed of Jacob, glorify him; and fear him, all ye the seed of Israel.²⁴ For he hath not despised nor abhorred the affliction of the afflicted; neither hath he hid his face from him; but when he cried unto him, he heard.²⁵ My praise shall be of thee in the great congregation: I will pay my vows before them that fear him.²⁶ The meek shall eat and be satisfied: they shall praise the LORD that seek him: your heart shall live for ever.²⁷ All the ends of the world shall remember and turn unto the LORD: and all the kindreds of the nations shall worship before thee.²⁸ For the kingdom is the LORD's: and he is the governor among the nations.²⁹ All they that be fat upon earth shall eat and worship: all they that go down to the dust shall bow before him: and none can keep alive his own soul.³⁰ A seed shall serve him; it shall be accounted to the Lord for a generation.³¹ They shall come, and shall declare his righteousness unto a people that shall be born, that he hath done this .