

¹قَدْ كَرِهْتُ نَفْسِي حَيَاتِي. أُسَيِّبُ شَكْوَايَ. أَتَكَلَّمُ فِي
مَرَارَةِ نَفْسِي ²قَانِلًا لِلَّهِ، لَا تَسْتَذِنْنِي. فَهَمْنِي لِمَاذَا
تُحَاصِمُنِي. ³أَحْسَنُ عِنْدَكَ أَنْ تَطْلِمَ، أَنْ تَزُولَ عَمَلُ
يَدَيْكَ، وَتُسْرِقَ عَلَيَّ مَشُورَةَ الْأَشْرَارِ. ⁴أَلَيْكَ عَيْنَا بَشَرٍ، أَمْ
كَتَطَّرَ الْإِنْسَانُ تَنْظُرًا. ⁵أَلَيْامُكَ كَأَيَّامِ الْإِنْسَانِ، أَمْ سَيُوكُ
كَأَيَّامِ الرَّجُلِ ⁶حَتَّى تَبْحَثَ عَنِ إِنْمِي وَتُقَسِّشَ عَلَيَّ
حَظِيَّتِي. ⁷فِي عِلْمِكَ أَنِّي لَسْتُ مُذْنِبًا، وَلَا مُنْقَدَّ مِنْ
يَدِكَ. ⁸بِذَاكَ كَوْنَتَانِي وَصَنَعَتَانِي كُلِّي جَمِيعًا.
أَقْبَلْتُ لِعَيْنِي. ⁹أَذْكُرُ أَنَّكَ جَعَلْتَنِي كَالطِّينِ. أَقْعُبِدُنِي إِلَى
الْثَّرَابِ. ¹⁰أَلَمْ تَصْنَعْ كَاللِّينِ وَخَرَّزْتَنِي كَالْجُبْنِ. ¹¹كَسَوْتَنِي
جِلْدًا وَلَحْمًا فَتَسَجَّيْتُ بِعِطَافٍ وَعَصَبٍ. ¹²مَتَحَنَّنِي حَيَاةً
وَرَحْمَةً وَخَفِطْتُ عَيْنُكَ رُوحِي. ¹³لَكِنَّكَ كَتَمْتَ هَذِهِ فِي
قَلْبِكَ. عَلِمْتُ أَنَّ هَذَا عِنْدَكَ. ¹⁴إِنْ أَخْطَأْتُ ثَلَاثِينَ وَلَا
تُبْرِّئَنِي مِنْ إِنْمِي. ¹⁵إِنْ أَذْنِبْتُ قَوِيلٌ لِي. وَإِنْ تَبَرَّرْتُ لَا
أَرْفَعُ رَأْسِي. إِنِّي سَبْعَانُ هَوَانًا وَنَاطِرٌ مَذَلَّتِي. وَإِنْ
ارْتَفَعَ رَأْسِي تَضْطَافُنِي كَأَسَدٍ، ثُمَّ تَعُودُ وَتَتَجَبَّرُ
عَلَيَّ. ¹⁷تَجِدُّ شُهُودَكَ تُجَاهِي وَتَزِيدُ عَصَبَكَ عَلَيَّ. مَصَائِبُ
وَجَيْشٍ ضِدِّي. ¹⁸فَلِمَاذَا أَخْرَجْتَنِي مِنَ الرَّحِمِ. كُنْتُ قَدْ
أَسْلَمْتُ الرُّوحَ وَلَمْ تَبْرِي عَيْنِي. ¹⁹فَكُنْتُ كَأَنِّي لَمْ أَكُنْ
فَاقَادَ مِنَ الرَّحِمِ إِلَى الْقَبْرِ. ²⁰أَلَيْسَتْ أَبَايَ قَلِيلَةً. انْزُكْ.
كُفَّ عَنِّي فَابْتَسِمَ قَلِيلًا ²¹قَبْلَ أَنْ أَذْهَبَ وَلَا أَعُودَ. إِلَى
أَرْضِ ظُلْمَةٍ وَظِلِّ الْمَوْتِ، ²²أَرْضِ ظَلَامٍ مِثْلَ دُجَى ظِلِّ
الْمَوْتِ وَلَا تَرْتَبِ، وَإِسْرَافُهَا كَالدَّجَى.

¹My soul is weary of my life; I will leave my complaint upon myself; I will speak in the bitterness of my soul. ²I will say unto God, Do not condemn me; shew me wherefore thou contendest with me. ³Is it good unto thee that thou shouldest oppress, that thou shouldest despise the work of thine hands, and shine upon the counsel of the wicked? ⁴Hast thou eyes of flesh? or seest thou as man seeth? ⁵Are thy days as the days of man? are thy years as man's days, That thou enquirest after mine iniquity, and searchest after my sin? ⁷Thou knowest that I am not wicked; and there is none that can deliver out of thine hand. ⁸Thine hands have made me and fashioned me together round about; yet thou dost destroy me. ⁹Remember, I beseech thee, that thou hast made me as the clay; and wilt thou bring me into dust again? ¹⁰Hast thou not poured me out as milk, and curdled me like cheese? ¹¹Thou hast clothed me with skin and flesh, and hast fenced me with bones and sinews. ¹²Thou hast granted me life and favour, and thy visitation hath preserved my spirit. ¹³And these things hast thou hid in thine heart: I know that this is with thee. ¹⁴If I sin, then thou markest me, and thou wilt not acquit me from mine iniquity. ¹⁵If I be wicked, woe unto me; and if I be righteous, yet will I not lift up my head. I am full of confusion; therefore see thou mine affliction; ¹⁶For it increaseth. Thou huntest me as a fierce lion: and again thou shewest thyself marvellous upon me. ¹⁷Thou renewest thy witnesses against me, and increasest thine indignation upon me; changes and war are against

me.¹⁸ Wherefore then hast thou brought me forth out of the womb? Oh that I had given up the ghost, and no eye had seen me!¹⁹ I should have been as though I had not been; I should have been carried from the womb to the grave.²⁰ Are not my days few? cease then, and let me alone, that I may take comfort a little,²¹ Before I go whence I shall not return, even to the land of darkness and the shadow of death;²² A land of darkness, as darkness itself; and of the shadow of death, without any order, and where the light is as darkness.