

¹أَنَا هُوَ الرَّجُلُ الَّذِي رَأَى مَذَلَّةً يَقْضِبُ سَخَطُهُ. ²قَادَنِي وَسَبَّرَنِي فِي الطَّلَامِ وَلَا نُورَ. ³خَفَا إِنَّهُ يَعُودُ وَيَبْزُدُ عَلَيَّ يَدَهُ الْيَوْمَ كُلَّهُ. ⁴أَبْلَى لَحْمِي وَجِلْدِي. كَسَّرَ عِظَامِي. ⁵بَنَى عَلَيَّ وَأَخَاطَيْي يَعْقِمُ وَمَسَقَّةً. ⁶أَسْكَنَنِي فِي ظُلُمَاتٍ كَمَوْتِي الْقَدَمِ. ⁷سَجَّ عَلَيَّ فَلَا أَسْتَطِيعُ الْخُرُوجَ. ثَقُلَ سِلْسِلَتِي. ⁸أَيْضاً جِثٌّ أَصْرُحُ وَأَسْتَعِيشُ يَصُدُّ صَلَاتِي. ⁹سَجَّ طَرْقِي بِجَارَةٍ مَنُحَوْتَةٍ. قَلْبٌ سُبُلِي. ¹⁰هُوَ لِي دُبٌّ كَامِنٌ، أَسَدٌ فِي مَخَائِي. ¹¹مِيلَ طَرْقِي وَمَرْقِي. جَعَلَنِي خَرَاباً. ¹²مَدَّ قَوْسَهُ وَتَصَنَّى كَقَرَضٍ لِلْسَّهْمِ. ¹³أَدْخَلَ فِي كُلِّيَّ نِيَالَ جُعْيِهِ. ¹⁴صَرْتُ ضِجْجَةً لِكُلِّ سَعْبِي وَأَغْنِيَةً لَهُمْ الْيَوْمَ كُلَّهُ. ¹⁵أَسْبَعَنِي مَرَائِرَ وَأَزْوَائِي أَفْسَنِيئاً. ¹⁶وَجَرَشَ بِالْخَصَى أَسْنَانِي. كَبَسَنِي بِالرَّمَادِ. ¹⁷وَقَدْ أَبْعَدَتْ عَنِ السَّلَامِ نَفْسِي. تَسَبَّحْتُ الْخَيْرَ. ¹⁸وَقُلْتُ، بَادَتْ ثِقَتِي وَرَجَائِي مِنَ الرَّبِّ. ¹⁹ذَكَرْتُ مَذَلَّتِي وَتَبْهَاتِي أَفْسَنِيئِينَ وَعَلَقَمُ. ²⁰ذَكَرْتُ تَذَكُّرَ نَفْسِي وَتَنَحِّيَ فِيَّ. ²¹أَرَدُّدٌ هَذَا فِي قَلْبِي، مِنْ أَجْلِ ذَلِكَ أَرْجُو. ²²إِنَّهُ مِنْ إِحْسَانَاتِ الرَّبِّ أَنَّنَا لَمْ نَفْنِ، لَأَنَّ مَرَاجِمَهُ لَا تَزُولُ. ²³هِيَ جَدِيدُهُ فِي كُلِّ صَبَاحٍ. كَثِيرُهُ أَمَاتُكَ. ²⁴تَصِيْبِي هُوَ الرَّبُّ قَالَتْ نَفْسِي، مِنْ أَجْلِ ذَلِكَ أَرْجُوهُ. ²⁵طَيِّبٌ هُوَ الرَّبُّ لِلذِّبْنِ بَتَرَجُّوْنَهُ، لِلنَّفْسِ الَّتِي تَطْلُبُهُ. ²⁶جَيِّدٌ أَنْ يَنْتَظِرَ الْإِنْسَانُ وَيَتَوَقَّعَ بِسُكُوتٍ خَلَاصَ الرَّبِّ. ²⁷جَيِّدٌ لِلرَّجُلِ أَنْ يَحْمِلَ الْبِئْسَ فِي صَبَاهُ. ²⁸يَجْلِسُ وَحْدَهُ وَيَسْكُتُ لِأَنَّهُ قَدْ وَصَعَهُ عَلَيْهِ. ²⁹يَجْعَلُ فِي الثَّرَابِ قَمَةً لَعَلَّهُ يُوَجِّدَ رَجَاءً. ³⁰يُعْطِي حَدَّهُ لَصَارِيهِ. يَسْبَعُ غَاراً. ³¹لَأَنَّ السَّيِّدَ لَا يَرْفُضُ إِلَى الْأَبَدِ. ³²قَائَتُهُ وَلَوْ أَحْرَنَ يَرْحَمُ حَسَبَ كَثَرَةِ مَرَاجِمِهِ. ³³لَأَنَّهُ لَا يَذِلُّ مِنْ قَلْبِهِ وَلَا يُخْزِنُ بَنِي الْإِنْسَانِ. ³⁴أَنْ يَدُوسَ أَحَدٌ تَحْتَ رِجْلِهِ كُلَّ أَسْرَى الْأَرْضِ، أَنْ يُخْرِفَ حَقَّ الرَّجُلِ أَمَامَ وَجْهِ الْعَلِيِّ، أَنْ يَقْلِبَ الْإِنْسَانَ فِي دَعْوَاهُ الْيَسِيدُ لَا يَرَى. ³⁵مَنْ ذَا الَّذِي يَقُولُ قَيَكُونُ وَالرَّبُّ لَمْ يَأْمُرْ. ³⁶مِنْ قَمِ الْعَلِيِّ أَلَا تَخْرُجُ السُّرُورُ وَالْخَيْرُ. ³⁷لَمَّاذَا يَسْتَكِي الْإِنْسَانُ الْحَيُّ الرَّجُلُ مِنْ قِصَاصِ حَطَايَاهُ. ³⁸لِتَفْخَصَ طَرْقُنَا وَتَمْتَحِنَهَا وَتَرْجِعْ إِلَى الرَّبِّ. ³⁹لِتَرْفَعْ قُلُوبُنَا وَأَيِّدُنَا إِلَى اللَّهِ فِي السَّمَاوَاتِ. ⁴⁰تَحْنُ أَدْبَتُنَا وَعَصَبُنَا. أَنْتَ لَمْ تَغْفِرْ. ⁴¹الْتَحَفْتَ بِالْعَصَبِ وَطَرَدْتَنَا. قَتَلْتَ وَلَمْ تُسْفِكْ. ⁴²الْتَحَفْتَ بِالسَّحَابِ حَتَّى لَا تُنْفِذَ الصَّلَاةَ. ⁴³جَعَلْتَنَا وَسَخاً وَكَرْهاً فِي وَسْطِ السُّعُوبِ. ⁴⁴فَتَحَ كُلُّ أَعْدَائِنَا أَفْوَاهَهُمْ عَلَيْنَا. ⁴⁵صَارَ عَلَيْنَا خَوْفٌ وَرُعْبٌ، هَلَاكٌ

¹I am the man that hath seen affliction by the rod of his wrath. ²He hath led me, and brought me into darkness, but not into light. ³Surely against me is he turned; he turneth his hand against me all the day. ⁴My flesh and my skin hath he made old; he hath broken my bones. ⁵He hath builded against me, and compassed me with gall and travail. ⁶He hath set me in dark places, as they that be dead of old. ⁷He hath hedged me about, that I cannot get out: he hath made my chain heavy. ⁸Also when I cry and shout, he shutteth out my prayer. ⁹He hath inclosed my ways with hewn stone, he hath made my paths crooked. ¹⁰He was unto me as a bear lying in wait, and as a lion in secret places. ¹¹He hath turned aside my ways, and pulled me in pieces: he hath made me desolate. ¹²He hath bent his bow, and set me as a mark for the arrow. ¹³He hath caused the arrows of his quiver to enter into my reins. ¹⁴I was a derision to all my people; and their song all the day. ¹⁵He hath filled me with bitterness, he hath made me drunken with wormwood. ¹⁶He hath also broken my teeth with gravel stones, he hath covered me with ashes. ¹⁷And thou hast removed my soul far off from peace: I forgot prosperity. ¹⁸And I said, My strength and my hope is perished from the LORD: ¹⁹Remembering mine affliction and my misery, the wormwood and the gall. ²⁰My soul hath them still in remembrance, and is humbled in me. ²¹This I recall to my mind, therefore have I hope. ²²It is of the LORD's mercies that we are not consumed, because his

وَسَخَقُ. ⁴⁸ سَكَتَ عَيْنَايَ يَتَابِعَ مَاءٌ عَلَى سَخَقِي يَنْتِ
 شَعْبِي. ⁴⁹ عَيْنِي تَسْكُبُ وَلَا تَكْفُ يَلَا انْقِطَاعٍ ⁵⁰ حَتَّى يُشْرِفَ
 وَيَنْظُرَ الرَّبُّ مِنَ السَّمَاءِ. ⁵¹ عَيْنِي تُؤَوِّزُ فِي نَفْسِي لِأَجْلِ
 كُلِّ بَنَاتِ مَدِينَتِي. ⁵² قَدْ اضْطَّادَنِي أَعْدَائِي كَعُصْفُورٍ يَلَا
 سَيْبٍ. ⁵³ قَرَضُوا فِي الْجُبِّ حَيَاتِي وَالْقُوا عَلَيَّ
 حِجَارَةً. ⁵⁴ طَلَعَتِ الْمِيَاهُ فَوْقَ رَأْسِي. قُلْتُ، قَدْ
 فُرِضْتُ. ⁵⁵ دَعَوْتُ بِاسْمِكَ يَا رَبُّ مِنَ الْجُبِّ
 الْأَسْفَلِ. ⁵⁶ لِمَصَوْتِي سَمِعْتَ. لَا تَسْتُرْ أذُنَكَ عَنِ رَفْرَفِي،
 عَنْ صِيَاحِي. ⁵⁷ دَعَوْتُ يَوْمَ دَعَوْتُكَ. قُلْتُ، لَا
 تَحْفَ. ⁵⁸ خَاصَمْتُ يَا سَيِّدُ خُصُومَاتِ نَفْسِي. فَكَكَنْتِ
 حَيَاتِي. ⁵⁹ رَأَيْتُ يَا رَبُّ طَلْمِي. أَقِمْ دَعْوَايَ. ⁶⁰ رَأَيْتُ كُلَّ
 نَقْمَتِهِمْ، كُلَّ أَفْكَارِهِمْ عَلَيَّ. ⁶¹ سَمِعْتَ تَغْيِيرَهُمْ يَا رَبُّ،
 كُلَّ أَفْكَارِهِمْ عَلَيَّ. ⁶² كَلَامٌ مُقَاوِمِي وَمُؤَامَرَتُهُمْ عَلَيَّ
 الْيَوْمَ كُلَّهُ. ⁶³ أَنْظُرْ إِلَى جُلُوسِهِمْ وَوُفُوفِهِمْ، أَنَا
 أَغْيِثُهُمْ. ⁶⁴ رَدَّ لَهُمْ جَزَاءً يَا رَبُّ حَسَبَ عَمَلِ
 أَيَادِيهِمْ. ⁶⁵ أُعْطِهِمْ غِسَاوَةً قَلْبٍ، لَعْنَتَكَ لَهُمْ. ⁶⁶ إِنْبَعِ
 بِالْعَصَبِ وَأَهْلِكْهُمْ مِنْ تَحْتِ سَمَاوَاتِ الرَّبِّ.

compassions fail not. ²³ They are new every morning: great is thy faithfulness. ²⁴ The LORD is my portion, saith my soul; therefore will I hope in him. ²⁵ The LORD is good unto them that wait for him, to the soul that seeketh him. ²⁶ It is good that a man should both hope and quietly wait for the salvation of the LORD. ²⁷ It is good for a man that he bear the yoke in his youth. ²⁸ He sitteth alone and keepeth silence, because he hath borne it upon him. ²⁹ He putteth his mouth in the dust; if so be there may be hope. ³⁰ He giveth his cheek to him that smiteth him: he is filled full with reproach. ³¹ For the Lord will not cast off for ever: ³² But though he cause grief, yet will he have compassion according to the multitude of his mercies. ³³ For he doth not afflict willingly nor grieve the children of men. ³⁴ To crush under his feet all the prisoners of the earth, ³⁵ To turn aside the right of a man before the face of the most High, ³⁶ To subvert a man in his cause, the Lord approveth not. ³⁷ Who is he that saith, and it cometh to pass, when the Lord commandeth it not? ³⁸ Out of the mouth of the most High proceedeth not evil and good? ³⁹ Wherefore doth a living man complain, a man for the punishment of his sins? ⁴⁰ Let us search and try our ways, and turn again to the LORD. ⁴¹ Let us lift up our heart with our hands unto God in the heavens. ⁴² We have transgressed and have rebelled: thou hast not pardoned. ⁴³ Thou hast covered with anger, and persecuted us: thou hast slain, thou hast not pitied. ⁴⁴ Thou hast covered thyself with a

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cloud, that our prayer should not pass through.⁴⁵ Thou hast made us as the offscouring and refuse in the midst of the people.⁴⁶ All our enemies have opened their mouths against us.⁴⁷ Fear and a snare is come upon us, desolation and destruction.⁴⁸ Mine eye runneth down with rivers of water for the destruction of the daughter of my people.⁴⁹ Mine eye trickleth down, and ceaseth not, without any intermission,⁵⁰ Till the LORD look down, and behold from heaven.⁵¹ Mine eye affecteth mine heart because of all the daughters of my city.⁵² Mine enemies chased me sore, like a bird, without cause.⁵³ They have cut off my life in the dungeon, and cast a stone upon me.⁵⁴ Waters flowed over mine head; then I said, I am cut off.⁵⁵ I called upon thy name, O LORD, out of the low dungeon.⁵⁶ Thou hast heard my voice: hide not thine ear at my breathing, at my cry.⁵⁷ Thou drewest near in the day that I called upon thee: thou saidst, Fear not.⁵⁸ O Lord, thou hast pleaded the causes of my soul; thou hast redeemed my life.⁵⁹ O LORD, thou hast seen my wrong: judge thou my cause.⁶⁰ Thou hast seen all their vengeance and all their imaginations against me.⁶¹ Thou hast heard their reproach, O LORD, and all their imaginations against me;⁶² The lips of those that rose up against me, and their device against me all the day.⁶³ Behold their sitting down, and their rising up; I am their musick.⁶⁴ Render unto them a recompence, O LORD, according to the work of their hands.⁶⁵ Give them sorrow of heart, thy curse unto them.⁶⁶ Persecute

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and destroy them in anger from under the heavens of the LORD.