

صَلَاةٌ لِمُسْكِينٍ إِذَا أَعْيَا وَسَكَتَ شَكْوَاهُ قُدَّامَ
اللَّهِ.

¹ يَا رَبُّ، اسْمِعْ صَلَاتِي وَلِيَدْخُلْ إِلَيْكَ صُرَايِي. ² لَا تَحْجُبْ
وَجْهَكَ عَنِّي فِي يَوْمِ صَيْقِي. أَمِلْ إِلَيَّ أَدْنَكَ فِي يَوْمِ
أَدْعُوكَ، اسْتَجِبْ لِي سَرِيعًا. ³ لِأَنَّ آبَائِي قَدْ قَنَيْتُ فِي
دُحَانٍ وَعِطَائِي مِثْلُ وَقِيدٍ قَدْ بَيْسَتْ. ⁴ مَلْفُوحٌ كَالْعُشْبِ
وَبَاسِسٌ قَلْبِي حَتَّى سَهَوْتُ عَنْ أَكْلِ خُبْزِي. ⁵ مِنْ صَوْتِ
تَهْدِي لَصِقَ عَظْمِي بِلَحْمِي. ⁶ أَشْبَهْتُ فَوْقَ الْبَرِّيَّةِ، صِرْتُ
مِثْلُ بَوْمَةِ الْخَرْبِ. ⁷ سَهَدْتُ وَصِرْتُ كَعُصْفُورٍ مُنْقَرِدٍ عَلَى
السَّطْحِ. ⁸ الْيَوْمَ كُلُّهُ عَيَّرَنِي أَعْدَائِي، الْخَيْفُونَ عَلَيَّ خَلَفُوا
عَلَيَّ. ⁹ أَنِّي قَدْ أَكَلْتُ الرَّمَادَ مِثْلَ الْخُبْزِ وَمَرَجْتُ سَرَايِي
يَذْمُوعٍ. ¹⁰ يَسْتَسِيبُ عَظْمِيكَ وَسَخَطُكَ، لِأَنَّكَ حَمَلْتَنِي
وَطَرَحْتَنِي. ¹¹ آبَائِي كَطَلٍّ مَائِلٍ وَأَنَا مِثْلُ الْعُشْبِ يَبْسُتُ. ¹²
أَمَّا أَنْتَ، يَا رَبُّ، فَإِلَى الدَّهْرِ جَالِسٌ وَذِكْرُكَ إِلَى دَوْرٍ
قَدَوْرٍ. ¹³ أَنْتَ تَقُومُ وَتَرْحَمُ صِهْيُونَ لِأَنَّهُ وَقْتُ الرَّرَاقَةِ، لِأَنَّهُ
جَاءَ الْمِيعَادُ. ¹⁴ لِأَنَّ عَيْدَكَ قَدْ سُرُّوا بِجَارَتِهَا وَخَنُّوا إِلَى
ثُرَايَا. ¹⁵ فَتَحَسَّى الْأُمَمُ اسْمَ الرَّبِّ وَكُلُّ مُلُوكِ الْأَرْضِ
مَجْدَكَ. ¹⁶ إِذَا بَنَى الرَّبُّ صِهْيُونَ يُرَى بِمَجْدِهِ. ¹⁷ أَلْتَقَتْ إِلَى
صَلَاةِ الْمُضْطَرِّ وَلَمْ يَزِدْ دُعَاءُهُمْ. ¹⁸ يَكْتُبْ هَذَا لِلدَّوْرِ
الْآخِرِ، وَشَعْبٌ سَوْفَ يُخْلَقُ يُسَبِّحُ الرَّبَّ. ¹⁹ لِأَنَّهُ أَشْرَفَ
مِنْ غُلُو قُدْسِهِ، الرَّبُّ مِنَ السَّمَاءِ إِلَى الْأَرْضِ
تَطَرَّ، ²⁰ لِيَسْمَعَ أَيْنَ الْأَسِيرِ، لِيُطْلِقَ بَنِي الْمَوْتِ، لِيَكُنَّ
يُحَدَّثَ فِي صِهْيُونَ بِاسْمِ الرَّبِّ وَيَسْبِيحَهُ فِي
أَوْشَلِيمَ. ²² عِنْدَ اجْتِمَاعِ الشُّعُوبِ مَعًا وَالْمَقَالِكِ لِعِبَادَةِ
الرَّبِّ.

²³ صَعَفَ فِي الطَّرِيقِ قُوَّتِي، قَصَرَ أَيَّامِي. ²⁴ أَقُولُ: يَا
إِلَهِي، لَا تَقْبِضْنِي فِي نِصْفِ أَيَّامِي، إِلَى دَهْرِ الدَّهْرِ
سَيُوكَ. ²⁵ مِنْ قَدَمِ أَسَسْتَ الْأَرْضَ، وَالسَّمَاوَاتُ هِيَ
عَمَلُ يَدَيْكَ. ²⁶ هِيَ تَبِيدُ وَأَنْتَ تَبْقَى، وَكُلُّهَا كَنُوبٌ تَبْلَى،
كَرْدَاءٍ تُعَيِّرُهُنَّ فَتَعَيَّرُ. ²⁷ وَأَنْتَ هُوَ وَسَيُوكَ لَنْ
تَنْهَى. ²⁸ أَبْنَاءُ عَيْدِكَ يَسْكُنُونَ وَدَرَبَتُهُمْ تُبْنَى أَمَامَكَ.

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

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.