

لِإِمَامِ الْمُغَنِّيْنَ. عَلَى السَّوْسَنِ. لِدَاوُدَ.

¹خَلِّصْنِي، يَا إِلَهَ، لِأَنَّ الْمَيَاةَ قَدْ دَخَلَتْ إِلَى نَفْسِي.² عَرَفْتُ فِي حَمَاقٍ عَمِيقَةٍ وَلَيْسَ مَقَرٌّ، دَخَلْتُ إِلَى أَعْمَاقِ الْمَيَاةِ وَالسَّيْلِ عَمَرَنِي.³ تَعَبْتُ مِنْ ضَرَاخِي، يَبَسَ خَلْقِي، كَلَّتْ عَيْنَايَ مِنَ انْبِطَارِ إِلَهِي.⁴ أَكْثَرَ مِنْ شَعْرِ رَأْسِي الَّذِينَ يُبْعِضُونَنِي بِلَا سَبَبٍ. اعْتَبَرْتُ مُسْتَهْلِكِي أَغْدَائِي ظُلْمًا، حِينَئِذٍ رَدَدْتُ الَّذِي لَمْ أَحْطَفْهُ.⁵ يَا إِلَهَ، أَنْتَ عَرَفْتَ حَمَاقِي، وَدُنُوْبِي عَنْكَ لَمْ تَخَفْ. لَا يَجْزِي مَنُتَطَرُوكَ، يَا سَيِّدُ، رَبِّ الْجُنُودِ. لَا يَخْلُ بِي مُلْتَمِسُوكَ، يَا إِلَهَ إِسْرَائِيلَ.⁷ لَأَتِي مِنْ أَجْلِكَ احْتَمَلْتُ الْعَارَ، عَطَّيْتُ الْجَحْلَ وَجْهِي.⁸ صِرْتُ أَجَنِّبًا عِنْدَ إِخْوَتِي وَعَرِيبًا عِنْدَ بَنِي أُمِّي.⁹ لِأَنَّ غَيْرَةَ بَيْتِكَ أَكَلَّتْنِي وَتَغْيِيرَاتِ مُعْيِيرِكَ وَقَعَتْ عَلَيَّ.¹⁰ وَأَبْكَيْتُ بِصَوْمٍ نَفْسِي قَصَارَ ذَلِكَ عَارًا عَلَيَّ.¹¹ جَعَلْتُ لِتَابِسِي مَسْحًا وَصِرْتُ لَهُمْ مَثَلًا.¹² يَتَكَلَّمُ فِي الْجَالِسُونَ فِي الْبَابِ وَأَغَانِي سَرَّابِي الْمُسْكِرِ.

¹³أَمَّا أَنَا فَلَكَ صَلَاتِي، يَا رَبُّ، فِي وَقْتِ رَضَى. يَا إِلَهَ، بِكَثْرَةِ رَحْمَتِكَ اسْتَجِبْ لِي بِحَقِّ خَلَاصِكَ.¹⁴ تَجَنَّبِي مِنَ الطَّيْنِ فَلَا أَعْرِقْ، تَجَنَّبِي مِنَ مُبْغِضِي وَمِنْ أَعْمَاقِ الْمَيَاةِ.¹⁵ لَا يَغْمُرَنِي سَيْلُ الْمَيَاةِ وَلَا يَبْتَلِعْنِي الْعُمُقُ وَلَا تُطْلِقِ الْهَآوِيَّةَ عَلَيَّ قَاهَا.¹⁶ اسْتَجِبْ لِي، يَا رَبُّ، لِأَنَّ رَحْمَتَكَ صَالِحَةٌ، كَثْرَةُ مَرَاحِمِكَ انْفِثَتْ إِلَيَّ.¹⁷ وَلَا تَحْجُبْ وَجْهَكَ عَن عَبْدِكَ، لِأَنَّ لِي ضِيقًا. اسْتَجِبْ لِي سَرِيعًا.¹⁸ اقْتَرِبْ إِلَى نَفْسِي، فَكْهًا. بِسَبَبِ أَغْدَائِي أَفْدِنِي.¹⁹ أَنْتَ عَرَفْتَ عَارِي وَجْزِي وَحَجَلِي، قُدَّامَكَ جَمِيعُ مُضَافِيِي.²⁰ الْعَارُ قَدْ كَسَرَ قَلْبِي قَمَرَضْتُ، انْتَطَرْتُ رَقَّةً فَلَمْ تَكُنْ وَمُعْزِينَ فَلَمْ أَجِدْ.²¹ وَتَجْعَلُونَ فِي طَعَامِي عَلَقَمًا وَفِي عَطَشِي يَسْفُونِي خَلًا.

²²لَتَصِرْ مَائِدَتُهُمْ قُدَّامَهُمْ قَحَاً وَلِلْأَمِينِ سَرَكَأً.²³ لِنُظْلِمِ عُيُونَهُمْ عَنِ الْبَصَرِ وَقَلِيلَ مُنَوْنَهُمْ دَائِمًا.²⁴ ضَبَّ عَلَيْهِمْ سَخَطُكَ، وَلَبِذْرُكُهُمْ حُمُو عَصَبِكَ.²⁵ لَتَصِرْ دَارُهُمْ خَرَابًا وَفِي خِيَامِهِمْ لَا يَكُنْ سَاكِنٌ.²⁶ لِأَنَّ الَّذِي ضَرَبْتَهُ أَنْتَ هُمْ طَرَدُوهُ وَبَوَّعَ الَّذِينَ جَرَحْتَهُمْ يَتَحَدَّثُونَ.²⁷ اجْعَلْ إِنَّمَا عَلَى إِنْهَامِهِمْ وَلَا يَدْخُلُوا فِي بَرٍّ.²⁸ لِيُمَحِّقُوا مِنْ سَفَرِ الْأَحْيَاءِ وَمَعَ الصَّادِقِينَ لَا يُكْتَبُوا.

²⁹أَمَّا أَنَا فَمُسْكِينٌ وَكَيْبٌ، خَلَاصُكَ، يَا إِلَهَ، فَلْيُرْفَعْنِي.³⁰ أَسْبِحْ اسْمَ اللَّهِ بِتَسْبِيحٍ وَأَعْظُمُهُ بِحَمْدٍ.³¹ فَيُسْتَطَابَ عِنْدَ الرَّبِّ أَكْثَرَ مِنْ ثَوْرِ بَقَرٍ ذِي

¹To the chief Musician upon Shoshannim, A Psalm of David. Save me, O God; for the waters are come in unto my soul.²I sink in deep mire, where there is no standing: I am come into deep waters, where the floods overflow me.³I am weary of my crying: my throat is dried: mine eyes fail while I wait for my God.⁴They that hate me without a cause are more than the hairs of mine head: they that would destroy me, being mine enemies wrongfully, are mighty: then I restored that which I took not away.⁵O God, thou knowest my foolishness; and my sins are not hid from thee.⁶Let not them that wait on thee, O Lord GOD of hosts, be ashamed for my sake: let not those that seek thee be confounded for my sake, O God of Israel.⁷Because for thy sake I have borne reproach; shame hath covered my face.⁸I am become a stranger unto my brethren, and an alien unto my mother's children.⁹For the zeal of thine house hath eaten me up; and the reproaches of them that reproached thee are fallen upon me.¹⁰When I wept, and chastened my soul with fasting, that was to my reproach.¹¹I made sackcloth also my garment; and I became a proverb to them.¹²They that sit in the gate speak against me; and I was the song of the drunkards.¹³But as for me, my prayer is unto thee, O LORD, in an acceptable time: O God, in the multitude of thy mercy hear me, in the truth of thy salvation.¹⁴Deliver me out of the mire, and let me not sink: let me be delivered from them that hate me, and out of the deep waters.¹⁵Let not the waterflood overflow me, neither let the deep swallow me up,

قُرُونٍ وَأَظْلَافٍ. ³²يَرَى دَلِيلَكَ الْوَدْعَاءُ قَيِّفَرُحُونَ وَتَحِيًّا
فُلُوبُكُمْ، يَا طَالِي إِلَهِي. ³³لَأَنَّ الرَّبَّ سَامِعٌ لِلْمَسَاكِينِ وَلَا
يَحْتَقِرُ أَسْرَاهُ. ³⁴تُسَبِّحُهُ السَّمَاوَاتُ وَالْأَرْضُ، الْبَحَارُ وَكُلُّ
مَا يَدُبُّ فِيهَا. ³⁵لَأَنَّ اللَّهَ يُخَلِّصُ صَهْيُونَ وَيَبْنِي مَدَنَ
يَهُودَا، قَيِّسُكُونَ هُنَاكَ وَبَرُّنُوتُهَا. ³⁶وَتَسْلُ عِيْدِهِ يَمْلِكُوتُهَا
وَمُجِبُّو اسْمِهِ يَسْكُنُونَ فِيهَا.

and let not the pit shut her mouth upon me. ¹⁶Hear me, O LORD; for thy lovingkindness is good: turn unto me according to the multitude of thy tender mercies. ¹⁷And hide not thy face from thy servant; for I am in trouble: hear me speedily. ¹⁸Draw nigh unto my soul, and redeem it: deliver me because of mine enemies. ¹⁹Thou hast known my reproach, and my shame, and my dishonour: mine adversaries are all before thee. ²⁰Reproach hath broken my heart; and I am full of heaviness: and I looked for some to take pity, but there was none; and for comforters, but I found none. ²¹They gave me also gall for my meat; and in my thirst they gave me vinegar to drink. ²²Let their table become a snare before them: and that which should have been for their welfare, let it become a trap. ²³Let their eyes be darkened, that they see not; and make their loins continually to shake. ²⁴Pour out thine indignation upon them, and let thy wrathful anger take hold of them. ²⁵Let their habitation be desolate; and let none dwell in their tents. ²⁶For they persecute him whom thou hast smitten; and they talk to the grief of those whom thou hast wounded. ²⁷Add iniquity unto their iniquity: and let them not come into thy righteousness. ²⁸Let them be blotted out of the book of the living, and not be written with the righteous. ²⁹But I am poor and sorrowful: let thy salvation, O God, set me up on high. ³⁰I will praise the name of God with a song, and will magnify him with thanksgiving. ³¹This also shall please the LORD better than an ox or bullock that hath horns and hoofs. ³²The humble shall

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see this, and be glad: and your heart shall live that seek God.³³ For the LORD heareth the poor, and despiseth not his prisoners.³⁴ Let the heaven and earth praise him, the seas, and every thing that moveth therein.³⁵ For God will save Zion, and will build the cities of Judah: that they may dwell there, and have it in possession.³⁶ The seed also of his servants shall inherit it: and they that love his name shall dwell therein.