تَسْبِيحَةٌ. مَزْمُورٌ لِبَنِي قُورَحَ. لإِمَامِ الْمُغَنِّينَ عَلَى الْعُودِ لِلْغِنَاءِ. قَصِيدَةٌ لِهَيْمَانَ الأَزْرَاحِيِّ.

[1]يَا رَبُّ، إِلَهَ خَلاَصِي، بِالنَّهَارِ وَاللَّيْلِ صَرَخْتُ أَمَامَكَ.[2]فَلْتَأْتِ قُدَّامَكَ صَلاَتِي، أَمِلْ أُذُنَكَ إِلَى صُرَاخِي.[3]لأَنَّهُ قَدْ شَبِعَتْ مِنَ الْمَصَائِبِ نَفْسِي، وَحَيَاتِي إِلَى الْهَاوِيَةِ دَنَتْ.[4]حُسِبْتُ مِثْلَ الْمُنْحَدِرِينَ إِلَى الْجُبِّ، صِرْتُ كَرَجُلٍ لاَ قُوَّةَ لَهُ.[5]بَيْنَ الأَمْوَاتِ فِرَاشِي مِثْلُ الْقَتْلَى الْمُضْطَجِعِينَ فِي الْقَبْرِ، الَّذِينَ لاَ تَذْكُرُهُمْ بَعْدُ وَهُمْ مِنْ يَدِكَ انْقَطَعُوا.[6]وَضَعْتَنِي فِي الْجُبِّ الأَسْفَلِ، فِي ظُلُمَاتٍ، فِي أَعْمَاقٍ.[7]عَلَيَّ اسْتَقَرَّ غَضَبُكَ وَبِكُلِّ تَيَّارَاتِكَ ذَلَّلْتَنِي. سِلاَهْ.[8]أَبْعَدْتَ عَنِّي مَعَارِفِي، جَعَلْتَنِي رِجْساً لَهُمْ. أُغْلِقَ عَلَيَّ فَمَا أَخْرُجُ.[9]عَيْنِي ذَابَتْ مِنَ الذُّلِّ. دَعَوْتُكَ، يَا رَبُّ، كُلَّ يَوْمٍ، بَسَطْتُ إِلَيْكَ يَدَيَّ.

[10]أَفَلَعَلَّكَ لِلأَمْوَاتِ تَصْنَعُ عَجَائِبَ، أَمِ الأَخِيلَةُ تَقُومُ تُمَجِّدُكَ؟ سِلاَهْ.[11]هَلْ يُحَدَّثُ فِي الْقَبْرِ بِرَحْمَتِكَ أَوْ بِحَقِّكَ فِي الْهَلاَكِ؟[12]هَلْ تُعْرَفُ فِي الظُّلْمَةِ عَجَائِبُكَ وَبِرُّكَ فِي أَرْضِ النِّسْيَانِ؟

[13]أَمَّا أَنَا فَإِلَيْكَ، يَا رَبُّ، صَرَخْتُ، وَفِي الْغَدَاةِ صَلاَتِي تَتَقَدَّمُكَ.[14]لِمَاذَا، يَا رَبُّ، تَرْفُضُ نَفْسِي؟ لِمَاذَا تَحْجُبُ وَجْهَكَ عَنِّي؟[15]أَنَا مِسْكِينٌ وَمُسَلِّمُ الرُّوحِ مُنْذُ صِبَايَ، احْتَمَلْتُ أَهْوَالَكَ، تَحَيَّرْتُ.[16]عَلَيَّ عَبَرَ سَخَطُكَ. أَهْوَالُكَ أَهْلَكَتْنِي.[17]أَحَاطَتْ بِي كَالْمِيَاهِ الْيَوْمَ كُلَّهُ، اكْتَنَفَتْنِي مَعاً.[18]أَبْعَدْتَ عَنِّي مُحِبّاً وَصَاحِباً. مَعَارِفِي فِي الظُّلْمَةِ.

[1]A Song or Psalm for the sons of Korah, to the chief Musician upon Mahalath Leannoth, Maschil of Heman the Ezrahite. O LORD God of my salvation, I have cried day and night before thee:[2]Let my prayer come before thee: incline thine ear unto my cry;[3]For my soul is full of troubles: and my life draweth nigh unto the grave.[4]I am counted with them that go down into the pit: I am as a man that hath no strength:[5]Free among the dead, like the slain that lie in the grave, whom thou rememberest no more: and they are cut off from thy hand.[6]Thou hast laid me in the lowest pit, in darkness, in the deeps.[7]Thy wrath lieth hard upon me, and thou hast afflicted me with all thy waves. Selah.[8]Thou hast put away mine acquaintance far from me; thou hast made me an abomination unto them: I am shut up, and I cannot come forth.[9]Mine eye mourneth by reason of affliction: LORD, I have called daily upon thee, I have stretched out my hands unto thee.[10]Wilt thou shew wonders to the dead? shall the dead arise and praise thee? Selah.[11]Shall thy lovingkindness be declared in the grave? or thy faithfulness in destruction?[12]Shall thy wonders be known in the dark? and thy righteousness in the land of forgetfulness?[13]But unto thee have I cried, O LORD; and in the morning shall my prayer prevent thee.[14]LORD, why castest thou off my soul? why hidest thou thy face from me?[15]I am afflicted and ready to die from my youth up: while I suffer thy terrors I am distracted.[16]Thy fierce wrath goeth over me; thy terrors have cut me off.[17]They came round about me daily like

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water; they compassed me about
together.[18]Lover and friend hast thou put
far from me, and mine acquaintance into
darkness.

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