

مَرْمُورٌ لِدَاوُدَ لِلذِّكْرِ.

¹ A Psalm of David, to bring to remembrance. O LORD, rebuke me not in thy wrath: neither chasten me in thy hot displeasure.² For thine arrows stick fast in me, and thy hand presseth me sore.³ There is no soundness in my flesh because of thine anger; neither is there any rest in my bones because of my sin.⁴ For mine iniquities are gone over mine head: as an heavy burden they are too heavy for me.⁵ My wounds stink and are corrupt because of my foolishness.⁶ I am troubled; I am bowed down greatly; I go mourning all the day long.⁷ For my loins are filled with a loathsome disease: and there is no soundness in my flesh.⁸ I am feeble and sore broken: I have roared by reason of the disquietness of my heart.⁹ Lord, all my desire is before thee; and my groaning is not hid from thee.¹⁰ My heart panteth, my strength faileth me: as for the light of mine eyes, it also is gone from me.¹¹ My lovers and my friends stand aloof from my sore; and my kinsmen stand afar off.¹² They also that seek after my life lay snares for me: and they that seek my hurt speak mischievous things, and imagine deceits all the day long.¹³ But I, as a deaf man, heard not; and I was as a dumb man that openeth not his mouth.¹⁴ Thus I was as a man that heareth not, and in whose mouth are no reproofs.¹⁵ For in thee, O LORD, do I hope: thou wilt hear, O Lord my God.¹⁶ For I said, Hear me, lest otherwise they should rejoice over me: when my foot slippeth, they magnify themselves against me.¹⁷ For I am ready to halt, and my sorrow is continually before me.¹⁸ For I will declare

يَا رَبِّ، لَا تُوبِّخْنِي بِسَخَطِكَ وَلَا تُؤَذِّبْنِي بِعِظَتِكَ.² لَأَنَّ سِهَامَكَ قَدْ انْتَشَبَتْ فِيَّ وَتَرَلْتَ عَلَيَّ يَدَكَ.³ لَيْسَتْ فِي جَسَدِي صِحَّةٌ مِنْ جَهَةِ غَضَبِكَ، لَيْسَتْ فِي عِظَامِي سَلَامَةٌ مِنْ جَهَةِ خَطِيئَتِي.⁴ لَأَنَّ آثَامِي قَدْ طَمَتِ فُوقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ أَثْقَلَ مِنَّمَا أَحْتَمِلُ.⁵ قَدْ انْتَشَتْ، قَاحَتْ خُبْرُ صَرْبِي مِنْ جَهَةِ حِمَاقَتِي.⁶ لَوْبْتُ، انْحَتَبْتُ إِلَى الْغَايَةِ، الْيَوْمَ كُلُّهُ دَهَبْتُ خَرِبًا.⁷ لَأَنَّ خَاصِرَتَيَّ قَدْ امْتَلَأَتَا اخْتِرَافًا وَلَيْسَتْ فِي جَسَدِي صِحَّةٌ.⁸ خَدِرْتُ وَانْسَحَفْتُ إِلَى الْغَايَةِ، كُنْتُ أَنِي مِنْ زَفِيرِ قَلْبِي.⁹ يَا رَبِّ، أَمَامَكَ كُلُّ تَأْوِهِي، وَتَهْتَدِي لَيْسَ بِمَسْتُورٍ عَنْكَ.¹⁰ قَلْبِي خَافِقٌ، قُوَّتِي قَارَقْنِي وَنُورُ عَيْنِي أَيْضًا لَيْسَ مَعِي.¹¹ أَجْبَائِي وَأَصْحَابِي يَقْفُونَ نُجَاهَ صَرْبَتِي وَأَقَارِبِي وَقَفُوا بَعِيدًا.¹² وَطَالَبُوا نَفْسِي، تَصَبُّوا شَرَكًا. وَالْمُلْتَمِسُونَ لِي السَّرَّ تَكَلَّمُوا بِالْمَقَاسِدِ، وَالْيَوْمَ كُلُّهُ يَلْهَجُونَ بِالْغَيْشِ.¹³ وَأَمَّا أَنَا فَكَأَصَمٌ لَا أَسْمَعُ، وَكَأَبْكَمٌ لَا يَفْتَحُ فَاةً.¹⁴ وَأَكُونُ مِثْلَ إِنْسَانٍ لَا يَسْمَعُ وَلَيْسَ فِي قَمِيهِ حُجَّةٌ.¹⁵ لَأَنِّي لَكَ، يَا رَبِّ، صَبِرْتُ، أَنْتَ تَسْتَجِيبُ، يَا رَبِّ إِلَهِي. لَأَنِّي قُلْتُ: لَيْلًا بَنَسْمُنُوا بِي. عِنْدَمَا رَلْتُ قَدَمِي تَعْظُمُوا عَلَيَّ.¹⁷ لَأَنِّي مُوْشِكٌ أَنْ أَطْلَعَ وَوَجَعِي مُقَابِلِي دَائِمًا.¹⁸ لَأَنِّي أُخِيرُ بَيْنِي وَأَعْتَمُّ مِنْ خَطِيئَتِي.¹⁹ وَأَمَّا أَغْدَائِي فَأَحْيَاءُ، عَظُمُوا، وَالَّذِينَ يُغِصُّونِي ظُلْمًا كَثُرُوا.²⁰ وَالْمُجَارُونَ عَنِ الْخَيْرِ يَسْتَرُّونِي بِأَجْلِ اتِّبَاعِي الصَّلَاحِ.²¹ لَا تَتْرُكْنِي، يَا رَبِّ. يَا إِلَهِي، لَا تَبْعُدْ عَنِّي.²² أَسْرِعْ إِلَى مَعُونَتِي، يَا رَبِّ، يَا خَلَّاصِي.

mine iniquity; I will be sorry for my sin.¹⁹ But mine enemies are lively, and they are strong: and they that hate me wrongfully are multiplied.²⁰ They also that render evil for good are mine adversaries; because I follow the thing that good is .²¹ Forsake me not, O LORD: O my God, be not far from me.²² Make haste to help me, O Lord my salvation.