

¹To the chief Musician on Neginoth upon Sheminith, A Psalm of David. O LORD, rebuke me not in thine anger, neither chasten me in thy hot displeasure.² Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed.³ My soul is also sore vexed: but thou, O LORD, how long?⁴ Return, O LORD, deliver my soul: oh save me for thy mercies' sake.⁵ For in death there is no remembrance of thee: in the grave who shall give thee thanks?⁶ I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears.⁷ Mine eye is consumed because of grief; it waxeth old because of all mine enemies.⁸ Depart from me, all ye workers of iniquity; for the LORD hath heard the voice of my weeping.⁹ The LORD hath heard my supplication; the LORD will receive my prayer.¹⁰ Let all mine enemies be ashamed and sore vexed: let them return and be ashamed suddenly.

لِإِمَامِ الْمُحَنَّنِينَ عَلَى ذَوَاتِ الْأَوْتَارِ عَلَى الْقَرَارِ.
مَرْمُورٍ لِدَاوُدَ.

¹يَا رَبُّ، لَا تُؤَخِّجْنِي بِغَضَبِكَ وَلَا تُؤَدِّبْنِي بِعِقَابِكَ.² اِرْحَمْنِي، يَا رَبُّ، لِأَنِّي ضَعِيفٌ. اشفيني، يَا رَبُّ، لِأَنَّ عِظَامِي قَدْ رَجَعَتْ³ وَتَفْسِي قَدْ ارْتَاعَتْ جِدًّا. وَأَنْتَ، يَا رَبُّ، فَحَتَّى مَتَى؟

⁴عُدْ، يَا رَبُّ، تَجِّ تَفْسِي، خَلِّصْنِي مِنْ أَجْلِ رَحْمَتِكَ.⁵ لَأَنَّهُ لَيْسَ فِي الْمَوْتِ ذِكْرُكَ. فِي الْهَابَةِ مَنْ يَحْمَدُكَ؟⁶ تَبِعْتُ فِي تَهْدِي. أَعُوْذُ فِي كُلِّ لَيْلَةٍ سَرِيرِي بِدُمُوعِي، أَدْوُبُ فِرَاشِي.⁷ سَاحَتْ مِنَ الْعَمِّ عَيْنِي، سَاحَتْ مِنْ كُلِّ مُصَائِقِي.

⁸اَبْعُدُوا عَنِّي، يَا جَمِيعَ قَاعِلِي الْإِثْمِ، لِأَنَّ الرَّبَّ قَدْ سَمِعَ صَوْتَ بُكَائِي.⁹ سَمِعَ الرَّبُّ تَضَرُّعِي، الرَّبُّ يَقْبَلُ صَلَاتِي.¹⁰ جَمِيعُ أَعْدَائِي يُخْرَوْنَ وَبِرْتَاغُونَ جِدًّا، يَعُودُونَ وَيُخْرَوْنَ بَعَثَةً.