

لِإِمَامِ الْمُحَنِّينَ. مَرْمُورٌ لِذَاوُدَ.

<sup>1</sup>إِلَى مَتَى، يَا رَبُّ، تَنْسَانِي كُلَّ النَّسْيَانِ؟ إِلَى مَتَى  
تَحْجُبُ وَجْهَكَ عَنِّي؟ <sup>2</sup>إِلَى مَتَى أَجْعَلُ هُمُومًا فِي نَفْسِي  
وَحُزْنًا فِي قَلْبِي كُلَّ يَوْمٍ؟ إِلَى مَتَى يَرْتَفِعُ عَدُوِّي  
عَلَيَّ؟ <sup>3</sup>أَنْظُرْ وَاسْتَجِبْ لِي، يَا رَبُّ إِلَهِي. أَنْزِعْ عَيْنِي لئَلَّا  
أَتَامَ نَوْمَ الْمَوْتِ، <sup>4</sup>لئَلَّا يَقُولَ عَدُوِّي: قَدْ قَوِئْتُ عَلَيْهِ. لئَلَّا  
يَهْتِفَ مُضَايِقِي بِأَنِّي تَرَعَّرَعْتُ.  
<sup>5</sup>أَمَّا أَنَا فَعَلَى رَحْمَتِكَ تَوَكَّلْتُ، يَبْتَهِجْ قَلْبِي  
بِحَلَاصِكَ. <sup>6</sup>أُعْثِي لِلرَّبِّ لِأَنَّهُ أَحْسَنَ إِلَيَّ.

<sup>1</sup>To the chief Musician, A Psalm of David.  
How long wilt thou forget me, O LORD?  
for ever? how long wilt thou hide thy face  
from me? <sup>2</sup>How long shall I take counsel in  
my soul, having sorrow in my heart daily?  
how long shall mine enemy be exalted over  
me? <sup>3</sup>Consider and hear me, O LORD my  
God: lighten mine eyes, lest I sleep the  
sleep of death; <sup>4</sup>Lest mine enemy say, I  
have prevailed against him; and those that  
trouble me rejoice when I am moved. <sup>5</sup>But I  
have trusted in thy mercy; my heart shall  
rejoice in thy salvation. <sup>6</sup>I will sing unto the  
LORD, because he hath dealt bountifully  
with me.