

لِإِمَامِ الْمُغَنِّينَ عَلَى أَيْتِلَةِ الصُّنْحِ. مَرْمُورٌ لِدَاوُدَ.

¹إِلَهِي، إِلَهِي، لِمَاذَا تَرَكْتَنِي بَعِيداً عَنْ خَلَاصِي، عَنْ كَلَامِ رَفِيرِي؟ إِلَهِي، فِي النَّهَارِ أَدْعُو فَلَا تَسْتَجِبْ، فِي اللَّيْلِ أَدْعُو فَلَا تُجِبْ لِي.² وَأَنْتَ الْقُدُّوسُ الْجَالِسُ بَيْنَ تَشْبِيحَاتِ إِسْرَائِيلَ.³ عَلَيْكَ اتَّكَلْنَا أَبَاؤُنَا، اتَّكَلُوا فَتَجِئْتَهُمْ.⁴ إِلَيْكَ صَرَحُوا فَتَجَوَّأُوا، عَلَيْكَ اتَّكَلُوا فَلَمْ يَخْرُجُوا.⁵ أَمَّا أَنَا فَدَوْدَةُ لَا إِنْسَانٌ، عَارٌّ عِنْدَ الْبَشَرِ وَمُحْتَقَرُ الشَّعْبِ.⁶ كُلُّ الَّذِينَ يَرَوْنِي يَسْتَهْزِئُونَ بِي، يَفْتَعِرُونَ الشَّفَاةَ وَيُبْغِضُونَ الرَّأْسَ قَائِلِينَ: ⁷اتَّكَلْ عَلَى الرَّبِّ فَلْيُنْجِ، لِيُنْقِذَهُ اللَّهُ سُرَّ بِهِ. ⁸لَأَنَّكَ أَنْتَ جَدَّيْتَنِي مِنَ الْبَطْنِ، جَعَلْتَنِي مُطْمَئِنِّئاً عَلَى تَدْبِيرِ أُمِّي. ⁹عَلَيْكَ الْوَيْثُ مِنَ الرَّجْمِ، مِنْ يَطْنِ أُمِّي أَنْتَ إِلَهِي. ¹⁰لَا تَبَاعِذْ عَنِّي لِأَنَّ الصِّيقَ قَرِيبٌ، لِأَنَّهُ لَا مَعِينَ.

¹¹أَخَاطْتُ بِي ثِيْرَانٌ كَثِيرَةٌ، أَقْوِيَاءُ بَاشَانَ اكْتَفَيْتَنِي. ¹²فَقَرُّوا عَلَيَّ أَقْوَاهُمْ كَأَسَدٍ مُفْتَرِسٍ مُرْمَجِرٍ. ¹³كَالْمَاءِ انْسَكَبْتُ، انْفَصَلَتْ كُلُّ عِظَامِي. صَارَ قَلْبِي كَالشَّمْعِ، قَدْ ذَابَ فِي وَسْطِ أَمْعَائِي. ¹⁴يَسِسْتُ مِثْلَ شَفَقَةٍ قُوَّتِي وَلَصِقَ لِسَانِي بِخَدَّيْ، وَإِلَى تُرَابِ الْمَوْتِ تَصَغِي. ¹⁵لَأَنَّهُ قَدْ أَخَاطْتُ بِي كِلَابٌ، جَمَاعَةٌ مِنَ الْأَشْرَارِ اكْتَفَيْتَنِي، تَقْبُوا يَدَيَّ وَرِجْلَيَّ. ¹⁶أُحْصِي كُلَّ عِظَامِي، وَهُمْ يَنْظُرُونَ وَيَفْتَرِّسُونَ فِيَّ. ¹⁷يَقْسِمُونَ نِيَابِي بَيْنَهُمْ وَعَلَى لِبَاسِي يَقْتَرِعُونَ.

¹⁸أَمَّا أَنْتَ، يَا رَبُّ، فَلَا تَبْعُدْ. يَا قُوَّتِي، أَسْرِعْ إِلَى مُصْرَتِي. ¹⁹أَنْقِذْ مِنَ السَّيْفِ نَفْسِي، مِنْ يَدِ الْكَلْبِ وَجِدَّتِي. ²⁰خَلِّصْنِي مِنَ قَمِ الْأَسَدِ، وَمِنْ قُرُونِ بَقَرِ الْوَحْشِ اسْتَجِبْ لِي.

²¹أَخِزْ بِاسْمِكَ إِخْوَتِي، فِي وَسْطِ الْجَمَاعَةِ أَسْبِخْ. ²²يَا خَائِفِي الرَّبِّ، سَبِّحُوهُ. مَجْدُوهُ، يَا مَعَشَرَ دَرِّيَّةٍ يَعْقُوبَ، وَأَخْشَوْهُ، يَا رَزْعَ إِسْرَائِيلَ جَمِيعاً. ²³لَأَنَّهُ لَمْ يَخْتَفِزْ وَلَمْ يَزْدَلْ مَسْكَنَةُ الْمُسْكِينِ، وَلَمْ يَحْجُبْ وَجْهُهُ عَنْهُ، بَلْ عِنْدَ صُرَاخِهِ إِلَيْهِ اسْتَمَعَ. ²⁴مِنْ قَبْلِكَ تَسْبِيحِي فِي الْجَمَاعَةِ الْعَظِيمَةِ، أَوْفِي بُدُورِي قُدَّامَ خَائِفِيهِ. ²⁵يَا كُلُّ الْوُدْعَاءِ وَتَسْبِغُونَ، يُسَبِّحُ الرَّبَّ طَالِبُوهُ، تَخْبَأُ قُلُوبُكُمْ إِلَى الْأَبَدِ. ²⁶تَذَكَّرْ وَتَرْجِعْ إِلَى الرَّبِّ كُلُّ أَقَاصِي الْأَرْضِ، وَتَسْجُدُ قُدَّامَكَ كُلُّ قَبَائِلِ الْأُمَمِ. ²⁷لِأَنَّ لِلرَّبِّ الْمُلْكَ وَهُوَ الْمُتَسَلِّطُ عَلَى الْأُمَمِ. ²⁸أَكَلَ وَسَجَدَ كُلُّ سَمِينِي الْأَرْضِ، قُدَّامَهُ يَجْنُو كُلُّ مَنْ يَنْحَدِرُ إِلَى الثَّرَابِ وَمَنْ لَمْ يَخِ نَفْسَهُ. ²⁹إِلَازِبَةُ تَتَعَبِدُ لَهُ، يُخْبِرُ عَنِ الرَّبِّ الْجِبَلُ الْآتِي. ³⁰يَأْتُونَ وَيُخْبِرُونَ بِبِرِّهِ شَعْباً سَيُولَدُ، يَأْتُهُ قَدْ فَعَلَ.

¹To the chief Musician upon Aijeleth Shahar, A Psalm of David. My God, my God, why hast thou forsaken me? why art thou so far from helping me, and from the words of my roaring?² O my God, I cry in the daytime, but thou hearest not; and in the night season, and am not silent.³ But thou art holy, O thou that inhabitest the praises of Israel.⁴ Our fathers trusted in thee: they trusted, and thou didst deliver them.⁵ They cried unto thee, and were delivered: they trusted in thee, and were not confounded.⁶ But I am a worm, and no man; a reproach of men, and despised of the people.⁷ All they that see me laugh me to scorn: they shoot out the lip, they shake the head, saying, ⁸He trusted on the LORD that he would deliver him: let him deliver him, seeing he delighted in him.⁹ But thou art he that took me out of the womb: thou didst make me hope when I was upon my mother's breasts.¹⁰ I was cast upon thee from the womb: thou art my God from my mother's belly.¹¹ Be not far from me; for trouble is near; for there is none to help.¹² Many bulls have compassed me: strong bulls of Bashan have beset me round.¹³ They gaped upon me with their mouths, as a ravening and a roaring lion.¹⁴ I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels.¹⁵ My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death.¹⁶ For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet.¹⁷ I may tell all my bones: they look

and stare upon me.¹⁸ They part my garments among them, and cast lots upon my vesture.¹⁹ But be not thou far from me, O LORD: O my strength, haste thee to help me.²⁰ Deliver my soul from the sword; my darling from the power of the dog.²¹ Save me from the lion's mouth: for thou hast heard me from the horns of the unicorns.²² I will declare thy name unto my brethren: in the midst of the congregation will I praise thee.²³ Ye that fear the LORD, praise him; all ye the seed of Jacob, glorify him; and fear him, all ye the seed of Israel.²⁴ For he hath not despised nor abhorred the affliction of the afflicted; neither hath he hid his face from him; but when he cried unto him, he heard.²⁵ My praise shall be of thee in the great congregation: I will pay my vows before them that fear him.²⁶ The meek shall eat and be satisfied: they shall praise the LORD that seek him: your heart shall live for ever.²⁷ All the ends of the world shall remember and turn unto the LORD: and all the kindreds of the nations shall worship before thee.²⁸ For the kingdom is the LORD's: and he is the governor among the nations.²⁹ All they that be fat upon earth shall eat and worship: all they that go down to the dust shall bow before him: and none can keep alive his own soul.³⁰ A seed shall serve him; it shall be accounted to the Lord for a generation.³¹ They shall come, and shall declare his righteousness unto a people that shall be born, that he hath done this .