

مَرْمُورٌ لِدَاوُدَ لِلتَّذَكِيرِ.

¹ يَا رَبُّ، لَا تُوبِّخْنِي بِسَخَطِكَ وَلَا تُؤَدِّبْنِي بِعِطْلِكَ. ² لَأَنْ سِهَامَكَ قَدْ انْتَسَبَتْ فِيَّ وَتَرَلْتَ عَلَيَّ بَذَكَ. ³ لَيْسَتْ فِي جَسَدِي صِحَّةٌ مِنْ جِهَةِ عَصِيكَ، لَيْسَتْ فِي عِظَامِي سَلَامَةٌ مِنْ جِهَةِ خَطِيئِي. ⁴ لَأَنَّ آثَامِي قَدْ طَمَتْ قُوقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ أَثْقَلَ مِنَّمَا أَحْتَمِلُ. ⁵ قَدْ انْتَسَتْ، قَاحَتْ حُبْرُ صُرْبِي مِنْ جِهَةِ حِمَاقَتِي. ⁶ لَوَيْثٌ، انْتَحَبْتُ إِلَى الْغَايَةِ، الْيَوْمَ كُلُّهُ ذَهَبْتُ خَرِبًا. ⁷ لَأَنَّ خَاصِرَتِي قَدْ امْتَلَأَتْ اخْتِرَاقًا وَلَيْسَتْ فِي جَسَدِي صِحَّةٌ. ⁸ حَذَرْتُ وَانْسَحَفْتُ إِلَى الْغَايَةِ، كُنْتُ أَنِيٌّ مِنْ رَفِيرِ قَلْبِي. ⁹ يَا رَبُّ، أَمَامَكَ كُلُّ تَأَوُّهِي، وَتَهْدِي لَيْسَ يَمَسُّونِي عَنْكَ. ¹⁰ قَلْبِي خَافِقٌ، قُوَّتِي قَارَقَنِي وَثُورٌ عَيْنِي أَيْضًا لَيْسَ مَعِيَ. ¹¹ أَجْبَانِي وَأَصْحَابِي يَقْفُونَ نَجَاءَ صُرْبَتِي وَأَقَارِبِي وَفُقُوا بَعِيدًا. ¹² وَطَالَبُوا نَفْسِي، تَصُبُّوا شَرَكًا. وَالْمُلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْمَقَاسِدِ، وَالْيَوْمَ كُلُّهُ يَلْهَجُونَ بِالْغَيْشِ. ¹³ وَأَمَّا أَنَا فَكَأَصَمٌ لَا أَسْمَعُ، وَكَأَبْكَمٌ لَا يَفْتَحُ فَاةً. ¹⁴ وَأَكُونُ مِثْلَ إِنْسَانٍ لَا يَسْمَعُ وَلَيْسَ فِي فَمِهِ حُجَّةٌ. ¹⁵ لَأَنِّي لَكَ، يَا رَبُّ، صَبْرْتُ، أَنْتَ تَسْتَجِيبُ، يَا رَبُّ إِلَهِي. ¹⁶ لَأَنِّي قُلْتُ: لَيْلًا يَسْمَعُونِي. عِنْدَمَا رَلْتُ قَدَمِي تَعْظُمُوا عَلَيَّ. ¹⁷ لَأَنِّي مُوَشِّكٌ أَنْ أَطْلَعَ وَوَجَعِي مُقَابِلِي دَائِمًا. ¹⁸ لَأَنِّي أُخِيرُ بَائِسِي وَأَعْتَمُّ مِنْ خَطِيئِي. ¹⁹ وَأَمَّا أَغْدَائِي فَأَحْيَاءُ، عَظُمُوا، وَالَّذِينَ يُبْغِضُونِي ظُلَمًا كَثُرُوا. ²⁰ وَالْمُجَارُونَ عَنِ الْخَيْرِ يَسْتَرُّ بِقَاوِمُونِي لِأَجْلِ اتِّبَاعِي الصَّلَاحِ. ²¹ لَا تَتْرُكْنِي، يَا رَبُّ. يَا إِلَهِي، لَا تَبْعُدْ عَنِّي. ²² أَسْرِعْ إِلَى مَعُونَتِي، يَا رَبُّ، يَا خَلَّاصِي.

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

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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.