

<sup>1</sup>To 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?<sup>2</sup>O my God, I cry in the daytime, but thou hearest not; and in the night season, and am not silent.<sup>3</sup>But thou art holy, O thou that inhabitest the praises of Israel.<sup>4</sup>Our fathers trusted in thee: they trusted, and thou didst deliver them.<sup>5</sup>They cried unto thee, and were delivered: they trusted in thee, and were not confounded.<sup>6</sup>But I am a worm, and no man; a reproach of men, and despised of the people.<sup>7</sup>All they that see me laugh me to scorn: they shoot out the lip, they shake the head, saying, <sup>8</sup>He trusted on the LORD that he would deliver him: let him deliver him, seeing he delighted in him.<sup>9</sup>But thou art he that took me out of the womb: thou didst make me hope when I was upon my mother's breasts.<sup>10</sup>I was cast upon thee from the womb: thou art my God from my mother's belly.<sup>11</sup>Be not far from me; for trouble is near; for there is none to help.<sup>12</sup>Many bulls have compassed me: strong bulls of Bashan have beset me round.<sup>13</sup>They gaped upon me with their mouths, as a ravening and a roaring lion.<sup>14</sup>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.<sup>15</sup>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.<sup>16</sup>For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet.<sup>17</sup>I may tell all my bones: they look

لِإِمَامٍ الْمُعْتَبَرِ عَلَى أَيْلَةِ الصُّنْحِ. مَرْمُورٌ لِدَاوُدَ.  
<sup>1</sup>إِلَهِي، إِلَهِي، لِمَاذَا تَرَكْتَنِي بَعِيداً عَنْ خَلَاصِي، عَنْ كَلَامِ رَفِيرِي؟<sup>2</sup>إِلَهِي، فِي النَّهَارِ أَذْعُو فَلَا تَسْتَجِيبُ، فِي اللَّيْلِ أَذْعُو فَلَا هُدُوءَ لِي.<sup>3</sup>وَأَنْتَ الْقُدُّوسُ الْجَالِسُ بَيْنَ تَشْيِخَاتِ إِسْرَائِيلَ.<sup>4</sup>عَلَيْكَ اتَّكَلُ آبَاؤُنَا، اتَّكَلُوا فَخَلِّصْتَهُمْ.<sup>5</sup>إِلَيْكَ صَرَخُوا فَخَجُوا، عَلَيْكَ اتَّكَلُوا فَلَمْ يَخْرُؤُوا.<sup>6</sup>أَمَّا أَنَا قُدُودَةٌ لَا إِنْسَانٌ، عَارٌّ عِنْدَ الْبَشَرِ وَمُحْتَقَرُ الشَّعْبِ.<sup>7</sup>كُلُّ الَّذِينَ يَرْوُونَنِي يَسْتَهْزِئُونَ بِي، يَفْعَرُونَ الشَّفَاةَ وَيُبْغِضُونَ الرَّاسَ قَائِلِينَ: <sup>8</sup>اتَّكَلْ عَلَى الرَّبِّ فَلْيَنْجِهِ، لِيُنْقِذَهُ لِأَنَّهُ سَرَّ بِهِ.<sup>9</sup>لَأَنَّكَ أَنْتَ جَذَبْتَنِي مِنَ الْبَطْنِ، جَعَلْتَنِي مُطْمَئِنّاً عَلَى تَدْنِي أُمِّي.<sup>10</sup>عَلَيْكَ أَقْبَيْتُ مِنَ الرَّجَمِ، مِنْ يَطْنِ أُمِّي أَنْتَ إِلَهِي.<sup>11</sup>لَا تَتْبَاعِدْ عَنِّي لِأَنَّ الصِّيقَ قَرِيبٌ، لِأَنَّهُ لَا مُعِينَ.<sup>12</sup>أَخَاطَتْ بِي ثِيَرَانُ كَثِيرَةٌ، أَفْوِيَاءُ بَاشَانَ اكْتَنَقْتَنِي. فَعَرُّوا عَلَيَّ أَفْوَاهَهُمْ كَأَسَدٍ مُفْتَرِسٍ مَرْمَجٍ.<sup>13</sup>كَالْمَاءِ اتَّسَكَيْتُ، انْقَصَلَتْ كُلُّ عِظَامِي. صَارَ قَلْبِي كَالسَّمْعِ، قَدْ ذَابَ فِي وَسْطِ أَمْعَانِي.<sup>14</sup>يَسْتُثْنِ مِثْلَ شَفَقَةِ قُوَّتِي وَلَصِقَ لِسَانِي بِخَنَكِي، وَإِلَى تُرَابِ الْمَوْتِ تَصْغِي. لِأَنَّهُ قَدْ أَخَاطَتْ بِي كِلَابٌ، جَمَاعَةٌ مِنَ الْأَشْرَارِ اكْتَنَقْتَنِي، تَقْبُوا بَدَنِي وَرَجَلِي.<sup>15</sup>أُخْصِي كُلَّ عِظَامِي، وَهُمْ يَنْظُرُونَ وَيَنْقَرُّونَ فِيَّ.<sup>16</sup>يَقْسِمُونَ نِيَّائِي بَيْنَهُمْ وَعَلَى لِبَاسِي يَقْتَرِعُونَ.<sup>17</sup>أَمَّا أَنْتَ، يَا رَبُّ، فَلَا تَبْعُدْ. يَا قُوَّتِي، أَسْرِعْ إِلَى نَصْرَتِي.<sup>18</sup>أَنْقِذْ مِنَ السَّيْفِ نَفْسِي، مِنْ يَدِ الْكَلْبِ وَجِيدَتِي.<sup>19</sup>خَلِّصْنِي مِنْ قَمِ الْأَسَدِ، وَمِنْ قُرُونِ بَقَرِ الْوَحْشِ اسْتَجِبْ لِي.<sup>20</sup>أُخِيرْ بِاسْمِكَ إِخْوَتِي، فِي وَسْطِ الْجَمَاعَةِ أَسْبَحْكَ.<sup>21</sup>يَا خَائِفِي الرَّبِّ، سَبِّحُوهُ. مَجْدُوهُ، يَا مَعَشَرَ دُرِّيَّةِ يَعْقُوبَ، وَأَحْسُوهُ، يَا زَرْعَ إِسْرَائِيلَ جَمِيعاً.<sup>22</sup>لِأَنَّهُ لَمْ يَخْتَفِرْ وَلَمْ يَزْدَلْ مَسْكَنَةُ الْمُسْكِينِ، وَلَمْ يَخْجُبْ وَجْهَهُ عَنْهُ، بَلْ عِنْدَ صُرَاخِهِ إِلَيْهِ اسْتَمَعَ.<sup>23</sup>مِنْ قَبْلِكَ تَسْبِيحِي فِي الْجَمَاعَةِ الْعَظِيمَةِ، أَوْفِي يَنْدُورِي قُدَّامَ خَائِفِيهِ.<sup>24</sup>يَأْكُلُ الْوُدْعَاءُ وَيَتَسَبَّغُونَ، يُسَبِّحُ الرَّبَّ طَالِبُوهُ، تَحِيّاً فَلُوبَكُمْ إِلَى الْأَبَدِ.<sup>25</sup>تَذَكَّرْ وَتَرْجِعْ إِلَى الْبَرِّ كُلُّ أَقَاصِي الْأَرْضِ، وَتَسْجُدُ قُدَّامَكَ كُلُّ قَبَائِلِ الْأُمَمِ.<sup>26</sup>لِأَنَّ لِلرَّبِّ الْمُلْكَ وَهُوَ الْمُتَسَلِّطُ عَلَى الْأُمَمِ. أَكَلْ وَسَجَدَ كُلُّ سَمِينِي الْأَرْضِ، قُدَّامَهُ يَخْجُو كُلُّ مَنْ يَنْحَدِرُ إِلَى التُّرَابِ وَمَنْ لَمْ يَخْجِ نَفْسَهُ.<sup>27</sup>لِلدَّرْبِ تَتَعَبَّدُ لَهُ، يُخَيَّرُ عَنِ الرَّبِّ الْجِيلُ الْآتِي.<sup>28</sup>يَأْتُونَ وَيُخَيَّرُونَ بِيَرِّهِ سَعْباً سَبُولَ، يَأْتُهُ قَدْ فَعَلَ.

and stare upon me.<sup>18</sup> They part my garments among them, and cast lots upon my vesture.<sup>19</sup> But be not thou far from me, O LORD: O my strength, haste thee to help me.<sup>20</sup> Deliver my soul from the sword; my darling from the power of the dog.<sup>21</sup> Save me from the lion's mouth: for thou hast heard me from the horns of the unicorns.<sup>22</sup> I will declare thy name unto my brethren: in the midst of the congregation will I praise thee.<sup>23</sup> Ye that fear the LORD, praise him; all ye the seed of Jacob, glorify him; and fear him, all ye the seed of Israel.<sup>24</sup> 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.<sup>25</sup> My praise shall be of thee in the great congregation: I will pay my vows before them that fear him.<sup>26</sup> The meek shall eat and be satisfied: they shall praise the LORD that seek him: your heart shall live for ever.<sup>27</sup> All the ends of the world shall remember and turn unto the LORD: and all the kindreds of the nations shall worship before thee.<sup>28</sup> For the kingdom is the LORD's: and he is the governor among the nations.<sup>29</sup> 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.<sup>30</sup> A seed shall serve him; it shall be accounted to the Lord for a generation.<sup>31</sup> They shall come, and shall declare his righteousness unto a people that shall be born, that he hath done this .