

¹To the chief Musician, Maschil, for the sons of Korah. As the hart panteth after the water brooks, so panteth my soul after thee, O God.² My soul thirsteth for God, for the living God: when shall I come and appear before God?³ My tears have been my meat day and night, while they continually say unto me, Where is thy God?⁴ When I remember these things, I pour out my soul in me: for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday.⁵ Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.⁶ O my God, my soul is cast down within me: therefore will I remember thee from the land of Jordan, and of the Hermonites, from the hill Mizar.⁷ Deep calleth unto deep at the noise of thy waterspouts: all thy waves and thy billows are gone over me.⁸ Yet the LORD will command his lovingkindness in the daytime, and in the night his song shall be with me, and my prayer unto the God of my life.⁹ I will say unto God my rock, Why hast thou forgotten me? why go I mourning because of the oppression of the enemy?¹⁰ As with a sword in my bones, mine enemies reproach me; while they say daily unto me, Where is thy God?¹¹ Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

لِإِمَامِ الْمُحَنَّنِينَ. قَصِيدَةُ لَتَبِي قُورَح.

¹كَمَا يَسْتَأْقُ الْإِبِلُ إِلَى جَدَاوِلِ الْمِيَاهِ هَكَذَا تَسْتَأْقُ نَفْسِي إِلَيْكَ، يَا إِلَهَ. ²عَطِشَتْ نَفْسِي إِلَى إِلَهٍ، إِلَى إِلَهِي الْحَيِّ. مَتَى أَجِيءُ وَأَتَرَاءَى قُدَّامَ إِلَهٍ؟ ³صَارَتْ لِي دُمُوعِي خُبْزًا نَهَارًا وَلَيْلاً إِذْ قِيلَ لِي كُلَّ يَوْمٍ: أَيْنَ إِلَهُكَ؟ ⁴هَذِهِ أَذْكُرُهَا فَأَسْكُبُ نَفْسِي عَلَيَّ: لِأَنِّي كُنْتُ أُمُرُّ مَعَ الْجُمَاعِ، أَتَدْرَجُ مَعَهُمْ إِلَى بَيْتِ إِلَهٍ يَصُوتُ تَرْنُمٍ وَحَمْدٍ، جُمُهوُرٌ مُعَيَّدٌ. ⁵لِمَاذَا أَنْتَ مُنْحَنِيَّةٌ، يَا نَفْسِي، وَلِمَاذَا تَتَنَبَّئِينَ فِيَّ؟ اِرْتَجِي إِلَهَ لَأَنِّي بَعْدُ أَحْمَدُهُ لِأَجْلِ خَلَاصِي وَجْهِهِ. ⁶يَا إِلَهِي، نَفْسِي مُنْحَنِيَّةٌ فِيَّ، لِذَلِكَ أَذْكُرُكَ مِنْ أَرْضِ الْأُرْدُنِّ وَجِبَالِ خَرْمُونٍ، مِنْ جَبَلِ مِصْعَرٍ. ⁷عَمْرٌ يُتَادِي عَمْرًا عِنْدَ صَوْتِ مِيزَانِيكَ، كُلُّ تَبَارَانِكَ وَلَجَجِكَ طَمَعَتْ عَلَيَّ. ⁸بِالنَّهَارِ يُوصِي الرَّبُّ رَحْمَتَهُ وَبِاللَّيْلِ تَسْبِيحُهُ عِنْدِي صَلَاةٌ لِإِلَهِي حَيَاتِي. ⁹أَقُولُ لِلَّهِ صَخْرَتِي: لِمَاذَا تَسِيئَتَنِي؟ لِمَاذَا أَذْهَبُ حَزِينًا مِنْ مِصَابِقَةِ الْعَدُوِّ؟ ¹⁰يَسْخَقُ فِي عِظَامِي عِبْرَتِي مُضَائِقِي، يَقُولُهُمْ لِي كُلَّ يَوْمٍ: أَيْنَ إِلَهُكَ؟ ¹¹لِمَاذَا أَنْتَ مُنْحَنِيَّةٌ، يَا نَفْسِي، وَلِمَاذَا تَتَنَبَّئِينَ فِيَّ؟ تَرْتَجِي إِلَهَ لَأَنِّي بَعْدُ أَحْمَدُهُ، خَلَاصَ وَجْهِهِ وَإِلَهِي.