

¹A Psalm of David, to bring to remembrance. O LORD, rebuke me not in thy wrath: neither chasten me in thy hot displeasure.²For thine arrows stick fast in me, and thy hand presseth me sore.³There is no soundness in my flesh because of thine anger; neither is there any rest in my bones because of my sin.⁴For mine iniquities are gone over mine head: as an heavy burden they are too heavy for me.⁵My wounds stink and are corrupt because of my foolishness.⁶I am troubled; I am bowed down greatly; I go mourning all the day long.⁷For my loins are filled with a loathsome disease : and there is no soundness in my flesh.⁸I am feeble and sore broken: I have roared by reason of the disquietness of my heart.⁹Lord, all my desire is before thee; and my groaning is not hid from thee.¹⁰My heart panteth, my strength faileth me: as for the light of mine eyes, it also is gone from me.¹¹My lovers and my friends stand aloof from my sore;

and my kinsmen stand afar off.¹²They 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.¹³But I, as a deaf man , heard not; and I was as a dumb man that openeth not his mouth.¹⁴Thus I was as a man that heareth not, and in whose mouth are no reproofs.¹⁵For in thee, O LORD, do I hope: thou wilt hear, O Lord my God.¹⁶For I said, Hear me , lest otherwise they should rejoice over me: when my foot slippeth, they magnify themselves against me.¹⁷For I am ready to halt, and my sorrow is continually before me.¹⁸For I will declare mine iniquity; I will be sorry for my sin.¹⁹But mine enemies are lively, and they are strong: and they that hate me wrongfully are multiplied.²⁰They also that render evil for good are mine adversaries; because I follow the thing that good is .²¹Forsake me not, O LORD: O my God, be not far from me.²²Make haste to help me, O Lord my salvation.