

<sup>1</sup>A Psalm of David, to bring to remembrance. O LORD, rebuke me not in thy wrath: neither chasten me in thy hot displeasure.<sup>2</sup>For thine arrows stick fast in me, and thy hand presseth me sore.<sup>3</sup>There is no soundness in my flesh because of thine anger; neither is there any rest in my bones because of my sin.<sup>4</sup>For mine iniquities are gone over mine head: as an heavy burden they are too heavy for me.<sup>5</sup>My wounds stink and are corrupt because of my foolishness.<sup>6</sup>I am troubled; I am bowed down greatly; I go mourning all the day long.<sup>7</sup>For my loins are filled with a loathsome disease : and there is no soundness in my flesh.<sup>8</sup>I am feeble and sore broken: I have roared by reason of the disquietness of my heart.<sup>9</sup>Lord, all my desire is before thee; and my groaning is not hid from thee.<sup>10</sup>My heart panteth, my strength faileth me: as for the light of mine eyes, it also is gone from me.<sup>11</sup>My lovers and my friends stand aloof from my sore; and my kinsmen stand afar off.<sup>12</sup>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.<sup>13</sup>But I, as a deaf man , heard not; and I was as a dumb man that openeth not his mouth.<sup>14</sup>Thus I was as a man that heareth not, and in whose mouth are no reproofs.<sup>15</sup>For in thee, O LORD, do I hope: thou wilt hear, O Lord my God.<sup>16</sup>For I said, Hear me , lest otherwise they should rejoice over me: when my foot slippeth, they magnify themselves against me.<sup>17</sup>For I am ready to halt, and my sorrow is continually before me.<sup>18</sup>For I will declare

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mine iniquity; I will be sorry for my sin.<sup>19</sup> But mine enemies are lively, and they are strong: and they that hate me wrongfully are multiplied.<sup>20</sup> They also that render evil for good are mine adversaries; because I follow the thing that good is .<sup>21</sup> Forsake me not, O LORD: O my God, be not far from me.<sup>22</sup> Make haste to help me, O Lord my salvation.