

¹I am the man that hath seen affliction by the rod of his wrath.²He hath led me, and brought me into darkness, but not into light.³Surely against me is he turned; he turneth his hand against me all the day.⁴My flesh and my skin hath he made old; he hath broken my bones.⁵He hath builded against me, and compassed me with gall and travail.⁶He hath set me in dark places, as they that be dead of old.⁷He hath hedged me about, that I cannot get out: he hath made my chain heavy.⁸Also when I cry and shout, he shutteth out my prayer.⁹He hath inclosed my ways with hewn stone, he hath made my paths crooked.¹⁰He was unto me as a bear lying in wait, and as a lion in secret places.¹¹He hath turned aside my ways, and pulled me in pieces: he hath made me desolate.¹²He hath bent his bow, and set me as a mark for the arrow.¹³He hath caused the arrows of his quiver to enter into my reins.¹⁴I was a derision to all my people; and their song all the day.¹⁵He hath filled me with bitterness, he hath made me drunken with wormwood.¹⁶He hath also broken my teeth with gravel stones, he hath covered me with ashes.¹⁷And thou hast removed my soul far off from peace: I forgot prosperity.¹⁸And I said, My strength and my hope is perished from the LORD:¹⁹Remembering mine affliction and my misery, the wormwood and the gall.²⁰My soul hath them still in remembrance, and is humbled in me.²¹This I recall to my mind, therefore have I hope.²²It is of the LORD's mercies that we are not consumed, because his

¹أَنَا هُوَ الرَّجُلُ الَّذِي رَأَى مَذَلَّةً بِقَضِيبٍ سَخَطَهُ.²قَادَنِي وَسَيَّرَنِي فِي الظُّلَامِ وَلَا نُورَ.³حَقًّا إِنَّهُ يَعُودُ وَيَرْدُّ عَلَيَّ يَدَهُ الْيَوْمَ كُلَّهُ.⁴أَبْلَى لَحْمِي وَجِلْدِي. كَسَّرَ عِظَامِي. بَنَى عَلَيَّ وَأَخَاطِبِي يَغْلِقُكُمْ وَمَسَّقَةً.⁶أَسْكَنَنِي فِي ظُلُمَاتٍ كَمَوْتَى الْيَوْمِ. سَيَّجَ عَلَيَّ فَلَا أَسْتَطِيعُ الْخُرُوجَ. ثَقُلَ سِلْسِلَتِي.⁸أَيْضًا حِينَ أَصْرُخُ وَأَسْتَعِيْثُ يَصُدُّ صَلَاتِي. سَيَّجَ طُرُقِي بِجِجَارَةٍ مَنْحَوِيَّةٍ. قَلْبٌ سُلِيٌّ.¹⁰هُوَ لِي دُبٌّ كَامِنٌ، أَسَدٌ فِي مَخَابِيءٍ.¹¹مِثْلَ طُرُقِي وَمَرْقَبِي. جَعَلَنِي خَرَابًا.¹²مَذًى قَوْسُهُ وَتَصَيَّنِي كَعَرَضٍ لِلْسَّهْمِ.¹³أَدْخَلَ فِي كُلِّيَّ نِتَالٌ جُعْفِيَّةٍ.¹⁴صِرْتُ ضَحَكَةً لِكُلِّ سَعْيِي وَأُغْيِيَّةً لَهُمْ الْيَوْمَ كُلَّهُ.¹⁵أَشْبَعَنِي مَرَارٍ وَأَرْوَائِي أَفْسَتَيْنِ.¹⁶وَجَرَشَ بِالْحَصَى أَسْنَانِي. كَبَسَنِي بِالرَّمَادِ.¹⁷وَقَدْ أَبْعَدْتَ عَنِ السَّلَامِ نَفْسِي. تَسِيْتُ الْحَبْرَ.¹⁸وَقُلْتُ، بَادِثُ ثِقَتِي وَرَجَائِي مِنَ الرَّبِّ.¹⁹ذَكَرْتُ مَذَلَّتِي وَتَبَاهِي، أَفْسَتَيْنِ وَعَلَقُمْ.²⁰ذَكَرْتُ تَذَكُّرَ نَفْسِي وَتَنَحَّيْتُ فِيَّ.²¹أَرَدَّدْتُ هَذَا فِي قَلْبِي، مِنْ أَجْلِ ذَلِكَ أَرْجُو.²²إِنَّهُ مِنْ إِحْسَانَاتِ الرَّبِّ أَنَّنَا لَمْ نَقْنُ، لَأَنَّ مَرَاجِمَهُ لَا تَزُولُ.²³هِيَ جَدِيدُهُ فِي كُلِّ صَبَاحٍ. كَثِيرَةُ أَمَانَتِكَ.²⁴تَصِيْبِي هُوَ الرَّبُّ قَالَتْ نَفْسِي، مِنْ أَجْلِ ذَلِكَ أَرْجُوهُ.²⁵طَيِّبٌ هُوَ الرَّبُّ لِلَّذِينَ يَتَرَجَّوْنَهُ، لِلنَّفْسِ الَّتِي تَطْلُبُهُ.²⁶جَبَدُ أَنْ يَنْتَظِرَ الْإِنْسَانُ وَيَتَوَقَّعَ يَسْكُوتَ خَلَاصَ الرَّبِّ.²⁷جَبَدُ لِلرَّجُلِ أَنْ يَحْمَلَ الثِّبَرِ فِي صِبَاهُ.²⁸يَجْلِسُ وَحْدَهُ وَيَسْكُتُ لِأَنَّهُ قَدْ وَصَّعَهُ عَلَيْهِ.²⁹يَجْعَلُ فِي الثَّرَابِ قَمَّةً لَعَلَّهُ يُوَجِدَ رَجَاءً.³⁰يُعْطِي حَذَّةً لِصَارِيهِ. يَسْتَسْعِ غَارًا.³¹لَأَنَّ السَّيِّدَ لَا يَرْفُضُ إِلَى الْآبِدِ.³²فَإِنَّهُ وَلَوْ أَخْرَنَ بَرَحْمَ حَسَبَ كَثْرَةِ مَرَاجِمِهِ.³³لَأَنَّهُ لَا يُذِلُّ مِنْ قَلْبِهِ وَلَا يُخْرِنُ بَيْتِي الْإِنْسَانِ.³⁴أَنْ يَذُوسَ أَحَدٌ تَحْتَ رِجْلَيْهِ كُلِّ أَسْرَى الْأَرْضِ، أَنْ يُخَرِّفَ حَقَّ الرَّجُلِ أَمَامَ وَجْهِ الْعَلِيِّ، أَنْ يَقْلِبَ الْإِنْسَانَ فِي دَعْوَاهُ إِلَيْهِ لَا يَرَى.³⁷مَنْ ذَا الَّذِي يَقُولُ فَيَكُونُ وَالرَّبُّ لَمْ يَأْمُرْ.³⁸مِنْ قَمِ الْعَلِيِّ أَلَا تَخْرُجُ الشُّرُورُ وَالْحَبْرُ.³⁹لِمَاذَا يَسْتَكِي الْإِنْسَانُ الْحَيُّ الرَّجُلُ مِنْ قِصَاصِ خَطَايَاهُ.⁴⁰لِيَتَحَصَّنَ طُرُقَنَا وَمَتَجِّهْنَا وَتَرْجِعْ إِلَى الرَّبِّ.⁴¹لِيَتَرَفَّعَ قُلُوبُنَا وَأَيِّدُنَا إِلَى اللَّهِ فِي السَّمَاءَاتِ نَحْنُ أَذْنُبْنَا وَعَصَيْنَا. أَنْتَ لَمْ تَغْفِرْ.⁴³الْتَحَفْتَ بِالْقَصَبِ وَطَرَدْتَنَا. قَتَلْتَ وَلَمْ تُسْفِكْ.⁴⁴الْتَحَفْتَ بِالسَّحَابِ حَتَّى لَا تَنْفُذَ الصَّلَاةَ.⁴⁵جَعَلْنَا وَسَخًا وَكَرْهًا فِي وَسْطِ الشُّعُوبِ. فَتَحَ كُلُّ أَعْدَائِنَا أَفْوَاهَهُمْ عَلَيْنَا.⁴⁷صَارَ عَلَيْنَا خَوْفٌ وَرُغْبٌ، هَلَاكٌ

compassions fail not.²³ They are new every morning: great is thy faithfulness.²⁴ The LORD is my portion, saith my soul; therefore will I hope in him.²⁵ The LORD is good unto them that wait for him, to the soul that seeketh him.²⁶ It is good that a man should both hope and quietly wait for the salvation of the LORD.²⁷ It is good for a man that he bear the yoke in his youth.²⁸ He sitteth alone and keepeth silence, because he hath borne it upon him.²⁹ He putteth his mouth in the dust; if so be there may be hope.³⁰ He giveth his cheek to him that smiteth him: he is filled full with reproach.³¹ For the Lord will not cast off for ever:³² But though he cause grief, yet will he have compassion according to the multitude of his mercies.³³ For he doth not afflict willingly nor grieve the children of men.³⁴ To crush under his feet all the prisoners of the earth,³⁵ To turn aside the right of a man before the face of the most High,³⁶ To subvert a man in his cause, the Lord approveth not.³⁷ Who is he that saith, and it cometh to pass, when the Lord commandeth it not?³⁸ Out of the mouth of the most High proceedeth not evil and good?³⁹ Wherefore doth a living man complain, a man for the punishment of his sins?⁴⁰ Let us search and try our ways, and turn again to the LORD.⁴¹ Let us lift up our heart with our hands unto God in the heavens.⁴² We have transgressed and have rebelled: thou hast not pardoned.⁴³ Thou hast covered with anger, and persecuted us: thou hast slain, thou hast not pitied.⁴⁴ Thou hast covered thyself with a

وَسَخَقُوا. ⁴⁸ سَكَتَتْ عَيْنَايَ بَتَائِبَ مَاءٍ عَلَى سَخَقٍ يُبْتِ
سَعْيِي. ⁴⁹ عَيْنِي تَسْكُبُ وَلَا تَكْفُ لَا انْقِطَاعَ ⁵⁰ حَتَّى يُشْرِفَ
وَيَنْظُرَ الرَّبُّ مِنَ السَّمَاءِ. ⁵¹ عَيْنِي تُؤَثِّرُ فِي نَفْسِي لِأَجْلِ
كُلِّ بَنَاتِ مَدِينَتِي. ⁵² قَدْ اضْطَّادَنِي أَعْدَائِي كَعَصْفُورٍ لَا
سَبَبٍ. ⁵³ قَرَضُوا فِي الْجُبِّ حَيَاتِي وَالْقَوَا عَلَيَّ
جِازَةً. ⁵⁴ طَفَتِ الْمِيَاهُ قَوْقُ رَأْسِي. قُلْتُ، قَدْ
فُرِضْتُ. ⁵⁵ دَعَوْتُ بِاسْمِكَ يَا رَبُّ مِنَ الْجُبِّ
الْأَسْفَلِ. ⁵⁶ لَصَوْتِي سَمِعْتَ. لَا تَسْتُرْ أذُنَكَ عَنْ رَفْرَتِي،
عَنْ صِيَاحِي. ⁵⁷ دَعَوْتُ يَوْمَ دَعَوْتُكَ. قُلْتُ، لَا
تَخَفْ. ⁵⁸ خَاصَمْتُ يَا سَيِّدُ خُصُومَاتِ نَفْسِي. فَكَكَّتْ
حَيَاتِي. ⁵⁹ رَأَيْتُ يَا رَبُّ ظُلْمِي. أَقِمْ دَعْوَايَ. ⁶⁰ رَأَيْتُ كُلَّ
تَقَمُّتِهِمْ، كُلَّ أَفْكَارِهِمْ عَلَيَّ. ⁶¹ سَمِعْتَ تَغْيِيرَهُمْ يَا رَبُّ،
كُلَّ أَفْكَارِهِمْ عَلَيَّ. ⁶² كَلَامُ مُقَاوِمِي وَمُؤَامَرَتُهُمْ عَلَيَّ
الْيَوْمَ كُلَّهُ. ⁶³ أَنْظُرْ إِلَى جُلُوسِهِمْ وَوُفُوفِهِمْ، أَنَا
أَعْيَشُهُمْ. ⁶⁴ رَدَّ لَهُمْ جَزَاءً يَا رَبُّ حَسَبَ عَمَلِ
أَبَادِيهِمْ. ⁶⁵ أَعْطِهِمْ غِشَاوَةً قَلْبٍ، لَعَنَتِكَ لَهُمْ. ⁶⁶ ائْبِغْ
بِالْعَصَبِ وَأَهْلِكْهُمْ مِنْ تَحْتِ سَمَاوَاتِ الرَّبِّ.

cloud, that our prayer should not pass through.⁴⁵ Thou hast made us as the offscouring and refuse in the midst of the people.⁴⁶ All our enemies have opened their mouths against us.⁴⁷ Fear and a snare is come upon us, desolation and destruction.⁴⁸ Mine eye runneth down with rivers of water for the destruction of the daughter of my people.⁴⁹ Mine eye trickleth down, and ceaseth not, without any intermission,⁵⁰ Till the LORD look down, and behold from heaven.⁵¹ Mine eye affecteth mine heart because of all the daughters of my city.⁵² Mine enemies chased me sore, like a bird, without cause.⁵³ They have cut off my life in the dungeon, and cast a stone upon me.⁵⁴ Waters flowed over mine head; then I said, I am cut off.⁵⁵ I called upon thy name, O LORD, out of the low dungeon.⁵⁶ Thou hast heard my voice: hide not thine ear at my breathing, at my cry.⁵⁷ Thou drewest near in the day that I called upon thee: thou saidst, Fear not.⁵⁸ O Lord, thou hast pleaded the causes of my soul; thou hast redeemed my life.⁵⁹ O LORD, thou hast seen my wrong: judge thou my cause.⁶⁰ Thou hast seen all their vengeance and all their imaginations against me.⁶¹ Thou hast heard their reproach, O LORD, and all their imaginations against me;⁶² The lips of those that rose up against me, and their device against me all the day.⁶³ Behold their sitting down, and their rising up; I am their musick.⁶⁴ Render unto them a recompence, O LORD, according to the work of their hands.⁶⁵ Give them sorrow of heart, thy curse unto them.⁶⁶ Persecute

and destroy them in anger from under the
heavens of the LORD.