لإِمَامِ الْمُغَنِّينَ عَلَى أَيِّلَةِ الصُّبْحِ. مَزْمُورٌ لِدَاوُدَ.
[1]إِلَهِي، إِلَهِي، لِمَاذَا تَرَكْتَنِي بَعِيداً عَنْ خَلاَصِي، عَنْ كَلاَمِ
زَفِيرِي؟[2]إِلَهِي، فِي النَّهَارِ أَدْعُو فَلاَ تَسْتَجِيبُ، فِي اللَّيْلِ
أَدْعُو فَلاَ هُدُوَّ لِي.[3]وَأَنْتَ الْقُدُّوسُ الْجَالِسُ بَيْنَ تَسْبِيحَاتِ
إِسْرَائِيلَ.[4]عَلَيْكَ اتَّكَلَ آبَاؤُنَا، اتَّكَلُوا فَنَجَّيْتَهُمْ.[5]إِلَيْكَ
صَرَخُوا فَنَجَوْا، عَلَيْكَ اتَّكَلُوا فَلَمْ يَخْزَوْا.[6]أَمَّا أَنَا فَدُودَةٌ لاَ
إِنْسَانٌ، عَارٌ عِنْدَ الْبَشَرِ وَمُحْتَقَرُ الشَّعْبِ.[7]كُلُّ الَّذِينَ
يَرَوْنَنِي يَسْتَهْزِئُونَ بِي، يَفْغَرُونَ الشِّفَاهَ وَيُنْغِضُونَ
الرَّأْسَ قَائِلِينَ:[8]اتَّكَلَ عَلَى الرَّبِّ فَلْيُنَجِّهِ، لِيُنْقِذْهُ لأَنَّهُ سُرَّ
بِهِ.[9]لأَنَّكَ أَنْتَ جَذَبْتَنِي مِنَ الْبَطْنِ، جَعَلْتَنِي مُطْمَئِنّاً عَلَى
ثَدْيَيْ أُمِّي.[10]عَلَيْكَ أُلْقِيتُ مِنَ الرَّحِمِ، مِنْ بَطْنِ أُمِّي أَنْتَ
إِلَهِي.[11]لاَ تَتَبَاعَدْ عَنِّي لأَنَّ الضِّيقَ قَرِيبٌ، لأَنَّهُ لاَ مُعِينَ.
[12]أَحَاطَتْ بِي ثِيرَانٌ كَثِيرَةٌ، أَقْوِيَاءُ بَاشَانَ
اكْتَنَفَتْنِي.[13]فَغَرُوا عَلَيَّ أَفْوَاهَهُمْ كَأَسَدٍ مُفْتَرِسٍ
مُزَمْجِرٍ.[14]كَالْمَاءِ انْسَكَبْتُ، انْفَصَلَتْ كُلُّ عِظَامِي. صَارَ
قَلْبِي كَالشَّمْعِ، قَدْ ذَابَ فِي وَسَطِ أَمْعَائِي.[15]يَبِسَتْ مِثْلَ
شَقْفَةٍ قُوَّتِي وَلَصِقَ لِسَانِي بِحَنَكِي، وَإِلَى تُرَابِ الْمَوْتِ
تَضَعُنِي.[16]لأَنَّهُ قَدْ أَحَاطَتْ بِي كِلاَبٌ، جَمَاعَةٌ مِنَ الأَشْرَارِ
اكْتَنَفَتْنِي، ثَقَبُوا يَدَيَّ وَرِجْلَيَّ.[17]أُحْصِي كُلَّ عِظَامِي، وَهُمْ
يَنْظُرُونَ وَيَتَفَرَّسُونَ فِيَّ.[18]يَقْسِمُونَ ثِيَابِي بَيْنَهُمْ وَعَلَى
لِبَاسِي يَقْتَرِعُونَ.
[19]أَمَّا أَنْتَ، يَا رَبُّ، فَلاَ تَبْعُدْ. يَا قُوَّتِي، أَسْرِعْ إِلَى
نُصْرَتِي.[20]أَنْقِذْ مِنَ السَّيْفِ نَفْسِي، مِنْ يَدِ الْكَلْبِ
وَحِيدَتِي.[21]خَلِّصْنِي مِنْ فَمِ الأَسَدِ، وَمِنْ قُرُونِ بَقَرِ
الْوَحْشِ اسْتَجِبْ لِي.
[22]أُخْبِرْ بِاسْمِكَ إِخْوَتِي، فِي وَسَطِ الْجَمَاعَةِ أُسَبِّحُكَ.[23]يَا
خَائِفِي الرَّبِّ، سَبِّحُوهُ. مَجِّدُوهُ، يَا مَعْشَرَ ذُرِّيَّةِ يَعْقُوبَ،
وَاخْشَوْهُ، يَا زَرْعَ إِسْرَائِيلَ جَمِيعاً.[24]لأَنَّهُ لَمْ يَحْتَقِرْ وَلَمْ
يَرْذُلْ مَسْكَنَةَ الْمِسْكِينِ، وَلَمْ يَحْجُبْ وَجْهَهُ عَنْهُ، بَلْ عِنْدَ
صُرَاخِهِ إِلَيْهِ اسْتَمَعَ.[25]مِنْ قِبَلِكَ تَسْبِيحِي فِي الْجَمَاعَةِ
الْعَظِيمَةِ، أُوفِي بِنُذُورِي قُدَّامَ خَائِفِيهِ.[26]يَأْكُلُ الْوُدَعَاءُ
وَيَشْبَعُونَ، يُسَبِّحُ الرَّبَّ طَالِبُوهُ، تَحْيَا قُلُوبُكُمْ إِلَى
الأَبَدِ.[27]تَذْكُرُ وَتَرْجِعُ إِلَى الرَّبِّ كُلُّ أَقَاصِي الأَرْضِ،
وَتَسْجُدُ قُدَّامَكَ كُلُّ قَبَائِلِ الأُمَمِ.[28]لأَنَّ لِلرَّبِّ الْمُلْكَ وَهُوَ
الْمُتَسَلِّطُ عَلَى الأُمَمِ.[29]أَكَلَ وَسَجَدَ كُلُّ سَمِينِي الأَرْضِ،
قُدَّامَهُ يَجْثُو كُلُّ مَنْ يَنْحَدِرُ إِلَى التُّرَابِ وَمَنْ لَمْ يُحْيِ
نَفْسَهُ.[30]الذُّرِّيَّةُ تَتَعَبَّدُ لَهُ، يُخَبَّرُ عَنِ الرَّبِّ الْجِيلُ
الآتِي.[31]يَأْتُونَ وَيُخْبِرُونَ بِبِرِّهِ شَعْباً سَيُولَدُ، بِأَنَّهُ قَدْ فَعَلَ.

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

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