Leader: 1 Yahweh, don’t rebuke me in Your anger,

neither discipline me in Your wrath.

Response: 2 Have mercy on me, Yahweh, for I am faint.

Yahweh, heal me, for my bones are troubled.

Leader: 3 My soul is also in great anguish.

But You, Yahweh—how long?

Response: 4 Return, Yahweh. Deliver my soul,

and save me for Your loving kindness’ sake.

Leader: 5 For in death there is no memory of You.

In Sheol who shall give You thanks?

Response: 6 I am weary with my groaning.

Every night I flood my bed.

I drench my couch with my tears.

Leader: 7 My eye wastes away because of grief.

It grows old because of all my adversaries.

Response: 8 Depart from me, all you workers of iniquity,

for Yahweh has heard the voice of my weeping.

Leader: 9 Yahweh has heard my supplication.

Yahweh accepts my prayer.

Response: 10 May all my enemies be ashamed and dismayed

They shall turn back, they shall be disgraced suddenly