Leader: 1 My God, my God, why hast Thou forsaken me?

*Why art Thou so* far from helping me, *and from* the words of my groaning?

Response: **2 O my God, I cry in the daytime, but Thou answerest not;**

**And in the night season, and am not silent.**

Leader: 3 But Thou art holy,

O Thou that inhabitest the praises of Israel.

Response: **4 Our fathers trusted in Thee:**

**They trusted, and Thou didst deliver them.**

Leader: 5 They cried unto Thee, and were delivered:

They trusted in Thee, and were not put to shame.

Response: **6 But I am a worm, and no man;**

**A reproach of men, and despised of the people.**

Leader: 7 All they that see me laugh me to scorn:

They shoot out the lip, they shake the head, *saying*,

Response: **8 Commit *thyself* unto Jehovah; let Him deliver him:**

**Let Him rescue him, seeing he delighteth in Him.**

Leader: 9 But Thou art He that took me out of the womb;

Thou didst make me trust *when I was* upon my mother’s breasts.

Response: **10 I was cast upon Thee from the womb;**

**Thou art my God since my mother bare me.**

Leader: 11 Be not far from me; for trouble is near;

For there is none to help.

Response: **12 Many bulls have compassed me;**

**Strong bulls of Bashan have beset me round.**

Leader: 13 They gape upon me with their mouth,

*As* a ravening and a roaring lion.

Response: **14 I am poured out like water,**

**And all my bones are out of joint:**

**My heart is like wax;**

**It is melted within me.**

Leader: 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.

Response: **16 For dogs have compassed me:**

**A company of evil-doers have inclosed me;**

**They pierced my hands and my feet.**

Leader: 17 I may count all my bones.

They look and stare upon me;

Response: **18 They part my garments among them,**

**And upon my vesture do they cast lots.**

Leader: 19 But be not Thou far off, O Jehovah:

O Thou my succor, haste Thee to help me

Response: **20 Deliver my soul from the sword,**

**My darling from the power of the dog.**

Leader: 21 Save me from the lion’s mouth;

Yea, from the horns of the wild-oxen Thou hast answered me.

Response: **22 I will declare Thy name unto my brethren:**

**In the midst of the assembly will I praise Thee.**

Leader: 23 Ye that fear Jehovah, praise Him;

All ye the seed of Jacob, glorify Him;

And stand in awe of Him, all ye the seed of Israel.

Response: **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.**

Leader: 25 Of Thee cometh my praise in the great assembly:

I will pay my vows before them that fear Him.

Response: **26 The meek shall eat and be satisfied;**

**They shall praise Jehovah that seek after Him:**

**Let your heart live for ever.**

Leader: 27 All the ends of the earth shall remember and turn unto Jehovah;

And all the kindreds of the nations shall worship before thee.

Response: **28 For the kingdom is Jehovah’s;**

**And He is the ruler over the nations.**

Leader: 29 All the fat ones of the earth shall eat and worship:

All they that go down to the dust shall bow before Him,

Even he that cannot keep his soul alive.

Response: **30 A seed shall serve Him;**

**It shall be told of the Lord unto the *next* generation.**

**31 They shall come and shall declare His righteousness**

**Unto a people that shall be born, that He hath done it.**