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 roaring?

Response: **2 O my God, I cry in the day time, but Thou hearest 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 confounded.

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 He trusted on the Lord that He would deliver him: let Him deliver him, seeing he delighted in Him.**

Leader: 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.

Response: **10 I was cast upon Thee from the womb: Thou art my God from my mother's belly.**

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 gaped upon me with their mouths, 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 in the midst of my bowels.**

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: the assembly of the wicked have inclosed me: they pierced my hands and my feet.**

Leader: 17 I may tell all my bones: they look and stare upon me.

Response: **18 They part my garments among them, and cast lots upon my vesture.**

Leader: 19 But be not Thou far from me, O Lord: O my strength, 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: for Thou hast heard me from the horns of the unicorns.

Response: **22 I will declare Thy name unto my brethren: in the midst of the congregation will I praise Thee.**

Leader: 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.

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 My praise shall be of Thee in the great congregation: I will pay my vows before them that fear Him.

Response: **26 The meek shall eat and be satisfied: they shall praise the Lord that seek Him: your heart shall live for ever.**

Leader: 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.

Response: **28 For the kingdom is the Lord's: and He is the governor among the nations.**

Leader: 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.

Response: **30 A seed shall serve Him; it shall be accounted to the Lord for a generation. 31They shall come, and shall declare His righteousness unto a people that shall be born, that He hath done this.**