Leader: 1 O Jehovah, rebuke me not in Thy wrath;

Neither chasten me in Thy hot displeasure.

Response: **2 For Thine arrows stick fast in me,**

**And Thy hand presseth me sore.**

Leader: 3 There is no soundness in my flesh because of Thine indignation;

Neither is there any health in my bones because of my sin.

Response: **4 For mine iniquities are gone over my head:**

**As a heavy burden they are too heavy for me.**

Leader: 5 My wounds are loathsome and corrupt,

Because of my foolishness.

Response: **6 I am pained and bowed down greatly;**

**I go mourning all the day long.**

Leader: 7 For my loins are filled with burning;

And there is no soundness in my flesh.

Response: **8 I am faint and sore bruised:**

**I have groaned by reason of the disquietness of my heart.**

Leader: 9 Lord, all my desire is before Thee;

And my groaning is not hid from Thee.

Response: **10 My heart throbbeth, my strength faileth me:**

**As for the light of mine eyes, it also is gone from me.**

Leader: 11 My lovers and my friends stand aloof from my plague;

And my kinsmen stand afar off.

Response: **12 They also that seek after my life lay snares *for me*;**

**And they that seek my hurt speak mischievous things,**

**And meditate deceits all the day long.**

Leader: 13 But I, as a deaf man, hear not;

And I am as a dumb man that openeth not his mouth.

Response: **14 Yea, I am as a man that heareth not,**

**And in whose mouth are no reproofs.**

Leader: 15 For in Thee, O Jehovah, do I hope:

Thou wilt answer, O Lord my God.

Response: **16 For I said, Lest they rejoice over me:**

**When my foot slippeth, they magnify themselves against me.**

Leader: 17 For I am ready to fall,

And my sorrow is continually before me.

Response: **18 For I will declare mine iniquity;**

**I will be sorry for my sin.**

Leader: 19 But mine enemies are lively, *and* are strong;

And they that hate me wrongfully are multiplied.

Response: **20 They also that render evil for good**

**Are adversaries unto me, because I follow the thing that is good.**

Leader: 21 Forsake me not, O Jehovah:

O my God, be not far from me.

Response: **22 Make haste to help me,**

**O Lord, my salvation.**