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

neither chasten me in Your hot displeasure.

Response: **2 For Your arrows have pierced me,**

**Your hand presses hard on me.**

Leader: 3 There is no soundness in my flesh because of Your indignation,

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

Response: **4 For my iniquities have 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 in pain and bowed down greatly.**

**I go mourning all day long.**

Leader: 7 For my waist is filled with burning.

There is no soundness in my flesh.

Response: **8 I am faint and severely bruised.**

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

Leader: 9 Lord, all my desire is before You.

My groaning is not hidden from You.

Response: **10 My heart throbs.**

**My strength fails me.**

**As for the light of my eyes, it has also left me.**

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

My kinsmen stand far away.

Response: **12 They also who seek after my life lay snares.**

**Those who seek my hurt speak mischievous things,**

**and meditate deceits all day long.**

Leader: 13 But I, as a deaf man, don’t hear.

I am as a mute man who doesn’t open his mouth.

Response: **14 Yes, I am as a man who doesn’t hear,**

**in whose mouth are no reproofs.**

Leader: 15 For I hope in You, Yahweh.

You will answer, Lord my God.

Response: **16 For I said, “Don’t let them gloat over me,**

**or exalt themselves over me when my foot slips.”**

Leader: 17 For I am ready to fall.

My pain is continually before me.

Response: **18 For I will declare my iniquity.**

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

Leader: 19 But my enemies are vigorous and many.

Those who hate me without reason are numerous.

Response: **20 They who render evil for good are also adversaries to me,**

**because I follow what is good.**

Leader: 21 Don’t forsake me, Yahweh.

My God, don’t be far from me.

Response: **22 Hurry to help me,**

**Lord, my salvation.**