Leader: 1 I said, I will take heed to my ways,

That I sin not with my tongue:

I will keep my mouth with a bridle,

While the wicked is before me.

Response: **2 I was dumb with silence, I held my peace, even from good;**

**And my sorrow was stirred.**

Leader: 3 My heart was hot within me;

While I was musing the fire burned;

*Then* spake I with my tongue:

Response: **4 Jehovah, make me to know mine end,**

**And the measure of my days, what it is;**

**Let me know how frail I am.**

Leader: 5 Behold, Thou hast made my days *as* handbreadths;

And my life-time is as nothing before Thee:

Surely every man at his best estate is altogether vanity.

Response: **6 Surely every man walketh in a vain show;**

**Surely they are disquieted in vain:**

**He heapeth up *riches*, and knoweth not who shall gather them.**

Leader: 7 And now, Lord, what wait I for?

My hope is in Thee.

Response: **8 Deliver me from all my transgressions:**

**Make me not the reproach of the foolish.**

Leader: 9 I was dumb, I opened not my mouth;

Because Thou didst it.

Response: **10 Remove Thy stroke away from me:**

**I am consumed by the blow of Thy hand.**

Leader: 11 When Thou with rebukes dost correct man for iniquity,

Thou makest his beauty to consume away like a moth:

Surely every man is vanity.

Response: **12 Hear my prayer, O Jehovah, and give ear unto my cry;**

**Hold not Thy peace at my tears:**

Leader: For I am a stranger with Thee,

A sojourner, as all my fathers were.

Response: **13 Oh spare me, that I may recover strength,**

**Before I go hence, and be no more.**