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 Lord, make me to know mine end, and the measure of my days, what it is: that I may know how frail I am.**

Leader: 5 Behold, Thou hast made my days as an handbreadth; and mine age is as nothing before thee: verily every man at his best state is altogether vanity.

Response: **6 Surely every man walketh in a vain shew: 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 Thine 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 Lord, and give ear unto my cry;**

Leader: hold not Thy peace at my tears: for I am a stranger with Thee, and a sojourner, as all my fathers were.

Response: **13 O spare me, that I may recover strength, before I go hence, and be no more.**