Leader: 1 I said, “I will watch my ways, so that I don’t sin with my tongue.

I will keep my mouth with a bridle while the wicked is before me.”

Response: **2 I was mute with silence.**

**I held my peace, even from good.**

**My sorrow was stirred.**

Leader: 3 My heart was hot within me.

While I meditated, the fire burned.

I spoke with my tongue:

Response: **4 “Yahweh, show me my end,**

**what is the measure of my days.**

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

Leader: 5 Behold, You have made my days hand widths.

My lifetime is as nothing before You.

Surely every man stands as a breath.”

Response: **6 “Surely every man walks like a shadow.**

**Surely they busy themselves in vain.**

**He heaps up, and doesn’t know who shall gather.**

Leader: 7 Now, Lord, what do I wait for?

My hope is in You.

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

**Don’t make me the reproach of the foolish.**

Leader: 9 I was mute.

I didn’t open my mouth,

because you did it.

Response: **10 Remove Your scourge away from me.**

**I am overcome by the blow of Your hand.**

Leader: 11 When You rebuke and correct man for iniquity,

You consume his wealth like a moth.

Surely every man is but a breath.”

Response: **12 “Hear my prayer, Yahweh, and give ear to my cry.**

**Don’t be silent at my tears.**

Leader: For I am a stranger with You,

a foreigner, as all my fathers were.

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

**before I go away and exist no more.”**