Leader: 1 My cry goes to God!

Indeed, I cry to God for help,

and for Him to listen to me.

Response: **2 In the day of my trouble I sought the Lord.**

**My hand was stretched out in the night, and didn’t get tired.**

**My soul refused to be comforted.**

Leader: 3 I remember God, and I groan.

I complain, and my spirit is overwhelmed.

Response: **4 You hold my eyelids open.**

**I am so troubled that I can’t speak.**

Leader: 5 I have considered the days of old,

the years of ancient times.

Response: **6 I remember my song in the night.**

**I consider in my own heart;**

**my spirit diligently inquires:**

Leader: 7 “Will the Lord reject us forever?

Will He be favorable no more?

Response: **8 Has His loving kindness vanished forever?**

**Does His promise fail for generations?**

Leader: 9 Has God forgotten to be gracious?

Has He, in anger, withheld His compassion?”

Response: **10 Then I thought, “I will appeal to this:**

**the years of the right hand of the Most High.”**

Leader: 11 I will remember Yah’s deeds;

for I will remember Your wonders of old.

Response: **12 I will also meditate on all Your work,**

**and consider Your doings.**

Leader: 13 Your way, God, is in the sanctuary.

What god is great like God?

Response: **14 You are the God who does wonders.**

**You have made Your strength known among the peoples.**

Leader: 15 You have redeemed Your people with Your arm,

the sons of Jacob and Joseph.

Response: **16 The waters saw You, God.**

**The waters saw You, and they writhed.**

**The depths also convulsed.**

Leader: 17 The clouds poured out water.

The skies resounded with thunder.

Your arrows also flashed around.

Response: **18 The voice of Your thunder was in the whirlwind.**

**The lightnings lit up the world.**

**The earth trembled and shook.**

Leader: 19 Your way was through the sea;

Your paths through the great waters.

Your footsteps were not known.

Response: **20 You led Your people like a flock,**

**by the hand of Moses and Aaron.**