Leader: 1 Yahweh, the God of my salvation,

I have cried day and night before you.

Response: **2 Let my prayer enter into Your presence.**

**Turn Your ear to my cry.**

Leader: 3 For my soul is full of troubles.

My life draws near to Sheol.

Response: **4 I am counted among those who go down into the pit.**

**I am like a man who has no help,**

Leader: 5 set apart among the dead,

like the slain who lie in the grave,

whom You remember no more.

They are cut off from Your hand.

Response: **6 You have laid me in the lowest pit,**

**in the darkest depths.**

Leader: 7 Your wrath lies heavily on me.

You have afflicted me with all Your waves.

Response: **8 You have taken my friends from me.**

**You have made me an abomination to them.**

**I am confined, and I can’t escape.**

Leader: 9 My eyes are dim from grief

I have called on you daily, Yahweh.

I have spread out my hands to You.

Response: **10 Do You show wonders to the dead?**

**Do the departed spirits rise up and praise You?**

Leader: 11 Is your loving kindness declared in the grave?

Or Your faithfulness in Destruction?

Response: **12 Are Your wonders made known in the dark?**

**Or Your righteousness in the land of forgetfulness?**

Leader: 13 But to You, Yahweh, I have cried.

In the morning, my prayer comes before You.

Response: **14 Yahweh, why do You reject my soul?**

**Why do You hide your face from me?**

Leader: 15 I am afflicted and ready to die from my youth up.

While I suffer Your terrors, I am distracted.

Response: **16 Your fierce wrath has gone over me.**

**Your terrors have cut me off.**

Leader: 17 They came around me like water all day long.

They completely engulfed me.

Response: **18 You have put lover and friend far from me,**

**and my friends into darkness.**