Tehillim 69, 70

eyes fail while I wait for Elohai.
[4(5)] They that have sinus chinom (baseless hatred) toward me are more than the hairs of mine rosh; they hate me, being mine oyevim (enemies) sheker (baselessly) are mighty; then I restored that which I did not steal.

[5(6)] O Elohim, Thou knowest my folly; and my ashpot (guiltinesses) are not hid from Thee.
[6(7)] Let not them that wait on Thee, Adoni Hashem Tzvaos, be ashamed because of me; let not those that seek Thee be disgraced because of me, O Elohei Yisroel.
[7(8)] Because for Thy sake I have borne cherpah; shame hath covered my face.

[8(9)] I am become a stranger unto my achim, and a nochri (foreigner) unto the bnei immi (sons of my mother).

[9(10)] For kinas Beitcha (zeal for Thy House) hath consumed me; and the chometz (vinegar) to drink [See Mt.27:34,48; Mk.15:23,36; Lk.23:36 Yn.19:28-30 OJBC].

[10(11)] When I wept, and chastened my nefesh in the tzom (fast), that became my cherpot (reproaches).

[11(12)] I made sackcloth also my garment; and I became a mashal (byword) to them.

[12(13)] They that sit [as judges] in the sha'ar (gate) speak against me; and I was the neginot (drinking songs) of the drunkards.

[13(14)] But as for me, may my tefillah be unto Thee, Hashem, in an et ratzon (acceptable time, time of favor); O Elohim, in the multitude of Thy chesed hear me, in the emes of Thy salvation.

[14(15)] Save me out of the teet (mire, clay, soil) and let me not sink; let me be saved from them that hate me, and out of the depths of the mayim.

[15(16)] Let not the floodwaters overflow me, neither let the deep swallow me up, and let not the be'er (pit) shut her mouth upon me.

[16(17)] Hear me, Hashem, for Thy chesed is tov; turn unto me according to the multitude of Thy rachamim; and hide not Thy face from Thy eved; for I am in tzoros. Hear me speedily.

[17(18)] And hide not Thy face from Thy eved; for I am in tzoros. Hear me speedily.

[18(19)] Draw near unto my nefesh, and make the goel redemption of it; deliver me because of mine oyevim (enemies).

[19(20)] Thou hast known the cherpah (scorn) I bear, and my shame, and my dishonor; mine adversaries are all before Thee.

[20(21)] Reproach hath broken my lev; and I have sickness as unto death; and I looked for some to take pity, but there was none; and for menachamim (comforters), but I found none.

[21(22)] They gave me also gall in my food; and in my tzamah (thirst) they gave me chometz (vinegar) to drink [See Mt.27:34,48; Mk.15:23,36; Lk.23:36 Yn.19:28-30 OJBC].

[22(23)] Let their shulchan become a pach (snare, trap) before them; and that which should have been for their shlomim (peacefulnesses), let it become a mokesh (trap).

[23(24)] Let their eyes be darkened, that they see not; and make their loins shake tamid.

[24(25)] Pour out Thine indignation upon them, and let Thy charon af (burning wrath) overtake them.

[25(26)] Let their habitation be desolate; and let none dwell in their ohalim [See Ac 1:20 OJBC].

[26(27)] For they persecute him whom Thou hast struck; and they tell of the makhov (pain, grief) of those whom Thou hast wounded.

[27(28)] Add avon (iniquity) unto their avon; and let them not come into Thy tzedakah.

[28(29)] Let them be blotted out of the Sefer Chayyim, and not be recorded with the tzaddikim.

[29(30)] But I am ani (poor) and in pain; let Thy Yeshuah (salvation), O Elohim, set me up on high.

[30(31)] I will praise Shem Elohim b'ishir (in song), and will magnify Him with todah (thanksgiving).

[31(32)] This also shall please Hashem better than shor (ox) or bull that hath keren (horn) and parsah (hoof).

[32(33)] Those that have anavah (meekness, humility) shall see this, and have simchah; and your [pl.] lev shall live that seek Elohim.

[33(34)] For Hashem heareth the eyyonim (needy ones, poor), and despiseth not His prisoners.

[34(35)] Let the Shomayim v'Aretz praise Him, the seas, and every thing that moveth therein.

[35(36)] For Elohim yoshi'a (will save) Tziyon, and will build the cities of Yehudah; that they may dwell there, and have it in possession.

[36(37)] The zera also of His avadim shall inherit it; and they that love Shmo shall dwell therein.

70 (For the one directing. Mizmor of Dovid. For the memorial portion of the minchah)

Make haste, Elohim, to deliver me; make haste to help me, Hashem.
[2 [3]] Let them have bushah and be confounded that seek my nefesh;