

30 But now they that are younger than I have me in derision, whose avot I would have disdained to have set with the dogs of my tzon.
 |2| Yea, what use was the koach of their hands to me, since their vigor hath perished?
 |3| For choser (want, lack) and hunger they gnawed the parched ground desolate and waste.
 |4| They cut up mallow plants by the bushes, and juniper roots for their lechem.
 |5| They were banished from among men, (they shouted after them as after a ganav);
 |6| To dwell in the clefts of the wadis, in holes of apha, and in the rocks.
 |7| Among the bushes they brayed; tachat (under) the underbrush they were huddled together.
 |8| They were bnei naval, yea, sons of base men; they were driven forth out of ha'aretz.
 |9| And atah (now) am I their mocking song, yea, I am their byword.
 |10| They abhor me, they flee far from me, and spare not rok (spit) in my face [*Mt 26:67*].
 |11| Because He hath loosed my bowstring, and afflicted me, they have also let loose the resen (bridle) before me.
 |12| Upon my yamin (right hand) rise up the rabble; they push away my feet, and they raise up against me the ways of their destruction.
 |13| They break up my road, they set forward my overthrow, they have no ozer (helper).
 |14| They approach me as through a wide breach; in the shoah (desolation, Holocaust), they rolled themselves upon me.
 |15| Ballahot (terrors) are turned upon me; they pursue my dignity like the ruach, and

my safety passeth away like a cloud.
 |16| And now my nefesh ebbs away from me; the yemei oni have taken hold upon me.
 |17| My atzmot are pierced in me in the night, and my gnawing pains take no rest.
 |18| By great koach is my garment disfigured; it bindeth me about like the collar of my kuttonet (chiton, robe).
 |19| He hath cast me into the chomer, and I am become like apha and ashes.
 |20| I cry unto Thee, and Thou dost answer me lo (not); I stand up, and Thou regardest me not.
 |21| Thou art become cruel to me; with Thy strong yad Thou opposeth Thyself against me.
 |22| Thou liftest me up to the ruach; Thou causeth me to drive along, and vanish in the roaring of the storm.
 |23| For I know that Thou wilt bring me down to mavet, to the bais mo'ed l'khol chai.
 |24| Yet will not one stretch out his yad in a heap of ruin, or cry out for help in his disaster.
 |25| Did not I weep for him that was in trouble? Was not my nefesh grieved for the evyon (needy)?
 |26| When I looked for tov, then rah came unto me; and when I waited for ohr, there came ofel (darkness).
 |27| My bowels boiled, and rested not; yemei oni met me.
 |28| I went mourning without the sun; I stood up, and I cried out in the kahal.
 |29| I am an ach to jackals, and a re'a to owls.
 |30| My ohr (skin) grows black upon me, and my atzmot are burned with fever.
 |31| My kinnor (harp) also is turned to evel (mourning), and my flute into the voice of them that weep.

31 I made a brit (covenant) with mine eyes; how then look I upon a betulah?
 |2| For what chelek of Eloah is there from above? And what nachalah of Shaddai from on high?
 |3| Is not destruction to the wicked? And a disaster to the poalei aven (workers of wrong)?
 |4| Doth not He see my derech, and count all my steps?
 |5| If I have walked with shav (vanity, falsehood), or if my regel hath hastened to mirmah (deceit),
 |6| Let me be weighed in scales of tzedek that Eloah may know mine tom (integrity).
 |7| If my step hath turned out of the derech, and mine lev walked after mine eyes, and if any mum hath cleaved to mine hands,
 |8| Then let me sow, and let acher (another) eat; yea, let my harvest be uprooted.
 |9| If mine lev have been deceived by an isha, or if I have lurked at petach (doorway) of my re'a;
 |10| Then let my isha grind for another, and let another kneel over her.
 |11| For this is a heinous crime; yea, it is an avon to be brought before judges.
 |12| For it is an eish that consumeth to Abaddon, and would root out all mine increase.
 |13| If I did despise the mishpat (cause) of my eved or of my amah, when they contended with me,
 |14| What then shall I do when El riseth up? And when He visiteth, what shall I answer Him?
 |15| Did not He that made me in the beten make them? And did not Echad fashion us in the rechem?