

|8| Also when I cry and call out, He shutteth out my tefillah.

|9| He hath barred my ways with hewn stone, He hath made my paths crooked.

|10| He was unto me like a dov (bear) lying in wait, and like an aryeh in mistarim (hiding places).

|11| He hath turned aside the darkhei of mine, and pulled me in pieces; He hath made me desolate.

|12| He hath bent His keshet, and set me as a target for the khetz (arrow).

|13| He hath caused the arrows of His quiver to enter into my organs.

|14| I was a derision to kol ami; and their [mocking] song kol hayom.

|15| He hath filled me with merorim (bitter herbs); He hath made me drunk with suffering.

|16| He hath also broken my teeth with gravel, He hath covered me with aphar.

|17| And Thou hast removed my nefesh far off from shalom; I forgot tovah (prosperity).

|18| And I said, My strength and my hope is perished from Hashem;

|19| Remember mine oni (affliction) and my misery, the sorrow and the trouble.

|20| My nefesh hath them still in remembrance, and is downcast in me.

|21| This I recall to my lev, therefore have I hope:

|22| Because of the chasdei Hashem we are not consumed, for His rachamim fail not.

|23| They are chadashim every boker; great is Thy faithfulness.

|24| Hashem is my chelek, saith my nefesh; therefore in hope will I wait for Him.

|25| Hashem is tov unto them that wait for Him, to the nefesh that seeketh Him.

|26| It is good that a man should both hope and quietly wait for the Teshu'at Hashem.

|27| It is tov for a gever that he bear the ol (yoke) from his youth.

|28| He sitteth alone and keepeth silence, because He hath laid it upon him.

|29| He putteth his mouth in the aphar; there may yet be tikvah.

|30| He offereth his lekhi (cheek) to him that striketh him; he is filled full with reproach [Isa 50:6].

|31| For Adonoi will not cast off l'olam (forever);

|32| But though He cause grief, yet will He have compassion according to the rov chasadav (the multitude of His mercies).

|33| For He doth not afflict willingly nor bring grief to Bnei Ish.

|34| To crush under His feet kol asirei erez (all the prisoners of the earth),

|35| To turn aside the mishpat gever (the right of a man) before the face of Elyon,

|36| To subvert a man in his cause, Adonoi approveth not.

|37| Who is he that saith, and it cometh to pass, when Adonoi commandeth it not?

|38| Out of the mouth of Elyon proceedeth not hara'ot (the woe) and hatov (the good)?

|39| Why doth an adam chai (any man alive) complain, a gever for the punishment of his sins?

|40| Let us search and test derakheinu (our ways), and let us turn again to Hashem.

|41| Let us lift up levavenu (our heart) with our hands unto El baShomayim.

|42| We have transgressed and have rebelled; Atah lo salachta (Thou hast not pardoned, forgiven).

|43| Thou hast covered with af (anger), and pursued us;

Thou hast slain, Thou hast not pitied.

|44| Thou hast covered Thyself with an anan, that our tefillah not pass through.

|45| Thou hast made us as the offscouring and refuse among the amim.

|46| Kol oyveinu (all our enemies) have opened their mouths against us.

|47| Pachad (terror) and a snare is come upon us, ruin and destruction.

|48| Mine eye runneth down with streams of mayim for the destruction of Bat Ami.

|49| Mine eye will flow down, and ceaseth not, without any intermission

|50| Till Hashem look down, and behold from Shomayim.

|51| Mine eye affecteth mine nefesh because of all the banot of my city.

|52| Mine enemies hunted me down, like a tzippor (bird), without cause.

|53| They have cut off my life in the bor (pit) and cast an even (stone) upon me.

|54| Mayim flowed over mine rosh; then I said, I am cut off.

|55| I called upon Thy Shem, Hashem, out of the lowest pit.

|56| Thou hast heard my voice; close not thine ear at my sighing, at my cry.

|57| Thou drewest near on the Yom that I called upon Thee; Thou saidst, Fear not.

|58| Adonoi, Thou hast pleaded the causes of my nefesh; Thou hast redeemed my life.

|59| Hashem, Thou hast seen my wrong; uphold my cause.

|60| Thou hast seen all their vengeance and all their machsh'vot against me.

|61| Thou hast heard their reproach, Hashem, and all their machsh'vot against me;

|62| The whisperings of those that rose up against me, and their muttering against me kol hayom.