

## Psalm 22

<sup>1</sup>For the music director. To ayeleth hashahar (the melody?). A psalm of David

<sup>2</sup>My God, my God, why have you forsaken me . . .  
far from my salvation . . . words of my groaning . . .

<sup>3</sup>My God, I call by day, and you do not answer,  
and at night, and there is no silence to me.

<sup>4</sup>But you are Holy--  
enthroned upon the praises of Israel.

<sup>5</sup>In you our fathers trusted.  
They trusted, and you delivered them.

<sup>6</sup>To you they cried, and they escaped.  
In you they trusted, and they were not disappointed.

<sup>7</sup>But I am a worm, and not a man,  
a reproach to humans and despised by people.

<sup>8</sup>Everyone who sees me mocks me.  
They curl a lip. They shake a head.

<sup>9</sup>“Roll to Yhwh! Let him rescue him!  
Let him deliver him. Certainly, he delights in him.”

<sup>10</sup>Look, you are the one who took me from the womb--  
the one who made me trust upon the breasts of my mother.

<sup>11</sup>On you I was thrown from the womb.  
From the womb of my mother, my God you have been.

<sup>12</sup>Do not be far from me, truly trouble is near--  
truly there is no helper.

<sup>13</sup>Many bulls have surrounded me.  
The powerful bulls of Bashan have encircled me.

<sup>14</sup>They have opened their mouth over me--  
a lion tearing and roaring.

<sup>15</sup>Like water I am poured out, and all my bones are disjointed.  
My heart is like wax--

melting in the midst of my belly.

<sup>16</sup>My strength is dried up like a potsherd,  
and my tongue is stuck to my jaws,  
and to the dust of death you are committing me.

<sup>17</sup>Look, dogs have surrounded me.  
A pack of evildoers has encircled me--  
like a lion . . . my hands and my feet . . .

<sup>18</sup>I can count all my bones.  
They—they are gazing. They are staring at me.

<sup>19</sup>They are dividing my garments for themselves,  
and over my clothing they are casting lots.

<sup>20</sup>And you, Yhwh, *do not be distant.*

- My strength, *hurry* to my assistance.  
<sup>21</sup>*Deliver* from the sword my life--  
 from the power of the dog--my only one.  
<sup>22</sup>*Save* me from the mouth of the lion,  
 and from the horns of the wild ox, עֲנִי תָנִי!  
*Answer me! You answered me! You will answer me!*
- <sup>23</sup>Let me proclaim your name to my brothers.  
 In the midst of the congregation I will praise you.  
<sup>24</sup>Fearers of Yhwh, praise him.  
 Every descendant of Jacob, glorify him,  
 and fear him every descendant of Israel.  
<sup>25</sup>Truly, he does not despise, and he does not detest the affliction of the afflicted,  
 and he does not hide his face from him,  
 and when he cries to him, he hears.
- <sup>26</sup>Because of you is my praise in the great congregation.  
 My vows I will repay before those who fear him.  
<sup>27</sup>Let the humble eat and be satisfied.  
 Let those who seek him praise Yhwh.  
 “May your heart live forever.”
- <sup>28</sup>May all the ends of the earth remember and return to Yhwh,  
 and may all the families of the nations bow down before you.  
<sup>29</sup>Yes, to Yhwh belongs the kingdom,  
 and he is ruler over the nations.
- <sup>30</sup>They shall eat and they shall bow down--  
 all the healthy of the earth.  
 Before him they will bow--  
 all those who have gone down to the dust,  
 and whose soul he has not preserved alive.  
<sup>31</sup>A seed will serve him.  
 It will be recounted concerning Adonai to this (future) generation.  
<sup>32</sup>They will come,  
 and they will report his righteousness  
 to people yet to be born, “Surely, he has acted.”

### Psalm 31

- <sup>1</sup>For the music director. A psalm of David  
<sup>2</sup>In you, Yhwh, I take refuge. Let me not be shamed forever.  
 In your righteousness deliver me.  
<sup>3</sup>Incline to me your ear. Quickly rescue me.  
 Be to me a fortress rock—a place of refuge to save me.
- <sup>4</sup>Certainly my rock and my fortress you are,  
 and on account of your name you lead me and guide me.  
<sup>5</sup>Bring me out of the net which they have hidden for me.  
 Truly, you are my fortress.  
<sup>6</sup>Into your hand I entrust my spirit.

You have redeemed me, Yhwh, God of truth.

<sup>7</sup>I hate those who protect worthless idols,  
but I—on Yhwh I trust.

<sup>8</sup>Let me rejoice and exult in your steadfast love.  
You, who have seen my affliction--  
you know the troubles of my soul,

<sup>9</sup>And you have not surrendered me into the hand of the enemy.  
You have set my feet in a broad place.

<sup>10</sup>Be gracious to me, Yhwh, because distress is to me.  
My eye has wasted away from grief—my throat and my belly.

<sup>11</sup>Truly my life has ended in sorrow and my years in groaning.  
My strength has stumbled because of my iniquity,  
and my bones have wasted away.

<sup>12</sup>Because of all my adversaries, I have become a reproach--  
and especially to my neighbors--  
and an object of dread to my acquaintances.  
Those who see me in the street--  
they flee from me.

<sup>13</sup>I am forgotten—like a dead man—out of mind.  
I am like a broken vessel.

<sup>14</sup>Indeed, I have heard the whispering of many—Terror all around—  
as they scheme together against me.  
To take my life they plot.

<sup>15</sup>But I--on you I trust, Yhwh.  
I say, "You are my God."

<sup>16</sup>In your hand are my times.  
Deliver me from the hand of my enemies, and from my persecutors.

<sup>17</sup>Make your face shine upon your servant.  
Save me in your steadfast love.

<sup>18</sup>Yhwh, let me not be shamed because I have cried out to you.  
Let the wicked be shamed. Let them be struck speechless to Sheol.

<sup>19</sup>Let lying lips be mute,  
which are speaking against the righteous arrogantly, with pride and contempt.

<sup>20</sup>How great is your goodness, which you have concealed for those who fear you,  
you have worked for those who take refuge in you--  
in view of mankind.

<sup>21</sup>May you hide them in the hiding place of your Presence from the plots of men.  
May you conceal them in the hut from the strife of tongues.

<sup>22</sup>Blessed be Yhwh  
because he has made his steadfast love wonderful to me in a besieged city.

<sup>23</sup>But I--I said in my alarm, "I am cut off from before your eyes."  
Nevertheless, you heard the sound of my supplications when I cried to you.

- <sup>24</sup>Love Yhwh, all you his faithful ones.  
 Those who are steadfast, Yhwh protects,  
 and he repays in abundance the one who acts proudly.
- <sup>25</sup>Be strong, and let your heart take courage,  
 all you who wait for Yhwh.

## Psalm 27

<sup>1</sup>Of David

Yhwh is my light and my salvation. Whom shall I fear?  
 Yhwh is the fortress of my life. At whom shall I tremble?

<sup>2</sup>When evil doers approach me to eat my flesh--  
 my foes and my enemies—*against me*--  
 they—they stumble and fall.

<sup>3</sup>If a camp camps against me, my heart shall not fear.  
 If a war rises against me, in this I trust.

<sup>4</sup>One thing I ask from Yhwh. It I am seeking--  
 that I might dwell in the house of Yhwh all the days of my life,  
 in order to gaze upon the beauty of Yhwh, and in order to inquire in his temple.

<sup>5</sup>Surely, he would hide me in his hut in an evil day.  
 He would hide me in the hiding place of his tent.  
 On a rock he would lift me.

<sup>6</sup>and now my head would be high over my enemies round about me,  
 and I would sacrifice in his tent—sacrifices with a shout.  
 I would sing and make music to Yhwh.

<sup>7</sup>Hear, Yhwh, my voice—I am crying out,  
 and be gracious to me and answer me.

<sup>8</sup>Concerning you my heart says, “Seek My Face.”  
 Your Face, Yhwh, I am seeking.

<sup>9</sup>Do not hide your Face from me. Do not thrust aside in anger your servant.  
 My help you are.

Do not forsake me and do not abandon me, God of my salvation.

<sup>10</sup>Certainly, my father and my mother—had they abandoned me--  
 Yhwh would have taken me in.

<sup>11</sup>Teach me, Yhwh, your way,  
 and guide me in the way of uprightness,  
 on account of my enemies.

<sup>12</sup>Do not give me over to the appetite of my foes.  
 Truly, false witnesses have risen against me, and violent accusers.

<sup>13</sup>Had I not believed that I would look upon the goodness of Yhwh in the land of the living...

<sup>14</sup>Hope for Yhwh.  
 Be strong and let your heart take courage,  
 and hope for Yhwh.