



4 *mf* 1 My God, my God, why have / you for- / saken me?
and are so far from my cry and from the / words of / my dis- / tress?

2 O my God, I cry in the daytime, but you / do not / answer;
by night as well, / but I / find no / rest.

4 3 Yet / you are the / Holy One,
en- / throned up- on the / praises of / Israel.

4 Our forefathers / put their / trust in you;
they trusted, / and you de- / li-vered / them.

4 5 They cried out to you and / were de- / livered;
they trusted in you and / were not / put to / shame.

6 But as for me, I am a / worm and no / man,
scorned by / all and de- / spised by the / people.

M 7 All who see me / laugh me to / scorn;
they curl their lips and / wag their / heads, / saying,

W 8 "He trusted in the LORD; || / let him de- / liver him;
let him rescue him, / if he de- / lights in / him."

W 9 Yet you are he who took me / out of the / womb,
and kept me / safe up- on my / mo-ther's / breast.

M 10 I have been entrusted to you ever / since I was / born;
you were my God when I was / still in my / mo-ther's / womb.

4 11 Be not far from me, for / trouble is / near,
and / there is / none to / help.

12 Many young / bulls en- / circle me;
strong / bulls of / Bashan sur- / round me.

M 13 They open / wide their / jaws at me,
like a / ravening and a / roar-ing / lion.

W 14 I am poured out like water; || all my bones are / out of / joint;
my heart within my / breast is / melt-ing / wax.



4 †15 My mouth is dried out like a pot-sherd; || my tongue sticks to the / roof of my / mouth;
and you have / laid me in the / dust of the / grave.

4 Glory to the Father, and / to the / Son,
and / to the / Ho-ly / Spirit:

as it was in the be- / ginning, is / now,
and / will be for- / ever. || A- / men.