

Psalm 22

*To the choirmaster: according to the
Hind of the Dawn, A Psalm of David*

- 1 My God, my God, why have you forsaken me? Why are you so far from helping me, from the words of my groaning?
- 2 O my God, I call by day, but you do not answer; and by night, but I find no rest.
- 3 Yet you are holy, enthroned on the praises of Israel.
- 4 In you our fathers trusted; they trusted, and you delivered them.
- 5 To you they cried, and were saved; in you they trusted, and were not disappointed.
- 6 But I am a worm, and no man; scorned by men, and despised by the people.
- 7 All who see me mock at me, they make mouths at me, they wag their heads;
- 8 "He committed his cause to the Lord; let him deliver him, let him rescue him, for he delights in him!"
- 9 Yet you are he who took me from the womb; you kept me safe upon my mother's breasts.
- 10 Upon you I was cast from my birth, and since my mother bore me you have been my God.
- 11 Be not far from me, for trouble is near and there is none to help.
- 12 Many bulls encompass me, strong bulls of Bashan surround me;
- 13 they open wide their mouths at me, like a ravening and roaring lion.
- 14 I am poured out like water, and all my bones are out of joint; my heart is like wax, it is melted within my breast;
- 15 my strength is dried up like a potsherd, and my tongue cleaves to my jaws; you lay me in the dust of death.
- 16 Yes, dogs are round about me; a company of evildoers encircle me; they have pierced my hands and feet –
- 17 I can count all my bones – they stare and gloat over me;
- 18 they divide my garments among them and for my clothing they cast lots.
- 19 But you, O Lord, be not far off! O my help, hasten to my aid!
- 20 Deliver my soul from the sword, my life from the power of the dog!
- 21 Save me from the mouth of the lion, my afflicted soul from the horns of the wild oxen!
- 22 I will tell of your name to my brethren; in the midst of the congregation I will praise you:
- 23 You who fear the Lord, praise him! All you sons of Jacob, glorify him, and stand in awe of him, all you sons of Israel!
- 24 For he has not despised nor abhorred the affliction of the afflicted; and he has not hidden his face from him, but has heard, when he cried to him.
- 25 From you comes my praise in the great congregation; my vows I will pay before those who fear him.
- 26 The afflicted shall eat and be satisfied; those who seek him shall praise the Lord! May your hearts live for ever!
- 27 All the ends of the earth shall remember and turn to the Lord; and all the families of the nations shall worship before him.
- 28 For dominion belongs to the Lord, and he rules over the nations.
- 29 Yes, to him shall all the proud of the earth bow down; before him shall bow all who go down to the dust, and he who cannot keep himself alive.
- 30 Posterity shall serve him, men shall tell of the Lord to the coming generation,
- 31 and proclaim his deliverance to a people yet unborn, that he has wrought it.