

# PSALM 22



MY GOD,  
MY GOD,  
WHY HAVE YOU  
FORSAKEN ME?

...and are so far from  
my cry and from the  
words of my distress?

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



Yet you are  
the Holy One,

enthroned upon the  
praises of Israel.

הַלְלֵה יְהוָה

Our forefathers put  
their trust in you; they  
trusted, and you  
delivered them.

They cried out  
to you and were  
delivered; they  
trusted in you  
and were not put  
to shame.



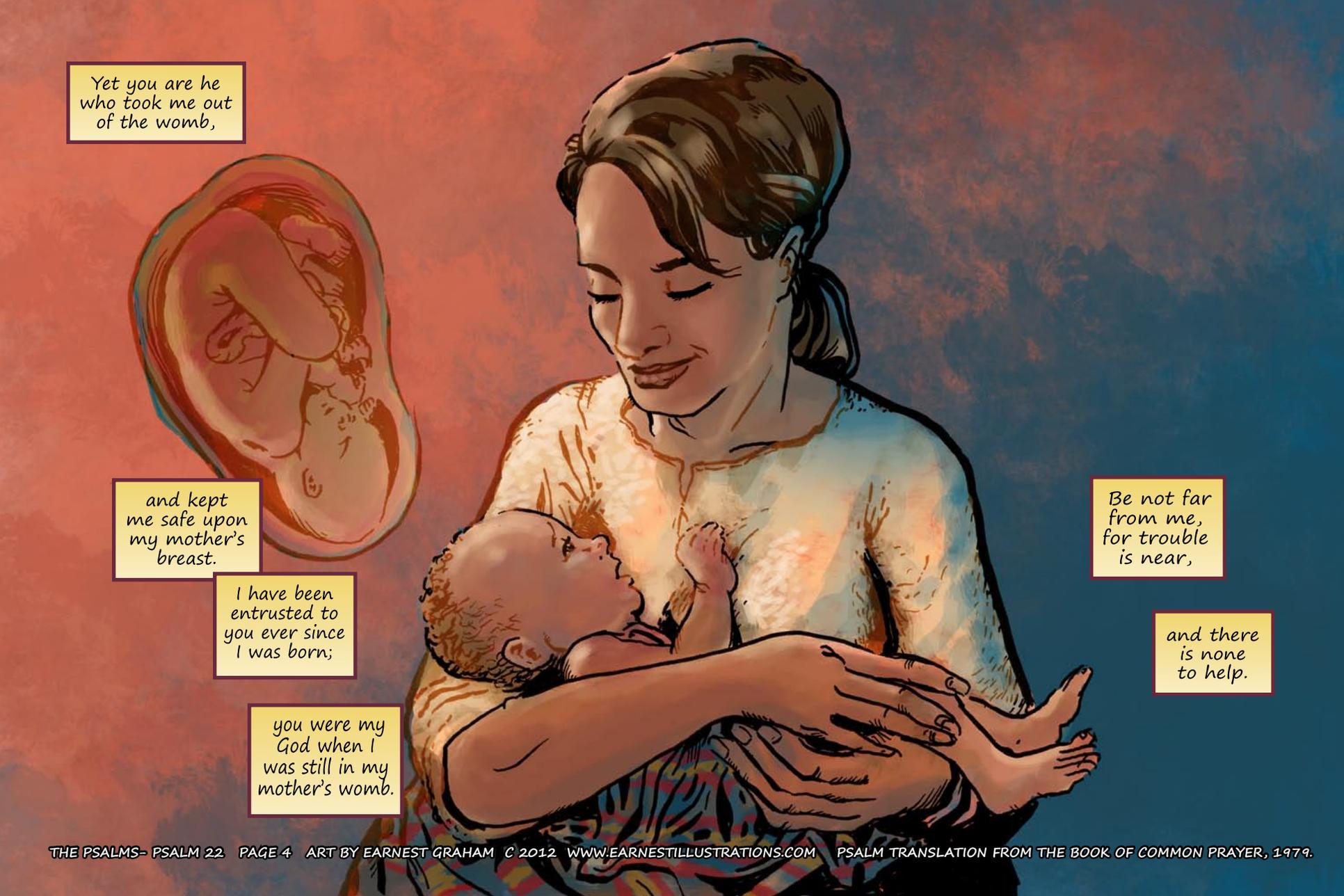
But as  
for me,

I am a worm  
and no man,

scorned by all  
and despised by  
the people. All  
who see me laugh  
me to scorn;

they curl their  
lips and wag their  
heads, saying,

“HE TRUSTED IN  
THE LORD; LET HIM  
DELIVER HIM;  
LET HIM RESCUE HIM,  
IF HE DELIGHTS  
IN HIM.”



Yet you are he  
who took me out  
of the womb,

and kept  
me safe upon  
my mother's  
breast.

I have been  
entrusted to  
you ever since  
I was born;

you were my  
God when I  
was still in my  
mother's womb.

Be not far  
from me,  
for trouble  
is near,

and there  
is none  
to help.



Many young  
bulls encircle me;

strong bulls  
of Bashan  
surround me.

They open wide  
their jaws at me,  
like a ravening and  
a roaring lion.

I am  
poured  
out like  
water;

all my  
bones are  
out of  
joint;

my heart  
within my  
breast is  
melting wax.

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.

Packs of dogs close  
me in, and gangs  
of evildoers circle  
around me;

they pierce  
my hands

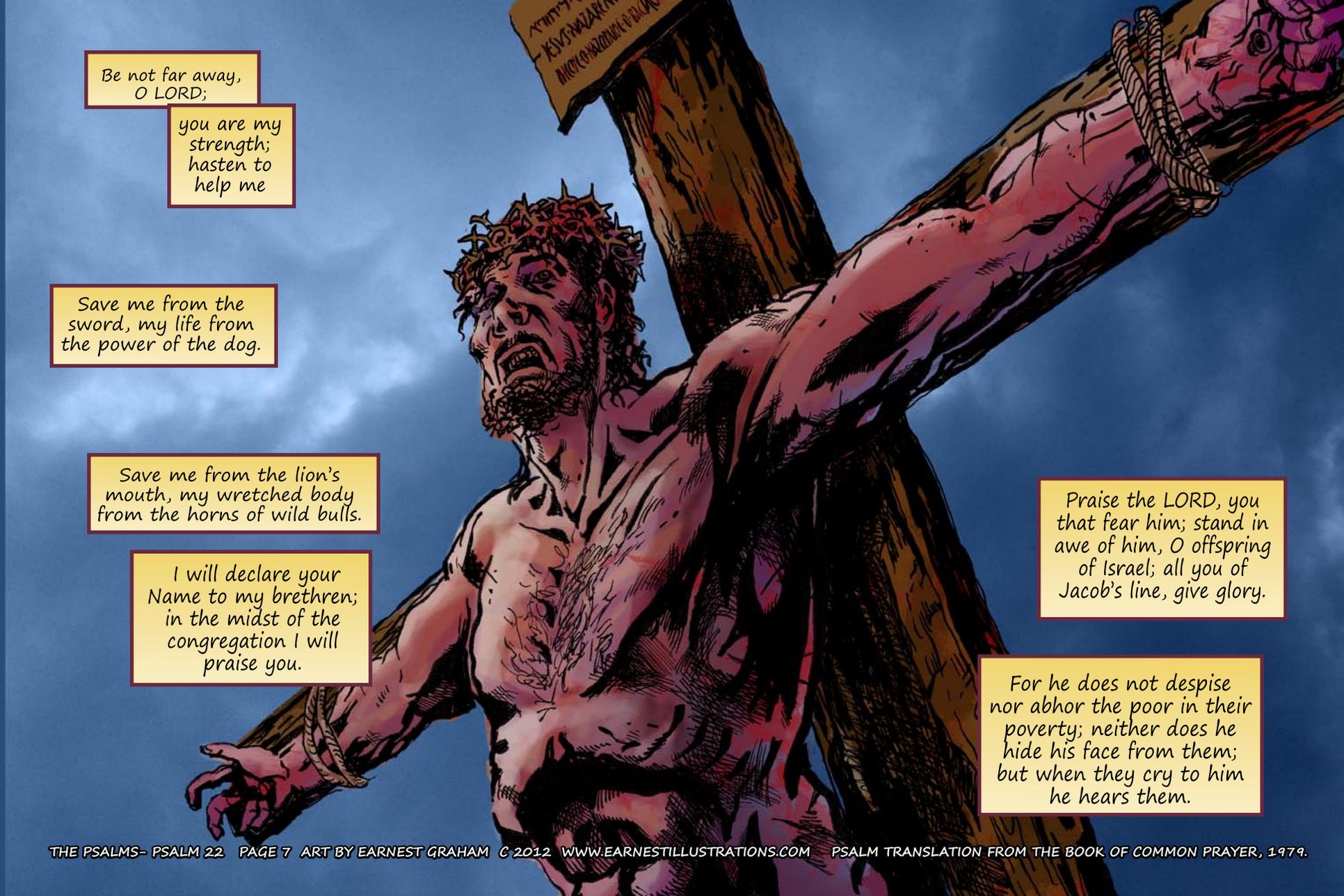
I can count  
all my bones.

They stare and  
gloat over me;

and my  
feet;

they divide  
my garments  
among them;

they cast lots  
for my clothing.



Be not far away,  
O LORD;

you are my  
strength;  
hasten to  
help me

Save me from the  
sword, my life from  
the power of the dog.

Save me from the lion's  
mouth, my wretched body  
from the horns of wild bulls.

I will declare your  
Name to my brethren;  
in the midst of the  
congregation I will  
praise you.

Praise the LORD, you  
that fear him; stand in  
awe of him, O offspring  
of Israel; all you of  
Jacob's line, give glory.

For he does not despise  
nor abhor the poor in their  
poverty; neither does he  
hide his face from them;  
but when they cry to him  
he hears them.

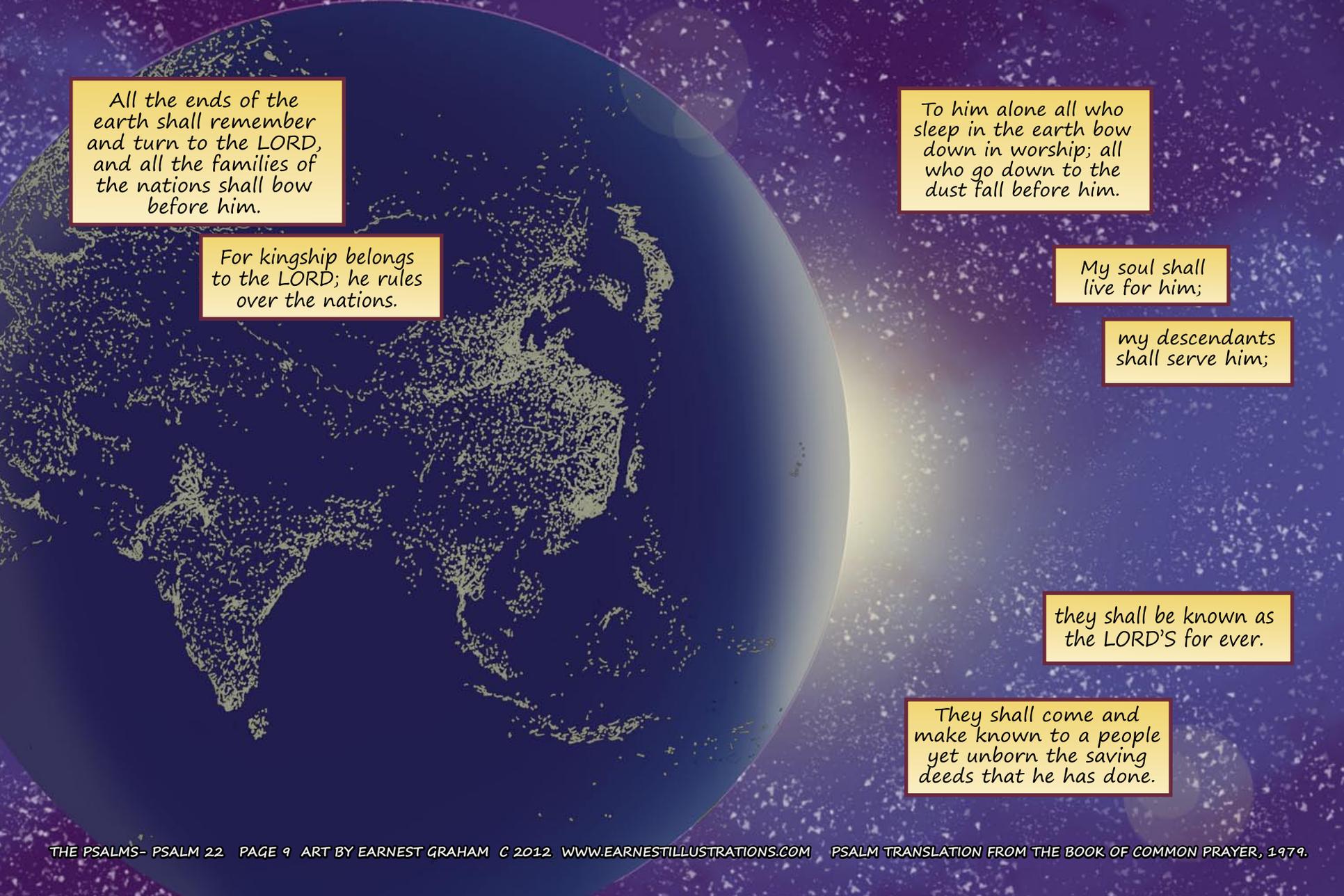


My praise is of him in  
the great assembly;

I will perform my vows  
in the presence of those  
who worship him.

The poor shall eat  
and be satisfied,

and those who seek the  
LORD shall praise him:  
"May your heart live  
for ever!"



All the ends of the  
earth shall remember  
and turn to the LORD,  
and all the families of  
the nations shall bow  
before him.

For kingship belongs  
to the LORD; he rules  
over the nations.

To him alone all who  
sleep in the earth bow  
down in worship; all  
who go down to the  
dust fall before him.

My soul shall  
live for him;

my descendants  
shall serve him;

they shall be known as  
the LORD'S for ever.

They shall come and  
make known to a people  
yet unborn the saving  
deeds that he has done.