1 A Psalm of David, to bring to remembrance. Jehovah, rebuke me not in thy wrath; neither chasten me in thy hot displeasure. 2 For thine arrows stick fast in me, and thy hand cometh down upon me. 3 There is no soundness in my flesh because of thine indignation; no peace in my bones, because of my sin. 4 For mine iniquities are gone over my head: as a heavy burden they are too heavy for me. 5 My wounds stink, they are corrupt, because of my foolishness. 6 I am depressed; I am bowed down beyond measure; I go mourning all the day. 7 For my loins are full of burning, and there is no soundness in my flesh. 8 I am faint and broken beyond measure; I roar by reason of the agitation of my heart. 9 Lord, all my desire is before thee, and my sighing is not hid from thee. $\mathbf{1 0}$ My heart throbbeth, my strength hath left me; and the light of mine eyes, it also is no more with me. 11 My lovers and mine associates stand aloof from my stroke; and my kinsmen stand afar off.

12 And they that seek after my life lay snares for me ; and they that seek my hurt speak mischievous things, and meditate deceits all the day long. 13 But I , as a deaf man, hear not; and am as a dumb man that openeth not his mouth. 14 Yea , I am as a man that heareth not, and in whose mouth are no reproofs. 15 For in thee, Jehovah, do I hope: thou wilt answer, O Lord my God. 16 For I said, Let them not rejoice over me! When my foot slipped, they magnified themselves against me. 17 For I am ready to halt, and my pain is continually before me. $\mathbf{1 8}$ For I will declare mine iniquity, I am grieved for my sin. 19 But mine enemies are lively, they are strong; and they that hate me wrongfully are multiplied: $\mathbf{2 0}$ And they that render evil for good are adversaries unto me; because I pursue what is good. $\mathbf{2 1}$ Forsake me not, Jehovah; O my God, be not far from me. 22 Make haste to help me, O Lord, my salvation.

