



- 22** My God, my God, why have you left me alone?
You are too far away to save me.
You are too far away to hear my moans.
- 2** My God, I call to you during the day.
But you do not answer.
And I call at night.
I am not silent.
- 3** You sit as the Holy One.
The praises of Israel are your throne.
- 4** Our ancestors trusted you.
They trusted you, and you saved them.
- 5** They called to you for help.
And they were rescued.
They trusted you.
And they were not disappointed.
- 6** But I am like a worm instead of a man.
Men make fun of me.
They look down on me.
- 7** Everyone who looks at me laughs.
They stick out their tongues.
They shake their heads.
- 8** They say, "Turn to the Lord for help.
Maybe he will save you.
If he likes you,
maybe he will rescue you."
- 9** You had my mother give birth to me.
You made me trust you
while I was just a baby.
- 10** I have leaned on you since the day I was born.
You have been my God since my mother gave birth to me.
- 11** So don't be far away from me.
Now trouble is near,
and there is no one to help.
- 12** Men have surrounded me like angry bulls.
The strong bulls of Bashan are on every side.
- 13** Like hungry, roaring lions
they open their jaws at me.
- 14** My strength is gone
like water poured out onto the ground.
All my bones are out of joint.

My heart is like wax.
It has melted inside me.
¹⁵ My strength has dried up like a piece of a broken pot.
My tongue sticks to the top of my mouth.
You laid me in the dust of death.
¹⁶ Evil men have surrounded me.
Like dogs they have trapped me.
They have bitten my arms and legs.
¹⁷ I can count all my bones.
People look and stare at me.
¹⁸ They divided my clothes among them,
and they threw lots for my clothing.
¹⁹ But, Lord, don't be far away.
You are my power. Hurry to help me.
²⁰ Save me from the sword.
Save my life from the dogs.
²¹ Rescue me from the lion's mouth.
Save me from the horns of the bulls.
²² Then I will tell my brothers and sisters about you.
I will praise you when your people meet to worship you.
²³ Praise the Lord, all you who worship him.
All you descendants of Jacob, honor him.
Fear him, all you Israelites.
²⁴ The Lord does not ignore
the one who is in trouble.
He doesn't hide from him.
He listens when the one in trouble calls out to him.
²⁵ Lord, I praise you in the great meeting of your people.
These worshipers will see me do what I promised.
²⁶ Poor people will eat until they are full.
Those who look to the Lord will praise him.
May your hearts live forever!
²⁷ People everywhere will remember
and will turn to the Lord.
All the families of the nations
will worship him.
²⁸ This is because the Lord is King.
He rules the nations.
²⁹ All the powerful people on earth will eat and worship.
Everyone will bow down to him.
³⁰ The people in the future will serve him.
They will always be told about the Lord.
³¹ They will tell that he does what is right.
People who are not yet born
will hear what God has done.