PUT me not to rebuke, O Lord, in thine anger: neither chasten me in thy heavy displeasure. 2. For thine arrows stick fast in me: and thy hand presseth me sore. 3. There is no health in my flesh, because of thy displeasure: neither is there any rest in my bones, by reason of my sin. 4. For my wick-edness-es are gone over my head: and are like a sore burden, too heavy for me to bear. 5. My wounds stink, and are corrupt: through my foolishness. 6. I am brought into so great trouble and misery: that I go mourning all the day long. 7. For my loins are filled with a sore dis-ease: and there is no whole part in my body. 8. I am feeble, and sore smitten: I have roared for the very disquietness of my heart. 9. Lord, thou knowest all my desire: and my groaning is not hid from thee. 10. My heart panteth, my strength hath failed me: and the sight of mine eyes is gone from me. 11. My lovers and my neighbours did stand looking upon my trouble: and
my kinsmen stood afar off. 12. They also that sought after my life laid
snares for me: and they that went about to do me evil talked of wickedness,
and imagined deceit all the day long. 13. As for me, I was like a deaf man, and
heard not: and as one that is dumb, who doth not open his mouth. 14. I became
even as a man that heareth not: and in whose mouth are no reproofs.

15. For in thee, O Lord, have I put my trust: thou shalt answer for me, O Lord
my God. 16. I have required that they, even mine enemies, should not triumph
over me: for when my foot slipped, they rejoiced greatly against me. 17. And
I, truly, am set in the plague: and my heaviness is ever in my sight.

18. For I will confess my wickedness: and be sorry for my sin. 19. But mine ene-
emies live, and are mighty: and they that hate me wrongfully are many in
number. 20. They also that reward evil for good are against me: because I fol-
low the thing that good is. 21. Forsake me not, O Lord my God: be not thou
far from me. 22. Haste thee to help me: O Lord God of my salvation. Glory be to the Father, and to the Son: and to the Holy Ghost; As it was in the beginning, is now, and ever shall be: world without end. Amen.