### Lamentations

## Chapter 1

1After IsraEl was captured and JeruSalem was desolated, JeremiAh sat down and cried, wailing this lamentation over the city:  
  
 ‘O how that city, once filled with people  
 Must now sit all alone.  
 Among the nations, she [sits as] a widow…  
 She is ruled and [must pay] a tribute.  
  
 2‘She cried and wept all through the night,  
 As tears rolled down her cheeks;  
 For, no one is left to offer her comfort  
 Among all those who once loved her.  
 Yes, those who cared have now left her,  
 And her enemies, they’ve become.  
  
 3‘Humiliation has come upon Judah,  
 For [all of her people] were [taken away]  
 And she has become just a slave.  
  
 ‘Now, she finds no way to rest,  
 Because she [belongs to] the gentiles.  
 Yes, all those who chased her have caught her,  
 And [she lives] among those who oppress her.  
  
 4‘The roads to Zion now mourn,  
 For there’s no one who comes there  
 To celebrate her holiday feasts.  
  
 ‘All of her gates have been broken,  
 All of her Priests must now groan,  
 And all of her virgins are captives;  
 So, inside herself, she’s bitter.  
 5For her head is those who oppose her,  
 And to her enemies, [she now must submit].  
  
 ‘Her humiliation was brought by Jehovah,  
 Because she no longer showed Him respect.  
 So her young were led off as captives  
 Before those who have oppressed her.  
  
 6‘The daughters of Zion (her beauty) are gone,  
 [And others now serve as] their rulers.  
 As rams without pasture, they left without strength  
 In front of those who’d pursued them.  
 7So, when she thinks of these days of disgrace,  
 She is very upset.  
  
 ‘All of her beautiful things [are now gone]…  
 Those things that she’s had since most ancient times.  
 For her people fell into the hands of oppressors,  
 And no one came to their aid.  
 Then all her enemies laughed  
 When they saw these things being taken away.  
  
 8‘It was because of JeruSalem’s sins  
 That she was allowed to be battered.  
 She was humbled by the One who’d loved her  
 When He saw how indecent she’d become.  
 So now, she [just sits there and] groans,  
 And all she does is reflect.  
  
 9‘Her filth lies there at her feet,  
 Because she forgot how things would work out.  
 So, she’s now been brought low,  
 And there’s no place where she can find comfort.  
  
 ‘[She cries]:  
  
 ‘O Lord, see how I’ve been shamed;  
 For, to my enemies, I now must submit!’  
  
 10‘Those who oppressed her have reached out their hands  
 To take her desirable things.  
 She watched as the gentiles entered her [Temple]…  
 Those whom [God] said should not enter  
 Among the assembly [of His people].  
  
 11‘Now, all of her people are groaning  
 Because they’re searching for bread.  
 Her desirable things, they’ve traded for food,  
 In order to save their own lives.  
  
 ‘O Jehovah,  
  
 ‘Please look down upon this,  
 For, she has been so disgraced!  
  
 [And she says:]  
  
 12‘All those to whom You once became close  
 But thereafter chose to reject You,  
 Will see if there’s pain like the pain that I feel.  
 For, I’ve been humbled by the One who addressed me…  
 By Jehovah, in the day of His rage.  
  
 13‘To my bones, He’s sent fire…  
 Yes, fire is what He’s sent.  
 Then He spread out a net for my feet  
 To turn me back and make me retreat.  
 He appointed me to be hidden from view  
 And to grieve throughout the rest of my days.  
  
 14‘He was aware of my godless deeds;  
 For, they were close to my hands…  
 And then they [crawled] up my neck.  
 So, all of my strength has now left me,  
 Since Jehovah’s put grief in my hands  
 And I’m unable to stand.  
  
 15‘All of my mighty have left me,  
 As has Jehovah, [my God].  
 For the time arrived for His visit,  
 And to break the best of my men.  
 So the Lord has trodden the winepress  
 Of the virgin daughter of Judah.’  
  
 16‘It’s over such things that I weep…  
 It’s why my eyes are now filled with tears.  
 For, those who would offer me comfort  
 (Those who would bring back my life)  
 [Have now been carried] away.  
 Yes, all of my sons are now gone…  
 And by my enemies, I’ve been conquered.’  
  
 17‘So, although Zion has spread out her hands,  
 There’s no one who’ll come to console her.  
 For Jehovah gave a warning to Jacob  
 That they’d be surrounded by those who’d attack.  
  
 ‘JeruSalem was to serve as a woman  
 Who was set apart from the unclean…  
 Although she had to live in their midst.  
 18Yet, Jehovah has been proven righteous;  
 For, we’re the ones who embittered His mouth.  
  
 [‘For she says:]  
  
 ‘So, hear all you peoples and look at my pain,  
 Since all my young men and virgins are gone…  
 They’ve all been taken as captives!  
  
 19‘I was misled by those whom I loved…  
 My priests and my elders had failed me!  
 They just wanted food for themselves,  
 So they could save their own lives.  
  
 20‘Behold, O Lord, my painful condition,  
 For my stomach is very upset  
 And my heart is rolling within me!  
  
 ‘I’ve become very bitter,  
 For the sword has left me without any sons…  
 It’s as though there’s death in my home.  
  
 21‘Listen indeed to my groaning,  
 For there’s no one to offer me comfort.  
 Since our enemies had heard of our badness,  
 They rejoiced at the things that they did.  
 But upon them, You’ll bring a day and a time  
 When they’ll become just like me!  
  
 22‘Yes, may their evils fall upon them…  
 Glean them as they’ve gleaned me for my sins!  
 For, [they’re the cause] of my groaning,  
 And they’re the ones upsetting my heart.’