### Lamentations

## Chapter 3

1‘Now, I’m a man who’s helpless,  
 For the rod of His rage has been laid upon me.  
 2He took me, then led me away  
 Into the darkness (not into the light).  
  
 3‘So, throughout the rest of my days,  
 Against me, He’s turned His hand.  
 4My flesh and my skin, He’s made old,  
 And He’s broken my bones.  
  
 5‘Against me, He’s now built [a wall],  
 And my head He’s encircled with trouble.  
 6Inside a dark place, He has put me,  
 As though I’d been dead throughout the ages.  
  
 7‘Against me, He’s constructed a wall  
 Through which I can’t escape,  
 And with a brass chain, He’s weighed me down.  
  
 8‘Although I cry out and yell,  
 He’s shut out my prayers…  
 9He’s blocked all my roads and my ways!  
  
 10‘He’s become a bear that’s lying in wait,  
 And a lion that’s lurking, unseen.  
 11When I rebelled, He then chased me down  
 And caused me to no longer be…  
 He established me to be wiped away.  
  
 12‘He’s stretched tight His bow,  
 And set me on a stone as His target.  
 13Into my kidneys, He’s shot poison arrows  
 14And He’s made me a source of His laughter…  
 A psalm throughout the whole day.  
  
 15‘With bitterness, He’s now filled me,  
 And bile, I’ve been given to drink.  
 16With a small rock, He knocked out my teeth,  
 And then He gave me ashes to eat.  
  
 17‘He’s pushed peace from my life,  
 And made me forget all the good things I had.  
 18So I said that my victory had perished  
 Along with my hope in Jehovah.  
  
 19‘But, this is what I remembered:  
  
 ‘Despite the state that I came to be in  
 (My persecution, bitterness, and bile),  
 20I haven’t been forgotten…  
 Yes, my life will continue!  
 21This is [the thought] that I’ve kept in my heart,  
 And the reason why I keep on waiting.  
  
 22‘For the mercies of [God] never end,  
 And His compassions will never fail.  
 23Each morning, they’re renewed,  
 And on Him, we can always rely.  
  
 24‘The portion that’s mine is Jehovah,’ said my soul.  
 And because of this, I’ll keep waiting.  
 25For Jehovah is good to all those who wait  
 And wholeheartedly keep searching for Him.  
  
 26‘So it’s good [for us all] to be quiet  
 And await Jehovah’s salvation.  
 27And it’s also good for each man to bear  
 His own yoke from the time he’s young.  
  
 28‘Yes, we should sit all alone  
 And quietly carry our loads,  
 29Then put our mouths to the dust,  
 And believe that there’s still hope.  
  
 30‘We should turn the other cheek when they slap us,  
 And we should accept all their scorn.  
 31For, [in our hearts], we’ll know that Jehovah  
 Won’t push us away throughout the ages.  
 32Since, in His abundance of mercy,  
 He shows pity for those who humble themselves.  
  
 33‘Harsh replies don’t come from His heart,  
 As He teaches sons of men to be humble.  
 34And now He’s humbled the feet  
 Of those who’ve been carried away from this land.  
  
 35‘From before His face in the heights,  
 He’s removed the decisions of men.  
 36But Jehovah never said that He’d bring  
 Condemnation upon all mankind.  
 37And who could ever say such a thing…  
 Yes, who could cause it to happen  
 Without Jehovah saying it’s so?  
  
 38‘From His mouth in the heights can come good or bad.  
 39So, why do the living choose to grumble  
 At others concerning their sins?  
 40For before Him, our ways are stretched and examined  
 To see how we can be turned to the Lord.  
 41So, we should lift our hearts with our hands  
 Towards the Most High in heaven.  
  
 42‘It’s because we’ve been irreverent sinners  
 Who don’t deserve any forgiveness,  
 43That we’ve been wrapped in His rage…  
 Yes it’s because we chose to reject Him  
 That He decided to send us away…  
 Why He chose to destroy, not to spare us.  
  
 44‘So He wrapped Himself in a cloud  
 And closed His eyes to our prayers…  
 45Then He pushed us away.  
  
 46‘So against us, our enemies [shouted],  
 47Which stunned us and made us feel fear…  
 And then, our destruction arrived.  
  
 48‘So, tears have poured from my eyes  
 For the destruction of the daughters of my people.  
 49But I’ll [drink the tears] from my eyes,  
 And I’ll not hold back or be quiet  
 50Until the time that I can look through  
 And see Jehovah in the heavens.  
  
 51‘Now my eyes look back on my life in great rage  
 For [what’s happened to] the daughters of my city.  
  
 52‘By our enemies, we were hunted like sparrows,  
 53And now they’ve ended my life…  
 They’ve tossed me into a grave  
 And covered it up with a stone.  
 54Then, as water dripped down on my head, I said:  
  
 ‘I’ve just been thrown away.’  
  
 55‘So I called on Your Name, O Jehovah,  
 From out of the lowest of pits.  
 56I said:  
  
 ‘Don’t cover Your ears…  
 Hear my voice and the things that I beg.’  
  
 57‘Then You came to my aid on the day that I called,  
 And You told me that I shouldn’t be afraid!  
  
 58‘O Lord,  
  
 ‘You have pleaded my case,  
 And then You ransomed my soul.  
 59For You’ve seen the things that they’ve done, O Jehovah;  
 So pass judgement on them on my behalf.  
  
 60‘You’ve beheld their vengeance upon me,  
 And the plans that they’ve laid out against me.  
 61You listened to their scornful words  
 And saw the [things that they did]…  
 62You heard from the lips of those who attacked me  
 And You knew what they thought all day long.  
 63For, when they sat down and when they arose,  
 You saw what they did through their own eyes!  
  
 64‘O Jehovah,  
  
 ‘Will You pay them back for what they deserve,  
 According to the works of their hands?  
 65Curse them for all the trouble they’ve caused,  
 66Then pursue them in rage and remove them  
 From all places under the sky, O Lord.