### Psalms

## Chapter 22

To the [music] director:  
  
For help in the early morning.  
  
A Psalm by David.  
  
  
  
  
1O God, my God, please listen to me!  
 Why have I been abandoned by You?  
 Are the words about all my errors,  
 Keeping me from Your salvation?  
  
2For, all day long, I call out to You;  
 However, my God, You don’t listen…  
 So don’t think that I’m thoughtless during the night.  
  
3You dwell within Your Most Holy Place  
 As the One who sends IsraEl blessings.  
 4In You, our fathers put faith,  
 And then You brought them salvation.  
 5They called out to You as their only hope,  
 And they were never disgraced.  
  
6People think of me as a worm, not a man…  
 I’m the scorn and contempt of my people.  
 7Yes, those who see me [are laughing]…  
 They’re shaking their heads and they’re saying:  
  
 8‘Since he’s putting his trust in Jehovah;  
 If God wants him, let Him come down and save him!’  
  
9It was You who pulled me from [my mother’s] womb,  
 And You were my hope when I nursed at her breasts.  
 10By You, I was thrust from the womb…  
 And from the belly of my mother, You’ve been my God.  
 11So, please don’t leave me when trouble is near,  
 For no one else will come to my aid.  
  
12I’m surrounded by great herds of ‘cattle,’  
 And by mighty ‘bulls,’ I’m encircled.  
 13Like lions, against me, they’ve opened their mouths…  
 Like those who roar and drag off [their prey].  
  
14My bones have become just like water,  
 And the heart in my chest has melted like wax.  
 15My strength has dried out like a clay pot,  
 And my tongue is stuck to my throat;  
 For, to the dust of death, I’ve been led.  
  
16Many dogs now have me surrounded,  
 And the wicked have gathered against me.  
 They’re cutting into my hands and my feet,  
 17And they count all my bones as they watch me and think.  
 18They’ve divided my garments among them,  
 And thrown dice for the clothes that I wear.  
  
19O Jehovah,  
  
I know that Your help is not far away,  
 For You’ll notice and come to my aid.  
 20So, please save my life from the broadsword…  
 [Your] one-and-only from the hands of the ‘dogs!’  
  
21Save me from the mouths of the lions;  
 On rhinoceros horns, May I not be disgraced.  
 22Then I’ll speak of Your fame to my brothers,  
 And among the congregation, I’ll praise You.  
  
23All you who fear Him: Give praise to Jehovah!  
 Yes, glorify Him, offspring of Jacob,  
 And offspring of IsraEl, show Him your fear!  
 24For He’s never looked on you with contempt,  
 And He’s never loathed the prayers of your poor…  
 Nor from me, has He turned His face,  
 For I’ve called out to Him and He listened!  
  
25So, before the gathering, I’ll praise Him,  
 And before them all, I’ll confess.  
 I’ll also pay all my vows  
 In the presence of those who respect Him.  
  
26Then the stomachs of the poor will be filled once again,  
 And those who are seeking Jehovah  
 Will offer Him praise from their hearts  
 Throughout the age and throughout ages of ages.  
  
27So, remember Him… Turn to Jehovah,  
 All you to the ends of the earth.  
 All the ethnic families should bow before Him,  
 28For the right to rule is just His.  
  
Yes, He’s the King of all nations,  
 29And He’d feed all the mighty on earth,  
 If they’d just bow down before Him,  
 [Instead of] choosing to be buried.  
  
So, with my whole soul, I’m living for Him,  
 30And my offspring will serve Him alone.  
 They’ll proclaim Him to future generations,  
 31And they’ll speak of His justice to those not yet born.