### Psalms

## Chapter 44

To the [music] director:  
  
A Contemplation of the sons of KorAh.  
  
  
  
  
1O God,  
  
With our ears, we’ve heard about it;  
 For our fathers told us the stories  
 Of the deeds that You did back in their day.  
 2How, with Your hand, You replanted nations,  
 And of how You also destroyed them…  
 How You oppressed them and drove them away,  
 3And how they couldn’t inherit this land with their swords;  
 For, all of their arms couldn’t save them…  
 Just by Your right hand and mighty arm,  
 And by the light of Your face, if You liked them.  
  
4So, You are my King and my God…  
 You’re the One who told us how Jacob was saved.  
 5So [we’ll trust] that our enemies will also be gored,  
 And that in Your Name, those rising against us  
 Will come to know Your contempt.  
  
6Thus, I won’t trust in my bow,  
 Nor in my broadsword to save me…  
 7Just in the One who’ll save us,  
 And disgrace all those who detest us.  
  
8Yes, we’ll praise our God every day,  
 And throughout the ages, speak of Your Name.  
  
9But now, You’ve pushed us away in disgrace  
 And no longer take the lead of our army.  
 10From our enemies, You’ve forced us to flee,  
 And given us as plunder to them.  
  
11Like sheep, You gave us as food,  
 And scattered us among all the nations…  
 12You treated Your people as worthless,  
 And assigned us as having no value.  
  
13You’ve made us the scorn of our neighbors,  
 To be taunted and sneered at by those roundabout.  
 14You’ve made us a parable to the gentiles…  
 As those at whom they can just shake their heads.  
  
15So, all day long, I’m taunted,  
 And with shame, my face has been covered.  
 16The sounds of berating and disrespect  
 Is what I hear from our enemies,  
 Who’ve carried us off.  
  
17Yet, even though all these things have happened to us,  
 We’ve not forgotten our God,  
 Nor have we broken our Agreement with You.  
 18We’ve not left our hearts in the rear,  
 Nor have we turned from Your righteous paths.  
  
19In this God-forsaken place, we’ve been humbled,  
 And we’re covered by the shadow of death.  
 20If we’d forgotten the Name of our God,  
 And chosen the hands of foreign gods,  
 21We should have expected such things.  
 For God knows all the secrets deep in our hearts.  
  
22Because of You, we’re slaughtered all day…  
 We’re thought of as sheep to be butchered.  
 23So, wake up… Why are You sleeping, O Lord?  
 Stand up… Don’t push us away ‘til the end.  
  
24O why have You turned away,  
 And not noticed our misery and affliction?  
 25For our souls have been humbled down to the dust,  
 And our bellies have been forced to the ground.  
  
26So arise, O Jehovah, and help us!  
 Ransom us for the sake of Your Name!