**CHAPTER** **3**

**1** Aleph. I AM the man that see my poverty by the rod of his indignation.

**2** Aleph. He hath led me, and brought me into darkness, and not into light.

**3** Aleph. Only against me he hath turned, and turned again his hand all the day.

**4** Beth. My skin and my flesh he hath made old, he hath broken my bones.

**5** Beth. He hath built round about me, and he hath compassed me with gall and labour.

**6** Beth. He hath set me in dark places as those that are dead for ever.

**7** Ghimel. He hath built against me round about, that I may not get out: he hath made my fetters heavy.

**8** Ghimel. Yea, and when I cry, and entreat, he hath shut out my prayer.

**9** Ghimel. He hath shut up my ways with square stones, he hath turned my paths upside down.

**10** Daleth. He is become to me as a bear lying in wait: as a lion in secret places.

**11** Daleth. He hath turned aside my paths, and hath broken me in pieces, he hath made me desolate.

**12** Daleth. He hath bent his bow, and set me as a mark for his arrows.

**13** He. He hath shot into my reins the daughters of his quiver.

**14** He. I am made a derision to all my people, their song all the day long.

**15** He. He hath filled me with bitterness, he hath inebriated me with wormwood.

**16** Vau. And he hath broken my teeth one by one, he hath fed me with ashes.

**17** Vau. And my soul is removed far off from peace, I have forgotten good things.

**18** Vau. And I said: My end and my hope is perished from the Lord.

**19** Zain. Remember my poverty, and transgression, the wormwood, and the gall.

**20** Zain. I will be mindful and remember, and my soul shall languish within me.

**21** Zain. These things I shall think over in my heart, therefore will I hope.

**22** Heth. The mercies of the Lord that we are not consumed: because his commiserations have not failed.

**23** Heth. They are new every morning, great is thy faithfulness.

**24** Heth. The Lord is my portion, said my soul: therefore will I wait for him.

**25** Teth. The Lord is good to them that hope in him, to the soul that seeketh him.

**26** Teth. It is good to wait with silence for the salvation of God.

**27** Teth. It is good for a man, when he hath borne the yoke from his youth.

**28** Jod. He shall sit solitary, and hold his peace: because he hath taken it up upon himself.

**29** Jod. He shall put his mouth in the dust, if so be there may be hope.

**30** Jod. He shall give his cheek to him that striketh him, he shall be filled with reproaches.

**31** Caph. For the Lord will not cast off for ever.

**32** Caph. For if he hath cast off, he will also have mercy, according to the multitude of his mercies.

**33** Caph. For he hath not willingly afflicted, nor cast off the children of men.

**34** Lamed. To crush under his feet all the prisoners of the land,

**35** Lamed. To turn aside the judgment of a man before the face of the most High,

**36** Lamed. To destroy a man wrongfully in his judgment, the Lord hath not approved.

**37** Mem. Who is he that hath commanded a thing to be done, when the Lord commandeth it not?

**38** Mem. Shall not both evil and good proceed out of the mouth of the Highest?

**39** Mem. Why hath a living man murmured, man suffering for his sins?

**40** Nun. Let us search our ways, and seek, and return to the Lord.

**41** Nun. Let us lift up our hearts with our hands to the Lord in the heavens.

**42** Nun. We have done wickedly, and provoked thee to wrath: therefore thou art inexorable.

**43** Samech. Thou hast covered in thy wrath, and hast struck us: thou hast killed and hast not spared.

**44** Samech. Thou hast set a cloud before thee, that our prayer may not pass through.

**45** Samech. Thou hast made me as an outcast, and refuse in the midst of the people.

**46** Phe. All our enemies have opened their mouths against us.

**47** Phe. Prophecy is become to us a fear, and a snare, and destruction.

**48** Phe. My eye hath run down with streams of water, for the destruction of the daughter of my people.

**49** Ain. My eye is afflicted, and hath not been quiet, because there was no rest:

**50** Ain. Till the Lord regarded and looked down from the heavens.

**51** Ain. My eye hath wasted my soul because of all the daughters of my city.

**52** Sade. My enemies have chased me and caught me like a bird, without cause.

**53** Sade. My life is fallen into the pit, and they have laid a stone over me.

**54** Sade. Waters have flowed over my head: I said: I am cut off.

**55** Coph. I have called upon thy name, O Lord, from the lowest pit.

**56** Coph. Thou hast heard my voice: turn not away thy ear from my sighs, and cries.

**57** Coph. Thou drewest near in the day, when I called upon thee, thou saidst: Fear not.

**58** Res. Thou hast judged, O Lord, the cause of my soul, thou the Redeemer of my life.

**59** Res. Thou hast seen, O Lord, their iniquity against me: judge thou my judgment.

**60** Res. Thou hast seen all their fury, and all their thoughts against me.

**61** Sin. Thou hast heard their reproach, O Lord, all their imaginations against me.

**62** Sin. The lips of them that rise up against me: and their devices against me all the day.

**63** Sin. Behold their sitting down, and their rising up, I am their song.

**64** Thau. Thou shalt render them a recompense, O Lord, according to the works of their hands.

**65** Thau. Thou shalt give them a buckler of heart, thy labour.

**66** Thau. Thou shalt persecute them in anger, and shalt destroy them from under the heavens, O Lord.