**PSALM 37**

Domine, ne in furore.

*A prayer of a penitent for the remission of his sins. The third penitential psalm.*

**1** A psalm for David, for a remembrance of the sabbath.

**2** Rebuke me not, O Lord, in thy indignation; nor chastise me in thy wrath.

**3** For thy arrows are fastened in me: and thy hand hath been strong upon me.

**4** There is no health in my flesh, because of thy wrath: there is no peace for my bones, because of my sins.

**5** For my iniquities are gone over my head: and as a heavy burden are become heavy upon me.

**6** My sores are putrified and corrupted, because of my foolishness.

**7** I am become miserable, and am bowed down even to the end: I walked sorrowful all the day long.

**8** For my loins are filled with illusions; and there is no health in my flesh.

**9** I am afflicted and humbled exceedingly: I roared with the groaning of my heart.

**10** Lord, all my desire is before thee, and my groaning is not hidden from thee.

**11** My heart is troubled, my strength hath left me, and the light of my eyes itself is not with me.

**12** My friends and my neighbours have drawn near, and stood against me. And they that were near me stood afar off:

**13** And they that sought my soul used violence. And they that sought evils to me spoke vain things, and studied deceits all the day long.

**14** But I, as a deaf man, heard not: and as a dumb man not opening his mouth.

**15** And I became as a man that heareth not: and that hath no reproofs in his mouth.

**16** For in thee, O Lord, have I hoped: thou wilt hear me, O Lord my God.

**17** For I said: Lest at any time my enemies rejoice over me: and whilst my feet are moved, they speak great things against me.

**18** For I am ready for scourges: and my sorrow is continually before me.

**19** For I will declare my iniquity: and I will think for my sin.

**20** But my enemies live, and are stronger than I: and they that hate me wrongfully are multiplied.

**21** They that render evil for good, have detracted me, because I followed goodness.

**22** Forsake me not, O Lord my God: do not thou depart from me.

**23** Attend unto my help, O Lord, the God of my salvation.