

Psalm 22

To print the PDF, select "landscape"
and then choose the "booklet" option.

Antiphon



Why have you for - sak - en me, God, my God?



Why have you for - sak - en me, God, my God?

Refrain



- ¹ My God, my God, why have you for- | saken me? *
Why are you so far from saving me, from the words
of my | groaning?
- ² O my God, I cry by day, but you do not | answer, *
and by night, but I find no | rest.
- ³ Yet you are | holy, *
enthroned on the praises of | Israel.
- ⁴ In you our fathers | trusted, *
they trusted, and you de- | livered them.
- ⁵ To you they cried and were | rescued, *
in you they trusted and were not put to | shame.
- ⁶ But I am a worm and not a | man, *
scorned by mankind and despised by the | people.



⁷ All who see me | mock me;*
they make mouths at me; they wag their | heads;

⁸ “He trusts in the LORD; let him de- | liver him;*
let him rescue him, for he de- | lights in him!”

⁹ Yet you are he who took me from the | womb;*
you made me trust you at my mother’s | breasts.

¹⁰ On you was I cast from my | birth,*
and from my mother’s womb you have been my | God.

¹¹ Be not far from me, for trouble is | near,*
and there is none to | help.

¹² Many bulls en- | compass me;*
strong bulls of Bashan sur- | round me;

¹³ they open wide their mouths at | me,*
like a ravening and roaring | lion.

¹⁴ I am poured out like water, and all my bones are out of | joint;*
my heart is like wax; it is melted within my | breast;

¹⁵ my strength is dried up like a potsherd, and my tongue sticks
to my | jaws;*
you lay me in the dust of | death.

¹⁶ For dogs en- | compass me;*
a company of evildoers encircles me; they have pierced
my hands and | feet—



²⁶ The afflicted shall eat and be satisfied; those who seek him shall praise the | LORD! *
May your hearts live for- | ever!

²⁷ All the ends of the earth shall remember and turn to the | LORD, *
and all the families of the nations shall worship be- | fore you.

²⁸ For kingship belongs to the | LORD, *
and he rules over the | nations.

²⁹ All the prosperous of the earth eat and | worship; *
before him shall bow all who go down to the dust, even the one who could not keep himself a- | live.

³⁰ Posterity shall | serve him; *
it shall be told of the Lord to the coming gene- | ration;

³¹ they shall come and proclaim his righteousness to a people yet un- | born, *
that he has | done it.

Antiphon



Why have you for - sak - en me, God, my God?



Why have you for - sak - en me, God, my God?