

# Psalm 22

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## Antiphon



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



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

## Refrain



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



<sup>7</sup> All who see me | mock me;\*  
they make mouths at me; they wag their | heads;

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

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

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

<sup>11</sup> Be not far from me, for trouble is | near,\*  
and there is none to | help.

<sup>12</sup> Many bulls en- | compass me;\*  
strong bulls of Bashan sur- | round me;

<sup>13</sup> they open wide their mouths at | me,\*  
like a ravening and roaring | lion.

<sup>14</sup> 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;

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

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



- <sup>17</sup> I can count all my | bones—\*  
they stare and gloat over | me;
- <sup>18</sup> they divide my garments a- | mong them,\*  
and for my clothing they cast | lots.
- <sup>19</sup> But you, O LORD, do not be far | off! \*  
O you my help, come quickly to my | aid!
- <sup>20</sup> Deliver my soul from the | sword,\*  
my precious life from the power of the | dog!
- <sup>21</sup> Save me from the mouth of the | lion! \*  
You have rescued me from the horns of the wild | oxen!
- <sup>22</sup> I will tell of your name to my | brothers;\*  
in the midst of the congregation I will | praise you:
- <sup>23</sup> You who fear the LORD, | praise him!  
All you offspring of Jacob, | glorify him,\*  
and stand in | awe of him,  
all you offspring of | Israel!
- <sup>24</sup> For he has not despised or abhorred the affliction of the  
afflicted, and he has not hidden his | face from him,\*  
but has heard, when he | cried to him.
- <sup>25</sup> From you comes my praise in the great congre- | gation;\*  
my vows I will perform before those who | fear him.



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

<sup>27</sup> 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.

<sup>28</sup> For kingship belongs to the | LORD, \*  
and he rules over the | nations.

<sup>29</sup> 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.

<sup>30</sup> Posterity shall | serve him; \*  
it shall be told of the Lord to the coming gene- | ration;

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

*Antiphon*



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