

Psalm 22 Arranged in Lament & Response

- A** ¹ My God, my God, why have you forsaken 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.
- B** ³ Yet you are holy,
enthroned on the praises of Israel.
⁴ In you our fathers trusted;
they trusted, and you delivered them.
⁵ To you they cried and were rescued;
in you they trusted and were not put to shame.
- A** 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 deliver him;
let him rescue him, for he delights in him!"
- B** 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.
- A** ¹¹ Be not far from me,
for trouble is near,
and there is none to help.
¹² Many bulls encompass me;
strong bulls of Bashan surround me;
¹³ they open wide their mouths at me,
like a ravening and roaring lion.
- A** 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.

- A** ¹⁶ For dogs encompass me;
a company of evildoers encircles me;
they have pierced my hands and feet--
¹⁷ I can count all my bones-- they stare and gloat over me;
¹⁸ they divide my garments among them,
and for my clothing they cast lots.
- B** ¹⁹ But you, O LORD, do not be far off!
O you my help, come quickly to my aid!
²⁰ Deliver my soul from the sword,
my precious life from the power of the dog!
²¹ Save me from the mouth of the lion!
You have rescued me from the horns of the wild oxen!
- B** ²² I will tell of your name to my brothers; in the midst of the
congregation I will praise you:
²³ 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!
- C** ²⁴ **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.**
- D** ²⁵ From you comes my praise in the great congregation;
my vows I will perform before those who fear him.
²⁶ The afflicted shall eat and be satisfied;
those who seek him shall praise the LORD!
May your hearts live forever!
- D** ²⁷ All the ends of the earth shall remember and turn to the LORD,
and all the families of the nations shall worship before 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 alive.
- D** ³⁰ Posterity shall serve him;
it shall be told of the Lord to the coming generation;
³¹ they shall come and proclaim his righteousness to a people yet unborn,
that he has done it.