

# Lamentations

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1

אֵיכָה | יִשְׁבָּה בַּלְּדֹת הַעִיר רַבָּתִי עִם הַיְּתָה כִּאלְמָנָה רַבָּתִי בְּגֹזִים שְׁרָתִי<sup>1</sup>  
בְּמִדְינּוֹת הַיְּתָה לְמַס: {ס}

Alas!

Lonely sits the city  
Once great with people!  
She that was great among nations  
Is become like a widow;  
The princess among states  
Is become a thrall.

בְּכֹו תְּבַכֶּה בְּלִילָה וְדָמַעַתָּה עַל לְחִיָּה אַיִלָּה מַנְחָם מַכְלִילָה אַהֲבָה  
כָּל־רַעַיהָ בָּגָדו בָּהּ הָיִי לָהּ לְאַבָּים: {ס}<sup>2</sup>

Bitterly she weeps in the night,  
Her cheek wet with tears.  
There is none to comfort her  
Of all her friends.  
All her allies have betrayed her;  
They have become her foes.

3

**גָּלְתָה יְהוּדָה מַעֲנִי וּמְרֻב עֲבָדָה הִיא יִשְׁבֶּה בָּגּוֹים לֹא מֵצָאה מִגּוֹן  
כָּל-רֹדְפִּיהָ הַשִּׂיגּוֹת בֵּין הַמִּצְרִים:** {ס}

Judah has gone into exile  
 Because of misery and harsh oppression;  
 When she settled among the nations,  
 She found no rest;  
 All her pursuers overtook her  
 In the narrow places.

4

**דָּרְכֵי צְיֻון אֲבָלוֹת מִבְּלִי בָּאֵי מוֹעֵד כָּל-שַׁעַרְיוֹת שׂוֹמְמִין כְּהַנִּיחָה נָאָנָחִים  
בְּתוּלָתָה נָגָות וְהִיא מַרְלָה:** {ס}

Zion's roads are in mourning,  
 Empty of festival pilgrims;  
 All her gates are deserted.  
 Her priests sigh,  
 Her maidens are unhappy—  
 She is utterly disconsolate!

5

**הִי צְרִיכָה לְרֹאשׁ אִיבִּיכָה שָׁלוֹ כִּי-יְהוָה הֹזֵגֶה עַל רַב-פְּשֻׁעָתָה עֹזְלָלִיכָה  
הַלְּכוּ שְׁבִי לְפִנֵּי-צָרָה:** {ס}

Her enemies are now the masters,  
 Her foes are at ease,  
 Because the LORD has afflicted her

For her many transgressions;  
 Her infants have gone into captivity  
 Before the enemy.

6

וַיָּצֹא (מן בת) [מִבְתָּח-]צִיּוֹן כָּל-הַדָּרָה הִיּוֹ שְׁرִירָה כְּאִילִים לֹא-מִצְאוֹ  
 מִרְעָה וַיָּלֹכוּ בְּלֹא-לֶחֶם לְפָנֵי רֹזְקָה: {ס}

Gone from Fair Zion are all  
 That were her glory;  
 Her leaders were like stags  
 That found no pasture;  
 They could only walk feebly  
 Before the pursuer.

7

זִכְרָה יְרוּשָׁלָם יְמִינֵה עֲנֵיהֶן וּמִרְוִידָה כָּל מִחְמָדִיחָה אֲשֶׁר הִי מִימֵי קָדָם  
 בְּגַפֵּל עַמָּה בְּיַד-צָר וְאַין עֹזֵל לָהּ רָאוּה צָרִים שְׁחַקּוּ עַל  
 מִשְׁבְּתָה: {ס}

All the precious things she had  
 In the days of old  
 Jerusalem recalled  
 In her days of woe and sorrow,  
 When her people fell by enemy hands  
 With none to help her;  
 When enemies looked on and gloated

Over her downfall.

8

חָטָא חָטָא יְרֵשֶׁלֶם עַל־כֵּן לֹנִינָה הִתְהַכֵּדְתָה כָּל־מִכְבָּדָיה הַזִּילָוֹת כִּי־רָאוּ  
עֲרוֹתָה גַּם־הִיא נָאנוֹתָה וַתִּשְׁבַּב אַחֲרָוֹת: {ס}

Jerusalem has greatly sinned,  
Therefore she is become a mockery.  
All who admired her despise her,  
For they have seen her disgraced;  
And she can only sigh  
And shrink back.

9

טָמֵאתָה בְּשִׁוְלִיה לֹא זְכָרָה אַחֲרִיתָה וַתַּרְדֵּ פָּלָאִים אֵין מְנֻחָם לְהָרְאָה  
יְהֹוָה אַת־עָנוֹתִי כִּי הַגָּדוֹל אֹוִיב: {ס}

Her uncleanness clings to her skirts.  
She gave no thought to her future;  
She has sunk appallingly,  
With none to comfort her.—  
See, O LORD, my misery;  
How the enemy jeers!

10

יְדוֹ פְּרִישׁ צָר עַל כָּל־מִחְמָדָיה כִּי־רָאָתָה גּוֹיִם בָּאוּ מִקְדְּשָׁה אֲשֶׁר צָנִיתָה  
לֹא־יָבֹא בְּקָהָל לְהָ: {ס}

The foe has laid hands

On everything dear to her.  
 She has seen her Sanctuary  
 Invaded by nations  
 Which You have denied admission  
 Into Your community.

**כָּל־עַמָּה גָּנָּחִים מִבְקָשִׁים לָהֶם נָתָנוּ (מחמודיהם) בְּאַכְלָל  
 לְהַשְׁיב נֶפֶשׁ רְאֵה יְהוָה וְהַבִּטָּה כִּי הָיִיתִ זוֹלָלהּ: {ס}**

11

All her inhabitants sigh  
 As they search for bread;  
 They have bartered their treasures for food,  
 To keep themselves alive.—  
 See, O LORD, and behold,  
 How abject I have become!

**לוֹא אֲלִיכֶם כָּל־עֲבָרִי דָּרְךָ הַבִּיטוּ וְרָאוּ אָמִימִשׁ מִכְאֹב כִּמְכָאָבִי אֲשֶׁר  
 עֹזֶל לִי אֲשֶׁר הָוָga יְהוָה בַּיּוֹם חֶרְמוֹן אֲפֹוּ: {ס}**

12

May it never befall you,  
 All who pass along the road—  
 Look about and see:  
 Is there any agony like mine,  
 Which was dealt out to me  
 When the LORD afflicted me

On His day of wrath?

מִמְרוּם שָׁלַח־אֵשׁ בְּעַצְמָתִי וַיַּרְדָּנָה פְּרָשׁ רְשָׁת לְרַגֵּלִי הַשִּׁבְעִנִּי אֶחָזָר  
נִתְנַגֵּנִי שְׁמַמָּה כָּל־הַיּוֹם דָּוָה: {ס}

13

From above He sent a fire

Down into my bones.

He spread a net for my feet,

He hurled me backward;

He has left me forlorn,

In constant misery.

נִשְׁקָד עַל פְּשָׁעִי בְּיָדו יִשְׂתַּרְגֹּו עַל־צִוְּאָרִי הַכְּשִׁיל כְּחִי נִתְנַגֵּנִי אֶדְנִי  
בַּיָּדִי לְאַוְיכָל קְוּם: {ס}

14

The yoke of my offenses is bound fast,

Lashed tight by His hand;

Imposed upon my neck,

It saps my strength;

The Lord has delivered me into the hands

Of those I cannot withstand.

סְלָה כָּל־אֲבִירִי אֶדְנִי בְּקָרְבִּי קָרָא עַלִי מַזְעֵד לְשָׁבֵר בְּחוּרִי גַּת דָּרָה אֶדְנִי  
לְבַתּוֹלֶת בְּתִיְהוֹדָה: {ס}

15

The Lord in my midst has rejected

All my heroes;  
 He has proclaimed a set time against me  
 To crush my young men.  
 As in a press the Lord has trodden  
 Fair Maiden Judah.

16

**עַל־אֱלֹהָה | אֵנִי בָזְכִיה עַיִנִי עַיִנִי יְרֻדָה פְּלִימ כִּירְחָק מִמְּנִי מִנְחָם מִשְׁיבָנִי נְפָתֵחַ הַיּוֹם בְּנֵי שׂוֹמְמִים כִּי גָבָר אָזִיבָה:** {ס}

For these things do I weep,  
 My eyes flow with tears:  
 Far from me is any comforter  
 Who might revive my spirit;  
 My children are forlorn,  
 For the foe has prevailed.

17

**פְּרִישָה צְיוֹן בְּיִדְיָה אֵין מִנְחָם לְה צֹוה יְהוָה לְיעַקְב סְבִיבָיו צְרָיו הִיתָה יְרוּשָלֶם לְנַדָה בִּינִיהָם:** {ס}

Zion spreads out her hands,  
 She has no one to comfort her;  
 The LORD has summoned against Jacob  
 His enemies all about him;  
 Jerusalem has become among them  
 A thing unclean.

18

**צְדִיק הָוֹא יְהוָה כִּי פִיהו מְגִיתִי שֶׁמְעוּנָא כָּל-[הַעֲמִים] (עֲמִים) וְרָאוֹ  
מְכָאָבֵי בְתֻולְתִי וּבְחִוּרִי הַלְכֹו בְשָׁבִי: {ס}**

The LORD is in the right,  
 For I have disobeyed Him.  
 Hear, all you peoples,  
 And behold my agony:  
 My maidens and my youths  
 Have gone into captivity!

19

**קָרָאתִי לִמְאָהָבִי הַמָּה רָמְנוּנִי כְּהַנִּי וַיָּקָנִי בְּעִיר גָּוָעָו כִּי-בְקָשׁו אֲכָל לְמוֹ  
וַיַּשְׁיבָו אַת-גַּפְשָׁם: {ס}**

I cried out to my friends,  
 But they played me false.  
 My priests and my elders  
 Have perished in the city  
 As they searched for food  
 To keep themselves alive.

20

**רָאָה יְהוָה כִּי-צָרָלִי מַעַי חַמְרָמָרוֹ נְהַפֵּךְ לְבִי בְקָרְבִּי כִּי מָרוֹ מְגִיתִי  
מְחוֹזֵץ שְׁכָלָה-חַרְבָּב בְּבֵית כְּמֹות: {ס}**

See, O LORD, the distress I am in!  
 My heart is in anguish,  
 I know how wrong I was

To disobey.  
Outside the sword deals death;  
Indoors, the plague.

21

שָׁמְעוּ כִּי גָּאֲנַחַת אָנִי אֵין מְנַחֵם לִי כָּל-אֶיבָּי שָׁמְעוּ רֹעַתִּי שָׁשָׁו כִּי אַתָּה  
עֲשָׂרִית הַבָּאת יוֹם-קָרְאָת וַיְהִי כְּמַנִּי: {ס}

When they heard how I was sighing,  
There was none to comfort me;  
All my foes heard of my plight and exulted.  
For it is Your doing:  
You have brought on the day that You threatened.  
Oh, let them become like me!

22

תָּבָא כָּל-רֹעַתָּם לִפְנֵיכְךָ וְעוֹלֵל לֹמֶז כְּאֵשֶׁר עֹלֵלָתָךְ לִי עַל כָּל-פְּשֻׁעָי  
כִּירְבּוֹת אֲנַחְתִּי וְלֹבֶד דָּנוֹי: {פ}

Let all their wrongdoing come before You,  
And deal with them  
As You have dealt with me  
For all my transgressions.  
For my sighs are many,  
And my heart is sick.

1

אֵיכָה יְעַב בְּאָפֹן אֱדֹנִי אֶת-בְּתִצְׁיּוֹן הַשְׁלִיךْ מִשְׁמִימָם אֶרְץ תְּפַאֲרָת  
יִשְׂרָאֵל וְלֹא-זָכַר הַדְּמַרְגָּלִיו בַּיּוֹם אָפֹן: {ס}

Alas!

The Lord in His wrath  
Has shamed Fair Zion,  
Has cast down from heaven to earth  
The majesty of Israel.  
He did not remember His Footstool  
On His day of wrath.

2

בְּלֹ�ע אֱדֹנִי (לֹא) [וְלֹא] חִמֵּל אֶת כָּל-גְּאוֹת יַעֲקֹב הָרָס בַּעֲבָרְתֹּו מִבָּצְרִי  
בַּת-יְהוּדָה הָגַע לְאָרֶץ חִילְל מִמְּלָכָה וְשִׁירִיה: {ס}

The Lord has laid waste without pity  
All the habitations of Jacob;  
He has razed in His anger  
Fair Judah's strongholds.  
He has brought low in dishonor  
The kingdom and its leaders.

3

גַּדְעַב בְּחַרְיָאָף כָּל קָרְנוֹ יִשְׂרָאֵל הַשִּׁיב אֶחָזָר יְמִינָו מִפְנֵי אַזְּבִיב וַיַּבְעֵר  
בַּעֲקָב כְּאֵש לְהַבָּה אֲכָלָה סְבִיב: {ס}

In blazing anger He has cut down  
All the might of Israel;

He has withdrawn His right hand  
 In the presence of the foe;  
 He has ravaged Jacob like flaming fire,  
 Consuming on all sides.

דָּרְךָ קַשְׁתֹּו כִּאֹוֵב נַצְבָּא יְמִינֹו כַּצְרָג כָּל מְחֻמְדֵי־עַזְיָן בְּאַהֲלָה בַּת־צִוְּן 4

שְׁפֵךְ כָּאָשׁ חַמְתֹּו: {ס}

He bent His bow like an enemy,  
 Poised His right hand like a foe;  
 He slew all who delighted the eye.  
 He poured out His wrath like fire  
 In the Tent of Fair Zion.

הִיא אָדָנִי כִּאֹוֵב בְּלֹעַ יִשְׂרָאֵל בְּלֹעַ כָּל־אֶרְמָנוֹתֶיהָ שְׁחַת מִבְצָרָיו וִירֶב 5

בְּבַת־יְהוּדָה פָּאֲנִיהָ וְאֲנִיהָ: {ס}

The Lord has acted like a foe,  
 He has laid waste Israel,  
 Laid waste all her citadels,  
 Destroyed her strongholds.  
 He has increased within Fair Judah  
 Mourning and moaning.

וַיְחַמֵּס כָּגֹן שְׁכֹן שְׁחַת מִצְרָא שְׁבָח יְהֻנָּה וּבְצִוְּן מְזֻעָד וְשְׁבָת וְיִגְאָז 6

**בְּזַעַם־אָפֹו מֶלֶךְ וּכְהַנּוּ: {ס}**

He has stripped His Booth like a garden,  
He has destroyed His Tabernacle;  
The LORD has ended in Zion  
Festival and sabbath;  
In His raging anger He has spurned  
King and priest.

זֶנֶח אֲדֹנֵינוּ מִזְבֵּחׁוֹ נָאָר מִקְדְּשׁוֹ הַסְגִּיר בִּיד־אֹזֵיב חֹמֶת אַרְמָנוֹתָהּ קָוֶל  
נָתַנְנוּ בְּבֵית־יְהֻדָּה כִּיּוֹם מָוֶעֶד: {ס}

7

The Lord has rejected His altar,  
Disdained His Sanctuary.  
He has handed over to the foe  
The walls of its citadels;  
They raised a shout in the House of the LORD  
As on a festival day.

חָשַׁב יְהֻדָּה וְלֹהֶשֶׁת חֹמֶת בַּת־צִוְּן נָטָה קָו לְאַחֲשִׁיב יְדוֹ מִבְּלָעַד  
וַיַּאֲכַל־חַל וְחֹמֶת יְחִזְקוֹ אַמְלָלוֹ: {ס}

8

The LORD resolved to destroy  
The wall of Fair Zion;  
He measured with a line, refrained not  
From bringing destruction.

He has made wall and rampart to mourn,  
Together they languish.

טָבַע בָּאָרֶץ שְׁעָרֶיה אָבֵד וּשְׁבָר בְּרִיחָה מַלְפָה וּשְׁרִיחָה בְּגֹוִים אֵין תּוֹרָה  
גַם נִבְיאָה לֹא-מִצְאָה חִזּוֹן מִתְהֻווָה: {ס} 9

Her gates have sunk into the ground,  
He has smashed her bars to bits;  
Her king and her leaders are in exile,  
Instruction is no more;  
Her prophets, too, receive  
No vision from the LORD.

יִשְׁבּוּ לְאָרֶץ יְדָמוֹ זָקִינִי בַת-צִיּוֹן הַעֲלָו עַפְרָל עַל-רְאַשָם חָגָרוּ שְׂקִים  
הַוְרִידּוּ לְאָרֶץ רָאֵשׁוּ בְתוּלָת יְרוּשָׁלָם: {ס} 10

Silent sit on the ground  
The elders of Fair Zion;  
They have strewn dust on their heads  
And girded themselves with sackcloth;  
The maidens of Jerusalem have bowed  
Their heads to the ground.

כָּלֹו בְּדָמָעוֹת עַיִנִי חַמְרָמָרוּ מַעַי נִשְׁפָךְ לְאָרֶץ כְּבָדִי עַל-שְׁבָר בַת-עַמִּי  
בְּעַטֶּף עַזְלָל וַיָּנַק בְּרַחֲבוֹת קְרִיה: {ס} 11

My eyes are spent with tears,  
 My heart is in tumult,  
 My being melts away  
 Over the ruin of my poor people,  
 As babes and sucklings languish  
 In the squares of the city.

12

**לֹא מְתַמֵּם יָאמֶרְיוּ אֲיָה דָּגָן וַיִּזְבַּח בְּהַתְעַטְּפָם כְּחִילָל בָּרְחוּבּוֹת עִיר בְּהַשְׁתְּפָךְ נְפָשָׁם אֶל-חַיק אֲמָתָם:** {ס}

They keep asking their mothers,  
 “Where is bread and wine?”  
 As they languish like battle-wounded  
 In the squares of the town,  
 As their life runs out  
 In their mothers’ bosoms.

13

**מַה-אֲعִידָה מַה אֲדַמָּה-לְךָ הַבָּת יְרוּשָׁלָם מַה אֲשֻׁה-לְךָ וְאַנְחָמָה בְּתוּלָת בֵּית-צִיּוֹן כִּי-גָדוֹל כִּים שְׁבָרֶךָ מֵי יְרֵפָא-לְךָ:** {ס}

What can I take as witness or liken  
 To you, O Fair Jerusalem?  
 What can I match with you to console you,  
 O Fair Maiden Zion?  
 For your ruin is vast as the sea:

Who can heal you?

גָבְיאֵיךְ חַזָּו לֹךְ שׂוֹא וִתְפֵל וְלֹא-גָלוּ עַל-עֲוֹנֶה לְהַשִּׁיב (שביתך) [שְׁבוּתֶךָ]  
וַיַּחַזֵּוּ לְהָ מִשְׁאֹות שׂוֹא וּמִדְוִיחִים: {ס}

Your seers prophesied to you  
Delusion and folly.  
They did not expose your iniquity  
So as to restore your fortunes,  
But prophesied to you oracles  
Of delusion and deception.

סְפָקוּ עַלְיךְ כְּפִים כָּל-עֲבָרִי דָּרָךְ שְׁרָקוּ וַיַּגְעָו רָאשָׁם עַל-בָּת יְרוֹשָׁלָם  
הַזֹּאת הָעִיר שִׁיאָמְרוּ כְּלִילָת יְפִי מִשְׁוֹשׁ לְכָל-הָאָרֶץ: {ס}

All who pass your way  
Clap their hands at you;  
They hiss and wag their head  
At Fair Jerusalem:  
“Is this the city that was called  
Perfect in Beauty,  
Joy of All the Earth?”

פָצָו עַלְיךְ פִּיהֶם כָּל-אִיבָּיךְ שְׁרָקוּ וַיִּחַרְקּוּ-שָׁנוּ אָמְרוּ בְּלָעָנוּ אֵךְ זֶה הַיּוֹם  
שְׁקַיְינָהוּ מִצְאָנוּ רָאִינוּ: {ס}

All your enemies  
 Jeer at you;  
 They hiss and gnash their teeth,  
 And cry: "We've ruined her!  
 Ah, this is the day we hoped for;  
 We have lived to see it!"

17

עֲשֵׂה יְהוָה אֲשֶׁר זֶמֶם בָּאָזָע אַמְرָתוֹ אֲשֶׁר צִוָּה מִימִינָךְ דָּמָם הָרָס וְלֹא  
 חִמֵּל וַיִּשְׁמַח עַל־יָד אֹוֵב הָרִים קָרְנוֹ צְרִיךְ: {ס}

The LORD has done what He purposed,  
 Has carried out the decree  
 That He ordained long ago;  
 He has torn down without pity.  
 He has let the foe rejoice over you,  
 Has exalted the might of your enemies.

18

צַעַק לְבָם אֶל־אָדָנִי חֹמֶת בַּת־צְיוֹן הַוְּרִידִי כִּנְחָל דְּמָעָה יוֹמָם וּלִילָה  
 אֶל־תִּתְּנִי פּוֹגַת לְךָ אֶל־תְּדַם בַּת־עִינָה: {ס}

Their heart cried out to the Lord.  
 O wall of Fair Zion,  
 Shed tears like a torrent  
 Day and night!  
 Give yourself no respite,

Your eyes no rest.

19

**קַוְמִין רָגִי** (בְּלִיל) [בְּלִילָה] לֹרֶאשׁ אֲשֶׁר מְרוֹת שְׁפֵכִי כְּמִים לְבָה נְכָח פָּנִי  
**אֲדֹנִי שְׂאֵי אַלְיוֹ** כְּפִיךְ עַל-גְּפֵשׁ עַזְלָלִיךְ הַעֲטוֹפִים בְּרֻעָב בְּרָאשׁ  
**כָּל-חוֹצֶות:** {ס}

Arise, cry out in the night  
At the beginning of the watches,  
Pour out your heart like water  
In the presence of the Lord!  
Lift up your hands to Him  
For the life of your infants,  
Who faint for hunger  
At every street corner.

20

**רָאָה יְהֹוָה וְהַבִּיטה לְמַי עַזְלָלָת** כִּיה אַמ-תָּאכַלְנָה נְשָׁוִים פְּרִים עַלְלִי  
**טְפַחִים אַמ-יְהִירָג בְּמִקְדָּשׁ אֲדֹנִי** כְּהַן וְנָבִיא: {ס}

See, O LORD, and behold,  
To whom You have done this!  
Alas, women eat their own fruit,  
Their new-born babes!  
Alas, priest and prophet are slain  
In the Sanctuary of the Lord!

21

שְׁכַבּוּ לְאָרֶץ חִזְׁכֹּת גְּעַר וַיָּקֹנוּ בְּתֻולְּתִי וּבְחִורְנִי נִפְלָו בְּחֶרְבָּה הַרְגָּתָה בַּיּוֹם  
אֲפֵךְ טְבַחַת לֹא חִמְלָתָה {ס}

Prostrate in the streets lie  
Both young and old.  
My maidens and youths  
Are fallen by the sword;  
You slew them on Your day of wrath,  
You slaughtered without pity.

22

תִּקְרָא כִּיּוֹם מָעוֹד מִגּוֹרֵי מִסְבֵּיב וְלֹא הִיָּה בַּיּוֹם אֲפִיהָה פְּלִיט וְשָׂרֵיד  
אֲשֶׁר-טְפֵחָתִי וּרְבִיתִי אִיבִּי כָּלָם {פ}

You summoned, as on a festival,  
My neighbors from round about.  
On the day of the wrath of the LORD,  
None survived or escaped;  
Those whom I bore and reared  
My foe has consumed.

3

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1

אָנִי הַגָּבֵר רָאָה עָנֵי בְּשַׁבָּט עֲבָרָתוֹ {ס}

I am the man who has known affliction  
Under the rod of His wrath;

אָוֹתִי נֶהֱגָ וַיְלַךְ חֹשֶׁךְ וְלֹא־אָוֹר: {ס} 2

Me He drove on and on  
In unrelieved darkness;

אֵךְ בְּיִשְׁבֵב יְהֻפֵּךְ יָדוֹ כָּל־הַיּוֹם: {ס} 3

On none but me He brings down His hand  
Again and again, without cease.

בְּלֹה בְּשֶׁרֶי וְעֹזְרִי שָׁבֵר עֲצָמוֹתִי: {ס} 4

He has worn away my flesh and skin;  
He has shattered my bones.

בְּנָה עַלְיִ וַיְקַפֵּף רָאשִׁ וְתַלְאָה: {ס} 5

All around me He has built  
Misery and hardship;

בְּמֹחַשְׁכִּים הֽוֹשִׁיבֵנִי כְּמַתִּי עַולְמָם: {ס} 6

He has made me dwell in darkness,  
Like those long dead.

גַּדֵּר בְּעָצֵי וְלֹא אֵצֵא הַכְּבִיד נֶחֱשָׁתִי: {ס} 7

He has walled me in and I cannot break out;  
He has weighed me down with chains.

גַּם כִּי אָזַעַק וְאָשַׁע שְׂתֵם תְּפִלָּתִי: {ס} 8

And when I cry and plead,  
He shuts out my prayer;

גָּדָר דֶּרֶכִי בָּגֹזִית נִתְיַבְּחִי עֲזָה: {ס} 9

He has walled in my ways with hewn blocks,  
He has made my paths a maze.

לְבָאָרֶב הַוָּא לִי (אריה) [אָרִי] בְּמִסְתְּרִים: {ס} 10

He is a lurking bear to me,  
A lion in hiding;

דֶּרֶכִי סֹרֵר וַיַּפְשַׁחַנִי שְׁמַנִי שְׁמַמִ: {ס} 11

He has forced me off my way and mangled me,  
He has left me numb.

דָּרְךָ קָשַׁתָו וַיַּצְיַבְנִי כִּמְטֻרָא לְחַז: {ס} 12

He has bent His bow and made me  
The target of His arrows:

הָבִיא בְּכַלְיָתִי בְּנִי אַשְׁפָתָה: {ס} 13

He has shot into my vitals  
The shafts of His quiver.

**הִיְתִּי שָׁחַק לְכָל־עָמֵד נִגְינְתֶּם כָּל־הַיּוֹם:** {ס} 14

I have become a laughingstock to all people,  
The butt of their gibes all day long.

**הַשְׁבִּיעֲנִי בִּמְרוּרִים הַרְונִי לְעַנְהָה:** {ס} 15

He has filled me with bitterness,  
Sated me with wormwood.

**וַיִּגְרַס בְּחָצֵץ שָׂנֵי הַכְּפִישָׁנִי בְּאַפָּר:** {ס} 16

He has broken my teeth on gravel,  
Has ground me into the dust.

**וְתִזְנַח מְשֻׁלָּום גַּפְשִׁי נְשִׁיתִי טֹבָה:** {ס} 17

My life was bereft of peace,  
I forgot what happiness was.

**וְאָמַר אָבֵד נְצָחִי וְתוֹחֲלָתִי מִיהּוָה:** {ס} 18

I thought my strength and hope  
Had perished before the LORD.

**זְכַר־עֲנֵנִי וּמְרוּדִי לְעַנְהָה וּרְאַשָּׁה:** {ס} 19

To recall my distress and my misery  
Was wormwood and poison;

20 זָכָר תַּזְכֵּר (וַתִּשְׁחַח) [וַתִּשְׁחַח] עַלְיִ נְפָשֶׁךָ: {ס}

Whenever I thought of them,  
I was bowed low.

21 זֹאת אֲשִׁיב אֶל-לֶבֶב עַל-פָּנֶיךָ אֹזְחִיל: {ס}

But this do I call to mind,  
Therefore I have hope:

22 חִסְדֵּי יְהוָה כִּי לَا-תִּמְנוּ כִּי לَا-כָלֹו רְחִמָּיו: {ס}

The kindness of the LORD has not ended,  
His mercies are not spent.

23 חִדְשִׁים לְבָקָרִים רַבָּה אָמִונָתְךָ: {ס}

They are renewed every morning—  
Ample is Your grace!

24 חַלְקֵי יְהוָה אָמִרָה נְפָשִׁי עַל-פָּנֶיךָ אֹזְחִיל לוֹ: {ס}

“The LORD is my portion,” I say with full heart;  
Therefore will I hope in Him.

25 טֹוב יְהוָה לְקֹדוֹן לְגַפֵּשׂ תְּדַרְשָׁנוּ: {ס}

The LORD is good to those who trust in Him,  
To the one who seeks Him;

טוֹב וַיְחִיל וְדוֹמָם לִתְשׁוּעָת יְהוָה: {ס}

26

It is good to wait patiently  
Till rescue comes from the LORD.

טוֹב לְגָבֵר כִּי־יָשָׂא עַל בְּנֵעוּרִיו: {ס}

27

It is good for a man, when young,  
To bear a yoke;

יִשְׁבֶּן בָּדָל וַיְהִי כִּי נִטְלָה עַלְיוֹ: {ס}

28

Let him sit alone and be patient,  
When He has laid it upon him.

יִתְנַזֵּן בְּעַפְרֵל פִּיהוּ אֲוָלֵי יִשְׁתַּקְוָה: {ס}

29

Let him put his mouth to the dust—  
There may yet be hope.

יִתְנַזֵּן לִמְכָהוּ לְחֵי יִשְׁבַּע בְּחִרְפָּה: {ס}

30

Let him offer his cheek to the smiter;  
Let him be surfeited with mockery.

כִּי לֹא יִזְנַח לְעוֹלָם אַדְנִי: {ס}

31

For the Lord does not  
Reject forever,

**כִּי אָמַתْ-הוֹגֶה וַיַּחֲנֵם כְּרֻב חַסְדֵּיו:** {ס} 32

But first afflicts, then pardons  
In His abundant kindness.

**כִּי לֹא עֲנֵה מַלְבּוֹן יִגְאֶה בְּנֵי-אִישׁ:** {ס} 33

For He does not willfully bring grief  
Or affliction to man,

**לְדִכְאָתָת רְגָלָיו כָּל אָסִירִי אָרֶץ:** {ס} 34

Crushing under His feet  
All the prisoners of the earth.

**לְהַטּוֹת מְשֻׁפְט-אָבָר נָגֵד פְּנֵי עַלְיוֹן:** {ס} 35

To deny a man his rights  
In the presence of the Most High,

**לְעִוָּת אָדָם בְּרִיבּוֹ אָדָנִי לֹא רָאָה:** {ס} 36

To wrong a man in his cause—  
This the Lord does not choose.

**מַיּוֹת אָמֵר וְתַהַי אָדָנִי לֹא צָוָה:** {ס} 37

Whose decree was ever fulfilled,  
Unless the Lord willed it?

**מִפְּנֵי עַלְיוֹן לֹא תִּצְא הָרְעָוֹת וְהַטּוֹב:** {ס}

38

Is it not at the word of the Most High,  
That weal and woe befall?

**מַה יִתְאֹנוּ אָדָם חַי גָּבָר עַל-חַטָּאוֹ:** {ס}

39

Of what shall a living man complain?  
Each one of his own sins!

**נַחֲפֹשָׂה דֶּרֶכְינוּ וַנַּחֲקֹרָה וַנְשׁוּבָה עַד-יְהֹוָה:** {ס}

40

Let us search and examine our ways,  
And turn back to the LORD;

**נְשָׂא לְבָבֶנוּ אֶל-כְּפִים אֶל-אֱלֹהִים בְּשָׁמָים:** {ס}

41

Let us lift up our hearts with our hands  
To God in heaven:

**נָחָנוּ פְשֻׁעָנוּ וְמְרִינוּ אַתָּה לֹא סָלַחְתָּ:** {ס}

42

We have transgressed and rebelled,  
And You have not forgiven.

**סְכֹותָה בְּאָף וּמְרֹדְפָנוּ הַרְגָּתָה לֹא חִמְלַתָּ:** {ס}

43

You have clothed Yourself in anger and pursued us,  
You have slain without pity.

44

**סִכְוָתָה בְּעַנְנוּ לְךָ מֵעֲבֹר תִּפְלָה:** {ס}

You have screened Yourself off with a cloud,  
That no prayer may pass through.

45

**סְחִי וּמְאֹס תְּשִׁימָנוּ בְּקָרְבֵּ הָעָםִים:** {ס}

You have made us filth and refuse  
In the midst of the peoples.

46

**פְּצֹזֶן עַלְיָנוּ פִּיהֶם כָּל־אִיבִּינוּ:** {ס}

All our enemies loudly  
Rail against us.

47

**פְּחַד וּפִיחַת הָיָה לְנוּ הַשְּׁאת וְהַשְּׁבָר:** {ס}

Panic and pitfall are our lot,  
Death and destruction.

48

**פְּלָגִים מִים תַּרְדֵּ עַיְנִי עַל־שְׁבָר בַּת־עַמִּים:** {ס}

My eyes shed streams of water  
Over the ruin of my poor people.

49

**עַיְנִי נָגָרָה וְלֹא תִּדְמָה מֵאַיִן הַפְּגָוֹת:** {ס}

My eyes shall flow without cease,  
Without respite,

עַד יִשְׁקֹיף וַיַּרֵא יְהוָה מְשֻׁמְּדִים: {ס}

50

Until the LORD looks down  
And beholds from heaven.

עִינִי עֲזֹלָה לְנֶפֶשִׁי מְכֻל בְּנוֹת עִירִי: {ס}

51

My eyes have brought me grief  
Over all the maidens of my city.

צָוד צְדוֹגִי כָּצָפֹר אַיִל חַנְמָה: {ס}

52

My foes have snared me like a bird,  
Without any cause.

צָמְתָה בְּבֹור חַי וַיַּדְוְאָבָן בֵּי: {ס}

53

They have ended my life in a pit  
And cast stones at me.

צָפוּמִים עַל־רָאשִׁי אָמְרָתִי נָגַעֲתִי: {ס}

54

Waters flowed over my head;  
I said: I am lost!

קָרָאתִי שָׁמָךְ יְהוָה מִבּוֹר מְחֻטִּיתָה: {ס}

55

I have called on Your name, O LORD,  
From the depths of the Pit.

קֹלִי שְׁמַעַת אֶל-פָּעֵלֶם אָזְנָךְ לְרוֹחָתִי לְשֻׁ�תִי: {ס}

56

Hear my plea;  
Do not shut Your ear  
To my groan, to my cry!

קָרְבָּת בַּיּוֹם אֶקְרָאךְ אַמְرָת אֶל-תִּירָא: {ס}

57

You have ever drawn nigh when I called You;  
You have said, “Do not fear!”

רָבָת אֶלְנִי רַבִּי נְפָשִׁי גָּאֵלָת חִיִּים: {ס}

58

You championed my cause, O Lord,  
You have redeemed my life.

רָאֵיתָ יְהֹוָה עִוְתָּתִי שְׁפָטָה מִשְׁפָטִי: {ס}

59

You have seen, O LORD, the wrong done me;  
Oh, vindicate my right!

רָאֵיתָ כָּל-גִּנְקָמָתֶם כָּל-מִחְשְׁבָתֶם לִי: {ס}

60

You have seen all their malice,  
All their designs against me;

שְׁמַעַת חִרְפָּתֶם יְהֹוָה כָּל-מִחְשְׁבָתֶם עַלְיִי: {ס}

61

You have heard, O LORD, their taunts,

All their designs against me,

**שְׁפַתִּי קָמֵי וְהַגִּזְנָם עַלִּי כָּל-הַיּוֹם:** {ס} 62

The mouthings and pratings of my adversaries  
Against me all day long.

**שְׁבַתָּם וְקִימַתֶּם הַבִּיטָה אֲנִי מְגִינְתָּם:** {ס} 63

See how, at their ease or at work,  
I am the butt of their gibes.

**תָשִׁיב לָהֶם גָּמוֹל יְהוָה בְּמַעַשָּׂה יָדֵיהֶם:** {ס} 64

Give them, O LORD, their deserts  
According to their deeds.

**תַּתְנוּ לָהֶם מָגִנְתַ-לְּבָב תְּאַלְתָּה לָהֶם:** {ס} 65

Give them anguish of heart;  
Your curse be upon them!

**תִּרְדֹּף בָּאָרֶץ וְתִשְׁמַידֵם מִתְחַת שְׁמֵי יְהוָה:** {פ} 66

Oh, pursue them in wrath and destroy them  
From under the heavens of the LORD!

1

**אֵיכָה יוּם זָהָב יִשְׁגַּא הַטּוֹב תְּשַׂתְּפָכֶנָה אֲבִגִּיִּקְדָּש בְּרָאָש  
כָּל-חוֹצּוֹת: {ס}**

Alas!

The gold is dulled,  
 Debased the finest gold!  
 The sacred gems are spilled  
 At every street corner.

2

**בְּנֵי צִיּוֹן הַיְקָרִים הַמְּסֻלָּאִים בְּפִזּוֹ אֵיכָה נִחְשַׁבָו לְגַבְּלִי-חֶרֶשׁ מְעַשָּׂה יְדֵי  
יוֹצֵר: {ס}**

The precious children of Zion;  
 Once valued as gold—  
 Alas, they are accounted as earthen pots,  
 Work of a potter's hands!

3

**גַּם-[תְּנִינִים] (תְּנִינִים) חַלְצָו שָׁד הַיְנִיקָו גּוֹרִיהָנו בַּת-עַמִּי לְאַכְזָר (כִּי עֲנִים)  
[כִּיעֲנִים] בְּמִדְבָּר: {ס}**

Even jackals offer the breast  
 And suckle their young;  
 But my poor people has turned cruel,  
 Like ostriches of the desert.

4

**דָּבָק לְשׁוֹן יוֹנֵק אֶל-חַכּוֹ בְּצָמָא עֲוֹלָלִים שְׁאָלוּ לְחַם פָּרָשׁ אֵין**

לְהַמִּים: {ס}

The tongue of the sucking cleaves  
To its palate for thirst.  
Little children beg for bread;  
None gives them a morsel.

הָאֲכְלִים לְמַעֲדָנִים נִשְׁמֹו בְּחֻזְצֹות הָאֶמְגִנִּים עַלְיִ תֹּלְעֵ חַבְקָנוּ

5

אֲשֶׁר פְּתֻוחָה: {ס}

Those who feasted on dainties  
Lie famished in the streets;  
Those who were reared in purple  
Have embraced refuse heaps.

וַיָּגַדְלָ עָנוֹ בַּת־עַמִּי מִחְטָאת סָלֵם הַפּוֹכָה כִּמוֹ־רְגֵעַ וְלֹא־חַלּוּ בָּהּ

6

יָדִים: {ס}

The guilt of my poor people  
Exceeded the iniquity of Sodom,  
Which was overthrown in a moment,  
Without a hand striking it.

וְכוֹ נֹזִירֶיהָ מַשְׁלָג צָחָו מִחְלָב אֲדֹמוֹ עַצְמָם מִפְנִינִים סְפִיר

7

גִּזְרָתָם: {ס}

Her elect were purer than snow,

Whiter than milk;  
Their limbs were redder than coral,  
Their bodies were like sapphire.

חֲשַׁךְ מֵשָׁחוֹר תָּאִרְמָם לֹא נִכְרוּ בְּחוֹצֹות צְפָד עֹזֶם עַל-עַצְמָם יִבְשֶׁת הִיא 8

כָּעֵץ: {ס}

Now their faces are blacker than soot,  
They are not recognized in the streets;  
Their skin has shriveled on their bones,  
It has become dry as wood.

טוֹבִים הִיוּ חַלְלִי-חַרְבָּמְחַלְלִי רַעֲבָשָׂהֶם יָבוֹ מִדְקָרִים מִתְנוּבָת 9

שְׁדֵי: {ס}

Better off were the slain of the sword  
Than those slain by famine,  
Who pined away, [as though] wounded,  
For lack of the fruits of the field.

יָדִי נְשִׁים רְחַמְנִיּוֹת בְּשָׁלוֹ יְלִדֵּיהֶן הִי לְבָרוֹת לִמו בְּשָׁבֵר 10

בְּתַעַמִּי: {ס}

With their own hands, tenderhearted women  
Have cooked their children;  
Such became their fare,

In the disaster of my poor people.

11

**כָּלָה יְהוָה אֶת-חַמְתֹו שִׁפְךָ חֶרְוֹן אֲפֹ וַיֵּצֵת-אָשׁ בְּצִיּוֹן וַתַּאֲכַל  
יְסֻדָּתְךָ:** {ס}

The LORD vented all His fury,  
 Poured out His blazing wrath;  
 He kindled a fire in Zion  
 Which consumed its foundations.

12

**לֹא הָאֱמִינוּ מֶלֶכִים-אֶרְץ (וכל) [כָּל] יְשֻׁבֵּי תְּבָל כִּי יְבָא צָר וְאוֹיב בְּשַׁעַרְךָ  
ירֹשֶׁלָם:** {ס}

The kings of the earth did not believe,  
 Nor any of the inhabitants of the world,  
 That foe or adversary could enter  
 The gates of Jerusalem.

13

**מַחְטָאות נְבִיאֶיךָ עָזָת כְּהַנִּיחָה הַשְּׁפָכִים בְּקָרְבָה דָם  
צְדִיקִים:** {ס}

It was for the sins of her prophets,  
 The iniquities of her priests,  
 Who had shed in her midst  
 The blood of the just.

14

גָּעֹן עָרִים בְּחוֹצֹת נָגָאלו בַּדָּם בְּלֹא יוּכְלָו יָגַע בְּלֹבְשֵׁיהֶם: {ס}

They wandered blindly through the streets,  
Defiled with blood,  
So that no one was able  
To touch their garments.

15

סֻוּרוּ טְמֵא קְרָאוּ לֹמֹ סֻוּרוּ סֻוּרוּ אֲלֹתָגָעָו כִּי נָצָו גַּמְגָעָו אָמָרוּ בְּגֹויִם  
לֹא יוֹסִפוּ לְגֹורָה: {ס}

“Away! Unclean!” people shouted at them,  
“Away! Away! Touch not!”  
So they wandered and wandered again;  
For the nations had resolved:  
“They shall stay here no longer.”

16

פָּנֵי יְהֹוָה חִלְקָם לֹא יוֹסִיף לְהַבִּיטָם פָּנֵי כְּהָנִים לֹא נִשְׁאָג (זָקְנִים)  
[זָקְנִים] לֹא חִנְנָנוּ: {ס}

The LORD’s countenance has turned away from them,  
He will look on them no more.  
They showed no regard for priests,  
No favor to elders.

17

(עוֹדִינה) [עֹזְלִינוּ] תְּכִלֵּינָה עִינֵּינוּ אֶל־עֹזְרָתָנוּ הַבָּל בְּצִפְיָתָנוּ צִפְיָנוּ אֶל־גּוֹיִ  
לֹא יוֹשַׁע: {ס}

Even now our eyes pine away  
 In vain for deliverance.  
 As we waited, still we wait  
 For a nation that cannot help.

אָדוֹן אָעָדֵינוּ מַלְכָת בָּרֶחֶבְתִּינוּ קָרְבָּן קָצֵנוּ מַלְאוֹ יְמֵינוּ כִּידְבָּא

18

קָצֵנוּ: {ס}

Our steps were checked,  
 We could not walk in our squares.  
 Our doom is near, our days are done—  
 Alas, our doom has come!

קָלִים הָיוּ רַדְפֵינוּ מַגְשָׁרִי שָׁמִים עַל-הַהֲרִים דָלַקְנוּ בַמְּדֻבָּר אַרְבוֹ

19

לָנוּ: {ס}

Our pursuers were swifter  
 Than the eagles in the sky;  
 They chased us in the mountains,  
 Lay in wait for us in the wilderness.

רוּחַ אֲפִינּוּ מֵשִׁיחַ יְהֹוָה נִלְכֵד בְשִׁחְתוֹתָם אֲשֶׁר אָמַרְנוּ בְצָלָו נְחִיָּה

20

בְּגֹויִם: {ס}

The breath of our life, the LORD's anointed,  
 Was captured in their traps—

He in whose shade we had thought  
To live among the nations.

21

שְׂאֵלָה וְשִׁמְחָה בַת־אָדוֹם (יוֹשְׁבָתִי) בָּאָרֶץ עֹזֵץ גַּם־עַלְיָה  
תַּעֲבָר־כֹּס תְּשַׁכְּרֵי וְתַתְעַרֵּי: {ס}

Rejoice and exult, Fair Edom,  
Who dwell in the land of Uz!  
To you, too, the cup shall pass,  
You shall get drunk and expose your nakedness.

22

תַּמְ-עֻזָּנוּ בַת־צִוְּן לֹא יוֹסִיף לְהַגְלוֹתֶךָ פֶּקַד עֻזָּנוּ בַת־אָדוֹם גָּלוּה  
עַל־חַטָּאתֶיךָ: {פ}

Your iniquity, Fair Zion, is expiated;  
He will exile you no longer.  
Your iniquity, Fair Edom, He will note;  
He will uncover your sins.

5

---

1

זִכְרֵי יְהֹוָה מִה־הָיָה לְنָנוּ (הַבִּיט) [הַבִּיטָה] וְרִאֵה אֶת־חֶרְפָּתֵנוּ:

Remember, O LORD, what has befallen us;  
Behold, and see our disgrace!

**נַחֲלָתֵנוּ נַחֲפֹכָה לְזַרִים בַּתְיָנוּ לְגָבְרִים:**

2

Our heritage has passed to aliens,  
Our homes to strangers.

**יְתוֹמָם הַיָּנוּ (אֵין) [וְאֵין] אָב אַמְתִינּוּ כְאֶלְמָנוֹת:**

3

We have become orphans, fatherless;  
Our mothers are like widows.

**מִימֵינוּ בְכֹסֶף שְׁתִינּוּ עַצְינוּ בְמַחְיר יְבָאָנוּ:**

4

We must pay to drink our own water,  
Obtain our own kindling at a price.

**עַל צְוָארֵנוּ גַּרְדְּפָנוּ יִגְעַנוּ (לֹא) [וְלֹא] הַוְנָחֵלָנוּ:**

5

We are hotly pursued;  
Exhausted, we are given no rest.

**מִצְרִים נָתָנוּ יָד אַשּׁוּר לְשָׁבֵע לְחַם:**

6

We hold out a hand to Egypt;  
To Assyria, for our fill of bread.

**אָבַתֵּינוּ חָטָאוֹ (אֵינוּמָן) [וְאֵינוּמָן] (אָנָחָנוּ) [וְאָנָחָנוּ] עָוֹנְתִיָּהָם סְבָלָנוּ:**

7

Our fathers sinned and are no more;  
And we must bear their guilt.

עֲבָדִים מְשֻׁלּוּ בָּנוּ פֶּרֶק אֵין מִזְמָן:

8

Slaves are ruling over us,  
With none to rescue us from them.

בַּנְפְּשָׁנָנוּ נָבִיא לְחַמְנוּ מִפְנֵי חֶרֶב הַמִּזְבֵּחַ:

9

We get our bread at the peril of our lives,  
Because of the sword of the wilderness.

עֹזֶרֶנוּ כְּתֻנוֹר נְכָמָרוּ מִפְנֵי זְלַעֲפוֹת רַעַב:

10

Our skin glows like an oven,  
With the fever of famine.

נְשִׁים בְּצִיּוֹן עָנוּ בְּתַלְתָּה בְּעִירֵי יְהוּדָה:

11

They have ravished women in Zion,  
Maidens in the towns of Judah.

שָׂרִים בְּיַדָּם גָּתְלוּ פְנֵי זְקָנִים לֹא גָּהָדרוּ:

12

Princes have been hanged by them;  
No respect has been shown to elders.

בְּחוּרִים טְהֻווּ נְשָׁאוּ וְגַעֲרִים בְּעֵץ כְּשֻׁלּוּ:

13

Young men must carry millstones,  
And youths stagger under loads of wood.

**זָקְנִים מֵשֶׁעַר שְׁבָתוֹ בְּחוּרִים מִגִּינְתָּם:**

14

The old men are gone from the gate,  
The young men from their music.

**שְׁבָתְ מִשּׁוֹשׁ לְבָנוֹ נִהְפַּךְ לְאַבְלָ מִחְלָנוֹ:**

15

Gone is the joy of our hearts;  
Our dancing is turned into mourning.

**גַּפְלָה עֲטָרָת רָאשֵׁנוּ אֹיְנָא לְנוּ כִּי חִטְאָנוּ:**

16

The crown has fallen from our head;  
Woe to us that we have sinned!

**עַל־זֶה הִיה דַּוְה לְבָנוֹ עַל־אֱלֹה חַשְׁכּוּ עִינֵינוּ:**

17

Because of this our hearts are sick,  
Because of these our eyes are dimmed:

**עַל הַר־צִוָּן שְׁשָׁמִים שׂוּעָלִים הַלְכוּ־בָוּ: {פ}**

18

Because of Mount Zion, which lies desolate;  
Jackals prowl over it.

**אַתָּה יְהֹוָה לְעוֹלָם תִּשְׁבַ כַּסְאָךְ לְדוֹר וּדֹור:**

19

But You, O LORD, are enthroned forever,  
Your throne endures through the ages.

**לְמֹה לֹא נִצְחָה תַּשְׁכַּחֲנוּ תַּעֲזַבְנוּ לֹאָרֶךְ יְמִים:** 20

Why have You forgotten us utterly,  
Forsaken us for all time?

**הַשִּׁבֵּנוּ יְהוָה אֱלֹהֵינוּ (ונשוב) [וְנִשְׁוֹבָה] חֶדֶשׁ יְמִינֵנוּ פָּקָדֵם:** 21

Take us back, O LORD, to Yourself,  
And let us come back;  
Renew our days as of old!

**כִּי אִם־מֵאָס מִאָסֵתֵנוּ קָצְפָת עַלְנוּ עַד־מֵאָד:** 22

**הַשִּׁבֵּנוּ יְהוָה אֱלֹהֵינוּ וְנִשְׁוֹבָה חֶדֶשׁ יְמִינֵנוּ כָּקָדֵם**

For truly, You have rejected us,  
Bitterly raged against us.

Take us back, O LORD, to Yourself,  
And let us come back;  
Renew our days as of old!