

# Psalm 22.1-15

George Black

*Introduction. Cantor sings refrain. All repeat refrain. Cantor sings verses. All sing refrain after each group of verses. In the psalm-tone the singer leaves the reciting note on the underlined word or syllable.*

Introduction

(1) My God, my God, why have you forsaken me?

(2) and are so far from my cry  
and from the words of my distress?

(1) O my God, I cry in the daytime,  
but you do not answer;

(2) by night as well, but I find no rest.

(3) Yet you are the Holy One.

(4) enthroned upon the praises of Israel. **R.**

(1) Our forebears put their trust in you;

(2) they trusted, and you delivered them.

(1) They cried out to you and were delivered;

(2) they trusted in you and were not put to shame.

(3) but as for me, I am a worm and worthless,

(4) scorned by all and despised by the people. **R.**

(1) All who see me laugh me to scorn;

(2) they curl their lips and wag their heads, saying,

(3) "You trusted in God, let God deliver you,

(4) rescue you, and show delight in you." **R**

(1) Yet you, O God, are the one who took me from the womb,

(2) and kept me safe upon my mother's breast.

(3) I have been entrusted to you ever since I was born;

(4) you were my God when I was still in my mother's womb. **R.**

(1) Be not far from me, for trouble is near,  
and there is none to help.

(2) Many young bulls encircle me;  
strong bulls of Bashan surround me.

(3) they open wide their jaws at me,

(4) like a ravaging and a roaring lion. **R.**

(1) I am poured out like water; all my bones are out of joint;

(2) my heart within my breast is melting wax.

(3) My mouth is dried out like a pot-sherd;  
my tongue sticks to the roof of my mouth;

(4) and you have laid me in the dust of the grave. **R.**