

## Psalm 38

- 1 O Lord, rebuke me not in your anger:  
nor chasten me in your fierce displeasure.
- 2 For your arrows have been aimed against me:  
and your hand has come down heavy upon me.
- 3 There is no health in my flesh  
because of your indignation:  
nor soundness in my bones, by reason of my sin.
- 4 The tide of my iniquities has gone over my head:  
their weight is a burden too heavy for me to bear.
- 5 My wounds stink and fester:  
because of my foolishness.
- 6 I am bowed down and brought so low:  
that I go mourning all the day long.
- 7 For my loins are filled with a burning pain:  
and there is no sound part in all my body.
- 8 I am numbed and stricken to the ground:  
I cry aloud in the yearning of my heart.
- 9 O Lord, all I long for is before you:  
and my deep sighing is not hidden from you.
- 10 My heart is in tumult, my strength fails me:  
and even the light of my eyes has gone from me.
- 11 My friends and my companions  
hold aloof from my affliction:  
and my neighbours stand far off.
- 12 Those who seek my life strike at me:  
and those that desire my hurt spread evil tales,  
and murmur slanders all the day.
- 13 But I am like one who is deaf and hears nothing:  
like those that are dumb, who do not open their mouths.
- 14 So I have become as one who cannot hear:  
in whose mouth there is no retort.

- 15 For in you, Lord, have I put my trust:  
and you will answer me, O Lord my God.
- 16 For I prayed 'Let them never exult over me:  
those who turn arrogant when my foot slips.'
- 17 Truly, I am ready to fall:  
and my pain is with me continually.
- 18 But I acknowledge my wickedness:  
and I am filled with sorrow at my sin.
- 19 Those that are my enemies without cause  
are great in number:  
and those who hate me wrongfully are many.
- 20 Those also who repay evil for good are against me:  
because I seek after good.
- 21 Forsake me not, O Lord,  
go not far from me, my God:  
hasten to my help, O Lord my salvation.