

Psalm 22

JPS [\[Online\]](#)

The Psalm of the Cross

(Matthew 27:32–56; Mark 15:21–41; Luke 23:26–43; John 19:16–30)

1For the Leader; upon Aijeleth ha-Shahar. A Psalm of David. My God, my God, why hast Thou forsaken me, And art far from my help at the words of my cry?

2O my God, I call by day, but Thou answerest not; And at night, and there is no surcease for me.

3Yet Thou art holy, O Thou that art enthroned upon the praises of Israel.

4In Thee did our fathers trust; They trusted, and Thou didst deliver them.

5Unto Thee they cried, and escaped; In Thee did they trust, and were not ashamed.

6But I am a worm, and no man; A reproach of men, and despised of the people.

7All they that see me laugh me to scorn; They shoot out the lip, they shake the head:

8Let him commit himself unto the LORD! let Him rescue him; Let Him deliver him, seeing He delighteth in him.'

9For Thou art He that took me out of the womb; Thou madest me trust when I was upon my mother's breasts.

10Upon Thee I have been cast from my birth; Thou art my God from my mother's womb.

11Be not far from me; for trouble is near; For there is none to help.

12Many bulls have encompassed me; Strong bulls of Bashan have beset me round.

13They open wide their mouth against me, As a ravening and a roaring lion.

14I am poured out like water, And all my bones are out of joint; My heart is become like wax; It is melted in mine inmost parts.

15My strength is dried up like a potsherd; And my tongue cleaveth to my throat; And Thou layest me in the dust of death.

16For dogs have encompassed me; A company of evil-doers have inclosed me; Like a lion, they are at my hands and my feet.

17I may count all my bones; They look and gloat over me.

18They part my garments among them, And for my vesture do they cast lots.

19But Thou, O LORD, be not far off; O Thou my strength, hasten to help me.

20Deliver my soul from the sword; Mine only one from the power of the dog.

21Save me from the lion's mouth; Yea, from the horns of the wild-oxen do Thou answer me.

22I will declare Thy name unto my brethren; In the midst of the congregation will I praise Thee.

23Ye that fear the LORD, praise Him; All ye the seed of Jacob, glorify Him; And stand in awe of Him, all ye the seed of Israel.

24For He hath not despised nor abhorred the lowliness of the poor; Neither hath He hid His face from him; But when he cried unto Him, He heard.'

25From Thee cometh my praise in the great congregation; I will pay my vows before them that fear Him.

26Let the humble eat and be satisfied; Let them praise the LORD that seek after Him; May your heart be quickened for ever!

27All the ends of the earth shall remember and turn unto the LORD; And all the kindreds of the nations shall worship before Thee.

28For the kingdom is the LORD'S; And He is the ruler over the nations.

29All the fat ones of the earth shall eat and worship; All they that go down to the dust shall kneel before Him, Even he that cannot keep his soul alive.

30A seed shall serve him; It shall be told of the Lord unto the next generation.

31They shall come and shall declare His righteousness Unto a people that shall be born, that He hath done it.