JPS [Online]

Do Not Rebuke Me in Your Anger

(Psalm 6:1-10)

¹A Psalm of David, to make memorial. O LORD, rebuke me not in Thine anger; Neither chasten me in Thy wrath.

²For Thine arrows are gone deep into me, And Thy hand is come down upon me.

³There is no soundness in my flesh because of Thine indignation; Neither is there any health in my bones because of my sin.

⁴For mine iniquities are gone over my head; As a heavy burden they are too heavy for me.

⁵My wounds are noisome, they fester, Because of my foolishness.

⁶I am bent and bowed down greatly; I go mourning all the day.

⁷For my loins are filled with burning; And there is no soundness in my flesh.

⁸I am benumbed and sore crushed; I groan by reason of the moaning of my heart.

⁹Lord, all my desire is before Thee; And my sighing is not hid from Thee.

¹⁰My heart fluttereth, my strength faileth me; As for the light of mine eyes, it also is gone from me.

¹¹My friends and my companions stand aloof from my plague; And my kinsmen stand afar off.

¹²They also that seek after my life lay snares for me; And they that seek my hurt speak crafty devices, And utter deceits all the day.

¹³But I am as a deaf man, I hear not; And I am as a dumb man that openeth not his mouth.

¹⁴Yea, I am become as a man that heareth not, And in whose mouth are no arguments.

¹⁵For in Thee, O LORD, do I hope; Thou wilt answer, O Lord my God.

¹⁶For I said: 'Lest they rejoice over me; When my foot slippeth, they magnify themselves against me.'

¹⁷For I am ready to halt, And my pain is continually before me.

¹⁸For I do declare mine iniquity; I am full of care because of my sin.

¹⁹But mine enemies are strong in health; And they that hate me wrongfully are multiplied.

²⁰They also that repay evil for good Are adversaries unto me, because I follow the thing that is good.

²¹Forsake me not, O LORD; O my God, be not far from me.

²²Make haste to help me, O Lord, my salvation.