Lamentations

1 [ALEPH-BET] How she has sat alone, | | The city abounding with people! She has been as a widow, | | The mighty among nations! Princes among provinces, | | She has become tributary!  2 She weeps severely in the night, | | And her tear [is] on her cheeks, | | There is no comforter for her out of all her lovers, | | All her friends dealt treacherously by her, | | They have been to her for enemies.  3 Removed has Judah because of affliction, | | And because of the abundance of her service; She has dwelt among nations, | | She has not found rest, | | All her pursuers have overtaken her between the straits.  4 The ways of Zion are mourning, | | Without any coming at the appointed time, | | All her gates are desolate, her priests sigh, | | Her virgins are afflicted—and she has bitterness.  5 Her adversaries have become chief, | | Her enemies have been at ease, | | For YHWH has afflicted her, | | For the abundance of her transgressions, | | Her infants have gone captive before the adversary.  6 And all her honor goes out from the daughter of Zion, | | Her princes have been as harts—They have not found pasture, | | And they go powerless before a pursuer.  7 Jerusalem has remembered | | [In] the days of her affliction and her mournings, all her desirable things that were from the days of old, | | In the falling of her people into the hand of an adversary, | |
And she has no helper; Adversaries have seen her, || They have laughed at her cessation. 8 A sin has Jerusalem sinned, || Therefore she has become impure, || All who honored her have esteemed her lightly, || For they have seen her nakedness, || Indeed, she herself has sighed and turns backward. 9 Her uncleanness [is] in her skirts, || She has not remembered her latter end, || And she comes down wonderfully, || There is no comforter for her. See, O YHWH, my affliction, || For an enemy has exerted himself. 10 His hand has spread out an adversary || On all her desirable things, || For she has seen—Nations have entered her sanctuary, || Concerning which You commanded, || “They do not come into the assembly to you.” 11 All her people are sighing—seeking bread, || They have given their desirable things || For food to refresh the body; See, O YHWH, and behold attentively, || For I have been lightly esteemed. 12 [Is it] nothing to you, all you passing by the way? Look attentively, and see, || If there is any pain like my pain, || That He is rolling to me? Whom YHWH has afflicted || In the day of the fierceness of His anger. 13 From above He has sent fire into my bone, || And it subdues it, He has spread a net for my feet, || He has turned me backward, || He has made me desolate—all the day sick. 14 Bound has been the yoke of my transgressions by His hand, || They are wrapped together, || They have gone up on my neck, || He has caused my power to stumble, || The Lord has given me into hands, I am not able to rise.
The Lord has trodden down all my mighty ones in my midst, || He proclaimed an appointed time against me, || To destroy my young men, || The Lord has trodden a winepress, || To the virgin daughter of Judah. 16 For these I am weeping, || My eye, my eye, is running down with waters, || For a comforter has been far from me, || Refreshing my soul, || My sons have been desolate, || For mighty has been an enemy. 17 Zion has spread forth her hands, || There is no comforter for her, || YHWH has charged concerning Jacob, || His neighbors [are] his adversaries, || Jerusalem has become impure among them. 18 YHWH is righteous, || For I have provoked His mouth. Now hear, all you peoples, and see my pain, || My virgins and my young men have gone into captivity. 19 I called for my lovers, they have deceived me, || My priests and my elderly have expired in the city; When they have sought food for themselves, || Then they give back their soul. 20 See, O YHWH, for distress [is] to me, || My bowels have been troubled, || My heart has been turned in my midst, || For I have greatly provoked, || From outside the sword has bereaved, || In the house [it is] as death. 21 They have heard that I have sighed, || There is no comforter for me, || All my enemies have heard of my calamity, || They have rejoiced that You have done [it], || You have brought in the day You have called, || And they are like to me. 22 All their evil comes in before You, || And one is doing to them as You
have done to me, || For all my transgressions, || For many [are] my sighs, and my heart [is] sick!

2

1 [ALEPH-BET] How the Lord clouds in His anger the daughter of Zion, || He has cast from the heavens [to] earth the beauty of Israel, || And has not remembered His footstool in the day of His anger. 2 The Lord has swallowed up, || He has not pitied any of the pleasant places of Jacob, || He has broken down in His wrath || The fortresses of the daughter of Judah, || He has caused to come to the earth, || He defiled the kingdom and its princes. 3 He has cut off in the heat of anger every horn of Israel, || He has turned backward His right hand || From the face of the enemy, || And He burns against Jacob as a flaming fire, || It has devoured all around. 4 He has bent His bow as an enemy, || His right hand has stood as an adversary, || And He slays all the desirable ones of the eye, || In the tent of the daughter of Zion, || He has poured out as fire His fury. 5 The Lord has been as an enemy, || He has swallowed up Israel, || He has swallowed up all her palaces, || He has destroyed His fortresses, || And He multiplies in the daughter of Judah || Mourning and moaning. 6 And He shakes as a garden His dwelling place, || He has destroyed His appointed place, || YHWH has forgotten in Zion the appointed time and Sabbath, || And despises, in the indignation of His anger, king and priest. 7 The Lord has cast off His altar, || He has rejected His sanctuary,
He has shut up into the hand of the enemy. The walls of her palaces, A noise they have made in the house of YHWH. Like a day of appointment. YHWH has devised to destroy the wall of the daughter of Zion. He has stretched out a line, He has not turned His hand from destroying, And He causes bulwark and wall to mourn, Together—they have been weak. Sunk into the earth have her gates, He has destroyed and broken her bars, Her king and her princes [are] among the nations, There is no law, also her prophets. Have not found vision from YHWH. Sit on the earth—[the] elderly of Zion’s daughter keep silent, They have caused dust to go up on their head, They have girded on sackcloth, The virgins of Jerusalem have Put their head down to the earth. My eyes have been consumed by tears, My bowels have been troubled, My liver has been poured out to the earth, For the breach of the daughter of my people; In infant and suckling being feeble, In the broad places of the city, To their mothers they say, “Where [are] grain and wine?” In their becoming feeble as a pierced one In the broad places of the city, In their soul pouring itself out into the bosom of their mothers. What do I testify [to] you, what do I liken to you, O daughter of Jerusalem? What do I equal to you, and I comfort you, O virgin daughter of Zion? For great as a sea [is] your breach, Who gives healing to you? Your prophets have seen for you a false and insipid thing,
And have not revealed concerning your iniquity, And they see for you false burdens and causes of expulsion. Everyone passing by the way clapped hands at you, They have hissed—and they shake the head At the daughter of Jerusalem: “Is this the city of which they said: The perfection of beauty, a joy to all the land?” 16 Opened against you their mouth have all your enemies, They have hissed, indeed, they gnash the teeth, They have said: “We have swallowed [her] up, Surely this [is] the day that we looked for, We have found—we have seen.” 17 YHWH has done that which He devised, He has fulfilled His saying That He commanded from the days of old, He has broken down and has not pitied, And causes an enemy to rejoice over you, He lifted up the horn of your adversaries. 18 Their heart has cried to the Lord; O wall of the daughter of Zion, Cause to go down tears as a stream daily and nightly, do not give rest to yourself, Do not let the daughter of your eye stand still. 19 Arise, cry aloud in the night, At the beginning of the watches. Pour out your heart as water, Before the face of the Lord, Lift up to Him your hands, for the soul of your infants, Who are feeble with hunger at the head of all out-places. 20 See, O YHWH, and look attentively, To whom You have acted thus, Do women eat their fruit, infants of a handbreadth? Slain in the sanctuary of the Lord are priest and prophet? 21 Lain on the earth [in] out-places have young and old, My virgins
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and my young men have fallen by the sword, | | You have slain in a day of Your anger, | | You have slaughtered—You have not pitied. 22 You call as [at] a day of appointment, | | My fears from all around, | | And there has not been in the day of the anger of YHWH, | | An escaped and remaining one, | | They whom I stretched out and nourished, | | My enemy has consumed!

3

[1] [ALEPH-BET] I [am] the man [who] has seen affliction | | By the rod of His wrath. 2 He has led me, and causes to go [in] darkness, and without light. 3 Surely against me He turns back, | | He turns His hand all the day. 4 He has worn out my flesh and my skin. He has broken my bones. 5 He has built up against me, | | And sets around poverty and weariness. 6 In dark places He has caused me to dwell, | | As the dead of old. 7 He has hedged me in, and I do not go out, | | He has made heavy my chain. 8 Also when I call and cry out, | | He has shut out my prayer. 9 He has hedged my ways with hewn work, | | My paths He has made crooked. 10 A bear lying in wait He [is] to me, | | A lion in secret hiding places. 11 My ways He is turning aside, and He pulls me in pieces, | | He has made me a desolation. 12 He has bent His bow, | | And sets me up as a mark for an arrow. 13 He has caused to enter into my reins | | The sons of His quiver. 14 I have been a derision to all my people, | | Their song all the day. 15 He has filled me with bitter things, | | He has filled me [with] wormwood.
16 And He breaks with gravel my teeth, || He has covered me with ashes.
17 And You cast off my soul from peace, || I have forgotten prosperity.
18 And I say, My strength and my hope have perished from YHWH.
19 Remember my affliction and my mourning, || Wormwood and gall!
20 Remember well, and my soul bows down in me.
21 This I turn to my heart—therefore I hope.
22 The kindnesses of YHWH! For we have not been consumed, || For His mercies have not ended.
23 New every morning, abundant [is] Your faithfulness.
24 My portion [is] YHWH, my soul has said, || Therefore I hope for Him.
25 YHWH [is] good to those waiting for Him, || To the soul [that] seeks Him.
26 [It is] good when one stays and stands still || For the salvation of YHWH.
27 [It is] good for a man that he bears a yoke in his youth.
28 He sits alone, and is silent, || For He has laid [it] on him.
29 He puts his mouth in the dust, if so be, there is hope.
30 He gives to his striker the cheek, || He is filled with reproach.
31 For the Lord does not cast off for all time.
32 For though He afflicted, yet He has pitied, || According to the abundance of His kindness.
33 For He has not afflicted with His heart, || Nor does He grieve the sons of men.
34 To bruise under one’s feet any bound ones of earth,
35 To turn aside the judgment of a man, || Before the face of the Most High,
36 To subvert a man in his cause, the Lord has not approved.
37 Who [is] this—he has spoken, and it is, || [And] the Lord has not commanded [it]?
38 From the mouth of the Most High does not go forth the
evils and the good. 39 Why does a living man sigh habitually, || A man for his sin? 40 We search our ways, and investigate, || And turn back to YHWH. 41 We lift up our heart on the hands to God in the heavens. 42 We have transgressed and been rebellious, || You have not forgiven. 43 You have covered Yourself with anger, || And pursue us; You have slain—You have not pitied. 44 You have covered Yourself with a cloud, || So that prayer does not pass through. 45 Outcast and refuse You make us || In the midst of the peoples. 46 Opened against us their mouth have all our enemies. 47 Fear and a snare has been for us, || Desolation and destruction. 48 Streams of water go down my eye, || For the destruction of the daughter of my people. 49 My eye is poured out, || And does not cease without intermission, 50 Until YHWH looks and sees from the heavens, 51 My eye affects my soul, || Because of all the daughters of my city. 52 Hunting—my enemies have hunted me without cause like the bird. 53 They have cut off my life in a pit, || And they cast a stone against me. 54 Waters have flowed over my head, I have said, I have been cut off. 55 I called Your Name, O YHWH, from the lower pit. 56 You have heard my voice, do not hide Your ear at my breathing—at my cry. 57 You have drawn near in the day I call You, You have said, Do not fear. 58 You have pleaded, O Lord, the pleadings of my soul, || You have redeemed my life. 59 You have seen, O YHWH, my overthrow, || Judge my cause. 60 You have seen all their vengeance, || All their thoughts of me. 61 You have heard their
reproach, O YHWH,  
62 All their thoughts against me,  
63 The lips of my withstanders,  
Even their meditation against me all the day.  
63 Their sitting down, and their rising up,  
Behold attentively, I [am] their song.  
64 You return to them the deed, O YHWH,  
According to the work of their hands.  
65 You give to them a covered heart,  
Your curse to them.  
66 You pursue in anger, and destroy them,  
From under the heavens of YHWH!

4  
1 [ALEPH-BET] How the gold has become dim,  
Changed the best—the pure gold! Stones of the sanctuary are poured out  
At the head of all out-places.  
2 The precious sons of Zion,  
Who are comparable with fine gold,  
How they have been reckoned earthen bottles,  
Work of the hands of a potter.  
3 Even dragons have drawn out the breast,  
They have suckled their young ones,  
The daughter of my people has become cruel,  
Like the ostriches in a wilderness.  
4 The tongue of a suckling has cleaved to his palate with thirst,  
Infants asked for bread, they have no dealer [of it] out.  
5 Those eating of delicacies have been desolate in out-places,  
Those supported on scarlet have embraced dunghills.  
6 And greater is the iniquity of the daughter of my people,  
Than the sin of Sodom,  
That was overturned as [in] a moment,  
And no hands were stayed on her.  
7 Purer were her Nazarites than snow,  
Whiter than milk, ruddier of body than rubies,  
Of sapphire
their form. 8 Their face has been darker than blackness, || They have not been known in out-places, || Their skin has cleaved to their bone, || It has withered—it has been as wood. 9 Better have been the pierced of a sword || Than the pierced of famine, || For these flow away, pierced through, || Without the increase of the field. 10 The hands of merciful women have boiled their own children, || They have been for food to them, || In the destruction of the daughter of my people. 11 YHWH has completed His fury, || He has poured out the fierceness of His anger, || And He kindles a fire in Zion, || And it devours her foundations. 12 The kings of earth did not believe, || And any of the inhabitants of the world, || That an adversary and enemy would come || Into the gates of Jerusalem. 13 Because of the sins of her prophets, || The iniquities of her priests, || Who are shedding in her midst the blood of the righteous, 14 They have wandered naked in out-places, || They have been defiled with blood, || Without [any] being able to touch their clothing, 15 “Turn aside—unclean,” they called to them, || “Turn aside, turn aside, do not touch,” || For they fled—indeed, they have wandered, || They have said among nations: “They do not add to sojourn.” 16 The face of YHWH has divided them, || He does not add to behold them, || They have not lifted up the face of priests, || They have not favored [the] old and elderly. 17 While we exist—consumed are our eyes for our vain help, || In our watchtower we have watched for a nation
[that] does not save. 18 They have hunted our steps from going in our broad-places, || Near has been our end, fulfilled our days, || For our end has come. 19 Swifter have been our pursuers, || Than the eagles of the heavens, || On the mountains they have burned [after] us, || In the wilderness they have laid wait for us. 20 The breath of our nostrils—the anointed of YHWH, || Has been captured in their pits, of whom we said: “We live among nations in his shadow.” 21 Rejoice and be glad, O daughter of Edom, || Dwelling in the land of Uz, || Even to you a cup passes over, || You are drunk, and make yourself naked. 22 Completed [is] your iniquity, daughter of Zion, || He does not add to remove you, || He has inspected your iniquity, O daughter of Edom, || He has removed [you] because of your sins!

5

1 Remember, O YHWH, what has befallen us, || Look attentively, and see our reproach. 2 Our inheritance has been turned to strangers, || Our houses to foreigners. 3 Orphans we have been—without a father, our mothers [are] as widows. 4 We have drunk our water for money, || Our wood comes for a price. 5 For our neck we have been pursued, || We have labored—there has been no rest for us. 6 [To] Egypt we have given a hand, || [To] Asshur, to be satisfied with bread. 7 Our fathers have sinned—they are not, || We have borne their iniquities. 8 Servants have ruled over us, || There is no deliverer from their hand. 9 With our lives we bring in our
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bread, || Because of the sword of the wilderness.
10 Our skin as an oven has been burning, || Because of the raging of the famine.
11 Wives in Zion they have humbled, || Virgins—in cities of Judah.
12 Princes have been hanged by their hand, || Elderly faces have not been honored.
13 They have taken young men to grind, || And youths have stumbled with wood.
14 Elderly have ceased from the gate, || Young men from their song.
15 The joy of our heart has ceased, || Our dancing has been turned to mourning.
16 The crown has fallen [from] our head, || Woe [is] now to us, for we have sinned.
17 Our heart has been sick for this, || Our eyes have been dim for these.
18 For the Mount of Zion—that is desolate, || Foxes have gone up on it.
19 You, O YHWH, remain for all time, || Your throne to generation and generation.
20 Why do You forget us forever? You forsake us for [the] length of [our] days!
21 Turn us back, O YHWH, to You, || And we turn back, renew our days as of old.
22 For have You utterly rejected us? You have been angry against us—exceedingly?
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Dialect: American
Contributor: Covenant Press

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2022-11-25
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