

Psalm 22:2-23

Psalm Tone: Adapted from Russian Troparion Tone 4 by S. Rolando



Psalm 22:2-23

My God, my God, why have you forsaken *me*?
You are far from my plea and the cry of my dis-*tress*.
O my God, I call by day and you give *no* reply;
I call by night and I *find* no peace.

Yet you, O God, are holy,
enthroned on the praises of *Is*-rael.
In you our fathers put their trust;
they trusted and you set them *free*.
When they cried to you, *they* escaped.
In you they trusted and ne-*ver* in vain.

But I am a worm and no man,
scorned by men, despised by the *peo*-ple.
All who see me deride me.
They curl their lips, they toss their *heads*.
“He trusted in the Lord, *let* him save him;
let him release him if this *is* his friend.”

Yes, it was you who took me from the womb,
entrusted me to my mother's *breast*.
To you I was committed from my birth,
from my mother's womb you have been my *God*.
Do not leave me alone in *my* distress;
come close, there is none *else* to help.

Many bulls have surrounded *me*,
fierce bulls of Bashan close me *in*.
Against me they open *wide* their jaws,
like lions, ren-*ding* and roaring.

Like water I am poured *out*,
disjointed are all my *bones*.
My heart has be-*come* like wax,
it is melted with-*in* my breast.

Parched as burnt clay is my throat,
my tongue cleaves to my *jaws*.
Many dogs have surrounded me,
a band of the wicked be-*set* me.
They tear holes in my hands *and* my feet
and lay me in the *dust* of death.

I can count every one of my *bones*.
These people stare at me and *loat*;
they divide my clo-*thing* among them.
They cast lots *for* my robe.

O Lord, do not leave me alone,
my strength, make haste to *help* me!
Rescue my soul from the sword,
my life from the grip of these *dogs*.
Save my life from the jaws *of* these lions,
my poor soul from the horns *of* these oxen.

I will tell of your name to my *breth*-ren ①
and praise you where they *are* assembled. ④

Glory to the Father, and to the *Son*, ①
and to the *Ho*-ly Spirit. ④

As it was in the be-*gin*-ning, ①
is now, and will be for ev-*er*. A - men. ④

Grail Psalmody

Psalm 22:2-23 used: Good Friday Office of Readings