

## Psalm 38

1 Rebuke me not, O Lord, in your anger,  
neither chasten me in your heavy displeasure.

2 For your arrows have stuck fast in me  
and your hand presses hard upon me.

3 There is no health in my flesh  
because of your indignation;  
there is no peace in my bones because of my sin.

4 For my iniquities have gone over my head;  
their weight is a burden too heavy to bear.

5 My wounds stink and fester  
because of my foolishness.

6 I am utterly bowed down and brought very low;  
I go about mourning all the day long.

7 My loins are filled with searing pain;  
there is no health in my flesh.

8 I am feeble and utterly crushed;  
I roar aloud because of the disquiet of my heart.

9 O Lord, you know all my desires  
and my sighing is not hidden from you.

10 My heart is pounding, my strength has failed me;  
the light of my eyes is gone from me.

11 My friends and companions stand apart from my affliction;  
my neighbours stand afar off.

12 Those who seek after my life lay snares for me;  
and those who would harm me whisper evil  
and mutter slander all the day long.

13 But I am like one who is deaf and hears not,  
like one that is dumb, who does not open his mouth.

14 I have become like one who does not hear  
and from whose mouth comes no retort.

15 For in you, Lord, have I put my trust;  
you will answer me, O Lord my God.

16 For I said, 'Let them not triumph over me,  
those who exult over me when my foot slips.'

17 Truly, I am on the verge of falling  
and my pain is ever with me.

18 I will confess my iniquity  
and be sorry for my sin.

19 Those that are my enemies without any cause are mighty,  
and those who hate me wrongfully are many in number.

20 Those who repay evil for good are against me,  
because the good is what I seek.

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

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