

Psalm 31: 9-16

Have mercy on me, O Lord, for I am in trouble; my eye is consumed with sorrow, and also my throat and my belly.

For my life is wasted with grief, and my years with sighing; my strength fails me because of affliction, and my bones are consumed.

I have become a reproach to all my enemies and even to my neighbours, a dismay to those of my acquaintance; when they see me in the street they avoid me.

I am forgotten like a dead man, out of mind; I am as useless as a broken pot.

For I have heard the whispering of the crowd; fear is all around; they put their heads together against me; they plot to take my life.

But as for me, I have trusted in you, O Lord. I have said, "You are my God.

My times are in your hand; rescue me from the hand of my enemies, and from those who persecute me.

Make your face to shine upon your servant, * and in your loving-kindness save me."