

Refrain: I trust in you, you are my God.

In you, O God, I have taken refuge; let me never be put to shame.

**Deliver me in your righteousness;
incline your ear; come quickly to my rescue. R**

Be my rock of refuge, a stronghold to keep me safe.

**You are indeed my rock and fortress;
lead me and guide me for your own name's sake.**

Release me from the net that they hid for me, for you are my protector.

**Into your hands I commend my spirit,
for you have redeemed me, O God of truth. R**

Have mercy on me, God, for I am in trouble;
my eyes are wasted with grief, my soul and my body also.

**My life is worn out with sorrow, and my years with sighing;
my strength fails me in my misery, my bones are wasted away.**

I am the scorn of my enemies, yes, even of my neighbours.

**My acquaintances shudder at the sight of me;
when they see me in the street, they shrink away.**

I have passed out of mind like one who is dead;

I have become like a broken vessel.

**I hear the whispering of many; fear is on every side,
while they conspire against me, and plot to take my life. R**

My times are in your hands;

deliver me from the hands of my enemies, from those who pursue me.

**Let your face shine on your servant,
and save me, for your mercy's sake. R**