

# Lamentation

## Chapter: 1

1. **אִיכָה** יֹשֶׁבֶת בְּדָד, הָעִיר רַבְתִּי עָם--הִיָּתָה, כְּאַלְמָנָה; רַבְתִּי בַגּוֹיִם, שְׂרָתִי  
בְּמִדְיָנוֹת--הִיָּתָה, לְבַס. {ס}

1. HOW DOTH the city sit solitary, that was full of people! How is she become as a widow! She that was great among the nations, and princess among the provinces, how is she become tributary!

2. בָּכוּ תִבְכֶּה בְּלִילָה, וְדַמְעָתָה עַל לְוִיָּה--אֵין-לָהּ מְנַוֵּם, מִכָּל-אַהֲבֶיהָ: כָּל-רַעֲיָהּ  
בְּגָדוּ בָהּ, הָיוּ לָהּ לְאֹיְבִים. {ס}

2. She weepeth sore in the night, and her tears are on her cheeks; she hath none to comfort her among all her lovers; all her friends have dealt treacherously with her, they are become her enemies.

3. גָּלְתָה יְהוּדָה מֵעֲנִי, וּמִרַב עֲבָדָה--הִיא יֹשֶׁבֶת בַּגּוֹיִם, לֹא מִצָּאָה מְנוּחָה; כָּל-רֹדְפֶיהָ  
הִשְׁיִגוּהָ, בֵּין הַמִּצָּרִים. {ס}

3. Judah is gone into exile because of affliction, and because of great servitude; she dwelleth among the nations, she findeth no rest; all her pursuers overtook her within the straits.

4. דְּרָכֵי צִיּוֹן אֶבְלוֹת, מִבְּלִי בָּאִי מוֹעֵד--כָּל-שְׁעָרֶיהָ שׁוּמְמוֹן, כַּהֲנִיָּה נֶאֱנָזוּיִם;  
בְּתוֹלְתֶיהָ נִזְנָוֹת, וְהִיא מֵר-לָהּ. {ס}

4. The ways of Zion do mourn, because none come to the solemn assembly; all her gates are desolate, her priests sigh; her virgins are afflicted, and she herself is in bitterness.

5. הָיוּ צָרֶיהָ לְרֹאשׁ אֹיְבֶיהָ שָׁלוֹם, כִּי-יְהוָה הוֹצִיָּה עַל רַב-פְּשָׁעֶיהָ; עוֹלָלֶיהָ הִלְכוּ שָׁבִי,  
לִפְנֵי-צָר. {ס}

5. Her adversaries are become the head, her enemies are at ease; for YHVH hath afflicted her for the multitude of her transgressions; her young children are gone into captivity before the adversary.

6. וַיֵּצֵא מִן בֵּת- (מִבֵּת-) צִיּוֹן, כָּל-הַדָּרָה; הָיוּ שְׂרִיָּה, בְּאֵילִים לֹא-מִצָּאוּ מְרֻעָה, וַיִּלְכוּ  
בְּלֹא-כֹחַ, לִפְנֵי רוֹדֶף. {ס}

6. And gone is from the daughter of Zion all her splendour; her princes are become like harts that find no pasture, and they are gone without strength before the pursuer.

7. זָכְרָה יְרוּשָׁלַם, יָבִי עֲנָיָה וּמְרֻדִיָּה--כָּל מִזְמוֹרֶיהָ, אֲשֶׁר הָיוּ מִיָּבֵי קֶדֶם; בְּנֹפֶל עָמָה  
בְּיַד-צָר, וְאֵין עוֹזֵר לָהּ--רָאוּהָ צָרִים, שְׂזוּקוּ עַל מִשְׁבַּתָּהּ. {ס}

7. Jerusalem remembereth in the days of her affliction and of her anguish all her treasures that she had from the days of old; now that her people fall by the hand of the adversary, and none doth help her, the adversaries have seen her, they have mocked at her desolations.

8. זָטָה זָטָה יְרוּשָׁלַם, עַל-כֵּן לְנִידָה הִיָּתָה; כָּל-מִכְבָּדֶיהָ הִזְלִיחָה כִּי-רָאוּ עֲרוֹתָהּ,  
גָּם-הִיא נֶאֱנָזָה וְתִשָּׁב אֲחוּזָה. {ס}

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8. Jerusalem hath grievously sinned, therefore she is become as one unclean; all that honoured her despise her, because they have seen her nakedness; she herself also sigheth, and turneth backward.

9. טִמְאַתָּה בְּשׂוּלֶיךָ, לֹא זָכְרָה אֲזוּרִיתָהּ, וַתִּרְדּוּ כָּלֵאִים, אֵין מִנּוּזָם לָהּ; רָאָה יְהוָה אֶת-עֲנָנֶיךָ, כִּי הִגְדִּיל אוֹיֵב. {ס}

9. Her filthiness was in her skirts, she was not mindful of her end; therefore is she come down wonderfully, she hath no comforter. 'Behold, O LORD, my affliction, for the enemy hath magnified himself.'

10. יָדוּ פָרֶשׁ צָר, עַל כָּל-מוֹצְבוֹתֶיהָ: כִּי-רָאִתָּה גּוֹיִם, בָּאוּ מִקִּדְשֶׁךָ--אֲשֶׁר צִוִּיתָהּ, לֹא-יָבֹאוּ בִקְהָל לָךְ. {ס}

10. The adversary hath spread out his hand upon all her treasures; for she hath seen that the heathen are entered into her sanctuary, concerning whom Thou didst command that they should not enter into Thy congregation.

11. כָּל-עַמּוּהָ זָאֲזוּיִם מִבִּקְשֵׁים לָזֶם, נָתַנוּ מוֹצְבוֹדֵיהֶם (מוֹצְבוֹדֵיהֶם) בְּאֶכָל לֶחֶמֶיב נַפְשִׁי; רָאָה יְהוָה וַהֲבִיטָהּ, כִּי הָיִיתִי זוֹלָלָהּ. {ס}

11. All her people sigh, they seek bread; they have given their pleasant things for food to refresh the soul. 'See, O LORD, and behold, how abject I am become.'

12. לֹא אֶלִיכֶם, כָּל-עֲבָרֵי דֶרֶךְ--הַבִּיטוּ וְרֹאוּ, אִם-יֵשׁ מִכָּאוֹב כְּמִכָּאֲבִי אֲשֶׁר עוֹלָל לִי: אֲשֶׁר הוֹצֵאתָ יְהוָה, בְּיוֹם זִרוֹן אַפּוֹ. {ס}

12. 'Let it not come unto you, all ye that pass by! Behold, and see if there be any pain like unto my pain, which is done unto me, wherewith YHVH hath afflicted me in the day of His fierce anger.'

13. מִמְּרוֹם שָׁלוֹחַ-אֵשׁ בְּעֶצְמוֹתַי, וַיִּרְדָּנָהּ; פָּרֶשׁ רִשְׁתָּ לְרִגְלִי, הִשְׁבִּנִי אֲזוּזָה--נִתְנַנִּי עִיבּוֹמָה, כָּל-הַיּוֹם דָּוָהּ. {ס}

13. From on high hath He sent fire into my bones, and it prevaleth against them; He hath spread a net for my feet, He hath turned me back; He hath made me desolate and faint all the day.

14. נִשְׁקָד עַל פְּשָׁעֵי בְּיָדוֹ, יִשְׁתַּרְגּוּ עָלָיו עַל-צָוָארִי--הַכְשִׁיל כּוֹזֵז; נִתְנַנִּי אֲדָנִי, בְּיָדִי לֹא-אוּכַל קוּם. {ס}

14. The yoke of my transgressions is impressed by His hand; they are knit together, they are come up upon my neck; He hath made my strength to fail; the Lord hath delivered me into their hands, against whom I am not able to stand.

15. סָלָה כָּל-אֲבִירֵי אֲדָנִי בִקְרָבִי, קָרָא עָלַי מוֹעֵד לְשֹׁבֵר בְּזוּזִי; גַּת דֶּרֶךְ אֲדָנִי, לְבִתּוּלָהּ בַּת-יְהוּדָהּ. {ס}

15. The Lord hath set at nought all my mighty men in the midst of me; He hath called a solemn assembly against me to crush my young men; the Lord hath trodden as in a winepress the virgin the daughter of Judah.'

16. עַל-אֲכָלָה אָנִי בּוֹכֶיָהּ, עֵינֵי עֵינֵי יְרֵדָה מֵיָם--כִּי-רֹזֶק מִמֶּנִּי מִנּוּזָם, מִשְׁעִיב נַפְשִׁי; הָיוּ בְנֵי עוֹבְדֵימֵי, כִּי גָבַר אוֹיֵב. {ס}

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16. 'For these things I weep; mine eye, mine eye runneth down with water; because the comforter is far from me, even he that should refresh my soul; my children are desolate, because the enemy hath prevailed.'
17. פִּרְשֵׁת צִיּוֹן בְּיָדֶיהָ, אֵין מְנַחֵם לָהּ--צֹהַ יְהוָה לִיעֲקֹב, סִבִּיבָיו צָרִיו; הִיתָה יְרוּשָׁלַם לְנָדָה, בִּינֵיהֶם. {ס}
17. Zion spreadeth forth her hands; there is none to comfort her; YHVH hath commanded concerning Jacob, that they that are round about him should be his adversaries; Jerusalem is among them as one unclean.
18. צָדִיק הוּא יְהוָה, כִּי פִיהוּ בְּרִיתִי שְׁמָעוּ--זֶא כָל-עַמִּים (הָעַמִּים), וְרָאוּ מִכְאֲבִי--בְּתוֹכִתִי וּבְחוּרֵי, הִלְכוּ בְּשִׁבִי. {ס}
18. 'The LORD is righteous; for I have rebelled against His word; hear, I pray you, all ye peoples, and behold my pain: my virgins and my young men are gone into captivity.
19. קָרָאתִי לְמֵאֲהָבֵי הַמָּה רַבּוּנִי, כִּהְנִי וְהִנֵּי בָעִיר זָעוּ: כִּי-בִקְשׁוּ אֶכֶל לָבוֹ, וַיִּשְׁבּוּ אֶת-נַפְשָׁם. {ס}
19. I called for my lovers, but they deceived me; my priests and mine elders perished in the city, while they sought them food to refresh their souls.
20. רָאָה יְהוָה כִּי-צָר-לִי, מַעַי וְזִמְרָמוּ--נִהַפֵּךְ לִבִּי בְּקֶרְבִי, כִּי מָרוּ בְּרִיתִי; מוֹחוּן שִׁכְלָה-זָרָב, בְּבֵית כְּמוֹת. {ס}
20. Behold, O LORD, for I am in distress, mine inwards burn; my heart is turned within me, for I have grievously rebelled. Abroad the sword bereaveth, at home there is the like of death.
21. שְׁמָעוּ כִּי נִאֲנֹזָה אָנִי, אֵין מְנַחֵם לִי--כָל-אִיבֵי שְׁמָעוּ רָעִתִי שִׁשׁוּ, כִּי אֵתָה עָשִׂיתָ; הִבֵּאתָ יוֹם-קָרָאתִי, וַיְהִי כְמוֹנִי. {ס}
21. They have heard that I sigh, there is none to comfort me; all mine enemies have heard of my trouble, and are glad, for Thou hast done it; Thou wilt bring the day that Thou hast proclaimed, and they shall be like unto me.
22. תָּבֵא כָל-רָעָתָם לְפָנַי וְעוֹכֵל לָבוֹ, כַּאֲשֶׁר עוֹלָלָתָ לִי עַל כָּל-פְּשָׁעֵי: כִּי-רַבּוֹת אֲנֹזָתִי, וְלִבִּי דָוִי. {פ}
22. Let all their wickedness come before Thee; and do unto them, as Thou hast done unto me for all my transgressions; for my sighs are many and my heart is faint.'

### Chapter: 2

1. אִיכָּה יַעֲיֵב בְּאֶפֶס אֶרֶצִי, אֶת-בֵּת-צִיּוֹן--הַשְּׁלִיךְ מִשְׁכָּנִים אֶרֶץ, תִּפְאֶרֶת יִשְׂרָאֵל; וְלֹא-זָכַר הָדָם-רַגְלָיו, בְּיוֹם אָפֹו. {ס}
1. How hath the Lord covered with a cloud the daughter of Zion in His anger! He hath cast down from heaven unto the earth the beauty of Israel, and hath not remembered His footstool in the day of His anger.

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2. בִּלְעַ אֲדֹנָי לֹא (וְלֹא) זָחַל, אֶת כָּל-נְאוֹת יַעֲקֹב--הָרַס בְּעִבְרָתוֹ מִבְּצָרֵי בֵּת-יְהוּדָה, הַגִּיעַ לָאָרֶץ; וְזָחַל מִמְּלָכָהּ, וְשָׂרֶיהָ. {ס}

2. The Lord hath swallowed up unsparingly all the habitations of Jacob; He hath thrown down in His wrath the strongholds of the daughter of Judah; He hath brought them down to the ground; He hath profaned the kingdom and the princes thereof.

3. גָּדַע בְּזֹרֵי-אֵף, כָּל קֶרֶן יִשְׂרָאֵל--הֵשִׁיב אֲזוּזֹר יְמִינוֹ, מִפְּנֵי אוֹיֵב; וַיִּבְעַר בֵּיעָקֹב כָּאֵשׁ לַהֲבָה, אֲכָלָה סָבִיב. {ס}

3. He hath cut off in fierce anger all the horn of Israel; He hath drawn back His right hand from before the enemy; and He hath burned in Jacob like a flaming fire, which devoureth round about.

4. דָּרַךְ קִשְׁתּוֹ כְּאוֹיֵב, נָעַב יְמִינוֹ כְּצָר, וַיִּהְרֹג, כָּל מִזְמֹמְדֵי-עֵינָן; בָּאֵהָל, בֵּת-צִיּוֹן, שָׁפַר כָּאֵשׁ, וְזָמְתוּ. {ס}

4. He hath bent His bow like an enemy, standing with His right hand as an adversary, and hath slain all that were pleasant to the eye; in the tent of the daughter of Zion He hath poured out His fury like fire.

5. הָיָה אֲדֹנָי כְּאוֹיֵב, בִּלְעַ יִשְׂרָאֵל--בִּלְעַ כָּל-אַרְמְנוֹתֶיהָ, שִׁוּזַת מִבְּצָרֶיהָ; וַיִּרֶב, בְּבֵת-יְהוּדָה, תִּאֲנִיָּהּ, וְאֲנִיָּהּ. {ס}

5. The Lord is become as an enemy, He hath swallowed up Israel; He hath swallowed up all her palaces, He hath destroyed his strongholds; and He hath multiplied in the daughter of Judah mourning and moaning.

6. וַיִּזְמַס כֶּן שָׁכֹן, שִׁוּזַת מַעְרָו; שָׁכֹחַ יְהוָה בְּצִיּוֹן מוֹעֵד וְשַׁבָּת, וַיִּנָּאץ בְּאֵעַם-אֲפֹן מֶלֶךְ וְכוֹהֵן. {ס}

6. And He hath stripped His tabernacle, as if it were a garden, He hath destroyed His place of assembly; YHVH hath caused to be forgotten in Zion appointed season and sabbath, and hath rejected in the indignation of His anger the king and the priest.

7. וַנָּזֹחַ אֲדֹנָי מִזִּבְחוֹ, נָאָר מִקִּדְשׁוֹ--הִסְגִּיר בְּיַד-אוֹיֵב, וְזָמַת אַרְמְנוֹתֶיהָ; קוֹל נְתָנוּ בְּבֵית-יְהוָה, כִּיּוֹם מוֹעֵד. {ס}

7. The Lord hath cast off His altar, He hath abhorred His sanctuary, He hath given up into the hand of the enemy the walls of her palaces; they have made a noise in the house of YHVH, as in the day of a solemn assembly.

8. וְזָשַׁב יְהוָה לַהֲשִׁיזוֹתָּהּ, וְזָמַת בֵּת-צִיּוֹן--נָטָה קֶו, לֹא-הֵשִׁיב יָדוֹ מִבִּלְעַ; וַיֹּאכַל-זָחַל וְזָמַתָּה, יוֹדָדוֹ אֲמָלָיו. {ס}

8. The LORD hath purposed to destroy the wall of the daughter of Zion; He hath stretched out the line, He hath not withdrawn His hand from destroying; but He hath made the rampart and wall to mourn, they languish together.

9. טָבְעוּ בָאָרֶץ שְׂעָרֶיהָ, אֲבָד וְשָׁבַר בְּרִיחוֹתֶיהָ; מִלְכָּה וְשָׂרֶיהָ בְּגָזִים, אֵין תּוֹרָה--גָּם-נְבִיאֶיהָ, לֹא-מָצְאוּ זָחֹן מִיְהוָה. {ס}

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9. Her gates are sunk into the ground; He hath destroyed and broken her bars; her king and her princes are among the nations, instruction is no more; yea, her prophets find no vision from YHVH.

10. יֵשְׁבוּ לָאָרֶץ יְהוּדָיו, וְקָנִי בַת-צִיּוֹן--הֵעִלוּ עֹפֶר עַל-רֹאשָׁם, וְזָגְרוּ שִׁקְיָם; הוֹרִידוּ לָאָרֶץ רֹאשֶׁן, בְּתוֹלַת יְרוּשָׁלַם. {ס}

10. They sit upon the ground, and keep silence, the elders of the daughter of Zion; they have cast up dust upon their heads, they have girded themselves with sackcloth; the virgins of Jerusalem hang down their heads to the ground.

11. כָּלוּ בְדַמְעוֹת עֵינַי, וְזִמְרִמְרוּ מַעֲי--נִשְׁפָּף לָאָרֶץ כִּבְדִּי, עַל-שֹׁפַר בַּת-עַמִּי: בַּעֲטֹף עוֹלָל וַיּוֹנֶק, בְּרוֹזְבוֹת קִרְיָהּ. {ס}

11. Mine eyes do fail with tears, mine inwards burn, my liver is poured upon the earth, for the breach of the daughter of my people; because the young children and the sucklings swoon in the broad places of the city.

12. לְאִמּוֹתָם, יֹאמְרוּ, אֵימָה, דָּגָן וַיֵּין: בְּהִתְעַטְּפָם כּוֹזְלָל, בְּרוֹזְבוֹת עִיר--בְּהִשְׁתַּפֵּף נַפְשָׁם, אֶל-זוֹיֶק אִמּוֹתָם. {ס}

12. They say to their mothers: 'Where is corn and wine?' when they swoon as the wounded in the broad places of the city, when their soul is poured out into their mothers' bosom.

13. מָה-אֶעֱיִדְךָ מָה אֲדַמָּה-לָךְ, הַבַּת יְרוּשָׁלַם--מָה אֲשׁוּה-לָךְ וְאֶזְוֹזְמָךְ, בְּתוֹלַת בַּת-צִיּוֹן: כִּי-גָדוֹל כַּיָּם שִׁבְרָךְ, מִי יִרְפָּא-לָךְ. {ס}

13. What shall I take to witness for thee? What shall I liken to thee, O daughter of Jerusalem? What shall I equal to thee, that I may comfort thee, O virgin daughter of Zion? For your breach is great like the sea; who can heal thee?

14. נְבִיאֶיךָ, וְזוּוּ לָךְ שְׂוֹא וְתַפֵּל, וְלֹא-גָלוּ עַל-עֵי; וְנָךְ, לְהַשִּׁיב שְׁבִיתְךָ (שְׁבוֹתָךְ); וַיִּזְוּוּ לָךְ, מִשְׁאֹת שְׂוֹא וּבִמְדוּזִים. {ס}

14. Thy prophets have seen visions for thee of vanity and delusion; and they have not uncovered thine iniquity, to bring back your captivity; but have prophesied for thee burdens of vanity and seduction.

15. סָפְקוּ עֲלֶיךָ כַּפִּים, כָּל-עֹבְרֵי דֶרֶךְ--שָׁרְקוּ וַיִּזְעוּ רֹאשָׁם, עַל-בַּת יְרוּשָׁלַם: הֲזֹאת הָעִיר, שִׁיאֲמָרוּ כְּלִילַת יָפִי--מְשׁוּשׁ, לְכָל-הָאָרֶץ. {ס}

15. All that pass by clap their hands at thee; they hiss and wag their head at the daughter of Jerusalem: 'Is this the city that men called the perfection of beauty, the joy of the whole earth?'

16. פָּצוּ עֲלֶיךָ פִּיהֶם, כָּל-אִיְבֹיךָ--שָׁרְקוּ וַיִּזְרְקוּ-שֵׁן, אֲמָרוּ בְּלַעְנוּ; אַף זֶה הַיּוֹם שִׁקְוִינָהוּ, מִצָּאֵנוּ רָאִינוּ. {ס}

16. All thine enemies have opened their mouth wide against thee; they hiss and gnash the teeth; they say: 'We have swallowed her up; certainly this is the day that we looked for; we have found, we have seen it.'

17. עָשְׂתָה יְהוָה אֲשֶׁר זָמַם, בַּעֲצֵה אֲמָרְתוֹ אֲשֶׁר צִוָּה מִימֵי-קֶדֶם--הָרֶס, וְלֹא זִוְמָל; וַיִּשְׁמְזוּ עֲלֶיךָ אוֹיְבֶיךָ, הָרִים קֶרֶן צָרֶיךָ. {ס}

## Lamentation

17. The LORD hath done that which He devised; He hath performed His word that He commanded in the days of old; He hath thrown down unsparingly; and He hath caused the enemy to rejoice over thee, He hath exalted the horn of thine adversaries.

18. צַעֲקוּ לִבָּם, אֶל-אֲדֹנָי; וּזְמוּת בַּת-עֵינָן הוֹרִידִי כַּזּוֹל דְּמָעָהּ, יוֹמָם וּלְיָלָה--אֶל-תַּתִּי פְּוֶזַת לָהּ, אֶל-תִּדְּמָם בַּת-עֵינָהּ. {ס}

18. Their heart cried unto the Lord: 'O wall of the daughter of Zion, let tears run down like a river day and night; give thyself no respite; let not the apple of thine eye cease.

19. קוּמוּ רֵגִי בְּלִיל (בְּלִילָהּ), לִרְאֹשׁ אֲשִׁמְרוֹת--שִׁפְכִי כַּמִּים לִבָּהּ, נָכוֹז פָּנַי אֲדֹנָי; שְׂאִי אֲלִי כַפֶּיךָ, עַל-נַפְשִׁי עוֹלְלִיךָ--הַעֲטוּפִים בָּרָעַב, בְּרֹאשׁ כָּל-זְוִיצוֹת. {ס}

19. Arise, cry out in the night, at the beginning of the watches; pour out your heart like water before the face of the Lord; lift up your hands toward Him for the life of your young children, that faint for hunger at the head of every street.'

20. רְאֵה יְהוָה וְהַבִּיטָהּ, לָמִי עוֹלְלָתָהּ כֹּה: אִם-תֹּאכַלְנָהּ זָשִׁים פְּרִים עַלְלִי טַפּוּזִים, אִם-יִהְיֶה בְּמִקְדָּשׁ אֲדֹנָי כֹּהֵן וְנָבִיא. {ס}

20. 'See, O LORD, and consider, to whom Thou hast done thus! Shall the women eat their fruit, the children that are dandled in the hands? Shall the priest and the prophet be slain in the sanctuary of the Lord?

21. שָׁכְבוּ לְאָרֶץ זְוִיצוֹת זָעַר וְזָקֵן, בְּתוֹכָתִי וּבְזוּזֵי נַפְלֵי בְּזוֹרֵב; הֲרֹגֶת בָּיּוֹם אֶפְרָי, טַפּוּזֹת לֹא זֹמְלָתָ. {ס}

21. The youth and the old man lie on the ground in the streets; my virgins and my young men are fallen by the sword; Thou hast slain them in the day of Thine anger; Thou hast slaughtered unsparingly.

22. תִּקְרָא בָּיּוֹם מוֹעֵד מִזְּגוּרֵי מִסְבִּיב, וְלֹא הָיָה בָּיּוֹם אֶף-יְהוָה פָּלִיט וְשָׁרִיד: אֲשֶׁר-טַפּוּזֹתִי וְרַבִּיתִי, אֵיבֵי כָלָם. {פ}

22. Thou hast called, as in the day of a solemn assembly, my terrors on every side, and there was none in the day of YHVH'S anger that escaped or remained; those that I have dandled and brought up hath mine enemy consumed.'

### Chapter: 3

1. אֲנִי הַגֹּבֵר רָאֵה עָנִי, בְּשִׁבְטִי עֲבַרְתּוּ

1. I am the man that hath seen affliction by the rod of His wrath.

2. אוֹתִי נָהַג וַיִּכֶּה, וּזְשַׁךְ וְלֹא-אוֹר

2. He hath led me and caused me to walk in darkness and not in light.

3. אֶף בִּי יָשָׁב יַהֲפֹךְ יָדוֹ, כָּל-הַיּוֹם. {ס}

3. Surely against me He turneth His hand again and again all the day.

4. בָּלָה בְּשָׁרִי וְעוֹרִי, שִׁבַּר עֲצָמוֹתַי

4. My flesh and my skin hath He worn out; He hath broken my bones.



## Lamentation

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5. בָּנָה עָלַי וַיִּקָּה, רֹאשׁ וּתְלָאָה  
5. He hath builded against me, and compassed me with gall and travail.
6. בְּמוֹזָשִׁים הוֹשִׁיבָנִי, כְּמֵתֵי עוֹלָם. {ס}  
6. He hath made me to dwell in dark places, as those that have been long dead.
7. גָּדַר בְּעָדֵי וְלֹא אֵצָא, הַכְבִּיד נְזוּשָׁתִי  
7. He hath hedged me about, that I cannot go forth; He hath made my chain heavy.
8. גַּם כִּי אֶעֱקֹ וְאֶשׁוּעַ, שְׁתָּם תִּפְקְלֵנִי  
8. Yea, when I cry and call for help, He shutteth out my prayer.
9. גָּדַר דְּרָכִי בְּגִזִּית, נְתִיבָתִי עֲוָה. {ס}  
9. He hath enclosed my ways with hewn stone, He hath made my paths crooked.
10. דָּב אֲרֹב הוּא לִי, אֲרִיָּה (אֲרִי) בְּמִסְתָּרִים  
10. He is unto me as a bear lying in wait, as a lion in secret places.
11. דָּרְכֵי סוּרָר וַיִּפְשְׁוּנִי, שְׁבַמְנֵי שָׁמַיִם  
11. He hath turned aside my ways, and pulled me in pieces; He hath made me desolate.
12. דָּרַךְ קִשְׁתּוֹ וַיַּצִּיבָנִי, כְּמִטָּרָא לַיוֹץ. {ס}  
12. He hath bent His bow, and set me as a mark for the arrow.
13. הֵבִיא, בְּכִלְיָתִי, בָּנִי, אֶשְׁפָּתוֹ  
13. He hath caused the arrows of His quiver to enter into my reins.
14. הָיִיתִי שְׂזוּק לְכָל-עַמִּי, נְגִיזָתָם כָּל-הַיּוֹם  
14. I am become a derision to all my people, and their song all the day.
15. הִשְׁבִּיעַנִי בְּמִרְוּרִים, הָרוּגִי לַעֲנָה. {ס}  
15. He hath filled me with bitterness, He hath sated me with wormwood.
16. וַיִּגְרַס בְּזוּצָץ שָׁנִי, הַכְפִּישָׁנִי בְּאֶפֶר  
16. He hath also broken my teeth with gravel stones, He hath made me to wallow in ashes.
17. וַתִּזְנוּ מִשְׁכָּלִם נַפְשִׁי, נְשִׁיתִי טוֹבָה  
17. And my soul is removed far off from peace, I forgot prosperity.
18. וְאָמַר אֶבֶד נִצְוִי, וַתּוֹזַלְתִּי מִיְּהוָה. {ס}  
18. And I said: 'My strength is perished, and mine expectation from YHVH.'
19. זָכַר-עָזָי וּמִרְוֹדִי, לַעֲנָה וְרֹאשׁ  
19. Remember mine affliction and mine anguish, the wormwood and the gall.
20. זָכוֹר תִּזְכּוֹר, וַתִּשְׁיוּ (וַתִּשְׁוּוּ) עָלַי נַפְשִׁי  
20. My soul hath them still in remembrance, and is bowed down within me.
21. זֹאת אֶשְׁיב אֶל-לִבִּי, עַל-כֵּן אֶחְוֶל. {ס}  
21. This I recall to my mind, therefore have I hope.

## Lamentation

22. 22. Surely YHVH'S mercies are not consumed, surely His compassions fail not.  
וְזִסְדֵּי יְהוָה כִּי לֹא-תִבְּנוּ, כִּי לֹא-כָלוּ רַחֲמָיו
23. 23. They are new every morning; great is Thy faithfulness.  
וְזִדְשֵׁים, לְבִקְרִים, רַבָּה, אֲמוּנָתְךָ
24. 24. 'The LORD is my portion', saith my soul; 'Therefore will I hope in Him.'  
וְזִלְקִי יְהוָה אֲמָרָה נַפְשִׁי, עַל-כֵּן אֲוִזִּיל לוֹ. {ס}
25. 25. The LORD is good unto them that wait for Him, to the soul that seeketh Him.  
טוֹב יְהוָה לְקוֹו, לְנַפֵּשׁ תַּדְרִשָּׁנוּ
26. 26. It is good that a man should quietly wait for the salvation of YHVH.  
טוֹב וְיִזְוִיל וְדוּמָם, לְתַשׁוּעַת יְהוָה
27. 27. It is good for a man that he bear the yoke in his youth.  
טוֹב לְגֶבֶר, כִּי-יֵשֶׂא עַל בְּנִעְוָרָיו. {ס}
28. 28. Let him sit alone and keep silence, because He hath laid it upon him.  
יֵשֶׁב בְּדָד וְיִדָּם, כִּי נָטַל עָלָיו
29. 29. Let him put his mouth in the dust, if so be there may be hope.  
יִתֵּן בְּעָפָר פִּיהוּ, אוֹלִי יֵשׁ תִּקְוָה
30. 30. Let him give his cheek to him that smiteth him let him be filled full with reproach.  
יִתֵּן לְמַכְּהוּ לָוִי, יִשָּׁבַע בְּזוֹרְפָה. {ס}
31. 31. For the Lord will not cast off for ever.  
כִּי לֹא יִזְנוּ לְעוֹלָם, אֲדָנִי
32. 32. For though He cause grief, yet will He have compassion according to the multitude of His mercies.  
כִּי אִם-הוֹנָה, וְרוּחַם כָּרַב זִסְדָּיו
33. 33. For He doth not afflict willingly, nor grieve the children of men.  
כִּי לֹא עֲנָה מִלְּבָבוֹ, וַיַּגֵּה בְּנֵי-אִישׁ. {ס}
34. 34. To crush under foot all the prisoners of the earth,  
לְדַכָּא תַּזּוֹת רַגְלָיו, כָּל אֲסִירֵי אֶרֶץ
35. 35. To turn aside the right of a man before the face of the Most High,  
לְהַטּוֹת, מִיִּשְׁפָּט-גֶּבֶר, נֶגֶד, פָּנֵי עֲלִיוֹן
36. 36. To subvert a man in his cause, the Lord approveth not.  
לְעוֹת אָדָם בְּרִיבּוֹ, אֲדָנִי לֹא רָאָה. {ס}
37. 37. Who is he that saith, and it cometh to pass, when the Lord commandeth it not?  
מִי זֶה אָמַר וַתְּהִי, אֲדָנִי לֹא צִוָּה
38. 38. Out of the mouth of the Most High proceedeth not evil and good?  
מִפִּי עֲלִיוֹן לֹא תֵצֵא, הָרָעוֹת וְהַטּוֹב



# Lamentation

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39. Wherefore doth a living man complain, a strong man because of his sins?  
מִה-יִתְאַוֵּן אָדָם חַי, גִּבּוֹר עַל-זִשְׁטָאָו. {ס}
40. Let us search and try our ways, and return to YHVH.  
נִזְחַפְּשֵׁה דְרָכֵינוּ וְנִזְחַקְרָה, וְנָשׁוּבָה עַד-יְהוָה
41. Let us lift up our heart with our hands unto God in the heavens.  
נָשָׂא לִבֵּנוּ אֶל-כַּפָּיִם, אֶל-אֵל בְּשָׁמַיִם
42. We have transgressed and have rebelled; Thou hast not pardoned.  
נִזְחַנּוּ פְשָׁעֵנוּ וּמְרִינוּ, אֶתָּה לֹא סָלַחְתָּ. {ס}
43. Thou hast covered with anger and pursued us; Thou hast slain unsparingly.  
סָכַחְתָּ בָּאֵף וַתִּרְדֵּפֵנוּ, הָרַגְתָּ לֹא זֹחֲלֹת
44. Thou hast covered Thyself with a cloud, so that no prayer can pass through.  
סָכַחְתָּ בְּעָנָן כָּךְ, מִעֲבוּר תַּפִּלָּה
45. Thou hast made us as the offscouring and refuse in the midst of the peoples.  
סָזַוּ וּבִמְאֹס תַּשְׁלִימוּנוּ, בְּקֶרֶב הָעַמִּים. {ס}
46. All our enemies have opened their mouth wide against us.  
פָּצוּ עֲלֵינוּ פִּיהֶם, כָּל-אֹיְבֵינוּ
47. Terror and the pit are come upon us, desolation and destruction.  
פֹּחַד וּפְחֹת הָיָה לָנוּ, הַשָּׂאת וְהַשְׁכָּר
48. Mine eye runneth down with rivers of water, for the breach of the daughter of my people.  
עֵינִי נִזְרָה וְלֹא תִדְמָה, מֵאֵין הַפְּחֹת
49. Mine eye is poured out, and ceaseth not, without any intermission,  
עַד-יִשְׁקִיף וַיֵּרָא, יְהוָה מִשָּׁמַיִם
50. Till YHVH look forth, and behold from heaven.  
עֵינִי עֹלְלָה לְנַפְשִׁי, מִכָּל בָּנוֹת עִירִי. {ס}
51. Mine eye affected my soul, because of all the daughters of my city.  
צוֹר צָדוֹנִי כַצֹּפּוֹר, אִיבֵי זֹנִים
52. They have chased me sore like a bird, that are mine enemies without cause.  
צָמְתוּ בְּבוֹר זֹמִי, וַיְדוּ-אֶכְפֹּן בִּי
53. They have cut off my life in the dungeon, and have cast stones upon me.  
צָפוּ-מַיִם עַל-רֹאשִׁי, אָמַרְתִּי נִזְחַרְתִּי. {ס}
54. Waters flowed over my head; I said: 'I am cut off.'  
קָרָאתִי שִׁמְךָ יְהוָה, מִבוֹר תַּחְתִּיתוֹת
55. I called upon Thy name, O LORD, Out of the lowest dungeon.

# Lamentation

56. קולי, שְׁמוּעָתָ: אֶל-תַּעֲלֵם אָזְנְךָ לְרוּחוֹתַי, לְשׁוֹעָתִי
56. Thou heardest my voice; hide not Thine ear at my sighing, at my cry.
57. קָרַבְתָּ בַּיּוֹם אֶקְרָאָךְ, אָמַרְתָּ אֶל-תִּירָא. {ס}
57. Thou drewest near in the day that I called upon Thee; Thou saidst: 'Fear not.'
58. רַבְתָּ אֲדֹנָי רִיבֵי נַפְשִׁי, גָּאֲלָתָּ נַפְשִׁי
58. O Lord, Thou hast pleaded the causes of my soul; Thou hast redeemed my life.
59. רָאִיתָהּ יְהוָה עֲוֹנֹתַי, שִׁפְטָהּ מִשְׁפָּטִי
59. O LORD, Thou hast seen my wrong; judge Thou my cause.
60. רָאִיתָהּ, כָּל-זִקְמָתָם--כָּל-מוֹזְשִׁבָתָם, לִי. {ס}
60. Thou hast seen all their vengeance and all their devices against me.
61. שְׁמוּעָתָ זִרְפָתָם יְהוָה, כָּל-מוֹזְשִׁבָתָם עָלַי
61. Thou hast heard their taunt, O LORD, and all their devices against me;
62. שִׁפְתֵי קָמִי וְהִזְיוֹנָם, עָלַי כָּל-הַיּוֹם
62. The lips of those that rose up against me, and their muttering against me all the day.
63. שִׁבְתָּם וְקִיּוּמָתָם הִבִּיטָהּ, אֲנִי מִנִּזְנִיתָם. {ס}
63. Behold Thou their sitting down, and their rising up; I am their song.
64. תִּשְׁיב לָהֶם גְּמוּלַּת יְהוָה, כְּמַעֲשֵׂה יְדֵיהֶם
64. Thou wilt render unto them a recompense, O LORD, according to the work of their hands.
65. תִּתֵּן לָהֶם מִגְזֵת-לֵב, תִּאֲלָתֶךָ לָהֶם
65. Thou wilt give them hardness of heart, Thy curse unto them.
66. תִּרְדֹּף בָּאָף וְתִשְׁמִירֵם, מִתַּחַת שָׁמַיִם יְהוָה. {פ}
66. Thou wilt pursue them in anger, and destroy them from under the heavens of YHVH.

## Chapter: 4

1. אֵיכָה יוּעַם זָהָב, יִשָּׂא הַכֶּתֶם הַטּוֹב; תִּשְׁתַּפְּכֶנָּה, אֲבָנֵי-קֹדֶשׁ, בְּרֹאשׁ, כָּל-זֹוִצוֹת. {ס}
1. How is the gold become dim! How is the most fine gold changed! The hallowed stones are poured out at the head of every street.
2. בְּנֵי צִיּוֹן הַיְקָרִים, הַמְּסֻלָּאִים בָּפוֹ--אֵיכָה נִזְוָשְׁבוּ לְגִבְלֵי-זָוָרֶשׁ, מַעֲשֵׂה יָדַי יוֹצֵר. {ס}
2. The precious sons of Zion, comparable to fine gold, how are they esteemed as earthen pitchers, the work of the hands of the potter!

## Lamentation

3. גַּם-תַּנִּין (תַּנִּינִים) זֹלְצוּ שָׂדֶה, הַיִּנְיָקוֹ גִּירִיהֶן; בֵּת-עַמִּי לְאַכְזָר, כִּי עֲנִים (פִּיעֲנִים) בְּמִדְבָּר. {ס}
3. Even the jackals draw out the breast, they give suck to their young ones; the daughter of my people is become cruel, like the ostriches in the wilderness.
4. רִבְקָה לְשׁוֹן יוֹנָק אֶל-זֹכוֹ, בִּצְמָא; עוֹלָלִים שְׂאֵלוּ לָזֶם, פֶּרֶשׁ אֵין לָהֶם. {ס}
4. The tongue of the sucking child cleaveth to the roof of his mouth for thirst; the young children ask bread, and none breaketh it unto them.
5. הָאֲכָלִים, לְמַעַד־נִים, נִשְׁבּוּ, בְּחוּצוֹת; הָאֲמִיִּם עָלֵי תוֹלַעַ, זֹבְקוֹ אֲשַׁפְתוֹת. {ס}
5. They that did feed on dainties are desolate in the streets; they that were brought up in scarlet embrace dunghills.
6. וַיִּגְדֵּל עוֹ; &zwj; בֵּת-עַמִּי, מוֹזוּטָאָת סֶדֶם: הִתְפּוֹכָה כְּמוֹ-רָגַע, וְלֹא-זָלוּ בָּהּ יָדִים. {ס}
6. For the iniquity of the daughter of my people is greater than the sin of Sodom, that was overthrown as in a moment, and no hands fell upon her.
7. זָכוּ גִירִיהָ מִשְׁלָג, צִוּוּ מוֹזָלָב; אָדָמוֹ עֲצָם מִפְּנִיִּים, סָפִיר גִּירָתָם. {ס}
7. Her princes were purer than snow, they were whiter than milk, they were more ruddy in body than rubies, their polishing was as of sapphire;
8. זֹשֶׁף מִשְׁחֹזֹר תִּאָרֶם, לֹא נִכְרוּ בְּחוּצוֹת; צָפַד עוֹרֶם עַל-עֲצָמָם, יָבֵשׁ הָיָה כְּעֵץ. {ס}
8. Their visage is blacker than a coal; they are not known in the streets; their skin is shrivelled upon their bones; it is withered, it is become like a stick.
9. טוֹבִים הָיוּ זֹלְלֵי-זָרָב, מוֹזָלְלֵי רָעַב: שֵׁהֶם יֹזְבוּ מִדְּקָרִים, מִתְּנוּבַת שְׂדֵי. {ס}
9. They that are slain with the sword are better than they that are slain with hunger; for these pine away, stricken through, for want of the fruits of the field.
10. יָדֵי, נְשִׁים רוֹמְנִיּוֹת--בִּשְׁלֹו, יִלְדִּיהֶן; הָיוּ לְבָרוֹת לְבוֹ, בִּשְׂבָר בֵּת-עַמִּי. {ס}
10. The hands of women full of compassion have sodden their own children; they were their food in the destruction of the daughter of my people.
11. כָּלָה יְהוָה אֶת-זִמָּתוֹ, שָׁפַף זֹרוֹן אָפוֹ; וַיִּשֶׁת-אֵשׁ בְּצִיּוֹן, וַתֹּאכַל יְסֻדָּתֶיהָ. {ס}
11. The LORD hath accomplished His fury, He hath poured out His fierce anger; and He hath kindled a fire in Zion, which hath devoured the foundations thereof.
12. לֹא הָאֲמִינִי מִלְכֵי-אֶרֶץ, וְכָל (כָּל) יִשְׁבֵי תִבְל: כִּי יָבֹא צָר וְאוֹיֵב, בִּשְׂעָרֵי יְרוּשָׁלָּם. {ס}
12. The kings of the earth believed not, neither all the inhabitants of the world, that the adversary and the enemy would enter into the gates of Jerusalem.
13. מוֹזוּטָאוֹת נְבִיאֶיהָ, עוֹ; &zwj; נָתַת כְּהִיָּה: הַשְׁפָּכִים בְּקֶרְבָּהּ, דָּם צַדִּיקִים. {ס}
13. It is because of the sins of her prophets, and the iniquities of her priests, that have shed the blood of the just in the midst of her.
14. נָעוּ עוֹרִים בְּחוּצוֹת, נִגְאָלוּ בָדָם; בָּלֹא יוֹכְלוּ, וַיָּנֻעוּ בְּלִבְשֵׁיהֶם. {ס}
14. They wander as blind men in the streets, they are polluted with blood, so that men cannot touch their garments.

## Lamentation

15. סורו טָמֵא קְרָאוּ לָמוֹ, סורו סורו אֶל-תִּנְעֹנֹ--כִּי נָצוּ, גָם-נָעוּ; אָמְרוּ, בְּגוֹיִם, לֹא יוֹסִפוּ, לָגוֹר. {ס}
15. 'Depart ye! unclean!' men cried unto them, 'Depart, depart, touch not'; yea, they fled away and wandered; men said among the nations: 'They shall no more sojourn here.'
16. פָּנֵי יְהוָה זִוְלָקָם, לֹא יוֹסִיף לְהַבִּיטָם; פָּנֵי כַהֲנִים לֹא נָשְׂאוּ, וְקָנִים (וְזִקְנִים) לֹא זִוְנָנוּ. {ס}
16. The anger of YHVH hath divided them; He will no more regard them; they respected not the persons of the priests, they were not gracious unto the elders.
17. עוֹדִינָה (עוֹדִינוּ) תִּכְלִינָה עֵינֵינוּ, אֶל-עוֹרֹתֵנוּ הַבָּל; בְּצַפִּיתֵנוּ צָפִינוּ, אֶל-גּוֹי לֹא יוֹשֵׁעַ. {ס}
17. As for us, our eyes do yet fail for our vain help; in our watching we have watched for a nation that could not save.
18. צָדוּ צַעֲדֵינוּ, מִלֶּכֶת בְּרוֹזְבוֹתֵינוּ; קָרַב קָצְנוּ מִלְּאוּ יְמֵינוּ, כִּי-כָא קָצְנוּ. {ס}
18. They hunt our steps, that we cannot go in our broad places; our end is near, our days are fulfilled; for our end is come.
19. קָלִים הָיוּ רֹדְפֵינוּ, מִנְּשָׂרֵי שָׁמַיִם; עַל-הַהָרִים דָּלְקָנוּ, בַּמִּדְבָּר אָרְבוּ לָנוּ. {ס}
19. Our pursuers were swifter than the eagles of the heaven; they chased us upon the mountains, they lay in wait for us in the wilderness.
20. רוּחַ אֶפְנוֹ מִשִּׁיּוֹן יְהוָה, נִלְכַּד בְּשִׁוְיוֹתוֹתָם; אֲשֶׁר אָמְרָנוּ, בְּצִלּוֹ נִזְוִיָּה בְּגוֹיִם. {ס}
20. The breath of our nostrils, the anointed of YHVH, was taken in their pits; of whom we said: 'Under his shadow we shall live among the nations.'
21. שִׁישִׁי וְשִׁבְּוִי בֵּת-אֲדוֹם, יוֹשְׁבֹתֵי (יוֹשְׁבֵי) בְּאֶרֶץ עוֹץ; גָּם-עָלֶיהָ, תִּעָבֶר-כּוֹס--תִּשְׁכְּרִי, וְתִתְעָרִי. {ס}
21. Rejoice and be glad, O daughter of Edom, that dwellest in the land of Uz: the cup shall pass over unto thee also; thou shalt be drunken, and shalt make thyself naked.
22. תָּם-עוֹ; זָנָה, בֵּת-צִיּוֹן--לֹא יוֹסִיף, לְהַגְלוֹתָהּ; פָּקַד עוֹ; זָנָה בֵּת-אֲדוֹם, זָלָה עַל-זִטְאֶתָהּ. {פ}
22. The punishment of thine iniquity is accomplished, O daughter of Zion, He will no more carry thee away into captivity; He will punish thine iniquity, O daughter of Edom, He will uncover your sins.

### Chapter: 5

1. זָכֹר יְהוָה מַה-הָיָה לָנוּ, הַבִּיט (הַבִּיטָה) וּרְאֵה אֶת-זִרְפוֹתֵנוּ
1. Remember, O LORD, what is come upon us; behold, and see our reproach.
2. נִזְוָלְתֵנוּ נִהְפָּכָה לְזָרִים, בְּתֵינוּ לְזָכָרִים
2. Our inheritance is turned unto strangers, our houses unto aliens.
3. יְתוּבִים הָיִינוּ אֵין (וְאֵין) אָב, אֲמִיתֵינוּ כְּאֻלְמָנוֹת

## Lamentation

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3. We are become orphans and fatherless, our mothers are as widows.  
4. מִיָּמֵינוּ בְּכֶסֶף שָׁתִינוּ, עֵצֵינוּ בְּמוֹזֵיר יָבֹאוּ
4. We have drunk our water for money; our wood cometh to us for price.  
5. עַל צְוֹאֲרֵנוּ נִרְדָּפְנוּ, יָצַעְנוּ לָא (וְלֹא) הַיָּנוּז-לָנוּ
5. To our very necks we are pursued; we labour, and have no rest.  
6. מִצָּרִים נָתַנוּ יָד, אֲשׁוּר לְשִׁבְעֵ לָחֶם
6. We have given the hand to Egypt, and to Assyria, to have bread enough;  
7. אֲבִיתֵנוּ זָמְטָאוּ אִינָם (וְאִיָּם), אֲנוּזָנוּ (וְאֲנוּזָנוּ) עַיִן; נָתַתְהֶם סָבָלָנוּ
7. Our fathers have sinned, and are not; and we have borne their iniquities.  
8. עֲבָדִים מִשְׁלֹו בָנוּ, פָּרַק אֵין מִיָּדָם
8. Servants rule over us; there is none to deliver us out of their hand.  
9. בְּנִפְשֵׁנוּ נָבִיא לְוָמְנוּ, מִפְּנֵי זֶרֶב הַמִּדְבָּר
9. We get our bread with the peril of our lives because of the sword of the wilderness.  
10. עוֹרֵנוּ כְּתֹנִיִּר זָכְמָרוּ, מִפְּנֵי זֶרֶב וְלַעֲפוֹת רָעָב
10. Our skin is hot like an oven because of the burning heat of famine.  
11. נָשִׁים בְּצִיּוֹן עָנוּ, בְּתִלְתִּל בְּעָרֵי יְהוּדָה
11. They have ravished the women in Zion, the maidens in the cities of Judah.  
12. שָׂרִים בְּיָדָם נָתְלוּ, פָּנֵי זְקֵנִים לֹא נִהְדָּרוּ
12. Princes are hanged up by their hand; the faces of elders are not honoured.  
13. בְּזוּזִים טָחוּן נִשְׁאוּ, וְנָעָרִים בָּעֵץ כָּשְׁלוּ
13. The young men have borne the mill, and the children have stumbled under the wood.  
14. זְקֵנִים מִשְׁעָר שָׁבְתוּ, בְּזוּזִים מִנְּגִינָתָם
14. The elders have ceased from the gate, the young men from their music.  
15. שָׁבַת מִשׁוֹשׁ לִבָּנוּ, נִהְפָּךְ לְאֵבֶל מוֹזִלָנוּ
15. The joy of our heart is ceased; our dance is turned into mourning.  
16. נָפְלָה עֲטֹרַת רֹאשֵׁנוּ, אִי-זֶא לָנוּ כִּי זָמְטָנוּ
16. The crown is fallen from our head; woe unto us! for we have sinned.  
17. עַל-זֶה, הָיָה דָוָה לִבָּנוּ--עַל-אֵלֶּה, וְזָשְׁכוּ עֵינֵינוּ
17. For this our heart is faint, for these things our eyes are dim;  
18. עַל הָר-צִיּוֹן שִׁשְׁמָם, שׁוֹעֲלִים הִלְכוּ-בּוֹ. {פ}
18. For the mountain of Zion, which is desolate, the foxes walk upon it.  
19. אַתָּה יְהוָה לְעוֹלָם תֵּשֵׁב, כִּסְאֶךָ לְדוֹר וָדוֹר
19. Thou, O LORD, art enthroned for ever, Thy throne is from generation to generation.  
20. לָמָּה לִּנְצוֹז תִּשְׁכַּחֲנוּ, תַּעֲזֹבֵנוּ לְאָרֶץ יָמִים
20. Wherefore dost Thou forget us for ever, and forsake us so long time?

# Lamentation

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21. הָשִׁיבֵנוּ יְהוָה אֱלֹהֵי וְנִשְׁוֹב (וְנִשְׁוֹבָה), וְחַדְשׁ יָמֵינוּ כְּקֶדֶם

21. Turn Thou us unto Thee, O LORD, and we shall be turned; renew our days as of old.

22. כִּי אִם-מָאֵס מְאֹדֵנוּ, קָצַפְתָּ עָלֵינוּ עַד-מְאֹד. {שׁ}

22. Thou canst not have utterly rejected us, and be exceeding wroth against us!

Repeat verse 21 to complete the reading with hope.

הָשִׁיבֵנוּ יְהוָה אֱלֹהֵי וְנִשְׁוֹב (וְנִשְׁוֹבָה), וְחַדְשׁ יָמֵינוּ כְּקֶדֶם

Turn Thou us unto Thee, O LORD, and we shall be turned; renew our days as of old.

- End -

