

Psalm 22: 1-15 Good Friday--Years A, B, and C; also Proper 23-Year B

*** Refrain**

Sipple

My God, my God, why have you for-sak-en me? and are so far from my cry and from the words of my dis-tress?

Verses

2. O my God, I cry in the daytime, but you do not ans- wer; by night as well, but I find no rest.

*** Refrain**

3. Yet you are the Ho- ly One, enthroned upon the prai- ses of Is- ra- el.

4. Our forefathers put their trust in you; they trusted, and you de- liv- ered them.

5. They cried out to you and were de- liv- ered; they trusted in you and were not put to shame.

* Refrain

6. But as for me, I am a worm and no man, scorned by all and despised by the people.

7. All who see me laugh me to scorn; they curl their lips and wag their heads, saying,

* Refrain

8. "He trusted in the Lord; let him de-liv-er him; let him rescue him, if he de-lights in him."

9. Yet you are he who took me out of the womb, and kept me safe upon my moth-er's breast.

10. I have been entrusted to you ev-ersince I was born; you were my God when I was still in my moth-er's womb.

* Refrain

11. Be not far from me, for trou - ble is near, and there is none to help.

12. Ma - ny young bulls en - cir - cle me; strong bulls of Bash - an sur - round me.

13. They op - en wide their jaws at me, like a ravening and a roar - ing li - on.

14. I am poured out like water; all my bones are out of joint; my heart within my breast is mel - ting wax.

* Refrain

15. My mouth is dried out like a potsherd; my tongue sticks to the roof of my mouth; and you have laid me in the dust of the grave.