

PSALM XXI

As Sung on Good Friday during Holy Communion (1957)

DE-us, De-us me-us, réspi-ce in me: quare me dere-li-quí-
sti? Longe a salúte me-a verba de-li-ctórum me-órum. 2. Deus me-
us, clamábo per di-em, et non exáudi-es: et nocte, et non ad in-
si-pi-énti-am mi-hi. 3. Tu autem in sancto hábi-tas: laus Isra-ël.
4. In te speravérunt patres nostri: speravérunt, et li-berásti e-os.
5. Ad te clamavérunt, et salvi facti sunt: in te speravérunt, et non
sunt confúsi. 6. Ego autem sum vermis, et non homo: oppróbri-
um hómi-num, et abjecti-o plebis. 7. Omnes vi-déntes me deri-
sérunt me: locúti sunt lábi-is, et movérunt caput. 8. Sperávit in
Dómi-no, erí-pi-at e-um: salvum fáci-at e-um, quóni-am vult e-
um. 9. Quóni-am tu es, qui extraxí-sti me de ventre: spes me-
a ab ubéri-bus matris meae. 10. In te proyéctus sum ex útero.

De ventre matris meae De-us me-us es tu, ne discésseris a me:

11. Quóni-am tri-buláti-o próxi-ma est: quóni-am non est qui ád-juvet. 12. Circumdedérunt me ví-tuli multi: tauri pingues obse-dérunt me. 13. Aperu-érunt super me os su-um: sicut le-o rá-pi-ens et rúgi-ens. 14. Sicut aqua effúsus sum: et di-spérsa sunt ómni-a ossa me-a. 15. Factum est cor me-um tamquam cera li-quéscens: in médi-o ventris me-i. 16. Áru-it tamquam testa vir-tus me-a, et lingua me-a adhaésit fáuci-bus me-is: et in púlve-rem mortis deduxí-sti me. 17. Quóni-am circumdedérunt me ca-nes multi: concí-li-um ma-li-gnánti-um obsédit me. 18. Fodérunt manus me-as et pedes me-os: di-numeravérunt ómni-a ossa me-a. 19. Ipsi vero consi-deravérunt et inspexérunt me: di-vi-sérunt si-bi vesti-ménta me-a, et super vestem me-am mi-sérunt sortem.

20. Tu autem, Dómi-ne, ne elongáveris auxí-li-um tu-um a me: ad
defensi-ónem me-am cónspi-ce. 21. Éru-e a fráme-a, De-us, áni-
mam me-am: et de manu canis úni-cam me-am. 22. Salva me ex
ore le-ónis: et a córni-bus uni-córni-um humi-li-tátem me-am.
23. Narrábo nomen tu-um frátri-bus me-is: in médi-o Ecclési-ae lau-
dábo te. 24. Qui ti-métis Dómi-num, laudáte e-um: uni-vérsum
semen Jacob, glori-fi-cáte e-um. 25. Tíme-at e-um omne semen Is-
ra-ël: quóni-am non sprevit, neque despéxit deprecati-ónem páu-
peris: 26. Nec avértit fáci-em su-am a me: et cum clamárem ad
e-um, exaudí-vit me. 27. Apud te laus me-a in ecclési-a magna:
vota me-a reddam in conspéctu ti-ménti-um e-um. 28. Edent páupe-
res, et saturabúntur: et laudábunt Dómi-num qui requí-runt e-um:
vi-vent corda e-órum in saéculum saéculi. 29. Remi-ni-scéntur et

converténtur ad Dómi-num uni-vérsi fi-nes terrae: 30. Et adorá-
 bunt in conspéctu ejus uni-vérsae famí-li-ae génti-um. 31. Quóni-
 am Dómi-ni est regnum: et i-pse domi-nábi-tur génti-um. 32. Man-
 ducavérunt et adoravérunt omnes pingues terrae: in conspéctu e-
 jus cadent omnes qui descéndunt in terram. 33. Et áni-ma me-a
 illi vi-vet: et semen me-um sérví-et i-psi. 34. Annunti-ábi-tur Dó-
 mi-no generáti-o ventúra: et annunti-ábunt caeli justí-ti-am ejus
 pópulo qui nascétur, quem fecit Dómi-nus.

1. O God my God, look upon Me: why hast Thou forsaken Me? Far from my salvation are the words of my sins. 2. O my God, I shall cry by day, and Thou wilt not hear: and by night, and it shall not be reputed as folly in me. 3. But Thou dwellest in the holy place, the praise of Israel. 4. In Thee have our fathers hoped: they have hoped, and Thou hast delivered them. 5. They cried to Thee, and they were saved: they trusted in Thee, and were not confounded. 6. But I am a worm, and no man: the reproach of men, and the outcast of the people. 7. All they that saw me have laughed me to scorn: they have spoken with the lips, and wagged the head. 8. He hoped in the Lord, let Him deliver Him: let Him save Him, seeing He delighted in Him. 9. For Thou art He that hast drawn me out of the womb: my hope from the breasts of my mother. 10. I was cast upon Thee from the womb. From my mother's womb Thou art my God: depart not from me. 11. For tribulation is very near: for there is none to help me. 12. Many calves have surrounded me: fat bulls have besieged me. 13. They have opened their mouths against me, as a lion ravening and roaring. 14. I am poured out like water; and all my bones are scattered. 15. My heart is become like wax melting in the midst of my bowels. 16. My strength is dried up like a potsherd, and my tongue hath cleaved to my jaws: and Thou hast brought me down into the dust of death. 17. For many dogs have encompassed me: the council of the malignant hath besieged me. 18. They have dug my hands and feet. They have numbered all my bones. 19. And they have looked and stared upon me. They parted my garments amongst them; and upon my vesture they cast lots. 20. But Thou, O Lord, remove not Thy help to a distance from me; look towards my defence. 21. Deliver, O God, my soul from the sword: my only one from the hand of the dog. 22. Save me from the lion's mouth; and my lowness from the horns of the unicorns. 23. I will declare Thy name to my brethren: in the midst of the church will I praise Thee. 24. Ye that fear the Lord, praise Him: all ye the seed of Jacob, glorify Him. 25. Let all the seed of Israel fear Him: because He hath not slighted nor despised the supplication of the poor man. 26. Neither hath He turned away His face from me: and when I cried to Him He heard me. 27. With Thee is my praise in a great church: I will pay my vows in the sight of them that fear Him. 28. The poor shall eat and shall be filled: and they shall praise the Lord that seek Him: their hearts shall live for ever and ever. 29. All the ends of the earth shall remember, and shall be converted to the Lord. 30. And all the kindreds of the Gentiles shall adore in His sight. 31. For the kingdom is the Lord's; and He shall have dominion over the nations. 32. All the fat ones of the earth have eaten and have adored: all they that go down to the earth shall fall before Him. 33. And to Him my soul shall live: and my seed shall serve Him. 34. There shall be declared to the Lord a generation to come: and the heavens shall show forth His justice to a people that shall be born, which the Lord hath made.