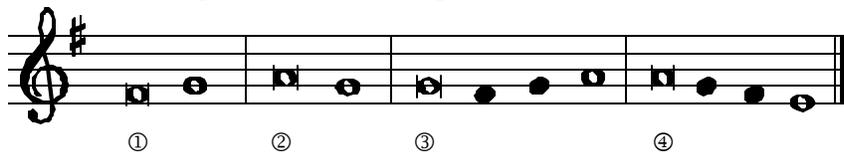


## Psalm 22:2-23

Psalm Tone: Adapted from Russian Troparion Tone 4 by S. Rolando



### Psalm 22:2-23

My God, my God, why have you forsaken *me*?  
You are far from my plea and the cry of my dis-*tress*.  
O my God, I call by day and you give *no* reply;  
I call by night and I *find* no peace.

Yet you, O God, are holy,  
enthroned on the praises of *Is*-rael.  
In you our fathers put their trust;  
they trusted and you set them *free*.  
When they cried to you, *they* escaped.  
In you they trusted and ne-*ver* in vain.

But I am a worm and no man,  
scorned by men, despised by the *peo*-ple.  
All who see me deride me.  
They curl their lips, they toss their *heads*.  
“He trusted in the Lord, *let* him save him;  
let him release him if this *is* his friend.”

Yes, it was you who took me from the womb,  
entrusted me to my mother's *breast*.  
To you I was committed from my birth,  
from my mother's womb you have been my *God*.  
Do not leave me alone in *my* distress;  
come close, there is none *else* to help.

Many bulls have surrounded *me*,  
fierce bulls of Bashan close me *in*.  
Against me they open *wide* their jaws,  
like lions, ren-*ding* and roaring.

Like water I am poured *out*,  
disjointed are all my *bones*.  
My heart has be-*come* like wax,  
it is melted with-*in* my breast.

Parched as burnt clay is my throat,  
my tongue cleaves to my *jaws*.  
Many dogs have surrounded me,  
a band of the wicked be-*set* me.  
They tear holes in my hands *and* my feet  
and lay me in the *dust* of death.

I can count every one of my *bones*.  
These people stare at me and *loat*;  
they divide my clo-*thing* among them.  
They cast lots *for* my robe.

O Lord, do not leave me alone,  
my strength, make haste to *help* me!  
Rescue my soul from the sword,  
my life from the grip of these *dogs*.  
Save my life from the jaws *of* these lions,  
my poor soul from the horns *of* these oxen.

I will tell of your name to my *breth*-ren ①  
and praise you where they *are* assembled. ④

Glory to the Father, and to the *Son*, ①  
and to the *Ho*-ly Spirit. ④

As it was in the be-*gin*-ning, ①  
is now, and will be for ev-*er*. A - men. ④

*Grail Psalmody*

Psalm 22:2-23 used: Good Friday Office of Readings