

Hear my prayer, O Lord, give ear to my supplications:  
in thy faithfulness answer me, and in thy righteousness.  
And enter not into judgment with thy servant: for in thy sight shall no man living be justified.  
For the enemy hath persecuted my soul: he hath smitten my life down to the ground:  
he hath made me to dwell in darkness, as those that have been long dead.  
Therefore is my spirit overwhelmed within me; my heart within me is desolate.  
I remember the days of old; I meditate on all thy works:  
I muse on the work of thy hands. I stretch forth my hands unto thee:  
my soul thirsteth after thee, as a thirsty land. Selah.



Hear me speedily, O Lord: my spirit faileth:  
hide not thy face from me, lest I be like unto them that go down into the pit.  
Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know  
the way wherein I should walk; for I lift up my soul unto thee.  
Deliver me, O Lord, from mine enemies: I flee unto thee to hide me.  
Teach me to do thy will; for thou art my God:  
thy spirit is good; lead me into the land of uprightness.  
Quicken me, O Lord, for thy name's sake:  
for thy righteousness' sake bring my soul out of trouble.  
And of thy mercy cut off mine enemies,  
and destroy all them that afflict my soul: for I am thy servant. Salmo 143