

Psalm 38

A psalm of David to bring remembrance.

- 1 LORD, do not punish me in your anger
or discipline me in your wrath.
- 2 For your arrows have sunk into me,
and your hand has pressed down on me.
- 3 There is no soundness in my body because of your indignation;
there is no health in my bones because of my sin.
- 4 For my iniquities have flooded over my head;
they are a burden too heavy for me to bear.
- 5 My wounds are foul and festering
because of my foolishness.
- 6 I am bent over and brought very low;
all day long I go around in mourning.
- 7 For my insides are full of burning pain,
and there is no soundness in my body.
- 8 I am faint and severely crushed;
I groan because of the anguish of my heart.
- 9 Lord, my every desire is in front of you;
my sighing is not hidden from you.
- 10 My heart races, my strength leaves me,
and even the light of my eyes has faded.
- 11 My loved ones and friends stand back from my affliction,
and my relatives stand at a distance.
- 12 Those who intend to kill me set traps,
and those who want to harm me threaten to destroy me; they plot treachery all day long.
- 13 I am like a deaf person; I do not hear.
I am like a speechless person who does not open his mouth.
- 14 I am like a man who does not hear
and has no arguments in his mouth.
- 15 For I put my hope in you, LORD;
you will answer me, my Lord, my God.

- 16 For I said, “Don’t let them rejoice over me —
 those who are arrogant toward me when I stumble.”
- 17 For I am about to fall,
 and my pain is constantly with me.
- 18 So I confess my iniquity;
 I am anxious because of my sin.
- 19 But my enemies are vigorous and powerful;
 many hate me for no reason.
- 20 Those who repay evil for good
 attack me for pursuing good.
- 21 LORD, do not abandon me;
 my God, do not be far from me.
- 22 Hurry to help me,
 my Lord, my salvation.