

# Psalm 22B

*Sung Response:* My God, my God, O why have you abandoned me?

—or—

*Spoken Response:* My God, my God, why have you abandoned me?

**M**y God, my God, why hast thou forsaken me?  
Why art thou so far from helping me,  
from the words of my groaning?



O my God, I cry by day, but thou dost not answer;  
and by night, but find no rest.  
But I am a worm, and no man;  
scorned by men, and despised by the people.

All who see me mock at me,  
they make mouths at me, they wag their heads;  
“He committed his cause to the Lord; let him deliver him,  
let him rescue him, for he delights in him!”

I am poured out like water,  
and all my bones are out of joint;  
my heart is like wax,  
it is melted within my breast;

my strength is dried up like a potsherd,  
and my tongue cleaves to my jaws;  
thou dost lay me in the dust of death.

Yea, dogs are round about me;  
a company of evildoers encircle me;  
they have pierced my hands and feet—  
I can count all my bones—

they stare and gloat over me;  
they divide my garments among them,  
and for my raiment they cast lots.

But thou, O Lord, be not far off!  
O thou my help, hasten to my aid!  
For he has not despised or abhorred  
the affliction of the afflicted;  
and he has not hid his face from him,  
but has heard, when he cried to him.

