

Eichah: The Book of Lamentations

The Book of Lamentations, the sad prophecy of Jeremiah regarding the destruction of the First Temple in Jerusalem and the subsequent exile of our nation, forms the centerpiece of the Tisha B'Av mourning.

It is read in public on the eve of Tisha B'Av and then again quietly the following day. Many of the day's kinot (elegies) are based on this haunting book of the Bible. Much of this book is structured according to the Hebrew alphabet, as if the holy language itself is weeping for the destruction of G-d's home and the displacement of His nation.

CHAPTER 1

1O how has the city that was once so populous remained lonely! She has become like a widow! She that was great among the nations, a princess among the provinces, has become tributary.

2She weeps, yea, she weeps in the night, and her tears are on her cheek; she has no comforter among all her lovers; all her friends have betrayed her; they have become her enemies.

3Judah went into exile because of affliction and great servitude; she settled among the nations, [and] found no rest; all her pursuers overtook her between the boundaries.

4The roads of Zion are mournful because no one comes to the appointed season; all her gates are desolate, her priests moan; her maidens grieve while she herself suffers bitterly.

5Her adversaries have become the head, her enemies are at ease; for the Lord has afflicted her because of the multitude of her sins; her young children went into captivity before the enemy.

**אֵיכָה | יִשְׁבָּה בְּדָד הָעִיר רַבַּתִּי עִם
הַיְתָה כְּאַלְמָנָה רַבַּתִּי בְּגוֹיִם שְׂרָתִי
בְּמַדִּינֹת הַיְתָה לְמֹס:**

**בְּכֹחַ תִּבְכֶּה בַּלַּיְלָה וְדַמְעָתָה עַל
לְחִיָּה אֵין-לָהּ מְנַחֵם מִכָּל-אַהֲבָיָה
כָּל-רֵעֵיהָ בְּגָדוּ בָּהּ הָיָה לָהּ לְאֵיבִים:**

**גָּלְתָה יְהוּדָה מֵעֲנִי וּמֵרַב עֲבָדָה
הִיא יֹשְׁבָה בְּגוֹיִם לֹא מְצָאָה מְנוּחַ
כָּל-רֹדְפֶיהָ הִשִּׁיגוּהָ בֵּין הַמְּצָרִים:**

**דַּרְכֵי צִיּוֹן אֲבֵלוֹת מְבֹלִי בְּאֵי מוֹעֵד
כָּל-שְׁעָרֶיהָ שׁוֹמְמִין כְּהִנְיָה נְאֻחִים
בְּתוֹלְתֶיהָ נוֹגֹת וְהִיא מֵרָלָה:**

**הָיָה צָרָהּ לְרֹאשׁ אֵיבֶיהָ שָׁלוֹ כִּי-
יְהוָה הוֹגָה עַל-רַב-פְּשָׁעֶיהָ עוֹלָלֶיהָ
הִלְכוּ שְׁבִי לְפָנֶי-צָר:**

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6And gone is from the daughter of Zion all her splendor; her princes were like harts who did not find pasture and they departed without strength before [their] pursuer.

7Jerusalem recalls the days of her poverty and her miseries, [and] all her precious things that were from days of old; when her people fell into the hand of the adversary, and there was none to help her; the enemies gazed, gloating on her desolation.

8Jerusalem sinned grievously, therefore she became a wanderer; all who honored her despised her, for they have seen her shame; moreover, she herself sighed and turned away.

9Her uncleanness is in her skirts, she was not mindful of her end, and she fell astonishingly with none to comfort her. Behold, O Lord, my affliction, for the enemy has magnified himself.

10The adversary stretched forth his hand upon all her precious things, for she saw nations enter her Sanctuary, whom You did command not to enter into Your assembly.

11All her people are sighing [as] they search for bread; they gave away their treasures for food to revive the soul; see, O Lord, and behold, how I have become worthless.

12All of you who pass along the road, let it not happen to you. Behold and see, if there is any pain like my pain, which has been dealt to me, [with] which the Lord saddened [me] on the day of His fierce anger.

13From above He has hurled fire into my bones, and it broke them; He has spread a net for my feet, He has turned me back, He has made me desolate [and] faint all day long.

וַיֵּצֵא מִבֵּית (כתיב מן בת) צִיּוֹן כָּל־הַדָּרָה
הָיוּ שָׂרֵיהָ כְּאַיִלִים לֹא־מָצְאוּ מְרֻעָה
וַיֵּלְכוּ בְּלֹא־כֹחַ לִפְנֵי רוֹדְף:

זָכְרָה יְרוּשָׁלַיִם ׀ יְמֵי עֲנִיָּה וּמְרוֹדֶיהָ
כָּל מַחְמַדֶּיהָ אֲשֶׁר הָיוּ מִיְמֵי קֶדֶם
בְּנִפְל עִמָּה בְּיַד־צָר וְאִין עֹזֵר לָהּ
רְאוּהָ צָרִים שָׂחֲקוּ עַל־מִשְׁבַּתָּהּ:

חֲחַטָּא חֲחַטָּא יְרוּשָׁלַיִם עַל־כֵּן לְנִידָה
הָיְתָה כָּל־מַכְבְּדֶיהָ הַזִּילוּהָ כִּי־רָאוּ
עֲרוֹתָהּ גַם־הִיא נֹאנְחָה וְתִשָּׁב אַחֲרוֹר:

טַטְמַאתָּה בְּשׁוּלִיָּה לֹא זָכְרָה
אַחֲרִיתָּה וְתִרְדַּד פְּלָאִים אִין מְנַחֵם לָהּ
רְאֵה יְהוָה אֶת־עֲנִיִּי כִי הִגְדִּיל אוֹיֵב:

יָדוּ פָּרַשׁ צָר עַל כָּל־מַחְמַדֶּיהָ כִּי־
רָאָתָּה גּוֹיִם בָּאוּ מִקְדָּשֶׁהָ אֲשֶׁר
צִוִּיתָּה לֹא־יָבֹאוּ בְּקֹהֶל לָהּ:

יֹאכַל־עִמָּה נֹאנְחִים מְבַקְּשִׁים לֶחֶם
נָתַנוּ מַחְמַדֶּיהֶם(כתיב מחמודיהם) בְּאֶכְל
לְהַשִּׁיב נַפְשׁ רְאֵה יְהוָה וְהִבִּיטָה כִּי
הִיְתִי זֹלִלָה:

יַבְלוּא (ל זעירא) אֲלִיכֶם כָּל־עֲבָרֵי
דְרָךְ הַבִּיטוּ וִירְאוּ אִם־יֵשׁ מִכְּאוּב
כְּמַכְּאֵבֵי אֲשֶׁר עוֹלֵל לִי אֲשֶׁר הוֹגָה
יְהוָה בְּיוֹם חֲרוֹן אַפּוֹ:

יַגְמְרוּם שְׁלַח־אֵשׁ בְּעֲצַמְתִּי וַיִּרְדְּנָה
פָּרַשׁ רֶשֶׁת לְרַגְלִי הַשִּׁיבֵנִי אַחֲרוֹר
נִתְנֵנִי שְׁמָמָה כָּל־הַיּוֹם דָּוָה:

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14The yoke of my transgressions was marked in His hand, they have become interwoven; they have come upon my neck and caused my strength to fail; the Lord delivered me into the hands of those I could not withstand.

15The Lord has trampled all my mighty men in my midst, He summoned an assembly against me to crush my young men; the Lord has trodden as in a wine press the virgin daughter of Judah.

16For these things I weep; my eye, yea my eye, sheds tears, for the comforter to restore my soul is removed from me; my children are desolate, for the enemy has prevailed.

17Zion spreads out her hands [for help], but there is none to comfort her; the Lord has commanded concerning Jacob [that] his adversaries shall be round about him; Jerusalem has become an outcast among them.

18The Lord is righteous, for I have rebelled against His word; hear, I pray, all you peoples, and behold my pain; my maidens and my youths have gone into captivity.

19I called to my lovers, [but] they deceived me; my priests and elders perished in the city, when they sought food for themselves to revive their souls.

20Behold, O Lord, for I am in distress, my innards burn, my heart is turned within me, for I have grievously rebelled; in the street the sword bereaves, in the house it is like death.

21They have heard how I sigh, [and] there is none to comfort me, all my enemies have heard of my trouble [and] are glad that You have done it; [if only] You had brought the day that You proclaimed [upon them] and let them be like me.

**יִדְנָשְׁקֵד עַל פְּשָׁעַי בְּיָדוֹ יִשְׁתַּרְגּוּ עָלַי
עַל-צִוְאָרֵי הַכְּשִׁיל כָּחִי נִתְּנֵנִי אֲדָנִי
בְּיָדֵי לֹא-אוֹכֵל קוֹם:**

**טוֹסָלָה כָּל-אֲבִירֵי | אֲדָנִי בְּקֶרְבִי קָרָא
עָלַי מוֹעֵד לְשֹׁבֵר בַּחֹרֵי גַת דָּרָךְ
אֲדָנִי לְבַתּוֹלֵת בַּת-יְהוּדָה:**

**טז עַל-אֵלֶּה | אָנִי בּוֹכֶיָה עֵינַי | עֵינַי
יִרְדָּה מַיִם כִּי-רָחַק מִמֶּנִּי מְנַחֵם
מִשִּׁיב נֶפְשִׁי הָיָו בְּנֵי שׁוֹמְמִים כִּי גִבֵּר
אוֹיֵב:**

**יז פִּרְשָׁה צִיּוֹן בְּיָדֶיהָ אֵין מְנַחֵם לָהּ
צָוָה יְהוָה לִיעֲקֹב סְבִיבָיו צָרִיו הִיָּתָה
יְרוּשָׁלַם לְנֹדָה בִּינֵיהֶם:**

**יח צִדִּיק הוּא יְהוָה כִּי פִיהוּ מְרִיתִי
שָׁמְעוּ-נָא כָּל-הָעַמִּים (כְּתִיב עִמִּים) וִירְאוּ
מִכְּאָבִי בַתּוֹלֵתִי וּבַחֹרֵי הֶלְכוּ בְּשִׁבִי:**

**יט קָרָאתִי לְמֵאֲהָבֵי הֵמָּה רְמוֹנֵי כֹהֲנֵי
וּזְקֵנֵי בְּעִיר גֹּעֵו כִּי-בִקְשׁוּ אֶכֶל לָמֵן
וַיִּשְׁיבוּ אֶת-נַפְשָׁם:**

**כ רָאָה יְהוָה כִּי-צָר-לִי מֵעֵי חֲמַרְמָרוֹ
נִהַפָּה לְבִי בְּקֶרְבִי כִי מָרוּ מְרִיתִי
מִחוּץ שִׁפְלָה-חָרַב בְּבַיִת כְּמוֹת:**

**כא שָׁמְעוּ כִּי נֶאֱנַחָה אָנִי אֵין מְנַחֵם לִי
כָּל-אוֹיְבֵי שָׁמְעוּ רַעֲתִי שָׁשׂוּ כִּי אֲתָה
עֲשִׂיתָ הַבָּאתָ יוֹם-קָרָאתָ וַיְהִיו כְּמִנִּי:**

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22 May all their wickedness come before You, and deal with them as You have dealt with me for all my transgressions, for my sighs are many and my heart is faint.

**כַּבְּתָבָא כָּל־רַעְתָּם לְפָנֶיךָ וְעוֹלָל לְמוֹ
כַּאֲשֶׁר עוֹלָלְתָּ לִי עַל כָּל־פְּשָׁעַי כִּי־
רַבּוֹת אֲנַחְתִּי וְלִבִּי דָוָי:**

CHAPTER 2

1 How has the Lord in His anger brought darkness upon the daughter of Zion! He has cast down from heaven to earth the glory of Israel, and has not remembered His footstool on the day of His anger.

**אֵיכָה יַעִיב בְּאָפוֹ | אֲדַנִּי אֶת־בַּת־
צִיּוֹן הַשְּׁלִיךְ מִשָּׁמַיִם אֶרֶץ תַּפְאֲרַת
יִשְׂרָאֵל וְלֹא־זָכַר הַדָּם־רַגְלָיו בְּיוֹם
אָפוֹ:**

2 The Lord has destroyed and has had no pity on all the habitations of Jacob; in His wrath He has broken down the strongholds of Judah; He has struck [them] to the ground; He has profaned the kingdom and its princes.

**בִּבְלַע אֲדַנִּי וְלֹא (כְּתִיב לֹא) חָמַל אֶת
כָּל־נְאוֹת יַעֲקֹב הָרַס בְּעִבְרַתּוֹ
מִבְּצָרֵי בַת־יְהוּדָה הִגִּיעַ לְאֶרֶץ חֵלָל
מִמְלָכָה וּשְׂרָיָה:**

3 He has cut down in fierce anger all the strength of Israel; He has withdrawn His right hand [that shielded Israel] from the enemy, and He has burned in Jacob like a flaming fire, consuming all around.

**גָּדַע בְּחַר־אָף כָּל קֶרֶן יִשְׂרָאֵל
הִשִּׁיב אַחֲרוֹ יְמִינוֹ מִפְּנֵי אוֹיֵב וַיִּבְעַר
בְּיַעֲקֹב כָּאֵשׁ לְהִבָּה אֲכָלָה סָבִיב:**

4 He has bent His bow like an enemy, standing [with] His right hand as an adversary, and He has slain all that were pleasant to the eye; in the tent of the daughter of Zion, He has poured out His fury, [which is] like fire.

**דָּדַרְךָ קִשְׁתּוֹ כְּאוֹיֵב נֹצֵב יְמִינוֹ כְּצֶרֶךְ
וַיִּהְרַג כָּל מַחְמַדֵּי־עֵינַי בְּאֵהָל בַּת־צִיּוֹן
שִׁפְפוֹ כְּאֵשׁ חֲמָתוֹ:**

5 The Lord has become like an enemy; He has destroyed Israel; He has destroyed all its palaces, laid in ruins its strongholds, and He increased in the daughter of Judah, pain and wailing.

**הִהָיָה אֲדַנִּי | כְּאוֹיֵב בִּלְעַי יִשְׂרָאֵל
בִּלְעַי כָּל־אַרְמְנוֹתֶיהָ שָׁחַת מִבְּצָרֵי ו
וַיִּרַב בְּבַת־יְהוּדָה תַּאֲנִיָּה וְאֲנִיָּה:**

6 And He stripped His Tabernacle like a garden, and laid in ruins His Meeting-Place; the Lord has caused festival and Sabbath to be forgotten in Zion, and in His fierce indignation has spurned king and priest.

**וַיִּחַמַּס כַּגֶּן שָׁכַח שָׁחַת מַעֲדוֹ שִׁכַּח
יְהוָה | בְּצִיּוֹן מוֹעֵד וּשְׁבֹת וַיִּנְאַץ
בְּזַעַם־אָפוֹ מֶלֶךְ וְכֹהֵן:**

7 The Lord has rejected His altar, He has abolished His Sanctuary, He has delivered into the hand of the enemy

**זָזַנְח אֲדַנִּי | מִזְבְּחוֹ נָאֵר מִקִּדְשׁוֹ
הִסְגִּיר בְּיַד־אוֹיֵב חוֹמַת אַרְמְנוֹתֶיהָ
קוֹל נְתָנוּ בְּבֵית־יְהוָה כִּיּוֹם מוֹעֵד:**

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the walls of her palaces; they raised a clamor in the House of the Lord, as on a day of a festival.

8The Lord determined to destroy the wall of the daughter of Zion; He stretched out a line; He did not restrain His hand from destroying; indeed, He caused rampart and wall to mourn, [and] they languish together.

9Her gates are sunk into the ground; He has ruined and broken her bars; her king and princes are [exiled] among the heathens, [and] there is no more teaching; moreover, her prophets obtain no vision from the Lord.

10The elders of the daughter of Zion sit on the ground in silence, they laid dust on their heads [and] put on sackcloth; the maidens of Jerusalem bowed their heads to the ground.

11My eyes are spent with tears, my innards burn; my heart is poured out in grief over the destruction of the daughter of my people, while infant and suckling faint in the streets of the city.

12They say to their mothers, "Where are corn and wine?" as they faint like one slain, in the streets of the city, while their soul ebbs away on their mothers' bosom.

13What shall I testify for you? What shall I compare to you, O daughter of Jerusalem? What can I liken to you, that I may comfort you, O virgin daughter of Zion? For your ruin is as vast as the sea—who can heal you?

14Your prophets have seen false and senseless visions for you, and they have not exposed your iniquity to straighten out your backsliding, but have prophesied for you false and misleading oracles.

15All who passed along the road clapped their hands at you, they hissed and wagged their heads at the daughter

חחֲשֵׁב יְהוָה | לְהִשְׁחִית חוֹמַת בֵּית־
צִיּוֹן נָטָה קוֹ לֹא־הִשִּׁיב יָדוֹ מִבְּלֹעַ
וַיֹּאבֵל־חַל וְחוֹמָה יִחַדּוּ אִמְלָלוּ:

טטִבְעוּ (ט זעירא) בְּאֶרֶץ שְׁעָרֶיהָ
אֲבָד וְשָׁבַר בְּרִיחֶיהָ מִלְכָּה וְשָׂרֶיהָ
בְּגוֹיִם אֵין תּוֹרָה גַם־נְבִיאֶיהָ לֹא־
מָצְאוּ חֲזוֹן מִיְהוָה:

ייָשְׁבוּ לְאֶרֶץ יְדֻמוּ זְקֵנֵי בֵּית־צִיּוֹן
הָעֵלּוּ עֶפֶר עַל־רֵאשָׁם חָגְרוּ שָׂקִים
הוֹרִידוּ לְאֶרֶץ רֵאשָׁן בְּתוֹלַת יְרוּשָׁלַם:

יאיָכְלוּ בְדַמְעוֹת עֵינַי חֲמַרְמְרוּ מֵעֵי
נִשְׁפָּה לְאֶרֶץ כְּבִדֵי עַל־שָׁבַר בֵּית־עַמִּי
בְּעֵטֶף עוֹלֵל וַיּוֹנֵק בְּרַחְבוֹת קִרְיָה:

יביבִלְאַמְתֶּם יֵאמְרוּ אֵיךְ דָּגַן וַיֵּין
בְּהִתְעַטְפָם כְּחָלָל בְּרַחְבוֹת עִיר
בְּהִשְׁתַּפָּךְ נַפְשָׁם אֶל־חֵיק אַמְתֶּם:

יגיגְמַה־אֶעִידָךְ (כתיב אַעוּדָךְ) מִה אֲדַמָּה־
לָךְ הַבֵּת יְרוּשָׁלַם מִה אֲשׁוּה־לָךְ
וְאַנְחַמָּךְ בְּתוֹלַת בֵּית־צִיּוֹן כִּי־גָדוֹל
כָּפִים שָׁבַרְךָ מִי יִרְפָּא־לָךְ:

ידידְנַבִּיאֶיךָ חֲזוּ לָךְ שׂוֹא וְתַפֵּל וְלֹא־גָלוּ
עַל־עוֹנֶיךָ לְהִשִּׁיב שְׁבוּתֶךָ (כתיב
שְׁבִיתֶךָ) וַיִּחֲזוּ לָךְ מִשְׂאוֹת שׂוֹא
וּמְדוּחָם:

טוטוֹסַפְקוּ עָלֶיךָ כְּפִים כָּל־עַבְרֵי דָרְךָ
שָׂרְקוּ וַיִּנְעוּ רֵאשָׁם עַל־בֵּית יְרוּשָׁלַם

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of Jerusalem; "Is this the city that was called the perfection of beauty, the joy of all the earth?"

16All your enemies have opened their mouths wide against you; they hissed and gnashed their teeth [and] said, "We have engulfed [her]! Indeed, this is the day we longed for; we have found it; we have seen it!"

17The Lord has done what He devised, He has carried out His word, which He decreed long ago, [and] has devastated without pity; He has caused the enemy to rejoice over you, and exalted the might of your adversaries.

18Their heart cried out to the Lord: "O wall of the daughter of Zion! Let tears stream down like a torrent day and night, give yourself no respite, let the pupil of your eye not rest!"

19Arise, cry out in the night, at the beginning of the watches! Pour out your heart like water before the presence of the Lord; lift up your hands to Him [and pray] for the lives of your infants, who faint because of hunger at the head of every street."

20See, O Lord, and behold, to whom [else] have You done thus! Will women devour their own offspring, children that are petted? Will priest and prophet be slain in the Sanctuary of the Lord?

21In the streets, on the [bare] ground lie [both] young and old, my maidens and my young men have fallen by the sword; You have slain them in the day of Your anger; You have slaughtered [them] without mercy.

22You have summoned my neighbors on every side, as though it were a feast day, and on the day of the Lord's anger there was none that escaped or survived; those whom I dandled and reared, my enemy exterminated.

CHAPTER 4

הַזֹּאת הָעִיר שְׂיֵאמְרוּ כְּלִילַת יְפִי
מְשֹׁשׁ לְכָל־הָאָרֶץ:

טזפָּצוּ עֲלֶיהָ פִּיהֶם כָּל־אִיְבֵיהָ שְׂרָקוּ
וַיִּחְרְקוּ־שֵׁן אִמְרוּ בִלְעָנוּ אֶת־זֶה הַיּוֹם
שֶׁשְׁקִוִּינָהוּ מִצָּאֵנוּ רָאִינוּ:

יזעָשָׂה יְהוָה אֲשֶׁר זָמַם בַּעַע אֲמָרְתוֹ
אֲשֶׁר צָוָה מִימֵי־קֶדֶם הָרַס וְלֹא חָמַל
וַיִּשְׂמַח עָלֶיהָ אוֹיֵב הַרִים קָרַן צָרֶיהָ:

יחצָעַק לְבָם אֶל־אֲדֹנָי חוֹמַת בֵּת־צִיּוֹן
הוֹרִידִי כִנְחַל דָּמָעָה יוֹמָם וְלַיְלָה אֶל־
תַּתְּנִי פּוּגַת לֶךָ אֶל־תִּדְּם בֵּת־עֵינַי:

יטקוּמִי | רִנֵּי בַלִּילָה (כְּתִיב בַּלִּיל) לְרֹאשׁ
אֲשֶׁמְרוֹת שְׂפָכֵי כַמִּים לְבָרָה נִכַח פְּנֵי
אֲדֹנָי שְׂאִי אֵלָיו כַּפְיָה עַל־נֶפֶשׁ
עוֹלְלָהָ הָעֵטוּפוֹיִם בָּרַעַב בְּרֹאשׁ כָּל־
חוֹצוֹת:

כרָאָה יְהוָה וְהִבִּטָה לְמִי עוֹלְלָתָ כֹּה
אִם־תֹּאכְלֶנָה נְשִׁים פְּרִים עַלְלֵי
טַפְּחִים אִם־יִהְרַג בְּמִקְדָּשׁ אֲדֹנָי כֹּה־
וְנָבִיא:

כאשָׁכְבוּ לְאָרֶץ חוֹצוֹת נֶעַר וְזָקֵן
בְּתוֹלֵתִי וּבְחוּרֵי נָפְלוּ בְּחָרֵב הָרֶגֶת
בַּיּוֹם אַפָּה טִבַּחַת לֹא חָמַלְתָּ:

כבתִּקְרָא כִּיּוֹם מוֹעֵד מְגוּרֵי מִסְבִּיב
וְלֹא הָיָה בַּיּוֹם אֶף־יְהוָה פְּלִיט וְשָׂרִיד
אֲשֶׁר־טַפַּחְתִּי וְרִבִּיתִי אִיְבֵי כָלָם:

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- 1**I am the man who has seen affliction by the rod of His wrath. **אֲנִי הַגֶּבֶר רָאָה עָנִי בַשֶּׁבֶט עֲבָרְתוֹ:**
- 2**He has led me and made me walk [in] darkness and not [in] light. **בְּאוֹתֵי נֶהַג וַיִּלְךְ חֹשֶׁךְ וְלֹא־אֹר:**
- 3**Only against me would He repeatedly turn His hand the whole day long. **גֹּאֲךָ בִּי יָשָׁב יַהֲפֹךְ יָדוֹ כָּל־הַיּוֹם:**
- 4**He has made my flesh and my skin waste away [and] has broken my bones. **דָּבְלָה בְּשָׂרִי וְעוֹרִי שָׁבַר עַצְמוֹתַי:**
- 5**He has built up [camps of siege] against me, and encompassed [me with] gall and travail. **הִבְנֶה עָלַי וַיִּקְרַף רֹאשׁ וַתִּלְאַה:**
- 6**He has made me dwell in darkness like those who are forever dead. **וּבְמַחְשָׁכִים הוֹשִׁיבֵנִי כְּמֵתֵי עוֹלָם:**
- 7**He has fenced me in, so that I cannot get out; He has made my chains heavy. **זָגָדָר בְּעַדֵּי וְלֹא אֵצָא הַכְּבִיד נְחֹשְׁתַּי:**
- 8**Though I cry out and plead, He shuts out my prayer. **חָגַם כִּי אֶזְעַק וְאַשְׁוֵעַ שְׁתָּם תִּפְלְתֵי:**
- 9**He has walled up my roads with hewn stones, He has made my paths crooked. **טָגָדָר דְּרָכֵי בְּגִזִּית נְתִיבַתִּי עֹהָ:**
- 10**He is to me a bear lying in wait, a lion in hiding. **יָדֹב אֲרֵב הוּא לִי אֲרִי (כְּתִיב אֲרִיהַ) בְּמַסְתָּרִים:**
- 11**He scattered thorns on my ways, He caused me to spread my legs apart, and made me desolate. **יֵאֲדָרְכֵי סוֹרָר וַיִּפְשְׁחֵנִי שְׁמֵנִי שָׁמָם:**
- 12**He bent His bow and set me up as a target for the arrow. **יַבְדִּירָךְ קִשְׁת׃ וַיַּצִּיבֵנִי כְּמִטְרָא לַחֵץ:**
- 13**He has caused the arrows of His quiver to enter into my reins. **יִגְהִיבֵא בְּכַלְיֵתִי בְּנֵי אֲשָׁפוֹתוֹ:**
- 14**I have become the laughing stock of all my people, their song [of derision] all day long. **יִדְהִיִּיתִי שְׂחֹק לְכָל־עַמִּי נְגִינָתָם כָּל־הַיּוֹם:**
- 15**He has filled me with bitterness; He has sated me with wormwood. **טוֹהֵשְׁבִיעַנִי בְּמִרְוֵרִים הֲרוֹנֵי לַעֲנָה:**

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16 Indeed, He has made my teeth grind on gravel, and caused me to wallow in ashes.	טז : וַיִּגְרַס בְּחֶצֶץ שִׁנֵי הַכֹּפִישֵׁנִי בְּאַפֵּר:
17 And my soul is far removed from peace, I have forgotten [what] goodness [is].	יז : וַתִּזְנַח מִשְׁלוֹם נַפְשִׁי נַשִּׁיתִי טוֹבָה:
18 So I said, "Gone is my life, and my expectation from the Lord."	יח : וַאֲמַר אֲבַד נַצְחִי וַתּוֹחַלְתִּי מִיְהוָה:
19 Remember my affliction and my misery, wormwood and gall.	יט : וַיִּזְכֹּר-עֵינָי וּמְרוּדֵי לַעֲנָה וְרָאשׁ:
20 My soul well remembers and is bowed down within me.	כ : כִּזְכוֹר תִּזְכֹּר וַתִּשׁוּחַ (כְּתִיב וַתִּשׁוּחַ) עָלַי נַפְשִׁי:
21 This I reply to my heart; therefore I have hope.	כא : כִּי אֲזַאת אָשִׁיב אֶל-לִבִּי עַל-כֵּן אֶחְיֶה:
22 Verily, the kindnesses of the Lord never cease! Indeed, His mercies never fail!	כב : כִּי לֹא-תִמְנוּ כִּי לֹא-כָלוּ רַחֲמָיו:
23 They are new every morning; great is Your faithfulness.	כג : כִּי גִדְשִׁים לְבָקָרִים רַבָּה אֱמוּנָתְךָ:
24 "The Lord is my portion," says my soul; "therefore I will hope in Him."	כד : כִּי יְהוָה אִמְרָה נַפְשִׁי עַל-כֵּן אֶחְיֶה לוֹ:
25 The Lord is good to those who wait for Him, to the soul that seeks Him.	כה : כִּי טוֹב יְהוָה לְקַוּוֹ לְנַפֵּשׁ תִּדְרָשׁוּנוּ:
26 It is good that one should wait quietly for the salvation of the Lord.	כו : כִּי טוֹב וַיְחַל וְדוּמָם לְתַשׁוּעַת יְהוָה:
27 It is good for a man that he bear a yoke in his youth.	כז : כִּי טוֹב לְגַבֵּר כִּי-יִשָּׂא עַל בְּנֵעוּרָיו:
28 Let him sit solitary and wait, for He has laid [it] upon him.	כח : כִּי יֵשֵׁב בְּדָד וַיִּדָּם כִּי נָטַל עָלָיו:
29 Let him put his mouth into the dust; there may yet be hope.	כט : כִּי יִתֵּן בְּעַפָּר פִּיהוּ אִוְלֵי יֵשׁ תִּקְוָה:
30 Let him offer his cheek to his smiter; let him be filled with reproach.	ל : לִיתֵן לְמַכְהוֹ לְחֵי יִשָּׁבַע בְּחֶרְפָּה:

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- 31**For the Lord will not cast [him] off forever. **לאֶכִּי לֹא יִזְנַח לְעוֹלָם אֶדְנִי:**
- 32**Though he cause grief, He will yet have compassion according to the abundance of His kindness. **לִבִּי אִם־הוֹגָה וְרַחֵם כְּרַב חַסְדּוֹ:**
- 33**For He does not willingly afflict or grieve the sons of man. **לִגְכִּי לֹא עָנָה מִלְּבוֹ וַיִּגַּה בְּנֵי־אִישׁ:**
- 34**[Or] crush under His feet all the prisoners of the earth. **לְדַלְדָּכָא תַּחַת רַגְלָיו כָּל אֲסִירֵי אָרֶץ:**
- 35**[Or] turn aside the right of a man in the presence of the Most High. **לְהִלָּטוֹת מִשְׁפַּט־גֹּבֵר נִגְדַּד פָּנָי עֲלִיוֹן:**
- 36**To subvert a man in his cause, the Lord does not approve. **לוֹלְעוֹת (ע זעירא) אָדָם בְּרִיבוֹ אֶדְנִי לֹא רָאָה:**
- 37**Who has commanded and it came to pass, unless the Lord ordained it? **לִזְמִי זֶה אָמַר וַתְּהִי אֶדְנִי לֹא צִוָּה:**
- 38**[And] by the command of the Most High, neither good nor evil come. **לְחַמְפֵי עֲלִיוֹן לֹא תֵצֵא הַרְעוֹת וְהַטּוֹב:**
- 39**Why should a living man complain? A man for his sins. **לִטְמָה־יִתְאַוֵּן אָדָם חֵי גֹבֵר עַל־חַטָּאוֹ:**
- 40**Let us search and examine our ways, and let us return to the Lord. **מִנְחַפְשָׁה דַרְכֵינוּ וְנִחְקְרָה וְנִשׁוּבָה עַד־יְהוָה:**
- 41**Let us lift up our hearts to our hands, to God in heaven. **מֵאֲנָשָׁא לְבַבְנוּ אֶל־כַּפָּיִם אֶל־אֵל בְּשָׁמַיִם:**
- 42**We have rebelled and have been disobedient; You have not forgiven. **מִבְּנַחְנוּ פָשַׁעְנוּ וּמְרִינוּ אֶתְּךָ לֹא סָלַחְתָּ:**
- 43**You have enveloped Yourself with anger and pursued us; You have slain without mercy. **מִגְסַכּוֹתָהּ בָּאָף וַתִּרְדְּפֵנוּ הַרְגַתָּ לֹא חֲמַלְתָּ:**
- 44**You have enveloped Yourself in a cloud, so that no prayer can pass through. **מִדְּסַכְתָּהּ בָּעָנָן לָךְ מֵעֵבֹר תִּפְלָה:**
- 45**You make us as scum and refuse among the peoples. **מִהֶסְחֵי וּמְאוֹסִים תַּשְׁיִמֵנוּ בְּקִרְבֵי הָעַמִּים:**

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- 46**All our enemies have opened their mouth wide against us. **מוֹפְצוּ עֲלֵינוּ פִּיהֶם כָּל־אֹיְבֵינוּ:**
- 47**We had terror and pitfalls, desolation and ruin. **מִזְפַּחַד וּפְחַת הָיָה לָנוּ הַשָּׂאת וְהַשָּׁבֵר:**
- 48**My eyes shed torrents of water over the destruction of the daughter of my people. **מִחַפְלָגֵי־מַיִם תִּרְדַּ עֵינַי עַל־שֹׁבֵר בַּת־עַמִּי:**
- 49**My eye streams and is not silent, without respite. **מִטְעֵינִי נִגְרָה וְלֹא תִדְמָה מֵאִין הַפְּגוֹת:**
- 50**Till the Lord looks down from the heavens and beholds. **נִעַד־יִשְׁקִיף וַיִּרְא יְהוָה מִשָּׁמַיִם:**
- 51**My eye sullies my soul more than all the daughters of my city. **נֹאעֵינִי עוֹלְלָה לְנַפְשִׁי מִכָּל בָּנוֹת עִירִי:**
- 52**My enemies have hunted me like a bird, without cause. **נִבְצוּד צְדוֹנִי כְצַפֵּר אֹיְבֵי חַנָּם:**
- 53**They have confined my life in the dungeon and have cast a stone upon me. **נִגְצַמְתּוּ בַּבּוֹר חַיִּי וַיִּדּוּ־אֶבֶן בִּי:**
- 54**Water flowed over my head; I thought, "I am cut off." **נִדְצַפּוּ־מַיִם עַל־רֹאשִׁי אָמַרְתִּי נִגְזַרְתִּי:**
- 55**I called on Your name, O Lord, from the depths of the pit. **נִהַקְרַאתִי שְׁמֶךָ יְהוָה מִבּוֹר תַּחְתִּיּוֹת:**
- 56**You did hear my voice; hide not Your ear from my sighing [or] from my crying. **נִקְוִלִי שָׁמַעְתָּ אֶל־תַּעֲלִם אָזְנוֹךָ לְרוּחֹתִי לְשׁוֹעָתִי:**
- 57**You did draw near when I called on You; You did say, "Do not fear." **נִזְקַרְבַּתְּ בְּיוֹם אָקְרָאֲךָ אָמַרְתָּ אֶל־תִּירָא:**
- 58**You did plead my cause, O Lord; You did redeem my life. **נִחַרְבַתְּ אֲדֹנָי רִיבִי נִפְשִׁי גָאֲלַתְּ חַיִּי:**
- 59**You have seen wrong done to me, O Lord; judge my cause. **נִטְרָאִיתָה יְהוָה עוֹתֹתַי שְׁפָטָה מִשְׁפָּטִי:**

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60 You have seen all their [acts of] vengeance, all their devices against me.

וְרָאִיתָה כָּל־נִקְמָתָם כָּל־מַחְשְׁבֹתָם לִי:

61 You have heard their insults, O Lord, all their plots against me.

וְאִשְׁמַעְתָּ חַרְפָּתָם יְהוָה כָּל־מַחְשְׁבֹתָם עָלַי:

62 The utterances of my assailants and their thoughts are against me all day long.

וּבְשִׁפְתַי קָמִי וְהִגִּינוּ עָלַי כָּל־הַיּוֹם:

63 Behold their sitting down and their rising; I am their song [of derision].

וְגִיטָתָם וְקִימָתָם הִבִּיטָה אָנֹכִי מִנְּגִינָתָם:

64 Requite them, O Lord, according to the work of their hands.

וְדַתְּשִׁיב לָהֶם גְּמוּלַת יְהוָה כְּמַעֲשֵׂה יְדֵיהֶם:

65 Give them a weakness of heart; may Your curse be upon them.

וְהַתַּתָּן לָהֶם מַגְנֹת־לֵב תִּאְלָתֶרָה לָהֶם:

66 Pursue them in anger and destroy them from under the heavens of the Lord.

וּסְוֹתְרֹדְךָ בְּאַף וְתִשְׁמִידִם מִתַּחַת שָׁמַיִם יְהוָה:

CHAPTER 5

1 How dim the gold has become, [how] changed is the fine gold jewelry! The holy stones are scattered at the head of every street.

אֵיכָה יוּעַם זָהָב יִשְׁנָא הַכֶּתֶם הַטּוֹב תִּשְׁתַּפְּכְנָה אֲבְנֵי־קֹדֶשׁ בְּרֹאשׁ כָּל־חוּצוֹת:

2 The precious children of Zion, praised with fine gold; how they are regarded as earthen pitchers, the work of a potter's hands!

בְּבָנֵי צִיּוֹן הַיְקָרִים הַמְּסֻלָּאִים בְּפֶזַע אֵיכָה נִחְשְׁבוּ לְנֹבְלֵי־חֶרֶשׁ מַעֲשֵׂה יְדֵי יוֹצֵר:

3 Even the sea-monsters offer the breast [and] suckle their young; the daughter of my people has become cruel, like the ostriches in the wilderness.

גַּם־תַּנִּינִים (כְּתִיב תַּנִּין) חָלְצוּ שֵׁד הַיַּנְיָקוּ גוּרֵיהֶן בְּתַעֲמֵי לְאֶכְזָר כִּי־עֵנִים (כְּתִיב כִּי עֵנִים) בְּמִדְבָּר:

4 The tongue of the suckling child cleaves to his palate through thirst; the young children beg [for] bread, [but] no one breaks it for them.

וּדְבֵק לְשׁוֹן יוֹנֵק אֶל־חִכּוֹ בְּצָמָא עוֹלָלִים שָׁאֲלוּ לֶחֶם פָּרַשׁ אֵין לָהֶם:

5 Those who used to eat dainties are perishing in the streets; they that were reared on crimson clasp the dunghills.

הַהֶאֱכָלִים לְמַעַדְנִים נִשְׁמוּ בְּחוּצוֹת הָאֲמָנִים עָלַי תּוֹלַע חִבְּקוֹ אֲשַׁפְּתוֹת:

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6The iniquity of my people is greater than the sin of Sodom, which was overthrown as in a moment, and no hands fell on her.

וַיִּגְדֹּל עֵוֹן בְּתַעֲמֵי מַחֲטָאת סֹדֹם
הַהִפּוּכָה כְּמוֹ-רָגַע וְלֹא-חָלוּ בָּהּ
יָדַיִם:

7Her Nazirites were purer than snow, they were whiter than milk, their appearance was ruddier than coral, [and] sapphire was their form.

זָכּוּ נְזִירֵיהָ מִשֶּׁלֶג צָחוּ מִחֶלֶב אֲדָמוֹ
עַצְמָם מִפְּנִינִים סָפִיר גְּזָרְתָם:

8[But now] their appearance has become darker than charcoal, they are not recognized in the streets; their skin is shriveled on their bones; it has become as dry as a stick.

חֲחֹשֶׁה מִשְׁחֹר תֵּאָרֶם לֹא נִכְרוּ
בַּחֹצוֹת צָפַד עוֹרָם עַל-עַצְמָם יָבֵשׁ
הָיָה כְּעֵץ:

9Better off were the victims of the sword than the victims of hunger, for they ooze, pierced by the fruits of the field.

טוֹבִים הָיוּ חַלְלֵי-חֶרֶב מִחַלְלֵי רֶעֶב
שָׁהֵם יָזְבוּ מִדְּקָרִים מִתְנוּבוֹת שְׂדֵי:

10The hands of compassionate women boiled their own children; they have become their food in the destruction of the daughter of my people.

יָדַי נָשִׁים רַחֲמָנִיּוֹת בָּשְׁלוּ יַלְדֵיהֶן הֵיוּ
לְבָרוֹת לֶמֶן בְּשֶׁבֶר בְּתַעֲמֵי:

11The Lord has spent His fury, He has poured out His fierce anger, and He has kindled a fire in Zion, which has consumed her foundations.

יֹאכֵלָה יְהוָה אֶת-חֲמָתוֹ שִׁפָּה חָרוֹן
אָפוּ וַיִּצַּת-אֵשׁ בְּצִיּוֹן וַתֹּאכַל יְסוֹדֶתֶיהָ:

12The kings of the earth did not believe, nor all the inhabitants of the world, that a foe or enemy could enter the gates of Jerusalem.

יִבְלָא הָאֱמִינוּ מַלְכֵי-אֶרֶץ כָּל (כְּתִיב
וְכָל) יֹשְׁבֵי תֵיבֵל כִּי יָבֹא צָר וְאוֹיֵב
בְּשַׁעֲרֵי יְרוּשָׁלַם:

13[It was] for the sins of her prophets, the iniquities of her priests, who shed in her midst the blood of the righteous.

יַגִּמַחֲטָאת נְבִיאֶיהָ עֹונֹת כֹּהֲנֶיהָ
הַשְּׂפָכִים בְּקִרְבָּהָ דָם צַדִּיקִים:

14The blind stagger through the streets, they are defiled with blood, and none can touch their garments.

יִדְנְעוּ עוֹרִים בַּחֹצוֹת נִגְאָלוּ בַדָּם
בְּלֹא יוּכְלוּ יָגְעוּ בְּלִבְשֵׁיהֶם:

15"Depart, unclean!" they called out to them, "Depart, depart, do not touch!" for they are foul, even slipping; they said, "They shall no more sojourn among the nations."

טוֹסוּרוֹ טָמֵא קָרְאוּ לָמוֹ סוּרוֹ סוּרוֹ
אֶל-תִּגְעוּ כִּי נָצוּ גַם-נָעוּ אָמְרוּ בְּגוֹיִם
לֹא יוֹסְפוּ לְגוֹר:

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16The anger of the Lord divided them; He will regard them no longer; they respected not the presence of the priests; they favored not the elders.

טזפְּנֵי יְהוָה חִלְקָם לֹא יוֹסִיף לְהַבִּיטֵם
פְּנֵי כֹהֲנִים לֹא נִשְׂאוּ וְזִקְנִים (כתיב)
זִקְנִים) לֹא חָנְנוּ:

17Our eyes still strained for our futile help; in our expectations we hoped for a nation that could not save [us].

יזעֹדֵינוּ (כתיב עוֹדֵינָה) תִּכְלִינָה עֵינֵינוּ
אֶל־עֲזָרְתָנוּ הַבֵּל בְּצַפִּיתָנוּ צַפִּינוּ
אֶל־גּוֹי לֹא יוֹשֵׁעַ:

18They dogged our steps [and prevented us] from walking in the streets; our end drew near, our days were fulfilled, for our end had come.

יחצָדוּ צַעֲדֵינוּ מִלֶּקֶת בְּרַחֲבֵתֵינוּ קָרַב
קֶצְנוּ מָלְאוּ יָמֵינוּ כִּי־בָא קֶצְנוּ:

19Our pursuers were swifter than the eagles of the heavens; they chased us on the mountains, they lay in wait for us in the wilderness.

יטקָלִים הָיוּ רֹדְפֵינוּ מִנְּשָׂרֵי שָׁמַיִם
עַל־הַהָרִים דָּלְקָנוּ בַּמִּדְבָּר אָרְבוּ לָנוּ:

20The breath of our nostrils, the Lord's anointed, was captured in their pits, of whom we had said, "Under His protection we shall live among the nations."

כרוּחַ אִפְּנוּ מְשִׁיחַ יְהוָה נִלְכַּד
בְּשַׁחֲתוֹתֵם אֲשֶׁר אִמְרָנוּ בְּצִלּוֹ נַחִיָּה
בְּגוֹיִם:

21Rejoice and be glad, O daughter of Edom, who dwells in the land of Uz; upon you also shall the cup pass, you shall become drunk and vomit.

כאשִׂישִׁי וְשִׂמְחֵי בֵּת־אֲדוֹם
יִזְשַׁבֵּת (כתיב יוֹשְׁבֵתִי) בְּאֶרֶץ עוּץ גַּם־
עָלֶיךָ תַעֲבֹר־כּוֹס תִּשְׁכַּרִי וְתִתְעָרִי:

22[The punishment of] your iniquity is complete, O daughter of Zion; He will no longer send you into exile; [but] your iniquity, O daughter of Edom, He shall punish-He will reveal your sins.

כבתֵּם־עוֹנֶךָ בֵּת־צִיּוֹן לֹא יוֹסִיף
לְהַגְלוֹתְךָ פֶּקֶד עוֹנֶךָ בֵּת־אֲדוֹם גְּלָהּ
עַל־חַטָּאתֶיךָ:

CHAPTER 5

1Recall, O Lord, what has befallen us; behold and see our disgrace.

אזְכֹר יְהוָה מַה־הָיָה לָנוּ הַבִּיטָה (כתיב)
הַבִּיט) וִרְאֵה אֶת־חֲרָפְתָנוּ:

2Our heritage has been turned over to strangers, our houses to aliens.

בנְחַלְתָנוּ נְהַפְכָה לְזָרִים בְּתֵינוּ
לְנֹכְרִים:

3We have become orphans and fatherless, our mothers are like widows.

גיְתוּמִים הָייֵנוּ וְאִין (כתיב אִין) אָב
אִמֵּיתֵנוּ כְּאִלְמָנוֹת:

4Our water we have drunk for payment; our wood needs must come by purchase.

דמִיָּמֵינוּ בְּכֶסֶף שְׁתֵּינוּ עֵצֵינוּ בְּמַחִיר
יָבֵאוּ:

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5 We are pursued [with a yoke] on our necks; we toil but it does not remain with us.	ה על צַאֲרָנוּ נִרְדָּפְנוּ יִגְעֵנוּ וְלֹא (כתיב לֹא) הוֹנַח־לָנוּ:
6 We have stretched out our hands to Egypt [and to] Assyria to get enough food.	ו מִצְרַיִם נָתַנוּ יָד אֲשׁוּר לְשִׁבְעַ לְחֵם:
7 Our fathers have sinned and are no more, and we have borne their iniquities.	ז אֲבֹתֵינוּ חָטְאוּ וְאִינָם (כתיב אִינָם) וְאֶנְחֵנוּ (כתיב אֶנְחֵנוּ) עֹונֹתֵיהֶם סָבְלָנוּ:
8 Slaves rule over us, [and] there is none to deliver [us] from their hand.	ח עֲבָדִים מְשָׁלוּ בָנוּ פִּרְק אֵין מִיָּדָם:
9 With our lives we bring our bread, because of the sword of the wilderness.	ט בִּנְפְשֵׁנוּ נָבִיא לְחֵמְנוּ מִפְּנֵי חָרֶב הַמִּדְבָּר:
10 Our skin is parched as by a furnace because of the heat of hunger.	י עֹורֵנוּ כְּתַנּוּר נִכְמְרוּ מִפְּנֵי זִלְעָפוֹת רָעֵב:
11 They have outraged women in Zion [and] maidens in the cities of Judah.	יא נָשִׁים בְּצִיּוֹן עָנוּ בְּתֵלֶת בְּעָרֵי יְהוּדָה:
12 Princes were hanged by their hands, elders were not shown respect.	יב שָׂרִים בְּיָדָם נִתְלוּ פְנֵי זְקֵנִים לֹא נִהְדָּרוּ:
13 Young men carried the millstones, [and] youths stumbled under [loads of] wood.	יג בַּחֲוָרִים טָחוּן נָשְׂאוּ וּנְעָרִים בְּעֵץ כָּשְׁלוּ:
14 The elders have ceased from the [city] gate, the young men from their music.	יד זְקֵנִים מְשַׁעַר שָׁבְתוּ בַּחֲוָרִים מִנְּגִינָתָם:
15 The joy of our heart has ceased, our dancing has turned into mourning.	טו שִׁבְתָּ מְשׁוֹשׁ לִבְנוּ נִהְפָּךְ לְאֵבֶל מְחֹלְלוֹ:
16 The crown of our head has fallen, woe to us, for we have sinned.	טז טִזְנַפְלָה עֲטֹרַת רֹאשֵׁנוּ אוֹיֵ-נָא לָנוּ כִּי חָטְאָנוּ:
17 For this our heart has become faint, for these things our eyes have grown dim.	יז עַל-זֶה הָיָה דָוָה לִבְנוּ עַל-אֵלֶּה חָשְׁכוּ עֵינֵינוּ:
18 For Mount Zion, which has become desolate; foxes prowl over it.	יח עַל הַר-צִיּוֹן שָׁשְׂמָם שׁוֹעֲלִים הַלְכוּ-בוֹ:

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19[But] You, O Lord, remain forever; Your throne endures throughout the generations.

יִטְאַתָּה יְהוָה לְעוֹלָם תֵּשֵׁב כִּסְאֶךָ לְדוֹר וָדוֹר:

20Why do You forget us forever, forsake us so long?

כִּלְמָה לְנִצַּח תִּשְׁכַּחַנוּ תַעֲזֹבֵנוּ לְאַרְךָ יָמִים:

21Restore us to You, O Lord, that we may be restored! Renew our days as of old.

כֹּאֲשֶׁר שִׁיבֵנוּ יְהוָה | אֱלֹהֵיךָ וְנִשׁוּבָה (כְּתִיב וְנִשׁוּבָה) חֲדָשׁ יָמֵינוּ כְּקֶדְמָם:

22For if You have utterly rejected us, You have [already] been exceedingly wroth against us.

כִּבְכִי אִם־מָאֵס מְאֹסָתָנוּ קִצְפָתָ עָלֵינוּ עַד־מְאֹד:

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