

Laments

A new and old translation of *Eikhah*

This booklet uses two translations of Laments, the book of mourning poems read on *Tish'a B'Av*. Chapters 1, 2 and 5 were translated by Rabbi David Mevorach Seidenberg, with attention to the principles of the Buber-Rosenzweig Bible. This translation strives to be “concordant” by translating related Hebrew words with related English words, and by following the order and syntax of the Hebrew as much as possible. In some cases alternate translations are given, indicated by a slash. This translation also focuses on the more physical, earthly meaning of words, drawing the reader from modern thought patterns towards more ancient ways of seeing and feeling. Chapters 3 and 4 were translated by James Moffat over a half century ago, according to the principles of “idiomatic” translation. This translation strives to recast the Hebrew according to the word order, meaning, and sense of everyday English, even to the point of reordering the verses (see 49-51 of chapter 3). Moffat, more than most idiomatic translators, is able to evoke the emotional depth of the Hebrew.

Please copy! Copies must include this title page. Rights are granted to make 10 copies per download. If you want to make more copies, please consider sending a donation to support www.neohasid.org. For more information, or for inquiries about teaching, please write to Rabbi David Seidenberg at rebduvid86@gmail.com. Visit NEOHASID.ORG on the web for this file or for other liturgy resources, *nigunim* and songs, and Chasidische Torah. Please also visit neohasid.org/stoptheflood and savethenegev.org for eco-Torah.

Translation revised from 2002, 2003 editions for the Aleph Kallah and the NHC Institute. Original translation © 1993, David Seidenberg. James Moffat's translation, from the Hodder and Stoughton edition (out of print), has been revised and updated in minor ways for this booklet. Based on layout for 2003 edition by Mark Frydenberg. This booklet contains the sacred name in Hebrew for God. Please do not destroy it or dispose of it improperly. ©July 2007, 2008, all applicable rights reserved.

neohasid.org

לְאֶרֶץ יָמִים:
כֹּחַ הַשִּׁיבֵנוּ יְהוָה | אֵלֶיךָ
וְנִשְׁוּבָה

חֲדָשׁ יָמֵינוּ כְּקֶדֶם:
כֹּחַ בִּי אִם-מָאֵס מְאַסְתָּנוּ
קִצְפָּת עָלֵינוּ עַד-מָאֵד

הַשִּׁיבֵנוּ יְהוָה | אֵלֶיךָ
וְנִשְׁוּבָה
חֲדָשׁ יָמֵינוּ
כְּקֶדֶם:

for the span of time's days?

21 Turn us, YHVH, toward you,
and we will turn.

Renew our days, like long before.

22 For if loathing, you should loathe us,
be enraged over us, so very much—!

Turn us, YHVH, toward you,
and we will turn.

Make our days new again,
like dawn / long ago.

Some notes on the theology of *Eikhah*:

The idea that tragedy and disaster are punishment for our sins is alien to most modern Jews. The author(s) of *Eikhah* believed that what happened to Zion was divine punishment. (This is one reason why it is hard to connect the Holocaust with what we mourn on *Tish'a B'av*.)

Besides the obvious consolation of believing that the tragedy had meaning, the reader might also consider that for the ancients, the two choices were to believe that the destruction was punishment, or that God simply had no interest in them. It is easy to imagine why people would choose the image of a punishing God over the complete absence of God – though the latter possibility is suggested in the very last line of the text, before we go back to repeat the more comforting line “Turn us...”

Only in chapter 3 is the destruction of Zion consistently seen as fair and just punishment. In other chapters, the degree of divine punishment is (subtly) described as excessive and abusive (e.g. “See YHVH and look: Whom did you treat like this?” in chapter 2).

According to Jeremiah, the reason for exile was that Israel had not allowed the land to rest during her Jubilee years – an outcome promised in the Torah. (This idea is not found in *Eikhah*, where the identification of the people with the land is total.) In an age when we have good reason to believe that our ecological “sins” are coming home to roost, the connection between disaster and divine retribution may not seem so farfetched. If we sympathize with this idea, we can read *Eikhah* as an invitation to change our lives, towards justice for all peoples, for all species, and for the land herself.

מִבְּלִי בָּאֵי מוֹעֵד
 כָּל־שַׁעְרֶיהָ שׁוּמְמִין
 כָּהֲנֶיהָ נֹאנְחִים
 בְּתוֹלְתֶיהָ נוֹגֹת
 וְהִיא מֵרָלָה:
 הָ הִיוּ צָרֶיהָ לְרֹאשׁ
 אֵיבֶיהָ שָׁלוֹ
 כִּי־יְהוָה הוֹגָה
 עַל רַב־פְּשָׁעֶיהָ
 עוֹלָלֶיהָ הָלְכוּ שְׁבִי לִפְנֵי־צָר:
 וַיֵּצֵא מִן־בֵּית־צִיּוֹן
 כָּל־הַדָּרָה
 הֵיוּ שָׂרֶיהָ כְּאֵילִים
 לֹא־מָצְאוּ מָרְעָה
 וַיֵּלְכוּ בְּלֹא־כֹחַ
 לִפְנֵי רוֹדֵף:
 ז זָכְרָה יְרוּשָׁלַם
 יְמֵי עֲנִיָּה
 וּמְרוּדֶיהָ
 כָּל מַחֲמָדֶיהָ
 אֲשֶׁר הָיוּ מִיְּמֵי קֶדֶם
 בְּנִפְלַעַם בְּיַד־צָר
 וְאֵין עֹזֶר לָהּ

from being without festival-goers,
 all her gates desolated;
 Her priests are moaning,
 her girls grieving;
 And she – it is bitterness for her.
 5 Her tormentors were at the head,
 her enemies had ease
 For YHVH aggrieved her
 for the greatness of her sins.
 Her babes walked captive before foe;
 6 and all her splendor went out from
 daughter Zion!
 Her ministers, like deer,
 not finding a place to graze;
 They walked, without strength,
 before a pursuer.
 7 Jerusalem remembered
 the days of her impoverishment
 and her downsliding,
 all her precious things
 which were from early days,
 while her people fell into a foe's hand;
 And there is no help for her.

אֶת־חֲרָפְתָּנוּ:
 ב נִחַלְתָּנוּ נֶהֱפַכָה
 לְזָרִים
 בְּתֵינוּ לְנֹכְרִים:
 ג יְתוּמִים הָיִינוּ וְאֵין אָב
 אֲמָתֵינוּ כְּאַלְמָנוֹת:
 ד מִיָּמֵינוּ בְּכֶסֶף שָׁתִינוּ
 עֵצֵינוּ בְּמַחִיר יָבֹאוּ:
 ה עַל צוּאֲרֵנוּ נִרְדְּפֵנוּ
 יִגְעֵנוּ וְלֹא הוֹנַח־לָנוּ:
 ו מִצֵּרִים נָתַנוּ יָד
 אֲשׁוּר לְשַׂבֵּעַ לֶחֶם:
 ז אֲבֹתֵינוּ חָטְאוּ וְאֵינָם
 וְאִנְחָנוּ עֲוֹנֹתֵיהֶם סָבְלָנוּ:
 ח עֲבָדִים מָשְׁלוּ בָנוּ
 פָּרַק אֵין
 מִיָּדָם:
 ט בְּנַפְשֵׁנוּ נָבִיא לַחֲמֵנוּ מִפְּנֵי
 חֶרֶב הַמִּדְבָּר:
 י עוֹרֵנוּ כִּתְנוֹר נִכְמָרוּ
 מִפְּנֵי זַלְעָפוֹת רָעֵב:
 יא נָשִׁים בְּצִיּוֹן עָזוּ
 בְּתֹלֶת בְּעָרֵי יְהוּדָה:

our abuse / our shame!
 2 Our inheritance overturned,
 to strangers
 our houses to foreigners.
 3 We were orphans, there is no father,
 our mothers like widows.
 4 Our water we drank for money;
 our wood came (only) with a price.
 5 On our neck we were pursued,
 tired out, without letting us rest.
 6 Egypt, we stretched a hand,
 Assyria, to satisfy bread.
 7 Our fathers sinned and are not,
 and we shouldered their evils.
 8 Slaves ruled us.
 There is none to break us out
 from their hand.
 9 For our lives we bring our bread,
 from the wilderness' sword.
 10 Our skin like a furnace, glowing,
 from the delirium of hunger.
 11 Women in Zion were victimized,
 girls, in Judah's towns.

נָתַנּוּ מִחַמּוּדֵיהֶם
 בְּאֶכֶל לְהַשִּׁיב נַפֶּשׁ
 רֵאֵה יְהוָה
 וְהִזְמִיחָה כִּי הֵייתִי זוּלָּלָה:
 יֵרָ לֹא אֵלֵיכֶם 12 Never to you,
 כָּל-עֹבְרֵי דֶרֶךְ
 הַבִּיטוּ וּרְאוּ
 אִם-יֵשׁ מְכָאוֹב כְּמִכְאוֹבִי
 אֲשֶׁר עוֹלָל לִי
 אֲשֶׁר הוֹגָה יְהוָה
 בְּיוֹם חֲרוֹן אַפּוֹ:
 יֵרָ מִמָּרוֹם שָׁלַח-אֵשׁ בְּעֶצְמֹתַי 13 From a height he sent fire in my bones
 וַיִּרְדָּנָה
 פָּרֵשׁ רֶשֶׁת לְרַגְלִי
 הִשְׁיבָנִי אָחוֹר
 נִתְּנִי שְׁמִמָּה
 כָּל-הַיּוֹם דָּוָה:
 יֵרָ נִשְׁקָר עַל פִּשְׁעֵי 14 The harness of my sins lashed on,
 בִּידּוֹ יִשְׁתַּרְגּוּ
 עָלוּ עַל-צוּאְרֵי
 הַכֶּשֶׁל כֹּחִי
 נִתְּנִי אֲדֹנָי בְּיָדִי
 לֹא-אוּכָל קוּם: 15 From a height he sent fire in my bones
 and he overwhelmed them.
 He spread out a net for my feet;
 He repelled me back;
 he made me desolate,
 all day – sickness.
 they were tied down by his hand,
 brought up onto my neck,
 making my strength fail.
 Adonai gave me over into (such) hands
 that I am unable to stand up.

They gave up their precious things
 for food to restore life.

See, YHVH!

Look (how much) I was despised.

all who pass on the way.
 Look, you must see –

Could there be pain like my pain
 which was doled out to me,
 which YHVH caused to grieve
 in the day of his furious anger?

and he overwhelmed them.
 He spread out a net for my feet;
 He repelled me back;
 he made me desolate,
 all day – sickness.

they were tied down by his hand,
 brought up onto my neck,
 making my strength fail.

Adonai gave me over into (such) hands
 that I am unable to stand up.

יֵרָ מִחַטָּאת נְבִיאֶיהָ 13 It was all for the sin of her prophets,
 עֲוֹנוֹת כֹּהֲנֶיהָ
 הַשֹּׁפְכִים בְּקֶרְבָּהָ
 דָּם צְדִיקִים:
 יֵרָ נָעוּ עוֹרִים בְּחוּצוֹת 14 Now, stained with blood,
 נִגְאָלוּ בָדָם
 בָּלֹא יוֹכְלוּ יָגְעוּ בְּלִבְשֵׁיהֶם:
 טוֹן סוּרוֹ טִמָּא 15 “Begone! You are unclean!”
 קָרְאוּ לָמוֹ
 סוּרוֹ סוּרוֹ אֶל-תִּגְעוּ
 כִּי נָצוּ גַם-נָעוּ
 אֲמָרוּ בְּגוֹיִם לֹא יוֹסִיפוּ לָגוֹר:
 טז פָּנֵי יְהוָה 16 The Eternal himself
 חֲלָקָם
 לֹא יוֹסִיף לְהִבְיטָם
 פָּנֵי כֹהֲנִים לֹא נִשְׂאוּ
 וַיִּזְקְנוּ לֹא חֲנָנוּ:
 יז עוֹלֵינוּ תִכְלִינָה עֵינֵינוּ 17 Our eyes are strained and failing,
 אֶל-עֲוֹרֹתֵנוּ הֶבֶל
 בְּצַפִּיתָנוּ צָפִינוּ אֶל-גּוֹי
 לֹא יוֹשֶׁעַ:
 יח צָרוּ צָעֲלֵינוּ 18 Foes dog our steps,
 מִלְכֶּת בְּרַחֲבֵינוּ
 till we dare not walk in the street,

13 It was all for the sin of her prophets,
 for the crime of her priests,
 who shed in her
 the blood of the just.

14 Now, stained with blood,
 they wander blindly about the streets,
 brushing against men they once avoided.

15 “Begone! You are unclean!”
 men shout at them,
 “Begone! Avoid us.”
 So they stagger and wander,
 finding no more shelter abroad.

16 The Eternal himself
 has scattered them,
 caring no more for them,
 disregarding the priests,
 and heedless of the prophets.

17 Our eyes are strained and failing,
 as we look for aid, empty of hope;
 watching for a nation
 that never brought salvation.

18 Foes dog our steps,
 till we dare not walk in the street,

הָלְכוּ בַשָּׁבִי: walked captive / into captivity.
 יט קָרָאתִי לַמֵּאֲהָבִי 19 I called to my lovers.
 הִמָּה רְמוּנִי Those deceived me.
 כָּהֲנֵי וְזִקְנֵי My priests, and my elders,
 בָּעִיר גָּזְעוּ they wasted away in the city,
 כִּי־בִקְשׁוּ אֹכֶל לָמוֹ seeking food for them,
 וַיָּשִׁיבוּ אֶת־נַפְשָׁם: and to bring back their life.
 כ רָאָה יְהוָה כִּי־צָר־לִי 20 See YHVH – for mine is torment,
 מֵעֵי חֲמָרְמָרוֹ my guts were churning,
 נִהְפָּךְ לִבִּי בְקֶרְבִּי my heart overturned within me,
 כִּי מָרוּ מְרִיתִי for rebelling I rebelled.
 מִחוּץ שִׁפְלָה־חֲרָב From outside sword striking down;
 בַּבַּיִת כַּמּוֹת: In the house, like death itself.
 כא שָׁמְעוּ כִּי נֶאֱנַחָה אָנִי 21 They listened. I am moaning,
 אֵין מְנַחֵם לִי there is no comforter for me.
 כָּל־אֵיבֵי שָׁמְעוּ רַעְתִּי All my enemies listened for my evil doom.
 שָׂשׂוּ כִּי אָתָּה עָשִׂיתָ They rejoiced, for you did it,
 הַבֵּאתָ יוֹם־קִרְאָתָּךְ you brought the day you called for –
 וַיְהִי כִּמוֹנִי: and they will be(come) like me.
 כב תָּבֹא כָל־רַעְתֶּם לִפְנֵיךָ 22 All their evil will come before you
 וְעוֹלֵל לָמוֹ Treat them
 כַּאֲשֶׁר עוֹלֵלְתָּ לִּי like you treated me
 עַל כָּל־פְּשָׁעֵי for all my sins.

ב בְּנֵי צִיּוֹן הִיקָרִים 2 the priceless sons of Zion,
 הַמְּסֻלָּאִים בַּפֶּזֶר worth their weight in gold,
 אִיכָּה נֶחֱשָׁבוּ לְנִבְלֵי־חֶרֶשׁ count no more than crockery,
 מַעֲשֵׂה יְדֵי יוֹצֵר: mere pots of clay!
 ג גַּם־תַּנִּים תִּלְצוּ שָׂדֶה 3 Even jackals give the breast
 הַיִּנְיָקוֹ גּוֹרֵיהֶן and suckle their whelps;
 בַּת־עַמִּי לְאִכְזֹר but the women of my people are cruel
 כִּיעֲנִים בַּמִּדְבָּר: as the ostrich wild;
 ד דִּבֶּק לָשׁוֹן יוֹנֵק 4 For the tongue of the nursling cleaves
 אֶל־חֹכוֹ בְּצִמָּא for thirst to the roof of its mouth,
 עוֹלָלִים שָׁאֲלוּ לָחֶם the children beg for food,
 פֶּרֶשׁ אֵין לָהֶם: and no one gives it.
 ה הָאֲכָלִים לְמַעַדְנִים 5 Those who fared on dainties
 נִשְׁמָו בַּחוּצוֹת rot upon the street;
 הָאֲמָנִים עָלֵי תוֹלַע those who lay on scarlet rugs
 חִבְּקוּ אֶשְׁפָּתוֹת: huddle on an ash-heap.
 ו וַיִּגְדַּל עֲזוֹן בַּת־עַמִּי 6 The guilt of my people was greater
 מִחַטָּאת סֹדֶם than even the sin of Sodom,
 קִהְפּוּכָה כְּמוֹ־דָגֶעַ Sodom that fell in a flash,
 וְלֹא־תָלוּ בָּהּ יָדַיִם: before any could wring his hands.
 ז זָכוּ נְזִירֶיהָ 7 Her headmen were brighter
 מִשֶּׁלֶג than snow,
 צָחוּ מִחֶלֶב and whiter than milk,

מִפְּנֵי אוֹיֵב
 וַיִּבְעַר בִּיַּעֲקֹב כְּאֵשׁ לִהְבֶּה
 אֲכָלָה סָבִיב:
 דָּ דָּרַךְ קִשְׁתּוֹ כְּאוֹיֵב
 נִצָּב יְמִינוֹ
 כְּצָר
 וַיַּהַרֵג כָּל
 מַחְמַדֵּי-עֵין
 בְּאֶהֱל־בֵּת-צִיּוֹן
 שָׁפַךְ כְּאֵשׁ חֲמָתוֹ:
 הָ הָיָה אֲדֹנָי | כְּאוֹיֵב
 בָּלַע יִשְׂרָאֵל
 בָּלַע כָּל-אַרְמְנוֹתֶיהָ
 שָׁחַת מִבְצָרָיו
 וַיֵּרֶב בְּבֵת-יְהוּדָה
 תַּאֲנִיָּה וַאֲנִיָּה:
 וַ וַיַּחַמֵּס כַּגֹּן שֹׁכוֹ
 שָׁחַת מוֹעֲדוֹ
 שָׁבַח יְהוָה | בְּצִיּוֹן
 מוֹעֵד וְשֹׁפֶת
 וַיִּנְאַץ בְּזַעַם-אָפוֹ מֶלֶךְ וְכוֹהֵן:
 זָ זָנַח אֲדֹנָי | מִזְבְּחוֹ
 נֶאֱדָר מִקְדָּשׁוֹ

before the enemy.
 Burning into Jacob, like fire flaming
 consuming (all) around.
 4 He worked his bow like an enemy,
 he stood his right hand firm
 as a foe / a tormentor
 and he murdered everything
 precious to the eye;
 In daughter Zion's tent
 he poured out his wrath like fire.
 5 Adonai was like an enemy;
 he devoured Israel.
 He devoured all her citadels,
 undermined his fortifications;
 And he multiplied in daughter Zion
 grief and groaning.
 6 Like a garden, he tore apart his sukkah,
 he destroyed his feast.
 YHWH caused Shabbat and festival
 to be forgotten in Zion,
 by the rage of his anger, king and priest.
 7 Adonai abhorred his altar,
 disdained his holy place.

נָא עֵינַי עֹלְלָה לְנַפְשִׁי
 מִכָּל בְּנוֹת עִירִי:
 נֶב צוֹד צָדוֹנִי כַצֹּפּוֹר
 אִיבֵי חֲנָם:
 נֶג צָמְתוּ
 בְּבוֹר חַיִּי
 וַיִּדּוּ-אֶבֶן בִּי:
 נָד צָפוּ-מַיִם עַל-רֹאשִׁי
 אָמַרְתִּי נִגְזַרְתִּי:
 נָה קָרָאתִי שְׁמֶךָ יְהוָה
 מִבּוֹר תַּחְתִּיּוֹת:
 נֹן קוֹלִי שָׁמַעַתָּ
 אֶל-תַּעֲלֹם אֲזִנְךָ
 לְרוֹחֲתִי לְשׁוֹעָתִי:
 נֻן קָרַבְתָּ בַּיּוֹם אֶקְרָאָךָ
 אָמַרְתָּ אֶל-תִּירָא:
 נח רַבַּת אֲדֹנָי רִיבִי נַפְשִׁי
 גָּאֻלַּת חַיִּי:
 נט רְאִיתָה יְהוָה עֲוֹנֹתַי
 שְׁפֹטָה מִשְׁפָּטִי:
 ס רְאִיתָה כָּל-נִקְמָתָם

51 my eyes are sore with sorrow
 for all the woes of my city.
 52 They have hunted me like a bird,
 with no reason for their hate;
 53 they dropped me
 to die in a dungeon,
 flinging stones at me;
 54 waters flowed over my head,
 "I am lost," I said.
 55 From the depth of the dungeon
 I called, O Eternal, to you;
 56 you did hear me crying
 "Give ear, don't hide
 from my plea and cry";
 57 you came at my call,
 bidding me, "Fear not."
 58 O Lord, you did take my part
 and save my life.
 59 And now you see my wrongs;
 Oh vindicate me!
 60 You have seen all the revenge

יֵאָזְרוּ בְּדִמְעוֹת עֵינַי 11 My eyes were used up by the tears,
 חֲמָרְמְרוּ מִלֵּי my guts churned up,
 נִשְׁפְּפוּ לְאֶרֶץ כְּבִדִּי my organs poured out to the ground
 עַל־שֹׁבֵר over the shattering of
 בֵּת־עַמִּי my daughter people,
 בְּעֵטָף עוֹלָל וְיוֹנֵק with exhaustion of babe and infant
 בְּרַחֲבוֹת קִרְיָהּ in city squares.
 יֵבֶר לְאִמָּתָם יֵאָמְרוּ 12 To their mothers they would say,
 אֵיךְ דָּגַן וְיַיִן “Where is grain and wine?”,
 בְּהִתְעַטְּפָם stretching themselves out,
 כְּחָלָל בְּרַחֲבוֹת like a corpse, in city streets,
 לֵעִיר בְּהִשְׁתַּפֵּךְ נַפְשָׁם with their life force pouring out
 אֶל־חֵיק אִמָּתָם onto their mothers’ chest.
 יֵגִיד מַה־אֶעֱיִידֶךָ 13 What can I make testify?
 מַה אֶדְמֶה־לָּךְ What will I liken to you?
 הַבֵּת יְרוּשָׁלַם O daughter Jerusalem!
 מַה אֲשׁוּה־לָּךְ What can I compare to you
 וְאֶנְחִימֶךָ (that) I may comfort you,
 בְּתוֹלֶת בֵּת־צִיּוֹן daughter Zion’s girl?
 כִּי־גָדוֹל כַּיָּם For great, like the sea,
 שִׁבְרֶךָ is your shattering
 מִי יִרְפָּא־לָּךְ – who will bring healing to you?
 יֵד נְבִיאֶיךָ חָזוּ לָּךְ 14 For you did your prophets envision

לֹג כִּי לֹא עָנָה מִלְּבֹו 33 he is loathe to cause pain
 וַיִּגָּה בְּנִי־אִישׁ to grieve the sons of men.
 לֹד לְדַכָּא תַחַת רַגְלֵיו 34 When a whole people is taken
 כָּל אֲסִירֵי אֶרֶץ prisoner and downtrodden,
 לֹה לְהַטּוֹת 35 when a man
 מִשְׁפָּט־גָּבֵר is deprived of his rights,
 נִגְדָּה פָּנָיו עֲלֵיוֹן under the eyes of the Most High,
 לֹו לְעוֹת אָדָם בְּרִיבֹו 36 when a person does not get justice,
 אֵדָנִי לֹא רָאָהּ does the Lord not see it?
 לֹז מִי זֶה אָמַר וַתְּהִי 37 Who can carry out his will,
 אֵדָנִי לֹא צָוָה unless it is the Lord’s order?
 לֹח מִפִּי עֲלִיוֹן לֹא תִצָּא 38 Are not weal and woe alike
 הִרְעוֹת וְהַטּוֹב decreed by the Most High?
 לֹט מַה־יִּתְּאוּנֻן אָדָם חִי 39 Then why should mortal men complain,
 גָּבֵר עַל־חַטָּאוֹ when they are punished for their sins?
 מ נַחֲפָשָׁה דְרָכֵינוּ וְנַחֲלָהּ 40 Let us scan and search our lives,
 וְנָשׁוּבָה עַד־יְהוָה let us return to the Eternal,
 מִז נִשָּׂא לְבַבֵּנוּ אֶל־כַּפָּיִם 41 lifting our hearts up with our hands
 אֶל־אֵל בַּשָּׁמַיִם to God in heaven;
 מִב נַחֲנוּ פָשַׁעְנוּ וּמָרִינוּ 42 The sin is ours, we have rebelled,

וַיִּשְׂמַח עָלֶיךָ אוֹיֵב
 חֲרִים קָרוֹן צָרֶיךָ:
 יח צָעַק לָבָם אֶל-אֲדֹנָי
 חוֹמַת בֵּת-צִיּוֹן
 הוֹרִידִי כִנְחָל דִּמְעָה
 יוֹמָם וְלַיְלָה
 אַל-תִּתְּנִי פִּוְגַת לֶךְ
 אַל-תִּתְּנִי בֵּת-עֵינֶיךָ:
 יט קוּמִי | רִנֵּי בַלַּיְלָה
 לְרֹאשׁ אֲשֻׁמְרוֹת
 שִׁפְכִי כַּמַּיִם לְבֹךְ
 גִּבַּח פָּנֶי אֲדֹנָי
 שֶׁאֵי אֱלֹוֵי כַּפִּיךְ
 עַל-נֶפֶשׁ עוֹלָלֶיךָ
 הֶעֱטוּפִים בְּרָעָב
 בְּרֹאשׁ כָּל-חוֹצוֹת:
 כ רֵאֵה יְהוָה וְהִבִּיטָה
 לְמִי עוֹלָלֶת כֹּה
 אִם-תֹּאכְלֶנָּה נָשִׁים פְּרִיָם
 עַל־לֵי טַפָּחִים
 אִם-יִהְיֶה בְּמִקְדָּשׁ אֲדֹנָי
 כִּהְיוֹן וְנִבְיָא:
 כא שָׁכְבוּ לְאָרֶץ חוֹצוֹת

He made an enemy rejoice over you;
 your tormentors' horn was exalted.
 18 Their heart screamed out to *Adonai*.
 Wall of daughter Zion,
 let down a tear like a torrent,
 day and night.
 Don't give yourself any break;
 Don't let your daughter eye fall silent.
 19 Get up! Sing out in the night
 to the first of the nightwatches:
 Pour out your heart like water
 right before *Adonai*!
 Lift your palms toward him –
 for the life of your babies
 stretched out by famine
 at every street head!
 20 See YHVH and look:
 Whom did you treat like this?
 If women will eat their fruit,
 coddled babies –;
 If priest and prophet are murdered
 in *Adonai*'s holy place –!
 21 Laid down to the earth (in the) streets,

נְגִינָתָם כָּל-הַיּוֹם:
 טו הִשְׁבִּיעַנִי בַּמְרוֹרִים
 הִרְוֵנִי לַעֲנָה:
 טז וַיִּגְרַס בְּחֻצַּץ שָׁנִי
 הִכְפִּישָׁנִי בְּאַפָּר:
 יז וַתִּזְנַח מִשְׁלֹום נַפְשִׁי
 נָשִׁיתִי טוֹבָה:
 יח וָאָמַר אֲבַד נִצְחִי
 וַתִּחַלְתִּי מִיְּהוָה:
 יט זְכַר-עָנְיִי וּמְרוֹדִי
 לַעֲנָה וָרֹאשׁ:
 כ זָכוֹר תִּזְכּוֹר
 וַתִּשּׁוּחַ עָלַי נַפְשִׁי:
 כא וְאַתָּה אֲשִׁיב אֶל-לִבִּי
 עַל-כֵּן אוֹחִיל:
 כב חֶסֶד־יְהוָה כִּי לֹא-תִמָּנוּ
 כִּי לֹא-כָלוּ רַחֲמָיו:
 כג חֲדָשִׁים לְבָקָרִים
 רַבָּה אֱמוּנָתְךָ:
 כד חֶלְקִי יְהוָה

burden of their satire all day long.
 15 He has filled me up with bitter herbs,
 and sated me with wormwood;
 16 He has broken my teeth with gravel,
 and covered me with ashes.
 17 He has bereft me of all bliss,
 I forget what it is to prosper,
 18 I said, “My strength is gone,
 and my hope in the Eternal [*YHVH*]!”
 19 The thought of my stress and scattering
 is bitter gall to me;
 20 my soul is always thinking of it,
 and is crushed within me.
 21 But I will call to mind,
 to give me hope,
 22 that the Eternal's love is lasting,
 and will never fail.
 23 Fresh every morning is your kindness,
 great is your faithfulness!
 24 The Eternal is my allotted share,