

Why Have You Forsaken Me?

¹My God, my God, why have you for- | saken me?*

Why are you so far from saving me, from the words of my | groaning?

²O my God, I cry by day, but you do not | answer,*

and by night, but I | find no rest.

³Yet you are | holy,*

enthroned on the praises of | Israel.

⁴In you our fathers | trusted;*

they trusted, and you de- | livered them.

⁵To you they cried and were | rescued;*

in you they trusted and were not | put to shame.

⁶But I am a worm and | not a man,*

scorned by mankind and despised by the | people.

⁷All who see me | mock me;*

they make mouths at me; they | wag their heads;

⁸"He trusts in the LORD; let him de- | liver him;*

let him rescue him, for he de- | lights in him!"

⁹Yet you are he who took me | from the womb;*

you made me trust you at my | mother's breasts.

¹⁰On you was I cast | from my birth,*

and from my mother's womb you have | been my God.

¹¹Be not far from me,

for trouble | is near,*

and there is | none to help.

¹²Many bulls en- | compass me;*

strong bulls of Bashan sur- | round me;

¹³they open wide their | mouths at me,*

like a ravening and roaring | lion.

¹⁴I am poured out like water,

and all my bones are | out of joint;*

my heart is like wax;

it is melted with- | in my breast;

¹⁵my strength is dried up like a potsherd,

and my tongue sticks | to my jaws;*
you lay me in the | dust of death.

¹⁶For dogs en- | compass me;*
a company of evildoers encircles me;
they have pierced my | hands and feet—

¹⁷I can count | all my bones—*
they stare and gloat | over me;

¹⁸they divide my garments a- | mong them,*
and for my clothing they | cast lots.

¹⁹But you, O LORD, do not be | far off!*
O you my help, come quickly | to my aid!

²⁰Deliver my soul | from the sword,*
my precious life from the power | of the dog!

²¹Save me from the mouth of the | lion!*
You have rescued me from the horns of the wild | oxen!

²²I will tell of your name to my | brothers;*
in the midst of the congregation I will | praise you:

²³You who fear the LORD, praise him!
All you offspring of Jacob, glo- | rify him,*
and stand in awe of him, all you offspring of | Israel!

²⁴For he has not despised or abhorred
the affliction of the afflicted,
and he has not hidden his | face from him,*
but has heard, when he | cried to him.

²⁵From you comes my praise in the great congre- | gation;*
my vows I will perform before those who | fear him.

²⁶The afflicted shall eat and be satisfied;
those who seek him shall | praise the LORD!*
May your hearts live for- | ever!

²⁷All the ends of the earth shall remember
and turn | to the LORD,*
and all the families of the nations
shall worship be- | fore you.

²⁸For kingship belongs | to the LORD,*
and he rules over the | nations.

²⁹All the prosperous of the earth eat and | worship;*
before him shall bow all who go down to the dust,
even the one who could not keep him- | self alive.

³⁰Posterity shall | serve him;*
it shall be told of the Lord to the coming gener- | ation;

³¹they shall come and proclaim his righteousness to a people | yet unborn,*
that he has | done it.

Reading

Matthew 15:1–9

Traditions and Commandments

¹Then Pharisees and scribes came to Jesus from Jerusalem and said, ²“Why do your disciples break the tradition of the elders? For they do not wash their hands when they eat.” ³He answered them, “**And why do you break the commandment of God for the sake of your tradition?** ⁴**For God commanded, ‘Honor your father and your mother,’ and, ‘Whoever reviles father or mother must surely die.’** ⁵**But you say, ‘If anyone tells his father or his mother, What you would have gained from me is given to God, ⁶he need not honor his father.’ So for the sake of your tradition you have made void the word of God.** ⁷**You hypocrites! Well did Isaiah prophesy of you, when he said:**

⁸“**This people honors me with their lips,
but their heart is far from me;
⁹in vain do they worship me,
teaching as doctrines the commandments of men.”**”

Acknowledgments

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