



*A Song of David,
for remembrance*

1-8

Adonai, rebuke me not in Your **wrath**, nor discipline me in Your **heat/fury**! ² For Your arrows have come down on me, and Your hand has come down on me. ³ There is no peace in my flesh because of Your indignation, no peace in my bones because of my sin. **[Disease]** ⁴ For my iniquities have gone over my head; like a heavy burden, they are too heavy for me. **[Guilt]** ⁵ My wounds stink and fester because of my foolishness, ⁶ I am utterly bowed down and prostrate; all the day I go about mourning. **[Depression]** ⁷ For my sides are filled with burning, and there is no soundness in my flesh. **[Pain]** ⁸ I am feeble and crushed. I roar because of the groaning of my heart. **[Despair]**

9-14

Master, all my longing is before You and my sighing is not hidden from You. ¹⁰ My heart throbs **[Fear]**, my strength fails me, and the light of my eyes – it also has gone from me. ¹¹ My friends and companions stand aloof from my plague, and my nearest kin stand far off. **[Lonliness]** ¹² Those who seek my life lay their snares. **[Danger]** Those who seek my hurt speak of ruin and meditate treachery all day long. **[Betrayal]** ¹³ But I am like a deaf man; I do not hear, like a mute man who does not open his mouth. ¹⁴ I have become like a man who does not hear, and in whose mouth are no rebukes. **[Helplessness]**

15-22

For in You, Adonai, I have hoped. It is You, O Master my God, who will answer. ¹⁶ For I said, “Only let them not rejoice over me, who boast against me when my foot slips!” ¹⁷ For I am ready to fall, and my pain is ever before me. ¹⁸ I confess my iniquity; I am sorry for my sin. ¹⁹ But the enemies of my life are mighty, and many are those who hate me wrongfully. ²⁰ Those who render me evil for good accuse me because I follow after good. ²¹ Do not forsake me, O Adonai! O my God, be not far from me! ²² Make haste to help me, O Master of my salvation!

Betrayal

Danger

Depression

Despair

Disease

Fear

Guilt

Helplessness

Lonliness

Pain

REFERENCES:

Verse 1

Psalm 6:1 Adonai, rebuke me not in Your anger (אף, *aph*), nor discipline me in your heat/fury (חמה, *chemah*).

Psalm 38:1 Adonai, rebuke me not in Your wrath (קצף, *ketzeph*), nor discipline me in your heat/fury (חמה, *chemah*).

Verse 15

Genesis 8:10 He waited (יחל, *yachal*) another seven days, and again he sent forth the dove out of the ark.

Genesis 8:12 Then he waited (יחל, *yachal*) another seven days and sent forth the dove, and she did not return to him anymore.

Verse 19

Psalm 35:19 Let not those rejoice over me who are wrongfully my foes, and let not those wink the eye who hate me without cause.

“Instead of wondering why God is causing us to suffer, we need to ask what we are meant to do with that suffering.” – Rivka Segal

*If an adult caresses a child, it does not indicate that the adult is his father; but if he slaps the youngster, you can be sure he is the father. Similarly, the Divine retribution inflicted with the destruction of the Temple was an indication of our Father's love for us. For this reason, the month is called Av.
– The Kotzker Rebbe*