Psalm 31:9-16 (St. Helena Psalter)

Have mercy on me, O God, for I am in trouble; *
my eye is consumed with sorrow,
and also my throat and my belly.

For my life is wasted with grief
and my years with sighing; *
my strength fails me because of affliction,
and my bones are consumed.

I have become a reproach to all my enemies and even to my neighbors,
a dismay to those of my acquaintance; *
when they see me in the street they avoid me.

I have been forgotten like the dead, out of mind; *
I am as useless as a broken pot.

For I have heard the whispering of the crowd;
fear is all around; *
they put their heads together against me;
they plot to take my life.

But as for me, I have trusted in you, O God. *
I have said, “You are my God.

My times are in your hand; *
rescue me from the hand of my enemies,
and from those who persecute me.

Make your face to shine upon your servant, *
and in your loving-kindness, save me.”