



Psalm 142:1–7

1 With my voice I cry out | to the LORD;*
with my voice I plead for mercy | to the LORD.

2 I pour out my complaint be- | fore him;*
I tell my trouble be- | fore him.

3 When my spirit faints within me,
you | know my way! *
In the path where I walk
they have hidden a | trap for me.

4 Look to the right and see:
there is none who takes notice | of me;*
no refuge remains to me;
no one cares | for my soul.

5 I cry to you, | O LORD;*
I say, “You are my refuge,
my portion in the land of the | living.”

6 Attend to my cry,
for I am brought | very low! *
Deliver me from my persecutors,
for they are too | strong for me!

7 Bring me out of prison,
that I may give thanks | to your name! *
The righteous will surround me,
for you will deal bountifully | with me.