

# Eichah/Lamentations

Source Sheet by Kaya Stern-Kaufman

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## Lamentations 1

(1) Alas! Lonely sits the city Once great with people! She that was great among nations Is become like a widow; The princess among states Is become a thrall. (2) Bitterly she weeps in the night, Her cheek wet with tears. There is none to comfort her Of all her friends. All her allies have betrayed her; They have become her foes. (3) Judah has gone into exile Because of misery and harsh oppression; When she settled among the nations, She found no rest; All her pursuers overtook her In the narrow places. (4) Zion's roads are in mourning, Empty of festival pilgrims; All her gates are deserted. Her priests sigh, Her maidens are unhappy— She is utterly disconsolate! (5) Her enemies are now the masters, Her foes are at ease, Because the LORD has afflicted her For her many transgressions; Her infants have gone into captivity Before the enemy. (6) Gone from Fair Zion are all That were her glory; Her leaders were like stags That found no pasture; They could only walk feebly Before the pursuer. (7) All the precious things she had In the days of old Jerusalem recalled In her days of woe and sorrow, When her people fell by enemy hands With none to help her; When enemies looked on and gloated Over her downfall. (8) Jerusalem has greatly sinned, Therefore she is become a mockery. All who admired her

## איכה א'

(א) איכה | ישבה בְּדוֹד הָעִיר רַבַּתִּי עַם הָיְתָה כְּאֶלְמָנָה רַבַּתִּי בְּגוֹיִם שָׁרְתִי בְּמַדִּינֹת הָיְתָה לְמַסִּ: (ב) בָּכוּ תְּבֹכָה בְּלֵילָה וְדַמְעָתָה עַל לְחִיָּה אֵין-לָהּ מְנַחֵם מִכָּל-אֶהְבִּיָּה כָּל-רַעֲיָה בְּגָדוֹ כִּי הָיָה לָהּ לְאִיְבִים: (ג) גָּלְתָה יְהוּדָה מֵעֲנִי וּמֵרַב עֲבֹדָה הִיא יִשְׁבָּה בְּגוֹיִם לֹא מִצָּאָה מְנוּחַ כָּל-רֹדְפֶיהָ הַשִּׁיְגוּהָ בֵּין הַמְצָרִים: (ד) דַּרְכֵי צִיּוֹן אֲבֵלוֹת מְבֹלִי בָּאֵי מוֹעֵד כָּל-שְׁעָרֶיהָ שׁוֹמְמִין כַּהֲנִי נִאֲנָחִים בְּתוֹלְתֶיהָ נוֹגֹת וְהִיא מֵרָלָה: (ה) הָיָה צָרֶיהָ לְרֹאשׁ אִיְבִיהָ שָׁלוֹ כִּי-יִהְיֶה הַגּוֹה עַל רֶב-פְּשָׁעֶיהָ עוֹלָלֶיהָ הִלְכוּ שָׁבִי לְפָנֶי-צָר: (ו) וַיֵּצֵא מִן-בֵּת- [מִבֵּת-] צִיּוֹן כָּל-הַדָּגָה הָיוּ שָׂרֵיהָ כְּאֵילִים לֹא-מִצָּאוּ מַרְעָה וַיִּלְכוּ כְּלֹא-כֹחַ לְפָנֵי רוֹדְף: (ז) זָכְרָה יְרוּשָׁלַם יָמֵי עֲנָה וּמְרוֹדֶיהָ כָּל מַחְמָדֶיהָ אֲשֶׁר הָיוּ מִיָּמֵי קָדֶם בְּנֹפֶל עֲמָה בְּיַד-צָר וְאֵין עוֹזֵר לָהּ רְאוּהָ צָרִים שָׁחֲקוּ עַל מִשְׁבֶּתָה: (ח) חֲטָא חֲטָא יְרוּשָׁלַם עַל-כֵּן לְנִידָה הָיְתָה כָּל-מִכְבָּדֶיהָ הִזְלוּהָ כִּי-רָאוּ עֲרוֹתָהּ גַם-הִיא נֹאנָחָה וַתִּשָׁב אַחֲזוֹר: (ט) טַמְאָתָה בַשּׁוֹלִיָה לֹא זָכְרָה אַחֲרִיתָהּ וַתִּרְדּוּ פְּלָאִים אֵין מְנַחֵם לָהּ רָאָה יְהוָה אֶת-עֲוֹנֵי כִּי הִגְדִּיל אֹיֵב: (י) יָדוּ פָּרַשׁ צָר עַל כָּל-מַחְמָדֶיהָ כִּי-רָאָתָה גוֹיִם בָּאוּ

despise her, For they have seen her disgraced; And she can only sigh And shrink back. (9) Her uncleanness clings to her skirts. She gave no thought to her future; She has sunk appallingly, With none to comfort her.— See, O LORD, my misery; How the enemy jeers! (10) The foe has laid hands On everything dear to her. She has seen her Sanctuary Invaded by nations Which You have denied admission Into Your community. (11) All her inhabitants sigh As they search for bread; They have bartered their treasures for food, To keep themselves alive.— See, O LORD, and behold, How abject I have become! (12) May it never befall you, All who pass along the road— Look about and see: Is there any agony like mine, Which was dealt out to me When the LORD afflicted me On His day of wrath? (13) From above He sent a fire Down into my bones. He spread a net for my feet, He hurled me backward; He has left me forlorn, In constant misery. (14) The yoke of my offenses is bound fast, Lashed tight by His hand; Imposed upon my neck, It saps my strength; The Lord has delivered me into the hands Of those I cannot withstand. (15) The Lord in my midst has rejected All my heroes; He has proclaimed a set time against me To crush my young men. As in a press the Lord has trodden Fair Maiden Judah. (16) For these things do I weep, My eyes flow with tears: Far from me is any comforter Who might revive my spirit; My children are forlorn, For the foe has prevailed. (17) Zion spreads out her hands, She has no one to comfort her; The LORD has summoned against Jacob His enemies all about him; Jerusalem has become among them A thing unclean. (18) The LORD is in the right, For I have disobeyed Him. Hear, all you peoples, And behold my agony: My maidens and my youths Have gone into captivity! (19) I cried out to my friends, But they played me false.

מִקְדָּשָׁהּ אֲשֶׁר צִוִּיתָהּ לֹא־יָבֹאוּ בִקְהָל לְךָ:  
 (ס) (יא) כָּל־עֲמָה נֶאֱנָחִים מִבְּקָשִׁים לָחֵם  
 נִתְּנוּ מִחִמּוּדֵיהֶם [מִחִמּוּדֵיהֶם] בְּאֶכָּל לְהַנְשִׁיב  
 נַפְשָׁךְ רָאָה יְהוָה וְהִפְיִטָהּ כִּי הֵייתִי זֹלְלָה:  
 (ס) (יב) לֹא אֶלִיכֶם כָּל־עֲבָרֵי דְרָךְ הַבֵּיטוּ  
 וְרָאוּ אִם־יִגַּשׁ מִכָּאוֹב כְּמִכָּאֲבִי אֲשֶׁר עֹלְלָל לִי  
 אֲשֶׁר הוֹגָה יְהוָה בְּיוֹם חֲרוֹן אַפּוֹ: (ס) (יג)  
 מִמָּרוֹם שָׁלַח־אֵשׁ בְּעֶצְמֹתַי וַיִּרְדָּנָה פְּרֵשׁ  
 רֶשֶׁת לְרַגְלֵי הַשִּׁיבְנֵי אֲחֹר אֲחֹר נִתְּנִי לַשִּׁמְמָה  
 כָּל־הַיּוֹם דָּוָה: (ס) (יד) נִשְׁקַד לְעַל פִּשְׁעֵי בְּנֵי  
 יִשְׂרָאֵל עָלוּ עַל־צִוְּאָרַי הַכְּשִׁיל כַּחֲסִי נִתְּנִי  
 אֲדֹנָי בְּיַדִּי לֹא־אוּכַל קוֹם: (ס) (טו) סֵלָה  
 כָּל־אֲבִירָי אֲדֹנָי בְּקִרְבִּי קָרָא עָלַי מוֹעֵד  
 לְשֹׁפֵר בַּחֲוָרָי גַּת דְּרָךְ אֲדֹנָי לְבַתּוּלָת  
 בַּת־יְהוּדָה: (ס) (טז) עַל־אֲלָהּ אֲנִי בֹכֶיָה  
 עֵינַי אֲנִי יִרְדָה מַיִם כִּי־רָחַק מִמֶּנִּי מְנַחֵם  
 מִשִּׁיב נַפְשִׁי הָיוּ בְּנֵי שׁוֹמְמִים כִּי גִבֹר אוֹיֵב:  
 (ס) (יז) פִּרְשָׁה צִיּוֹן בְּנִדְיָהּ אִין מְנַחֵם לָהּ  
 צָוָה יְהוָה לִיעֲקֹב סְבִיבָיו צָרִיו הֵייתָה  
 יְרוּשָׁלַם לְנִדָּה בִּינֵיהֶם: (ס) (יח) צַדִּיק הוּא  
 יְהוָה כִּי פִּיהוּ מְגִרִיתִי שְׁמַעוּ־נָא כָל־עַמִּים  
 [הָעַמִּים] וְרָאוּ מִכָּאֲבִי בַתּוּלָתִי וּבַחֲוָרָי הִלְכוּ  
 בְּשֹׁבֵי: (ס) (יט) קָרָאתִי לְמַאֲהָבֵי הַמָּה רְמוֹנֵי  
 כְּהַנִּי וְזִקְנֵי בְּעִיר גְּוַעוּ כִּי־בִקְשׁוּ אֶכֶּל לָמוֹ  
 וַיִּשְׁיבוּ אֶת־נַפְשָׁם: (ס) (כ) רָאָה יְהוָה  
 כִּי־צָר־לִי מַעֲי חֲמַרְמָרוּ נִהַפְּפוּ לְבִי בְּקִרְבִּי כִּי  
 מָרוּ מְגִרִיתִי מִחֻוֹץ שִׁכְלָה־חָרָב בְּבַיִת כְּמֹת:  
 (ס) (כא) שְׁמַעוּ כִּי נֶאֱנָחָה אֲנִי אִין מְנַחֵם לִי  
 כָּל־אֲיָבִי שְׁמַעוּ רַעַתִּי שִׁשׁוּ כִּי אֲתָה עֲשִׂיתָ  
 הַבָּאָת יוֹם־קָרָאתָ וַיְהִי כְמוֹנִי: (ס) (כב)  
 תָּבֹא כָל־רַעַתְּם לְפָנָי וְעֹלְלָל לָמוֹ כָּאֲשֶׁר  
 עֹלְלָתָ לִי עַל כָּל־פִּשְׁעֵי כִּי־רַבּוֹת אֲנַחְתִּי  
 וְלִבִּי דָּוָי: (פ)

My priests and my elders Have perished in the city As they searched for food To keep themselves alive. (20) See, O LORD, the distress I am in! My heart is in anguish, I know how wrong I was To disobey. Outside the sword deals death; Indoors, the plague. (21) When they heard how I was sighing, There was none to comfort me; All my foes heard of my plight and exulted. For it is Your doing: You have brought on the day that You threatened. Oh, let them become like me! (22) Let all their wrongdoing come before You, And deal with them As You have dealt with me For all my transgressions. For my sighs are many, And my heart is sick.

## Lamentations 2

(1) Alas! The Lord in His wrath Has shamed Fair Zion, Has cast down from heaven to earth The majesty of Israel. He did not remember His Footstool On His day of wrath. (2) The Lord has laid waste without pity All the habitations of Jacob; He has razed in His anger Fair Judah's strongholds. He has brought low in dishonor The kingdom and its leaders. (3) In blazing anger He has cut down All the might of Israel; He has withdrawn His right hand In the presence of the foe; He has ravaged Jacob like flaming fire, Consuming on all sides. (4) He bent His bow like an enemy, Poised His right hand like a foe; He slew all who delighted the eye. He poured out His wrath like fire In the Tent of Fair Zion. (5) The Lord has acted like a foe, He has laid waste Israel, Laid waste all her citadels, Destroyed her strongholds. He has increased within Fair Judah Mourning and moaning. (6) He has stripped His Booth like a garden, He has destroyed His Tabernacle; The LORD has ended in Zion Festival and sabbath; In His raging anger He has spurned

## איכה ב'

(א) איכה יעיב באפו | אדני את-בת-ציון  
השליך משמים ארץ תפארת ישראל  
ולא-זכר הדם-רגליו כיום אפו: (ב) בלע  
אדני לא [ולא] חמל את כל-נאות יעקב  
הרס בעברתו מבצרי בת-יהודה הגיע לארץ  
חלל ממלכה ושריה: (ג) גדע בחרי אף  
כל קרו ישראל השבי אחר ימינו מפני אויב  
ויבער ביעקב כאש להבה אכלה סביב: (ד)  
דך קשתו כאויב נצב ימינו כצור ויהרג  
כל מחמדי-עין באהל בת-ציון שפה כאש  
חמתו: (ה) הלה אדני | כאויב בלע  
ישראל בלע כל-ארמנותיה שחת מבצרי  
וירב בבת-יהודה תאניה ואניה: (ו)  
ויחמס כגן שכו שחת מועדו שפה יהנה |  
בציון מועד ושבת וינאץ בזעם-אפו מלך  
וכהו: (ז) זנח אדני | מזבחו נאר מקדשו  
הסגיר ביד-אויב חומת ארמנותיה קול נתנו  
בבית-יהנה כיום מועד: (ח) חשב יהנה |  
להשחית חומת בת-ציון גטה קו לא-השיב  
ידו מפלע ויאביל-תל וחומה יתנו אמללו:

King and priest. (7) The Lord has rejected His altar, Disdained His Sanctuary. He has handed over to the foe The walls of its citadels; They raised a shout in the House of the LORD As on a festival day. (8) The LORD resolved to destroy The wall of Fair Zion; He measured with a line, refrained not From bringing destruction. He has made wall and rampart to mourn, Together they languish. (9) Her gates have sunk into the ground, He has smashed her bars to bits; Her king and her leaders are in exile, Instruction is no more; Her prophets, too, receive No vision from the LORD. (10) Silent sit on the ground The elders of Fair Zion; They have strewn dust on their heads And girded themselves with sackcloth; The maidens of Jerusalem have bowed Their heads to the ground. (11) My eyes are spent with tears, My heart is in tumult, My being melts away Over the ruin of my poor people, As babes and sucklings languish In the squares of the city. (12) They keep asking their mothers, "Where is bread and wine?" As they languish like battle-wounded In the squares of the town, As their life runs out In their mothers' bosoms. (13) What can I take as witness or liken To you, O Fair Jerusalem? What can I match with you to console you, O Fair Maiden Zion? For your ruin is vast as the sea: Who can heal you? (14) Your seers prophesied to you Delusion and folly. They did not expose your iniquity So as to restore your fortunes, But prophesied to you oracles Of delusion and deception. (15) All who pass your way Clap their hands at you; They hiss and wag their head At Fair Jerusalem: "Is this the city that was called Perfect in Beauty, Joy of All the Earth?" (16) All your enemies Jeer at you; They hiss and gnash their teeth, And cry: "We've ruined her! Ah, this is the day we hoped for; We have lived to see it!" (17) The LORD has done what He purposed, Has carried out the decree That He ordained

(ס) (ט) טָבְעוּ בְּאֶרֶץ שְׁעָרֶיהָ אֲבָד וְשֹׁבֵר  
 בְּרִיחֶיהָ מִלְכָּה וְשָׂרֶיהָ בְּגוֹיִם אֵין תּוֹרָה  
 גַּם-נְבִיאֶיהָ לֹא-מָצְאוּ חֲזוֹן מִיְהוָה: (ס) (י)  
 יִשְׁבוּ לְאֶרֶץ יְדָמוּ וְזָנְי בַת-צִיּוֹן הֶעֱלוּ עֶפֶר  
 עַל-רֵאשֵׁם חֲגָרוֹ שִׁקִּים הוֹרִידוּ לְאֶרֶץ רֵאשֵׁן  
 בְּתוֹלֵת יְרוּשָׁלַם: (ס) (יא) כָּלוּ בְדַמְעוֹת עֵינַי  
 חֲמַרְמָרוּ מֵעֵי נִשְׁפָּךְ לְאֶרֶץ כְּבִדֵי עַל-שֹׁבֵר  
 בַּת-עַמִּי בְּעֶטֶף עוֹלָל וְיוֹזֵק בְּרַחֲבוֹת קַרְיָה:  
 (ס) (יב) לְאִמָּתָם יֵאמְרוּ אֵיהָ דָגָן וְיֵין  
 בְּהִתְעַטְפָם בְּחֻלָּל בְּרַחֲבוֹת עִיר בְּהִשְׁתַּפָּךְ  
 נִפְשָׁם אֶל-חִיקָא אִמָּתָם: (ס) (יג) מָה-אֲעִידֶיךָ  
 מָה אֲדַמָּה-לָךְ הַבַּת יְרוּשָׁלַם מָה אֲשׁוּהָ-לָךְ  
 וְאִנְחָמֶךָ בְּתוֹלֵת בַּת-צִיּוֹן כִּי-גָדוֹל כָּיָם שֹׁבֵרָךְ  
 מִי יִרְפָּא-לָךְ: (ס) (יד) נְבִיאֶיךָ חֲזוּ לָךְ שְׁוֹא  
 וְתִפֹּל וְלֹא-גָלוּ עַל-עוֹנֶיךָ לְהַשִּׁיב שְׁבִיתֶךָ  
 [שְׁבוּתֶךָ] וְיַחֲזוּ לָךְ מִשְׁאֹת שְׁוֹא וּמַדּוּחֵימִים:  
 (ס) (טו) סִפְקוּ עֲלֶיךָ כַּפַּיִם כָּל-עַבְרֵי דָרְךָ  
 נִשְׁקָרוּ וַיִּנְעוּ רֵאשֵׁם עַל-בַּת יְרוּשָׁלַם הַנְּזֹאת  
 הָעִיר נִשְׁיֵאמְרוּ כְּלִילַת יָפִי מְשׁוֹשׁ  
 לְכָל-הָאָרֶץ: (ס) (טז) פָּצוּ עֲלֶיךָ פִיהֶם  
 כְּלֹא-יִבְיָךְ שִׁקְרוּ וַיַּחֲרִקוּ-שֵׁן אֲמָרוּ בְּלָעֵנוּ  
 אַךְ זֶה הַיּוֹם שִׁקְרוּיָנְהוּ מְצָאנוּ רְאִינוּ: (ס) (יז)  
 עֲשֵׂה יְהוָה אֲשֶׁר זָמַם בַּצַּע אֲמָרְתוֹ אֲשֶׁר צָנְהָ  
 מִימֵי-קֶדֶם הָרַס וְלֹא חָמַל וַיִּשְׁמַח עֲלֶיךָ אוֹיֵב  
 הָרִים קָרוּ צָרֶיךָ: (ס) (יח) צָעַק לִבָּם  
 אֶל-אֲדֹנָי חוֹמַת בַּת-צִיּוֹן הוֹרִידֵי כַּנְחַל דְּמָעָה  
 יוֹמָם וְלַיְלָה אֶל-תַּתְּנִי פּוֹגַת לָךְ אֶל-תִּדָּם  
 בַּת-עֵינֶיךָ: (ס) (יט) קוּמִי רַבִּי בַלִּיל  
 [בְּלִילָה] לְרֹאשׁ אֲשַׁמְרוֹת שִׁפְכֵי כַּמִּים לְבָךְ  
 גִּכַח פָּנֵי אֲדֹנָי שְׁאֵי אֶלְיוּ כַּפְיָךְ עַל-נֶפֶשׁ  
 עוֹלָלֶיךָ הֶעֱטוּפִים בְּרָעַב בְּרֹאשׁ כָּל-חוֹצוֹת:  
 (ס) (כ) רֵאָה יְהוָה וְהִבִּיטָה לְמִי עוֹלָלָתָ כֹּה  
 אִם-תֵּאכְלֶנָּה נָשִׁים פָּרִים עֲלֵלֵי טַפְחִים  
 אִם-יִהְרַג בְּמִקְנֶשׁ אֲדֹנָי כִּהְנוּ וְנָבִיא: (ס) (כא)  
 שָׁכְבוּ לְאֶרֶץ חוֹצוֹת גֵּעַר וְזָלְזוּ בְּתוֹלְתֵי

long ago; He has torn down without pity. He has let the foe rejoice over you, Has exalted the might of your enemies. (18) Their heart cried out to the Lord. O wall of Fair Zion, Shed tears like a torrent Day and night! Give yourself no respite, Your eyes no rest. (19) Arise, cry out in the night At the beginning of the watches, Pour out your heart like water In the presence of the Lord! Lift up your hands to Him For the life of your infants, Who faint for hunger At every street corner. (20) See, O LORD, and behold, To whom You have done this! Alas, women eat their own fruit, Their new-born babes! Alas, priest and prophet are slain In the Sanctuary of the Lord! (21) Prostrate in the streets lie Both young and old. My maidens and youths Are fallen by the sword; You slew them on Your day of wrath, You slaughtered without pity. (22) You summoned, as on a festival, My neighbors from roundabout. On the day of the wrath of the LORD, None survived or escaped; Those whom I bore and reared My foe has consumed.

### Lamentations 3

(1) I am the man who has known affliction Under the rod of His wrath; (2) Me He drove on and on In unrelieved darkness; (3) On none but me He brings down His hand Again and again, without cease. (4) He has worn away my flesh and skin; He has shattered my bones. (5) All around me He has built Misery and hardship; (6) He has made me dwell in darkness, Like those long dead. (7) He has walled me in and I cannot break out; He has weighed me down with chains. (8) And when I cry and plead, He shuts out my prayer; (9) He has walled in my ways with hewn blocks, He has made my paths a maze. (10) He is a lurking bear to me, A lion in hiding; (11) He has forced me off

ובחונרי נפלו בקרב הרגת ביום אפך טבחתי  
לא חמלת: (ס) (כב) תקרא ליום מועד מגורי  
מסביב ולא הגה ביום אף־הנה פליט ושגיד  
אשר־טפחתי ורביתי איבי כלם: (פ)

### איכה ג'

(א) אני הגבר ראה עני בשבט עברתי: (ב)  
אותי נהג וילך תשף ולא־אור: (ג) אף בי  
ישב יהפך ידו פל־היום: (ד) בלה בשרי  
ועורי שבר עצמותי: (ה) בנה עלי ויך ראש  
ותלאה: (ו) במחשכים הושבני כמתי עולם:  
(ז) גדר בעדי ולא אצא הכביד נחשתי:  
(ח) גם כי אזעק ואשוע שותם תפלתי: (ט)  
גדר דרכי בגזית נתיבתי ענה: (י) דב  
ארב הוא לי אריה [ארי] במסתרים: (יא)  
דרכי סורר ויפשחני שמוני שמם: (יב) דרך  
קשתי ויצבני כמטרא לחץ: (יג) הביא  
בכליותי בני אשפתו: (יד) הניתי שחק  
לכל־עמי נגינתם פל־היום: (טו) השביעני

my way and mangled me, He has left me numb. (12) He has bent His bow and made me The target of His arrows: (13) He has shot into my vitals The shafts of His quiver. (14) I have become a laughingstock to all people, The butt of their gibes all day long. (15) He has filled me with bitterness, Sated me with wormwood. (16) He has broken my teeth on gravel, Has ground me into the dust. (17) My life was bereft of peace, I forgot what happiness was. (18) I thought my strength and hope Had perished before the LORD. (19) To recall my distress and my misery Was wormwood and poison; (20) Whenever I thought of them, I was bowed low. (21) But this do I call to mind, Therefore I have hope: (22) The kindness of the LORD has not ended, His mercies are not spent. (23) They are renewed every morning— Ample is Your grace! (24) “The LORD is my portion,” I say with full heart; Therefore will I hope in Him. (25) The LORD is good to those who trust in Him, To the one who seeks Him; (26) It is good to wait patiently Till rescue comes from the LORD. (27) It is good for a man, when young, To bear a yoke; (28) Let him sit alone and be patient, When He has laid it upon him. (29) Let him put his mouth to the dust— There may yet be hope. (30) Let him offer his cheek to the smiter; Let him be surfeited with mockery. (31) For the Lord does not Reject forever, (32) But first afflicts, then pardons In His abundant kindness. (33) For He does not willfully bring grief Or affliction to man, (34) Crushing under His feet All the prisoners of the earth. (35) To deny a man his rights In the presence of the Most High, (36) To wrong a man in his cause— This the Lord does not choose. (37) Whose decree was ever fulfilled, Unless the Lord willed it? (38) Is it not at the word of the Most High, That weal and woe befall? (39) Of what shall a living man complain? Each one of his own sins!

בְּמַרְוֵרִים הִרְוַנִי לַעֲנָה: (ס) (טז) וַיִּגְרַס בְּחֶצֶץ  
 שְׁנֵי הַכְּפִישָׁנִי בְּאֶפְרַיִם: (יז) וַתִּזְנַח מִשְׁלֹחַ  
 נַפְשִׁי נְשִׁיתִי טוֹבָה: (יח) וְאָמַר אֲבָד נִצְחִי  
 וַתּוֹחַלְתִּי מִיְהוָה: (ס) (יט) זָכַר-עֲנָנִי וּמְרוֹדֵי  
 לַעֲנָה וְרָאשׁ: (כ) זָכוֹר תִּזְכּוֹר וַתִּשְׁחַח  
 [וַתִּשְׁוַח] עָלַי נַפְשִׁי: (כא) זָאת אֲשִׁיב אֶל-לִבִּי  
 עַל-יָגוֹן אוֹחִיל: (ס) (כב) חֲסָדֵי יְהוָה כִּי  
 לֹא-תִמְנוּ כִּי לֹא-כָלוּ רַחֲמָיו: (כג) חֲדָשִׁים  
 לְבָקָרִים רַבָּה אַמּוֹנְתָהּ: (כד) חֲלָקֵי יְהוָה  
 אַמְרָה נַפְשִׁי עַל-יָגוֹן אוֹחִיל לוֹ: (ס) (כה) טוֹב  
 יְהוָה לְקַוֹּ לְגִפְשׁ תִּדְרָשְׁנוּ: (כו) טוֹב וַיְחִיל  
 וְדוֹמָם לְתִשׁוּעַת יְהוָה: (כז) טוֹב לְגָבֵר  
 כִּי-יִשָּׂא עַל בְּנֵעוֹרָיו: (ס) (כח) יֵשֵׁב בְּדָד  
 וַיִּדָּם כִּי נָטַל עָלָיו: (כט) יִתֵּן בְּעַפְרָיִם פִּיהוּ אוֹלֵי  
 יֵשׁ תִּקְוָה: (ל) יִתֵּן לְמַפְהוּ לְחֵי יִשְׁבַּע  
 בְּחֶרֶף: (ס) (לא) כִּי לֹא יִזְנַח לְעוֹלָם אֲדֹנָי:  
 [לִב] כִּי אִם-הוֹגָה וְרַחֵם כָּרַב חֲסָדוֹ [חֲסָדָיו]:  
 [לג] כִּי לֹא עֲנָה מִלְּבָבוֹ וַיִּגָּה בְּנִי-אִישׁ: (ס)  
 [לד] לְדַכָּא תַחַת רַגְלָיו כָּל אֲסִירֵי אֶרֶץ: (לה)  
 לְהַטּוֹת מִשְׁפַּט-גָּבֵר נֶגֶד פָּנָיו עֲלִיוֹן: (לו) לַעֲנֹת  
 אָדָם בְּרִיבּוֹ אֲדֹנָי לֹא רָאָה: (ס) (לז) מִי זֶה  
 אָמַר וַתְּהִי אֲדֹנָי לֹא צָוָה: (לח) מִפִּי עֲלִיוֹן לֹא  
 תִצָּא הֲרָעוֹת וְהַטּוֹב: (לט) מִה־יִתְאוּנוֹ אָדָם  
 חֵי גָבֵר עַל-חַטָּאוֹ [חֲטָאָיו]: (ס) (מ) נַחֲפָשָׁה  
 דָּרְכֵינוּ וְנַחֲקָרָה וְנִשְׁוִבָה עַד-יְהוָה: (מא) נִשְׂאָה  
 לְבַבְנוּ אֶל-כַּפְּתִים אֶל-אֵל בְּשָׁמַיִם: (מב) נִחְנוּ  
 פְּשַׁעֵנוּ וּמְרִינוּ אַתָּה לֹא סָלַחְתָּ: (ס) (מג)  
 סָכַחְתָּ בָּאָרֶץ וַתִּרְדְּפוּנוּ תִרְגַּם לֹא חָמַלְתָּ: (מד)  
 סָכּוֹתָהּ בְּעֵנֶן לָךְ מֵעֵבֹר תִּפְלָה: (מה) סָחִי  
 וּמְאוֹס תִּשְׁיַמְנוּ בְּקִרְבִּי הָעַמִּים: (ס) (מו) פָּצוּ  
 עֵלְיָנוּ פִּיהֶם כָּל-אִיבֵינוּ: (מז) פָּחַד וּפְחַת הִנֵּה  
 לָנוּ הִשָּׂאת וְהִשְׁבַּר: (מח) פִּלְגֵי-מִיִּם תִּירַד  
 עֵינֵי עַל-שֹׁבֵר בַּת-עַמִּי: (ס) (מט) עֵינֵי נִגְרָה  
 וְלֹא תִדְמָה מֵאֵין הַפְּגוֹת: (נ) עַד-יִשְׁקִיף וְיִרָא  
 יְהוָה מִשְׁמַיִם: (נא) עֵינֵי עוֹלָלָה לְנַפְשִׁי מִכָּל

(40) Let us search and examine our ways,  
 And turn back to the LORD; (41) Let us lift  
 up our hearts with our hands To God in  
 heaven: (42) We have transgressed and  
 rebelled, And You have not forgiven. (43)  
 You have clothed Yourself in anger and  
 pursued us, You have slain without pity. (44)  
 You have screened Yourself off with a cloud,  
 That no prayer may pass through. (45) You  
 have made us filth and refuse In the midst  
 of the peoples. (46) All our enemies loudly  
 Rail against us. (47) Panic and pitfall are our  
 lot, Death and destruction. (48) My eyes  
 shed streams of water Over the ruin of my  
 poor people. (49) My eyes shall flow without  
 cease, Without respite, (50) Until the LORD  
 looks down And beholds from heaven. (51)  
 My eyes have brought me grief Over all the  
 maidens of my city. (52) My foes have  
 snared me like a bird, Without any cause.  
 (53) They have ended my life in a pit And  
 cast stones at me. (54) Waters flowed over  
 my head; I said: I am lost! (55) I have called  
 on Your name, O LORD, From the depths  
 of the Pit. (56) Hear my plea; Do not shut  
 Your ear To my groan, to my cry! (57) You  
 have ever drawn nigh when I called You;  
 You have said, "Do not fear!" (58) You  
 championed my cause, O Lord, You have  
 redeemed my life. (59) You have seen, O  
 LORD, the wrong done me; Oh, vindicate  
 my right! (60) You have seen all their malice,  
 All their designs against me; (61) You have  
 heard, O LORD, their taunts, All their  
 designs against me, (62) The mouthings and  
 pratings of my adversaries Against me all  
 day long. (63) See how, at their ease or at  
 work, I am the butt of their gibes. (64) Give  
 them, O LORD, their deserts According to  
 their deeds. (65) Give them anguish of heart;  
 Your curse be upon them! (66) Oh, pursue  
 them in wrath and destroy them From under  
 the heavens of the LORD!

בְּנוֹת עִירֵי: (ס) (נב) צֹד צְדוֹנֵי כְּצַפּוֹר אֵיבֵי  
 חָנָם: (נג) צָמְתוּ בְבוֹר חַיִּי וַיִּדְוֶאֱכֹן בֵּי: (נד)  
 צְפוּמִים עַל־רֹאשֵׁי אֲמַרְתִּי נִגְזַרְתִּי: (נה) (ס)  
 קָרַאתִי שְׁמֶךָ יְהוָה מְבוֹר תַּחֲתִיּוֹת: (נו) קוֹלִי  
 שָׁמַעַתְּ אֶל־תַּעֲלֵם אֲזַנְךָ לְרוֹחַתִּי לְשׁוֹעַתִּי:  
 (נז) קָרַבְתָּ בְּיוֹם אֶקְרָאָךָ אֲמַרְתָּ אֶל־תִּירָא:  
 (ס) (נח) רַבַּת אֲדוֹנֵי רִיבֵי נִפְשֵׁי גְאֻלַּתְּ חַיִּי:  
 (נט) רְאִיתָהּ יְהוָה עֲנֹתָתִי שְׁפֹטָה מִשְׁפָּטִי: (ס)  
 רְאִיתָהּ כָּל־נִקְמָתָם כָּל־מַחֲשַׁבְתָּם לִי: (ס)  
 (סא) שָׁמַעַתְּ חֲרָפָתָם יְהוָה כָּל־מַחֲשַׁבְתָּם  
 עָלַי: (סב) שָׁפַתִּי קָמִי וְהִגִּיוּנָם עָלַי כָּל־הַיּוֹם:  
 (סג) שָׁבַתְּם וְקִיַּמְתֶּם הַפִּיטָה אֲנִי מִנְגִּינָתְּם:  
 (סד) תָּשִׁיב לָהֶם גְּמוּלָה יְהוָה כַּמַּעֲשֵׂהָ  
 יִדְיָהֶם: (סה) תַּתֵּן לָהֶם מַגִּנֹת־לֵב תִּאֲלָתֶיךָ  
 לָהֶם: (סו) תַּרְדֵּף בְּאֶף וְתִשְׁמַדֵּם מִתַּחַת שָׁמַיִ  
 יְהוָה: (פ)

**Lamentations 4**

(1) Alas! The gold is dulled, Debased the finest gold! The sacred gems are spilled At every street corner. (2) The precious children of Zion; Once valued as gold— Alas, they are accounted as earthen pots, Work of a potter's hands! (3) Even jackals offer the breast And suckle their young; But my poor people has turned cruel, Like ostriches of the desert. (4) The tongue of the suckling cleaves To its palate for thirst. Little children beg for bread; None gives them a morsel. (5) Those who feasted on dainties Lie famished in the streets; Those who were reared in purple Have embraced refuse heaps. (6) The guilt of my poor people Exceeded the iniquity of Sodom, Which was overthrown in a moment, Without a hand striking it. (7) Her elect were purer than snow, Whiter than milk; Their limbs were ruddier than coral, Their bodies were like sapphire. (8) Now their faces are blacker than soot, They are not recognized in the streets; Their skin has shriveled on their bones, It has become dry as wood. (9) Better off were the slain of the sword Than those slain by famine, Who pined away, [as though] wounded, For lack of the fruits of the field. (10) With their own hands, tenderhearted women Have cooked their children; Such became their fare, In the disaster of my poor people. (11) The LORD vented all His fury, Poured out His blazing wrath; He kindled a fire in Zion Which consumed its foundations. (12) The kings of the earth did not believe, Nor any of the inhabitants of the world, That foe or adversary could enter The gates of Jerusalem. (13) It was for the sins of her prophets, The iniquities of her priests, Who had shed in her midst The blood of the just. (14) They wandered blindly through the streets, Defiled with blood, So that no one was able To touch their garments. (15) "Away! Unclean!" people shouted at them,

**איכה ד'**

(א) איכה יועם זָהָב יִשָּׁנָא הַכֶּתֶם הַטּוֹב  
תִּשְׁתַּפְּכֶנָּה אֲבָנֵי-קֹדֶשׁ בְּרֹאשׁ כָּל-חֻצּוֹת:  
(ב) (ס) בְּנֵי צִיּוֹן הִיקָרִים הַמְּסֻלָּאִים בַּפֶּז  
איכה נִחְשְׁבוּ לְנִבְלֵי-חֶרֶשׁ מַעֲשֵׂה יְדֵי יוֹצֵר:  
(ג) (ס) גַּם-תַּנּוּן [תַּנּוּיִם] תִּלְצוּ שֵׁד הַיְנִיקוּ  
גוּרֵיהֶן בַּת-עַמִּי לְאֶכְזָר כִּי עֲנִים [פִּיעֲגִים]  
(ד) (ס) בַּמִּדְבָּר: (ד) דְּבַק לְשׁוֹן יוֹנֵק אֶל-חִפּוֹ  
בְּצִמָּא עוֹלָלִים שָׁאֲלוּ לֶחֶם פֶּרֶשׁ אֵין לָהֶם:  
(ה) (ס) הָאֶכְלִים לְמַעַדְזִים נִשְׁמוּ בַחֻצּוֹת  
הָאֲמֻנִים עָלֵי תוֹלַע חִבְקוּ אֲשַׁפְתוֹת: (ו) (ס)  
וַיִּגְדַּל עֵוֹן בַּת-עַמִּי מִחֻטְאֵת סֶדֶם הַהַפּוּכָה  
כְּמוֹ-רִגְעַ וְלֹא-תָלוּ בָּהּ יְדֵים: (ז) (ס) זָכוּ  
נִזְרִיָּהּ מִשְׁלַג צָחוּ מִחֻלָּב אָדָמוּ עֵצֶם מִפְּנִינִים  
סִפִּיר גִּזְרָתָם: (ח) (ס) חָשְׂדוּ מִשְׁחֹרֵת תִּאָּרֶם  
לֹא נִפְרוּ בַחֻצּוֹת צָפַד עוֹרֶם עַל-עֵצֶמָם יָבֵשׁ  
הָיָה כְּעֵץ: (ט) (ס) טוֹבִים הָיוּ תְלֵי-חֶרֶב  
מִחֻלְלֵי רֵעֵב שָׁהֶם יִזְבּוּ מִדְּקָרִים מִתְּנוּכַת  
שָׂדֵי: (י) (ס) יְדֵי נָשִׁים רַחֲמָנִיּוֹת בְּשָׂלוּ  
יִלְדֵיהֶן הָיוּ לְבָרוֹת לָמוּ בְּשֹׁבֵר בַּת-עַמִּי: (יא) (ס)  
כִּלָּה יִהְיֶה אֶת-חֻמָּתוֹ שָׁפַד חֶרֶן אָפוּ  
וַיִּצַּת-אֵשׁ בְּצִיּוֹן וַתֹּאכַל יְסוּדֹתֶיהָ: (יב) (ס) יִבֵּי  
לֹא הָאֲמִינוּ מַלְכֵי-אֲרָץ וְכָל [כָּל] יִשְׁבֵי תִבְלָה  
כִּי יָבֵא צָר וְאוֹיֵב בְּשַׁעְרֵי יְרוּשָׁלַם: (יג) (ס) יִגְעוּ  
מִחֻטְאֵת נְבִיאֶיהָ עוֹנֹת פִּהֶגְיָה הַשֹּׁפְכִים  
בְּקִרְבָּה גַם צַדִּיקִים: (יד) (ס) נָעוּ עוֹרִים  
בַּחֻצּוֹת נִגְאָלוּ בַדָּם בְּלֹא יוֹכְלוּ יִגְעוּ  
בְּלִבְשֵׁיהֶם: (טו) (ס) סוּרוּ טִמְאָה קָרְאוּ לָמוּ  
סוּרוּ סוּרוּ אֶל-תִּגְעוּ כִּי נָצוּ גַם-גָּעוּ אָמְרוּ  
בְּגוֹזִים לֹא יוֹסִיפוּ לְגוֹר: (טז) (ס) פָּגְיָה יִהְיֶה  
חֻלְלָם לֹא יוֹסִיף לְהַבִּיטֵם פָּגְיָה כִּהְנִים לֹא  
נִשְׂאוּ זְקֵנִים [וְזֻקְנִים] לֹא תִגְנוּ: (יז) (ס) יִזְנוּ  
עוֹדִינָה [עוֹדִינָה] תִּכְלִינָה עֵינֵינוּ אֶל-עוֹרֹתֵינוּ  
הֶקֶל בְּצַפִּיתָנוּ צָפִינוּ אֶל-גּוֹי לֹא יוֹשֵׁעַ: (יח) (ס)  
צָדוּ צָעֲדֵינוּ מִלְּכַת בְּרַחֲבֵינוּ קָרַב



“Away! Away! Touch not!” So they wandered and wandered again; For the nations had resolved: “They shall stay here no longer.” (16) The LORD’s countenance has turned away from them, He will look on them no more. They showed no regard for priests, No favor to elders. (17) Even now our eyes pine away In vain for deliverance. As we waited, still we wait For a nation that cannot help. (18) Our steps were checked, We could not walk in our squares. Our doom is near, our days are done— Alas, our doom has come! (19) Our pursuers were swifter Than the eagles in the sky; They chased us in the mountains, Lay in wait for us in the wilderness. (20) The breath of our life, the LORD’s anointed, Was captured in their traps— He in whose shade we had thought To live among the nations. (21) Rejoice and exult, Fair Edom, Who dwell in the land of Uz! To you, too, the cup shall pass, You shall get drunk and expose your nakedness. (22) Your iniquity, Fair Zion, is expiated; He will exile you no longer. Your iniquity, Fair Edom, He will note; He will uncover your sins.

### Lamentations 5

(1) Remember, O LORD, what has befallen us; Behold, and see our disgrace! (2) Our heritage has passed to aliens, Our homes to strangers. (3) We have become orphans, fatherless; Our mothers are like widows. (4) We must pay to drink our own water, Obtain our own kindling at a price. (5) We are hotly pursued; Exhausted, we are given no rest. (6) We hold out a hand to Egypt; To Assyria, for our fill of bread. (7) Our fathers sinned and are no more; And we must bear their guilt. (8) Slaves are ruling over us, With none to rescue us from them. (9) We get our bread at the peril of our lives, Because of the sword of the wilderness. (10)

קִצְּצֵנוּ מִלֵּאֵי יָמֵינוּ כִּי־בָא קִצְּצֵנוּ: (ט) (ט)  
 קָלִים הָיוּ רַדְּפֵינוּ מִנְּשָׂרַי שָׁמַיִם עַל־הַהָרִים  
 דָּלְקָנוּ בַּמִּדְבָּר אָרְבוּ לָנוּ: (ס) (כ) רֹיַח אֶפְיָנוּ  
 מִשָּׁנִיחַ יְהוָה גִּלְפָד בְּשַׁחֲתוֹתֵיכֶם אֲשֶׁר אֲמָרְנוּ  
 בְּצִלּוֹ גִּתְיָה בַּגּוֹיִם: (ס) (כא) שִׁישֵׁי וְשִׁמְחֵי  
 בַּת־אֲדוֹם יוֹשְׁבֵי [יֹשְׁבֵי] בְּאֶרֶץ עֻז  
 גַּם־עַלֵּיךְ תַּעֲבֹר־כּוֹס תִּשְׁכַּרְי וְתִתְעַרְי: (ס)  
 (כב) תַּם־עֲוֹנֶיךָ בַּת־צִיּוֹן לֹא יוֹסִיף לְהַגְלוֹתְךָ  
 פִּקְדַת עֲוֹנֶיךָ בַּת־אֲדוֹם גְּלָה עַל־חַטָּאתֶיךָ: (פ)

### איכה ה'

(א) זָכַר יְהוָה מַה־הָיָה לָנוּ הַבֵּיט [הַבִּיטָה]  
 וּרְאֵה אֶת־חֲרָפְתָנוּ: (ב) גִּתְלִתְנוּ גִּתְהִפְכָה  
 לְזָרִים בָּתֵּינוּ לְנֹכְרִים: (ג) יְתוּמִים הָיִינוּ אִין  
 [וְאִין] אָב אֲמַתֵּינוּ כְּאֶלְמָנוֹת: (ד) מִיִּלְיָנוּ  
 בְּכֶסֶף שָׁתִינוּ נִרְדְּפָנוּ נִגְעָנוּ לֹא [וְלֹא] הוֹנַח לָנוּ:  
 (ו) מִצָּרִים נָתַנוּ לְד אֲשׁוּר לְשִׁבְעָ לְחָם: (ז)  
 אֲבַתֵּינוּ חָטְאוּ אִינִם [וְאִינִם] אֲנַחְנוּ [וְאֲנַחְנוּ]  
 עֲוֹנֵתֵיכֶם סָבְלוּ: (ח) עֲבָדִים מְשָׁלוּ בָנוּ פָרַק  
 אִין מִיָּדָם: (ט) בְּנִפְשָׁנוּ נָבִיא לְחַמְנוּ מִפְּנֵי  
 תָּרַב הַמִּדְבָּר: (י) עוֹרְנוּ כְּתַנּוּר נִכְמְרוּ מִפְּנֵי  
 זַלְעָפוֹת רָעַב: (יא) נָשִׁים בְּצִיּוֹן עָזוּ בַתְּלַת

Our skin glows like an oven, With the fever of famine. (11) They have ravished women in Zion, Maidens in the towns of Judah. (12) Princes have been hanged by them; No respect has been shown to elders. (13) Young men must carry millstones, And youths stagger under loads of wood. (14) The old men are gone from the gate, The young men from their music. (15) Gone is the joy of our hearts; Our dancing is turned into mourning. (16) The crown has fallen from our head; Woe to us that we have sinned! (17) Because of this our hearts are sick, Because of these our eyes are dimmed: (18) Because of Mount Zion, which lies desolate; Jackals prowl over it. (19) But You, O LORD, are enthroned forever, Your throne endures through the ages. (20) Why have You forgotten us utterly, Forsaken us for all time? (21) Take us back, O LORD, to Yourself, And let us come back; Renew our days as of old! (22) For truly, You have rejected us, Bitterly raged against us. Take us back, O LORD, to Yourself, And let us come back; Renew our days as of old!

בְּעָרֵי יְהוּדָה: (יב) שָׂרִים בְּיָדָם נִתְּלוּ פְּגִי  
 זָקֵנִים לֹא נִהְדָּרוּ: (יג) בַּחֹרֵי־טָחוֹן נִשְׂאוּ  
 וּנְעָרִים בְּעֵץ כָּשְׁלוּ: (יד) זָקֵנִים מִשְׁעַר שְׂכָתוֹ  
 בַּחֹרֵים מִנְּגִינָתָם: (טו) שְׂבַת מְשׁוֹשׁ לְבָנוּ  
 נִהְפָּךְ לְאַבֶּל מִחֲלָנוּ: (טז) נִפְּלָה עֲטֹרַת רֵאשִׁית  
 אֲוִיָּנָא לָנוּ כִּי תָטְאוּנוּ: (יז) עַל־זֶה הִיָּה דָוָה  
 לְבָנוּ עַל־אַלֶּה תִשְׁכּוּ עֵינֵינוּ: (יח) עַל הַר־צִיּוֹן  
 שִׁשְׁמִים שׁוֹעָלִים הִלְכוּ־בָּו: (יט) אֲתָה  
 יְהוָה לְעוֹלָם תִּשָּׁב כְּסֹאֲךָ לְדָר וְדוֹר: (כ) לָמָּה  
 לְנַצַּח תִּשְׁפָּחוּנוּ תִעַזְּבוּנוּ לְאַרְצֵי יָמִים: (כא)  
 הַשִּׁיבֵנו יְהוָה | אֲלֵיךָ וּנְשׁוּב [וּנְשׁוּבָה] תִּדְּשׁ  
 יָמֵינוּ כְּקֹדֶם: (כב) כִּי אִם־מֵאֵס מֵאֲסָתָנוּ  
 קִצְפָתָ עָלֵינוּ עַד־מָאֵד:  
 [הַשִּׁיבֵנו יְהוָה אֵלֶיךָ וּנְשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֹדֶם]

