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*Lamentations*

*Read. Reflect. Respond.*



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# LAMENTATIONS

*Lament over Jerusalem*

⌘ *Aleph*

**1** How she sits alone,  
the city once crowded with people!  
She who was great among the nations  
has become like a widow.  
The princess among the provinces  
has been put to forced labor.

⌚ *Beth*

**2** She weeps bitterly during the night,  
with tears on her cheeks.  
There is no one to offer her comfort,  
not one from all her lovers.  
All her friends have betrayed her;  
they have become her enemies.

⌛ *Gimel*

**3** Judah has gone into exile  
following affliction and harsh slavery;  
she lives among the nations  
but finds no place to rest.  
All her pursuers have overtaken her  
in narrow places.

⌜ *Daleth*

**4** The roads to Zion mourn,  
for no one comes to the appointed festivals.  
All her gates are deserted;  
her priests groan,  
her young women grieve,  
and she herself is bitter.



▢ *He*

- 5 Her adversaries have become her masters;  
her enemies are at ease,  
for the LORD has made her suffer  
because of her many transgressions.  
Her children have gone away  
as captives before the adversary.

▢ *Waw*

- 6 All the splendor has vanished  
from Daughter Zion.  
Her leaders are like stags  
that find no pasture;  
they stumble away exhausted  
before the hunter.

▢ *Zayin*

- 7 During the days of her affliction and homelessness  
Jerusalem remembers all her precious belongings  
that were hers in days of old.  
When her people fell into the adversary's hand,  
she had no one to help.  
The adversaries looked at her,  
laughing over her downfall.

▢ *Cheth*

- 8 Jerusalem has sinned grievously;  
therefore, she has become an object of scorn.  
All who honored her now despise her,  
for they have seen her nakedness.  
She herself groans and turns away.



⌋ *Teth*

9 Her uncleanness stains her skirts.  
She never considered her end.  
Her downfall was astonishing;  
there was no one to comfort her.  
LORD, look on my affliction,  
for the enemy boasts.

⌋ *Yod*

10 The adversary has seized  
all her precious belongings.  
She has even seen the nations  
enter her sanctuary —  
those you had forbidden  
to enter your assembly.

⌋ *Kaph*

11 All her people groan  
while they search for bread.  
They have traded their precious belongings for food  
in order to stay alive.  
LORD, look and see  
how I have become despised.

⌋ *Lamed*

12 Is this nothing to you, all you who pass by?  
Look and see!  
Is there any pain like mine,  
which was dealt out to me,  
which the LORD made me suffer  
on the day of his burning anger?



מ *Mem*

- 13 He sent fire from on high into my bones;  
he made it descend.  
He spread a net for my feet  
and turned me back.  
He made me desolate,  
sick all day long.

נ *Nun*

- 14 My transgressions have been formed into a yoke,  
fastened together by his hand;  
they have been placed on my neck,  
and the Lord has broken my strength.  
He has handed me over  
to those I cannot withstand.

ס *Samek*

- 15 The Lord has rejected  
all the mighty men within me.  
He has summoned an army against me  
to crush my young warriors.  
The Lord has trampled Virgin Daughter Judah  
like grapes in a winepress.

ע *Ayin*

- 16 I weep because of these things;  
my eyes flow with tears.  
For there is no one nearby to comfort me,  
no one to keep me alive.  
My children are desolate  
because the enemy has prevailed.



פ *Pe*

17 Zion stretches out her hands;  
there is no one to comfort her.  
The LORD has issued a decree against Jacob  
that his neighbors should be his adversaries.  
Jerusalem has become  
something impure among them.

צ *Tsade*

18 The LORD is just,  
for I have rebelled against his command.  
Listen, all you people;  
look at my pain.  
My young women and young men  
have gone into captivity.

ק *Qoph*

19 I called to my lovers,  
but they betrayed me.  
My priests and elders  
perished in the city  
while searching for food  
to keep themselves alive.

ר *Resh*

20 LORD, see how I am in distress.  
I am churning within;  
my heart is broken,  
for I have been very rebellious.  
Outside, the sword takes the children;  
inside, there is death.

