I am poured out like water
And my bones are out of joint
My heart likes wax
My strength is dried up now
My tongue clings to my jaws
You have brought me to the dust of death
For the dogs surround me
Wicked men enclose me
They pierced my hands and my feet
They divide all of my clothes

But you, O Lord, do not be far from me

O my strength, O my strength
Hasten now to help me
Deliver me, Deliver me, Deliver me
From the sword
My precious life, O my life
From the power of the dog
Save me, from the lions mouth
And from the horns of wild ox

You answered me You answered me