

LAMENTATIONS CHAPTER 1

איכה פרק א

(1) Alas, she sits alone,
the city once thronged with people,
she has become like a widow.
Noble among nations,
princess among provinces;
she has become a forced laborer.

(א) אֵיכָהּ | יֹשְׁבָה בְדוֹד
הָעִיר רִבְתִּי עָם
הַיְתָה כְּאַלְמָנָה
רִבְתִּי בְּגוֹיִם
שָׂרְתִי בְּמַדִּינֹת
הַיְתָה לְמַסִּי:

(2) Bitterly she sobs at night,
with tears on her cheeks.
There is no comforter for her
from among all who love her.
All her friends have betrayed her,
have become her enemies.

(ב) בָּכּוּ תַבְכֶּה בַּלַּיְלָה
וְדַמְעָתָה עַל לְחַיָּה
אֵין-לָהּ מְנַחֵם
מִכָּל-אַהֲבָיָה
כָּל-רֵעֵיהָ בְּגָדוּ כֹּה
הָיוּ לָהּ לְאֹיְבִים:

(3) Judah was exiled after' misery
and much servitude;
she dwells among the nations,
finds no resting place.
All her pursuers have trapped her
in narrow straits.

(ג) גָּלְתָה יְהוּדָה מֵעֲנִי
וַיִּמְרָב עַבְדָּהּ
הִיא יֹשְׁבָה בְּגוֹיִם
לֹא מִצָּאָה מְנוּחַ
כָּל-רֹדְפֶיהָ הַשִּׁיגוּהָ
בֵּין הַמְּצָרִים:

(4) Zion's roads are in mourning,
empty of festival pilgrims;
all her gates are desolate.
Her priests are groaning,
her maidens are grieving,
and she-it is bitter for her.

(ד) דִּרְכֵי צִיּוֹן אֲבֵלוֹת
מִבְּלִי בָּאֵי מוֹעֵד
כָּל-שְׂעָרֶיהָ שׁוֹמְמִין
כֹּהֲנֶיהָ נֹאנְחִים
בְּתוֹלְתֶיהָ נוֹגָוֹת
וְהִיא מֵרָלָה:

(5) Her foes have become the master,
her enemies rest easy,
for the LORD made her suffer
for her many transgressions.
Her children have gone away as captives
before the foe.

(ה) הָיוּ צָרֶיהָ לְרֹאשׁ
אֹיְבֶיהָ שָׁלוֹ
כִּי-יְהוָה הוֹגָה
עַל רַב-פְּשָׁעֶיהָ
עוֹלָלֶיהָ הִלְכוּ שָׁבִי
לִפְנֵי-צָר:

(6) Gone from Dear Zion
is all her splendor.
Her princes have become like stags
that find no pasture,
but go on exhausted
before the pursuer.

(ו) וַיֵּצֵא [מִבֵּית־] צִיּוֹן
כָּל־הַדְּגָהּ
הָיוּ שָׂרֵיהָ כְּאַיִלִים
לֹא־מִצְאוּ מְרֻעָה
וַיֵּלְכוּ בְּלֹא־כֹחַ
לִפְנֵי רוֹדְף:

(7) Jerusalem remembered
(in) the days of her misery and her trouble,
all her treasures of earlier days.
When her people fell into the foe's hand,
and there was no one to help her,
foes saw her, mocked her collapse.

(ז) זָכְרָה יְרוּשָׁלַם
יְמֵי עֲנִיָּהּ וּמְרוּדֶיהָ
כָּל־מַחְמַדֶּיהָ אֲשֶׁר הָיוּ מִיְמֵי קֶדֶם
בְּנֶפֶל עַמָּהּ בְּיַד־צָר
וְאֵין עֹזֵר לָהּ
רָאוּהָ צָרִים שֹׁחֲקוּ עַל מִשְׁבַּתָּהּ:

(8) Grievously has Jerusalem sinned,
therefore has she been banished.
All who respected her treat her as worthless,
for they have seen her nakedness.
Indeed, she herself groans,
and turns away.

(ח) חָטְא חָטְא חָטְאָהּ יְרוּשָׁלַם
עַל־כֵּן לְנִידָה הֵיטָהּ
כָּל־מְכַבְּדֶיהָ הִזְיִלוּהָ
כִּי־רָאוּ עֲרוּתָהּ
גַם־הִיא נֹאנָה
וּתְשֹׁב אַחֲוֹר:

(9) Her impurity is in her skirts,
she had no regard for her future;
and she had come down amazingly,
there is no comforter for her.
“Look, LORD, upon my misery,
for the enemy is triumphant.”

(ט) טִמְאַתָּהּ בְּשׁוּלְיָהּ
לֹא זָכְרָה אַחֲרֵיתָהּ
וַתֵּרֶד פְּלֹאִים
אֵין מְנַחֵם לָהּ
רָאָה יְהוָה אֶת־עֲנִיָּי
כִּי הִגְדִּיל אוֹיְבִי:

(10) The foe spread his hand
over all her treasures.
Indeed, she has seen the nations
enter her temple,
concerning whom you had commanded:
“They shall not enter your assembly.”

(י) יָדוֹ פָּרַשׁ צָר
עַל־כָּל־מַחְמַדֶּיהָ
כִּי־רָאָתָהּ גּוֹיִם
בָּאוּ מִקְדָּשָׁהּ
אֲשֶׁר צִוִּיתָהּ
לֹא־יָבֹאוּ בִקְהַל לָךְ:

(11) All her people are groaning,
searching for bread;
they gave their treasures for food
to sustain life.
Look, LORD, and see
what a beggar I have become.

(יא) כָּל־עַמָּה נֹאנָחִים
מִבְּקָשִׁים לֶחֶם
נָתְנוּ [מִחֲמַדֵּיהֶם] בְּאֶכָל
לְהַשִּׁיב גֹּפֶשׁ
רָאָה יְהוָה וְהִבִּיטָהּ
כִּי הֵייתִי זֹלִלָה:

(12) May it not happen to you, all you passersby
Look, see:
Is there any pain like my pain,
which befell me,
Which the LORD made me suffer
on the day of his anger'?

(יב) לֹא אֲלִיכֶם כָּל־עֹבְרֵי דֶרֶךְ
הַבֵּיטוּ וּרְאוּ
אִם־יֵשׁ מִכְּאוֹב כְּמִכְּאֹבִי
אֲשֶׁר עֹלְלָל לִי
אֲשֶׁר הוֹגֵה יְהוָה
בְּיוֹם חֲרוֹן אַפּוֹ:

(13) From on high he sent fire into my bones,
and he brought it down.
He spread a net for my feet,
he held me back.
He made me desolate,
all day long languishing.

(יג) מִמְּרוֹם שָׁלַח־אֵשׁ בְּעֶצְמֹתַי
וַיְרַדְנָהּ
פָּרַשׁ רְשֵׁת לְרַגְלִי
הִשְׁיִבְנִי אֲחוֹר
נִתְנַלְנִי שְׁמֵמָה
כָּל־הַיּוֹם דָּוָה:

(14) My yoke of transgressions was fashioned,
with his hand they were entwined,
they mounted upon my neck,
it sapped my strength.
My LORD gave me into the hands
of those I cannot Withstand.

(יד) נִשְׁקַדְדָּה עַל פְּשָׁעַי
בְּיָדוֹ יִשְׁתַּרְגְּוּ
עָלוּ עַל־צַוְאָרִי
הִכְשִׁיל כַּחֲוִי
נִתְנַנְנִי אֲדֹנָי בְּיָדַי
לֹא־אוּכָל קוּם:

(15) He trampled all my warriors,
the LORD in my midst.
He proclaimed against me a set time
to crush my youths.
The LORD trod the winepress
of Dear Maiden Judah.

(טו) סָלָה כָּל־אֲבִירֵי אֶרֶץ
אֲדֹנָי בְּקִרְבִּי
קָרָא עָלַי מוֹעֵד
לְשֹׁכֵר בַּחוּרֵי
גַת דְּבַר אֲדֹנָי
לְבַתּוּלֹת בֵּת־יְהוּדָה:

(16) For these things do I sob,
my eyes, my eyes flow with water.
For far from me is any comforter,
anyone to keep me alive.
My children are desolate,
for the enemy has prevailed.

(טז) עַל־אֲלֵהָ אֲנִי בּוֹכֶיהָ
עֵינַי אֲנִי יֹרְדֶה מַיִם
כִּי־רָחֵק מִמֶּנִּי מְנַחֵם
מִשִּׁיב נַפְשִׁי
הֵיוּ בְנֵי שׁוֹמְמִים
כִּי גָבַר אוֹיֵב:

(17) Zion spread out her hands,
there is no comforter for her.
The LORD has commanded for Jacob
that those around him are his foes.
Jerusalem has become
a menstruating woman among them.

(יז) פָּרְשָׁה צִיּוֹן בְּיָדֶיהָ
אֵין מְנַחֵם לָהּ
צִוָּה יְהוָה לְיַעֲקֹב
סְבִיבָיו צָרִיו
הֵיטָה יְרוּשָׁלַם
לְנֹדָה בִּינֵיהֶם:

(18) The LORD is in the right,
for I have rebelled against his mouth.
Listen Well, all you peoples,
and see my pain.
My maidens and youths
have gone into captivity.

(יח) צָדִיק הוּא יְהוָה
כִּי פִּיהוּ מְרִיתִי
שָׁמְעוּ-נָא כָּל-^[הָעַמִּים]
וּרְאוּ מִכְאָבִי
בְּתוֹלְתֵי וּבְחוּרֵי
הַלְכוּ בַשְּׁבִי:

(19) I called to my lovers,
they deceived me.
My priests and elders
expired in the city
as they searched for food
to sustain their life.

(יט) קָרָאתִי לְמֵאֵהָבִי
הִמָּה רְמוּנִי
כֹהֲנֵי וְזִקְנֵי
בְעִיר גָּעוּ
כִּי-בִקְשׁוּ אֶכְלֵ לֶמֶן
וַיִּשְׁיבוּ אֶת-נַפְשָׁם:

(20) See, LORD, how distressed I am,
my bowels churn,
my heart is turned over inside me,
how very bitter I am.
Outside the sword bereaved,
inside—death.

(כ) רְאֵה יְהוָה כִּי-צָר-לִי
מֵעֵי חֲמֻרְמוֹרוֹ
נִהְפָּךְ לִבִּי בְקִרְבִּי
כִּי מָרוּ מְרִיתִי
מִחוּץ שִׁפְלַת-חֶרֶב
בְּבֵית כָּמוֹת:

(21) They heard that I was groaning,
“There is no comforter for me.”
All my enemies who heard my distress
rejoiced that you had caused it.
O bring the day you proclaimed,
and let them be like me.

(כא) שָׁמְעוּ כִּי נָאֲנָה אָנִי
אֵין מְנַחֵם לִי
כָּל-אֹיְבֵי שָׁמְעוּ רַעְתִּי
שָׂשׂוּ כִּי אַתָּה עָשִׂיתָ
הַבָּאת יוֹם-קְרָאתָ
וַיְהִיו כְּמוֹנִי:

(22) Let their evildoing come before you,
and do to them
what you did to me
for all my transgressions.
For many are my groans,
and my heart is languishing.

(כב) תָּבֵא כָּל-רַעְתֶּם לְפָנַי
וְעוֹלָל לֶמֶן
כְּאִשֶׁר עוֹלַלְתָּ לִּי
עַל כָּל-פְּשָׁעַי
כִּי-רַבּוֹת אֲנַחְתִּי
וְלִבִּי דָּוָי: