

## 32. Lamentations - Kinote

(Version 4.3: 10-28-17)

### Chapter 1

Lam. 1:1 How she has sat alone,  
the city *once* full of people!

*The* one great among the nations  
has become like a widow!

A princess among the provinces  
has become forced labor!

Lam. 1:2 She weeps, weeps at night.

And her tears are upon her cheeks.

There is no comfort for her

from any of those loving her.

All her friends have betrayed her.

They have become to her as adversaries.

Lam. 1:3 Yahudah has gone into exile.

Among affliction and by harsh labor

she has dwelt among the nations.

She has not found rest.

All those pursuing after her

have overtaken her among *her* distresses.

Lam. 1:4 The roads to Tzion are mourning,  
with no one coming at the appointed times.

All her gates are deserted.

Her priests are groaning.

Her virgins are grieving.

And she has bitterness.

Lam. 1:5 Her oppressors have become as the head.

Her adversaries have prospered.

Indeed, **YAHWEH** has caused her to suffer  
on account of of her many rebellions.

Her children have gone into captivity  
before face of the oppressor.

Lam. 1:6 Even all the majesty has departed  
from the daughter of Tzion.

Her leaders have become like deer.

They have found no pasture,

and they walk with no strength

before the one pursuing.

Lam. 1:7 Yerushalaim has remembered  
the days of her affliction and her wanderings,  
all her desirable things which she had  
from the days of old.

When her people fell into the hand of the oppressor,  
then there was no one helping her.

The oppressors saw her.

They laughed at her Sabbaths.

There's a concept in Hebrew culture  
that appears frequently.

Scripture uses the term "see",  
or, "look at" to refer to this.

This is apparently a Hebraism  
for 'gloating over' the misery  
of one's opponent who has been defeated.

When you see these terms used  
in relation to such situations  
please recognize that to "look at",  
or to "see" one's enemies  
is to rejoice over their demise.

Lam. 1:8 Yerushalaim has offended grievously!

For this reason she has existed

as one menstrually defiled.

All those honoring her have caused her revilings

because they have seen her nakedness.

Even she herself has groaned.

And she has turned back, backward.

Lam. 1:9 Her menstrual defilement is on her skirts.  
She has not taken note of her final end.  
And she has gone down astonishingly,  
with no one comforting her.

“Behold my affliction itself **נא**, YAHWEH!  
Indeed, the adversary has become great!”

Lam. 1:10 The oppressor has spread his hand  
over all her desirable things.  
Indeed, she has seen *it!*  
The nations have entered her Set Apart Place,  
those whom You have directed  
were not to enter Your assembly.

Lam. 1:11 All her people have been groaning,  
seeking food.  
They have given their desirable things  
on account of food  
for the sake of reviving life.

Look, YAHWEH, even look intently!  
Indeed, I have been reviled!

Lam. 1:12 Is it nothing to you,  
all you who are passing by?

Look intently, and see  
if there is anguish like my anguish  
with which I have been treated harshly,  
with which YAHWEH has caused me to suffer  
in the day of His fierce anger.

Lam. 1:13 From on high  
He has sent fire into my bones,  
and it has overpowered them.  
He has spread out a net for my feet.  
And He has caused me to turn back.  
He has set me *down*,  
devastating *me* all the day, fainting.

Lam. 1:14 The yoke of my rebellions  
has been bound by His hand.  
They have woven themselves together.  
They are upon my neck.  
He has caused my strength to stumble.  
YAHWEH has given me into hands  
which I am not able to withstand.

The Hebrew text has **adonai**.  
This is a known corruption of the original text.  
Old manuscripts show YHWH.  
For this reason YAHWEH will be used  
wherever this corruption has occurred in this book.

Lam. 1:15 YAHWEH has trodden down  
all my mighty ones in my midst.  
He has called an appointed time concerning me  
for the sake of crushing my young men.  
YAHWEH has also trodden down as in a winepress  
the virgin daughter of Yahudah.

Lam. 1:16 On account of these I myself am weeping.  
My eye, my eye is running down with water.  
Indeed, one comforting has been far from me,  
one causing relief to my life.

My children are devastated.  
Indeed, the adversary has prevailed.”

Lam. 1:17 Tzion has spread out with her hands.  
There is none comforting to her.  
YAHWEH has given direction concerning Ya'akob.

The oppressors are all around him.

Yerushalaim has existed  
as a menstrually defiled woman among them.

Lam. 1:18 **YAHWEH**, He is just!  
Indeed, I have rebelled against His mouth!

Listen attentively now, all peoples,  
and observe my anguish!  
My virgins and my young men  
have gone into captivity.

Lam. 1:19 I called for my lovers.  
They deceived me.  
My priests and my elders have expired in the city  
while they sought food for themselves,  
even to revive their lives themselves **nx**.

Lam. 1:20 Look, **YAHWEH!**  
Indeed, I have distress!  
My inward parts have been churning!  
My heart has been overturned in my midst  
because I have been rebellious.  
I have rebelled.  
From outside the sword has bereaved.  
In a house it is like death.

Lam. 1:21 They have listened attentively  
while I have been groaning, I myself.  
No one is being comforting to me.  
All my adversaries have heard of my calamity.  
They have rejoiced  
because You Yourself **nx** have done it.

Cause the day to come that You have announced!  
Then they will be like me.

Lam. 1:22 May all their evil come before Your face!  
And deal with them  
according to how You have dealt with me  
on account of all my rebellions!

Indeed, my groans are many and my heart is faint!"

## Chapter 2

Lam. 2:1 How **YAHWEH** in His anger  
has covered with a cloud  
the daughter of Tzion herself **nx!**  
He has caused the beauty of Yisra'el  
to be cast down from the skies to the ground.  
And He has not taken note of the footstool of His feet  
in the day of His anger.

Lam. 2:2 **YAHWEH** has swallowed up with no pity  
all the pasturing places themselves **nx** of Ya'akob.  
He has torn down In His wrath  
the fortresses of the daughter of Yahudah.  
He has caused them to be struck to the ground.  
He has defiled the kingdom and its leaders.

Lam. 2:3 In fierce anger He has hacked off  
every horn of Yisra'el.  
He has caused His right hand to be turned back,  
back from the face of the adversary.  
And He has burned against Ya'akob  
like a flaming fire.  
He has consumed all around.

Lam. 2:4 He has bent His bow like an adversary.  
He has stationed His right hand as an opponent.

Everything delightful to the eye He has killed.  
In the tent of the daughter of Tzion

He has poured out His wrath like fire.

Lam. 2:5 **YAHWEH** has been like an adversary.  
He has swallowed up Yisra'el.  
He has swallowed up all her palaces.  
He has destroyed her fortresses.  
And He has caused mourning and sorrow to increase  
in the daughter of Yahudah.

Lam. 2:6 He has done violence against the vineyard.  
He has destroyed His Booth.  
**YAHWEH** has caused to be forgotten in Tzion  
appointed time and Sabbath.  
And He has rejected king and priest  
in His raging anger.

Lam. 2:7 **YAHWEH** has rejected His slaughter site.  
He has renounced His Set Apart Place.  
He has caused the walls of her palaces  
to be shut up in the hand of the adversary.  
They have made a sound in The House of **YAHWEH**  
like the day of an appointed festival.

Lam. 2:8 **YAHWEH** has determined to destroy  
the wall of the daughter of Tzion.  
He has stretched out a line.  
He has not turned back His hand from swallowing *it*.  
And He has caused the rampart and wall to lament.  
Together they have languished.

Lam. 2:9 Her gates have sunk into the ground.  
He has destroyed and broken her bars.  
Her king and her leaders are among the nations.  
There is no instruction.  
Also, her prophets have found  
no vision from **YAHWEH**.

Lam. 2:10 The elders of the daughter of Tzion  
sit on the ground.  
They are silent.  
They have caused dust to go upon their heads.  
They have been girded with sackcloth.  
The heads of the virgins of Yerushalaim  
have been caused to face the the ground.

Lam. 2:11 My eyes have been consumed with tears.  
My inward parts have churned themselves.  
My bile has been poured out on the ground  
on account of the destruction  
of the daughter of my people.

As children and the infants  
languish in the streets of the city  
Lam. 2:12 they say to their mothers,  
"Where is grain and wine?"  
as they languish like the wounded  
in the streets of the city,  
as their life has pours itself out  
against their mothers' chest.

Lam. 2:13 How can I encourage you?  
To what can I compare you,  
daughter of Yerushalaim?  
To what shall I liken you that I might comfort you,  
virgin daughter of Tzion?  
Indeed, your breach is as great as the sea.  
Who can heal you?

Lam. 2:14 Your prophets have seen for you  
emptiness and foolishness.  
And they have not exposed your moral perversity  
for the sake of turning back your captivity.  
But they have seen for you

burdens of ruin and deception.

Lam. 2:15 Everyone passing over the road  
has clapped their hands at you.  
They have whistled.  
And they have shaken their heads  
concerning the daughter of Yerushalaim,  
"Is this the city called 'The perfection of beauty,  
the joy of the whole earth'?"

Lam. 2:16 All your adversaries  
have opened their mouth concerning you.  
They have whistled.  
And they have gnashed their teeth.  
They have said, "We have swallowed her up!  
This is certainly the day we have waited for.  
We have found it.  
We have seen it."

Lam. 2:17 **YAHWEH** has done what He determined.  
He has completed His word  
which He gave as direction from ancient times.  
He has torn down.  
And He has not had pity.  
And He has caused your adversary to rejoice over you.  
He has exalted the horn of your oppressors.

Lam. 2:18 Their heart has cried out to **YAHWEH**,  
"Wall of the daughter of Tzion,  
cause tears to run down like a river day and night.  
Do not give relief to yourself!  
Let the center of your eyes have no rest.

Lam. 2:19 Get up!  
Shout in the night at the beginning of the watches!  
Pour out your heart like water  
before the face of **YAHWEH**!  
Lift your hands toward Him  
concerning the lives of your young children  
those fainting with hunger at the head of every street!"

Lam. 2:20 "Look, **YAHWEH**!  
Even look attentively!  
Toward whom have You acted like this,  
whether the women are to eat their offspring,  
infants of a hand breadth,  
or the priest and prophet are to be slain  
in The Set Apart Place of **YAHWEH**?"

Lam. 2:21 The young and the old have laid down  
on the ground of the streets.  
My virgins and my young men have fallen by the sword.  
You have killed them in the day of Your anger!  
You have slaughtered with no pity!

Lam. 2:22 You call as in a day of an appointed time.  
Terrors *are* all around me.  
And no fugitive or survivor has existed  
in the day of the anger of **YAHWEH**.  
Those whom I have nursed and brought up  
my adversary has brought to an end."

### Chapter 3

Lam. 3:1 I myself am the man who has seen affliction  
by the rod of His wrath.

Lam. 3:2 He *Himself* **nx** has led me.  
And He caused me to walk In darkness and not light.

Lam. 3:3 Truly, He turns back His hand against me  
all the day.

Lam. 3:4 He has worn out my flesh and my skin.  
He has broken my bones.

Lam. 3:5 He has built up a *siege* against me.

And He has surrounded me  
with bitterness and hardship.  
Lam. 3:6 He has caused me to dwell in dark places  
like the ancient dead.  
Lam. 3:7 He has hedged me in and I can not go out.  
He has caused my chain to be heavy.

Lam. 3:8 Also, when I cry out and shout for help  
He shuts out my prayer.  
Lam. 3:9 He has blocked my ways with hewn stone.  
He has caused my paths to be crooked.  
Lam. 3:10 A bear in ambush is He to me, a lion in hiding.

Lam. 3:11 He has distorted my ways.  
And He has torn me in pieces.  
He has established me as desolate.

Lam. 3:12 He has bent His bow.  
And He has stationed me as a target for the arrow.  
Lam. 3:13 He has caused the arrows of His quiver  
to pierce my kidneys.

Lam. 3:14 I have been a derision to all my people,  
their taunting song all the day.  
Lam. 3:15 He has filled me with bitterness.  
He has caused me to be drunk with wormwood.  
Lam. 3:16 And He has broken my teeth with gravel.  
He has covered me with ashes.

Lam. 3:17 And You have removed my life  
far from shalom.  
I have forgotten goodness.

Lam. 3:18 And I have said,  
“Even my hope has perished forever from **YAHWEH**.”

Lam. 3:19 Remember my affliction and my misery,  
the wormwood and the gall.  
Lam. 3:20 Your life remembers.  
But my life bows down over me.

v3:21 This I will recall to my heart.  
On account of this I am caused to hope,  
Lam. 3:22 the kindnesses of **YAHWEH**!

Indeed, we have not been consumed,  
Indeed, His compassions have not failed.  
Lam. 3:23 They are new every morning.  
Great is Your faithfulness!

Lam. 3:24 “**YAHWEH** is my Portion,” says my life.  
For this reason I will wait for Him!

Lam. 3:25 **YAHWEH** is good to those waiting for Him,  
to the life that seeks Him!

Lam. 3:26 It is good, both to hope and to be still  
for the deliverance of **YAHWEH**.

Lam. 3:27 It is good for a man  
when he carries a yoke in his youth.  
Lam. 3:28 He is to sit alone and be silent.  
Indeed, He has laid it on him.  
Lam. 3:29 He is to put his mouth in the dust.  
Perhaps there will be hope.

Lam. 3:30 He is to give is cheek  
to the one striking him.  
He will have his fill of rebuke.

Lam. 3:31 Indeed, **YAHWEH** will not reject to eternity!  
Lam. 3:32 Indeed, if He causes one to suffer  
then He will show compassion

according to the abundance of His kindnesses.

Lam. 3:33 Indeed, He has not afflicted from His heart,  
nor does He grieve the children of men

Lam. 3:34 for the sake of crushing under His feet  
all the prisoners of the earth,

Lam. 3:35 for the sake of turning aside the judgment of a man  
in front of the the face of The Most High,

Lam. 3:36 for the sake of overthrowing a man in his dispute.  
*This YAHWEH will not approve.*

Lam. 3:37 Who is this that had spoken and it existed?  
Has YAHWEH not directed it?

Lam. 3:38 Do not the bad and the good  
come forth from the mouth of The Most High?

Lam. v3:39 Why does a human being complain,  
a living man on account of his offenses?

Lam. 3:40 Let us search and examine our ways.  
And let us turn back to YAHWEH.

Lam. 3:41 Let us lift our hearts and palms  
to The El in The Heavens *saying,*

Lam. 3:42 'We, we have rebelled!  
And we have provoked You Yourself **nx!**

You have not forgiven.

Lam. 3:43 You have covered Yourself with anger.  
And You have pursued us.

You have killed.

You have not pitied.

Lam. 3:44 You have covered Yourself With a cloud  
*so that a prayer can not pass over.*

Lam. 3:45 You place us as scum and refuse  
in the midst of the peoples.

Lam. 3:46 All our adversaries  
have opened their mouth against us.

Lam. 3:47 Terror and a snare have been ours,  
the devastation and the ruin.

Lam. 3:48 Streams of water run down my eyes  
on account of the destruction  
of the daughter of my people.

Lam. 3:49 My eye has poured out  
and it will not cease.

*It will be* without interruption

Lam. 3:50 until YAHWEH looks down  
and sees from The Heavens.

Lam. 3:51 My eye has been abusive to my heart  
because of all the daughters of my city.

Lam. 3:52 My adversaries hunted me,  
hunted me like a bird, without cause.

Lam. 3:53 They have cut off my life in a pit.  
Then they threw stones at me.

Lam. 3:54 Waters overflowed my head.  
I said, "I am finished!"

Lam. 3:55 I called Your name, YAHWEH,  
from the lowest pit.

Lam. 3:56 You listened attentively to my voice.  
Do not cause your ear to be concealed to my relief,  
to my cry for help!

Lam. 3:57 You drew near on the day I called You.  
You said, "Do not be afraid!"

Lam. 3:58 YAHWEH, You have pleaded  
the cause of my life.  
You have redeemed my life.

Lam. 3:59 **YAHWEH**, You have seen my oppression.  
Judge my verdict.

Lam. 3:60 You have seen all their vengeance,  
all their intentions against me.

Lam. 3:61 You have heard their disgrace, **YAHWEH**,  
all their intentions against me;

Lam. 3:62 the lips of those rising up against me,  
and their deliberations against me all the day.

Lam. 3:63 Look intently at their sitting down  
and their rising up.

I myself am their taunting song.

Lam. 3:64 Return to them a pay back, **YAHWEH**,  
according to the work of their hands!

Lam. 3:65 Give them a hardened heart,  
Your curse to them!

Lam. 3:66 Pursue *them* with anger,  
and destroy them from under the skies, **YAHWEH!**

#### Chapter 4

Lam. 4:1 How dim *is* the gold.  
The best, the pure gold, has changed.  
The stones of The Set Apart Place  
are scattered at the head of every street.

Lam. 4:2 The precious sons of Tzion,  
those being comparable to fine gold,  
how they have been regarded as clay pottery,  
the work of the hands of a potter!

Lam. 4:3 Even the jackals have drawn out the breast.  
Their young ones have sucked.  
The daughters of my people *are* as cruel  
as ostriches in the wilderness.

Lam. 4:4 The tongue of the infant  
has clung to the roof of its mouth on account of thirst.  
Children asked for food.  
No one spreads it out for them.

Lam. 4:5 Those eating delicacies  
have been destroyed in the streets.  
Those being nurtured upon scarlet  
have embraced trash heaps.

Lam. 4:6 And the moral perversity  
of the daughter of my people  
is greater than the offense of Sedom  
which was overthrown in a moment.  
And no hands were wrung over her!

Lam. 4:7 Her Nazirites were more pure than snow,  
whiter than milk, more ruddy of body than rubies,  
their polishing like a sapphire.

Lam. 4:8 Blacker than soot is their appearance.  
They are not recognized in the streets.  
Their skin has shriveled upon their bones.  
It has withered.  
It has become like a stick.

Lam. 4:9 Better off were those killed by the sword  
than those killed by hunger.  
Indeed, these slip away, being pierced through  
apart from the fruits of the field.

Lam. 4:10 The hands of compassionate women  
have boiled their own children.  
They have been as food for them  
on account of the destruction  
of the daughter of my people.

Lam. 4:11 **YAHWEH** has completed His wrath *itself* נקם.  
He has poured out His fierce anger.



And He has kindled a fire in Tzion.  
And it consumed her foundations.

Lam. 4:12 The kings of the earth  
were not caused to believe,  
nor any of those dwelling in the world,  
that an oppressor or adversary  
would enter the gates of Yerushalaim.

Lam. 4:13 *It was* because of  
the offenses of her prophets,  
the moral perversity of her priests,  
those shedding in her midst the blood of the just.

Lam. 4:14 They wandered blindly in the streets.  
They had been defiled with blood.  
One was not able to touch against their garments.

Lam. 4:15 *They shouted,*  
"Turn aside! Defiled!  
Turn aside! Turn Aside!  
Do not touch!"

Indeed, they wandered off.  
They even staggered.

They said among the nations,  
"They will stay no longer.  
Lam. 4:16 The face of **YAHWEH** has scattered them.  
He will no longer regard them.  
They have not respected the priests,  
They have not shown favor to the elders."

Lam. 4:17 We are still here.  
Our eyes are failing.  
No one is helping us.  
*There is* futility in our watchfulness.  
We have watched for a nation.  
None can deliver us.

Lam. 4:18 They have hunted our steps,  
*keeping us* from going in our streets.  
Our end drew near.  
Our days were completed.  
Indeed, our end had come.

Lam. 4:19 Those pursuing us  
were swifter than the eagles of the skies.  
Upon the mountains they pursued after us.  
In the wilderness they laid in wait for us.

Lam. 4:20 The breath of our nostrils,  
the anointed of **YAHWEH**,  
has been captured in their pits,  
those of whom we had said  
"In His shadow we will live among the nations."

Lam. 4:21 Rejoice and be glad, daughter of Edom,  
those dwelling in the land of Utz!  
The cup will also pass over to you.  
You will be drunk.  
And you will make yourself naked.

Lam. 4:22 Your moral perversity has been completed,  
daughter of Tzion.  
He will not cause your exile to exist any longer.

He will visit your moral perversity, daughter of Edom.  
He has caused you to go into exile  
on account of your offenses!

## Chapter 5

Lam. 5:1 Remember, **YAHWEH**,

what has existed for us!  
Look intently and see our reproach *itself* **נא**!

Lam. 5:2 Our inheritance has been turned over  
to strangers,  
and our houses to foreigners.  
Lam. 5:3 We have become orphans with no fathers.  
Our mothers are like widows.  
Lam. 5:4 Our water we have drunk with silver.  
Our wood comes at a price.  
Lam. 5:5 Upon our neck we have been pursued.  
We have labored with no rest for us.

Lam. 5:6 To Mitsraim we have given a hand;  
to Ashshur, for the sake of being satisfied with food.

Lam. 5:7 Our fathers have offended.  
They are no more.  
We ourselves have borne their moral perversities.

Lam. 5:8 Slaves have ruled over us.  
No one is delivering *us* from their hand.

Lam. 5:9 With our lives we cause our food to come  
from before the face of the sword of the wilderness.

Lam. 5:10 Our skin is like an oven,  
having been agitated before the face  
of the burning heat of famine.

Lam. 5:11 The women in Tzion have been ravaged,  
the virgins in the cities of Yahudah.

Lam. 5:12 Leaders have been hung up by their hands.  
Elders have not been honored.

Lam. 5:13 They have taken young men to grind.  
And young boys have stumbled on account of wood.

Lam. 5:14 Elders have ceased from the gate,  
young men from their music.

Lam. 5:15 The joy of our heart has ceased.  
Our dancing has turned to mourning.

Lam. 5:16 The crown has fallen from our head.  
Woe is now *ours* because we have offended!

Lam. 5:17 On account of this our heart has been sick.  
On account of these our eyes have become dim,

Lam. 5:18 on account of Mount Tzion  
which has been devastated.

Foxes have been walking in it.

Lam. 5:19 You Yourself **נא**, **YAHWEH**,  
will remain to eternity,  
Your throne to generation after generation!

Lam. 5:20 Why do You forget us forever,  
abandon us for length of days?

Lam. 5:21 Turn us back to You, **YAHWEH**!  
Then we will return.  
Renew our days like ancient times!

Lam. 5:22 Indeed, if You have rejected,  
*if* You have rejected us....  
You have been enraged against us,  
even to excess!

The unfinished sentence  
is common in Hebrew literature.  
It leaves the result to the imagination  
of the one hearing it.  
It's a form of a curse.