Leader: I cried out to God for help; I cried out to God to hear me.

People: When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted.

L: I remembered you, God, and I groaned; I meditated, and my spirit grew faint.

- P: You kept my eyes from closing; I was too troubled to speak.
- L: I thought about the former days, the years of long ago; I remembered my songs in the night. My heart meditated and my spirit asked:
- P: "Will the Lord reject forever? Will he never show his favor again?
- L: Has his unfailing love vanished forever? Has his promise failed for all time?
- P: Has God forgotten to be merciful? Has he in anger withheld his compassion?"
- L: Then I thought, "To this I will appeal: the years when the Most High stretched out his right hand.
- P: I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds."
- L: Your ways, God, are holy. What god is as great as our God? P: You are the God who performs miracles; you display your power among the peoples. With your mighty arm you redeemed your people, the descendants of Jacob and Joseph.
- L: The waters saw you, God, the waters saw you and writhed; the very depths were convulsed. The clouds poured down water, the heavens resounded with thunder; your arrows flashed back and forth.
- P: Your thunder was heard in the whirlwind, your lightning lit up the world; the earth trembled and quaked.
- L: Your path led through the sea, your way through the mighty waters, though your footprints were not seen.
- ALL: You led your people like a flock by the hand of Moses and Aaron.