

## 耶利米哀歌

## Lamentations

## 第一章

先知的话

*The Prophet Speaks:*

1 先前满有人民的城、现在何竟独坐、先前在列国中为大的、现在竟如寡妇、先前在诸省中为王后的、现在成为进贡的。

א (Alef)

1:1 Alas!  
The city once full of people  
now sits all alone!  
She who was once prominent among the nations  
has become a widow!  
The princess who once ruled over the provinces  
has become a forced laborer!

2 他夜间痛哭、泪流满腮、在一切所亲爱的中间、没有一个安慰他的、他的朋友、都以诡诈待他、成为他的仇敌。

ב (Bet)

1:2 She weeps bitterly at night;  
tears stream down her cheeks.  
There is no one to comfort her  
among all her former lovers.  
All her friends have dealt treacherously with her;  
they have become her enemies.

3 犹大因遭遇苦难、又因多服劳苦、就迁到外邦、他住在列国中、寻不著安息、追逼他的都在狭窄之地将他追上。

ג (Gimel)

1:3 The people of Judah have gone into exile under  
affliction  
and under harsh oppression.  
They now live in other nations,  
but find no rest.  
All who pursued them have overtaken them  
in narrow straits.

4 锡安的路径、因无人来守圣节就悲伤、他的城门凄凉、他的祭司叹息、他的处女受艰难、自己也愁苦。

ד (Dalet)

1:4 The roads leading to Zion are in mourning,  
because no one travels down their paths to celebrate  
the festivals.  
All her city gates are deserted;  
her priests groan in grief.  
Her virgins are filled with sorrow;  
Jerusalem is in bitter anguish!

5 他的敌人为主、他的仇敌亨通、因耶和華為他许多的罪过、使他受苦、他的孩童被敌人掳去。

ה (He)

1:5 Her foes subjugated her;  
her enemies plundered her possessions.  
For the LORD afflicted her  
because of her many acts of rebellion.  
Her children were driven away  
as prisoners before the enemy.

6 锡安城〔城原文作女子下同〕的威荣、  
〔城原文作女子下同〕全都失去、他的首  
领、像找不著草场的鹿、在追赶的人前、  
无力行走。

7 耶路撒冷在困苦窘迫之时、就追想古时一  
切的乐境。他百姓落在敌人手中、无人救  
济、敌人看见、就因他的荒凉嗤笑。

8 耶路撒冷大大犯罪、所以成为不洁之物、  
素来尊敬他的、见他赤露就都藐视他、他  
自己也叹息退后。

9 他的污秽是在衣襟上、他不思想自己的结  
局、所以非常的败落、无人安慰他。他  
说、耶和华阿、求你看我的苦难、因为仇  
敌夸大。

10 敌人伸手、夺取他的美物、他眼见外邦人  
进入他的圣所、论这外邦人你曾吩咐不可  
入你的会中。

11 他的民都叹息、寻求食物、他们用美物换  
粮食、要救性命。他们说、耶和华阿、求  
你观看、因为我甚是卑贱。

耶路撒冷的话

י (Vav)

1:6 Everything in which she had gloried  
has been taken away from Zion.  
Her leaders were like deer  
who could not find any hiding place;  
they were too exhausted to flee  
from the hunter.

י (Zayin)

1:7 Jerusalem remembers,  
when she became a poor homeless person,  
all the treasures—possessions that  
belonged to her in days of old.  
When her people fell into the grasp of the enemy,  
none of her allies came to her rescue.  
Her enemies gloat over her;  
they laughed contemptuously at her downfall.

כ (Khet)

1:8 Jerusalem has committed heinous sin;  
therefore, she has become an object of scorn.  
All who once respected her now despise her,  
because they have seen her nakedness.  
She herself groans aloud  
and turns away in shame.

ד (Tet)

1:9 Her menstrual filth has soiled her own clothing;  
she did not consider the consequences of her sin.  
Her demise occurred in an astonishing way,  
and there was no one to comfort her.  
She cried, “Look, O LORD, on my affliction,  
because my enemy boasts!”

י (Yod)

1:10 The enemy seized  
all her valuable possessions.  
She watched in horror as Gentiles invaded her holy  
temple,  
whom you had forbidden:  
“They may not enter your assembly place.”

כ (Kaf)

1:11 All her former inhabitants groan  
as they search for a morsel of bread.  
They are forced to sell their prized possessions  
just to purchase enough food  
to keep themselves alive.

*Jerusalem Speaks:*

Look, O LORD!  
Consider that I have become worthless!

12 你们一切过路的人哪、这事你们不介意么、你们要观看、有像这临到我的痛苦没有、就是耶和華在他发烈怒的日子使我所受的苦。

13 他从高天使火进入我的骨头、克制了我、他铺下网罗、绊我的脚、使我转回、他使我终日凄凉发昏。

14 我罪过的轭、是他手所绑的、犹如轭绳缚在我颈项上、他使我的力量衰败。主将我交在我所不能敌挡的人手中。

15 主轻弃我中间的一切勇士、招聚多人〔原文作大会〕攻击我、要压碎我的少年人、主将犹太居民踹下、像在酒榨中一样。

16 我因这些事哭泣、我眼泪汪汪、因为那当安慰我、救我性命的、离我甚远、我的儿女孤苦、因为仇敌得了胜。

先知的話

17 锡安举手、无人安慰、耶和華论雅各已经出令、使四围的人作他仇敌、耶路撒冷在他们中间、像不洁之物。

↳ (*Lamed*)

1:12 O you who pass by on the road,  
is it nothing to you?  
Consider and see:  
Is there any pain like my pain?  
The LORD brought it on me;  
he inflicted it on me when he burned with anger.

↻ (*Mem*)

1:13 He sent down fierce fire into my bones,  
and it prevailed against them.  
He stretched a trapper's net to ensnare my feet;  
he made me turn back.  
He made me desolate,  
sick all day long.

⌋ (*Nun*)

1:14 My sins are bound around my neck like a yoke,  
they are lashed tight together by his hand.  
He has placed his yoke on my neck;  
he has made me weak.  
The LORD has handed me over  
to those whom I am powerless to resist.

◻ (*Samek*)

1:15 The LORD has hurled all my valiant warriors  
out of my midst.  
He summoned a legal assembly against me  
to crush my young warriors.  
As in a wine press, the LORD has trampled down  
the virgin daughter of Judah.

⋈ (*Ayin*)

1:16 I weep on account of these things;  
my eyes flow with tears.  
For there is no one to comfort me anywhere near,  
no one who could encourage me.  
My inhabitants are desolated  
because the enemy has prevailed.

*The Prophet Speaks:*

◻ (*Pe*)

1:17 Zion spread out her hands,  
but there is no one to comfort her.  
The LORD has issued a decree against Jacob:  
The nations that surround him will become his enemies.  
They treat Jerusalem  
like filthy garbage in their midst.

## 耶路撒冷的话

## Jerusalem Speaks:

- 18 耶和華是公義的，他這樣待我，是因我違背他的命令。眾民哪，請聽我的話，看我的痛苦，我的處女和少年人，都被擄去。
- 19 我招呼我所親愛的，他們却愚弄我，我的祭司和長老，正尋求食物救性命的時候，就在城中絕氣。
- 20 耶和華阿，求你觀看，因為我在急難中，我心腸擾亂，我心在我裡面翻轉，因我大大悖逆，在外刀劍使人喪子，在家猶如死亡。
- 21 聽見我嘆息的有人，安慰我的却無人，我的仇敵，都聽見我所遭的患難，因你作這事他們都喜樂。你必使你報告的日子來到，他們就像我一樣。
- 22 願他們的惡行，都呈在你面前，你怎樣因我的一切罪過待我，求你照樣待他們，因我嘆息甚多，心中發昏。

צ (Tsade)

1:18 The LORD is right to judge me!  
For I rebelled against his commands.  
Listen, all you peoples,  
and behold my suffering!  
My young men and women  
have been taken prisoner into exile.

ק (Qof)

1:19 I called for my lovers,  
but they deceived me.  
My priests and my elders died of hunger in the city,  
while searching for food that might have kept them  
alive.

ר (Resh)

1:20 Look, O LORD, because I am in distress,  
my stomach is in knots!  
My heart is turning over inside me,  
because I know how terribly rebellious I had been!  
In the street the sword bereaves a mother of her children;  
the rest die of hunger inside their homes.

ש (Sin/Shin)

1:21 They have heard that I groan,  
yet there is no one to comfort me.  
All my enemies have heard of my trouble;  
they are glad that you have brought it about.  
May you bring about the time of judgment that you  
promised,  
so that they may be judged like me!

ט (Tav)

1:22 Let all their wickedness come before you;  
may you deal with them  
just as you have dealt with me,  
because of all my acts of rebellion.  
For my groans are many,  
and my heart is full of sorrow.

## 第二章

## 先知的話

## The Prophet Speaks:

א (Alef)

- 1 主何竟發怒，使黑雲遮蔽錫安城，他將以色列的華美，從天扔在地上，在他發怒的日子，並不記念自己的腳凳。
- 2:1 Alas!  
The LORD has covered Zion  
with the cloud of his anger!  
He has thrown down the splendor of Israel  
from heaven to earth;  
he did not protect the temple  
when he displayed his anger.

2 主吞灭雅各一切的住处、并不顾惜、他发怒倾覆犹太民的保障、使这保障坍倒在地、他辱没这国、和其中的首领。

3 他发烈怒、把以色列的角、全然砍断、在仇敌面前收回右手、他像火焰四围吞灭、将雅各烧毁。

4 他张弓、好像仇敌、他站著举起右手、如同敌人、将悦人眼目的、尽行杀戳、在锡安百姓的帐棚上、倒出他的忿怒像火一样。

5 主如仇敌吞灭以色列、和锡安的一切宫殿、拆毁百姓的保障、在犹太民中、加增悲伤哭号。

6 他强取自己的帐幕、好像是园中的窝棚、毁坏他的聚会之处、耶和华使圣节和安息日、在锡安都被忘记、又在怒气的愤恨中、藐视君王和祭司。

7 耶和华丢弃自己的祭坛、憎恶自己的圣所、将宫殿的墙垣交付仇敌。他们在耶和华的殿中喧嚷、像在圣会之日一样。

כ (Bet)

2:2 The LORD has destroyed all the homes of Jacob's descendants;  
and he has shown no mercy.  
In his wrath he has torn down every fortified city in Judah.  
He has toppled the kingdom and its rulers,  
putting them to shame.

ג (Gimel)

2:3 In his fierce anger he destroyed the whole army of Israel.  
He withdrew his protection when the advancing enemy army attacked.  
He was like a raging fire burning up the land of Jacob's descendants;  
it consumed everything around it.

ד (Dalet)

2:4 Like an enemy he strung his archer's bow;  
his right hand was ready to shoot.  
Like a foe he has slain all our vigorous young men;  
he has poured out his wrath like fire on the tents of Zion.

ה (He)

2:5 The LORD was like an enemy;  
he has devastated Israel.  
He has devastated all its palaces and has destroyed its fortified cities.  
He made everyone in Judah mourn and lament.

ו (Vav)

2:6 He has laid waste his temple like a vineyard;  
he has destroyed his appointed meeting place.  
The LORD has made it impossible for the city of Zion  
to celebrate the appointed festivals and Sabbaths.  
In his fierce anger he has rejected Judah's king and priests.

ז (Zayin)

2:7 The LORD has rejected his altar and has abandoned his temple.  
He allowed the enemy to capture the fortified palaces in Jerusalem;  
the enemy shouted in celebration in the temple of the LORD,  
like on the day appointed to celebrate a religious feast.

8 耶和華定意拆毀錫安的城牆·他拉了准繩、不將手收回、定要毀滅·他使外郭和城牆都悲哀、一同衰敗。

9 錫安的门、都陷入地内·主將他的門闕毀壞、折斷·他的君王和首領落在没有律法的列國中·他的先知不得見耶和華的异象。

10 錫安城的長老坐在地上默默无声·他们扬起尘土、落在头上、腰束麻布·耶路撒冷的处女、垂头至地。

11 我眼中流泪、以致失明·我的心肠扰乱、肝胆涂地·都因我众民遭毁灭、又因孩童和吃奶的在城内街上发昏·

12 那时、他们在城内街上发昏、好像受伤的、在母亲的怀里、将要丧命、对母亲说、谷酒在那里呢。

13 耶路撒冷的民哪、我可用甚么向你证明呢·我可用甚么与你相比呢·錫安的民哪、我可拿甚么和你比较、好安慰你呢·因为你的裂口大如海、谁能医治你呢。

14 你的先知为你见虚假和愚昧的异象、并没有显露你的罪孽、使你被掳的归回·却为你见虚假的默示、和使你被赶出本境的缘故。

𐤎 (*Khet*)

2:8 The LORD was determined to tear down the walls around the city of Zion. He marked out the walls of Jerusalem for destruction, and he did not relent until they were destroyed. He made the ramparts and fortified walls lament; both of them mourned their destruction.

𐤐 (*Tet*)

2:9 The city gates have fallen down to the ground; the bars that lock the gates have been smashed to pieces. Jerusalem's king and princes were taken into exile in other countries; there is no longer any guidance available. As for her prophets, they can no longer obtain a vision from the LORD.

𐤑 (*Yod*)

2:10 The elders of the city of Zion sit on the ground in silence; they have thrown ashes on their heads; they clothed themselves with sackcloth. The young single women of Jerusalem stare down at the ground in grief.

𐤒 (*Kaf*)

2:11 My eyes are worn out because of all my tears; my stomach is in knots. My bile is poured out on the ground, because of the destruction of my beloved Jerusalem, because infants and newborn babies faint from hunger in the streets of the city.

𐤓 (*Lamed*)

2:12 Children cry out to their mothers for food and drink. Then they lose consciousness like a wounded warrior in the streets of the city. Then they die slowly in the arms of their mothers.

𐤔 (*Mem*)

2:13 With what can I equate you? To what can I compare you, O Jerusalem? To what can I liken you, so that I might comfort you, O City of Zion? Your wound is as deep as the sea; no one can heal you!

𐤕 (*Nun*)

2:14 The visions that your prophets proclaimed to you were empty lies; they failed to expose your sin, thus delivering you from exile. They proclaimed oracles to you that were false deceptions.

15 凡过路的、都向你拍掌·他们向耶路撒冷城、嗤笑摇头、说、难道人所称为全美的、称为全地所喜悦的、就是这城么。

16 你的仇敌、都向你大大张口·他们嗤笑、又切齿、说、我们吞灭他、这真是我们所盼望的日子临到了·我们亲眼看见了。

17 耶和華成就了他所定的、应验了他古时所命定的·他倾覆了、并不顾惜、使你的仇敌向你夸耀、使你敌人的角、也被高举。

18 锡安民的心哀求主·锡安的城墙阿、愿你流泪如河、昼夜不息·愿你眼中的瞳人、泪流不止。

19 夜间、每逢交更的时候要起来呼喊、在主面前倾心如水·你的孩童在各市口上受饿发昏·你要为他们的性命向主举手祷告。

耶路撒冷的话

20 耶和華阿、求你观看、见你向谁这样行·妇人岂可吃自己所生育手里所摇弄的婴孩么·祭司和先知、岂可在主的圣所中被杀戳么。

𐤑 (*Samek*)

2:15 All who pass by you on the road  
clap their hands to mock you;  
they sneer and shake their heads  
at Jerusalem:  
“Ha! This is the city whose former inhabitants said,  
‘It is perfect in beauty,  
the source of joy to the whole earth!’”

𐤑 (*Pe*)

2:16 All your enemies  
jeer at you.  
They sneer and gnash their teeth;  
they say, “We have destroyed her!  
Ha! We have waited a long time for this day!  
We have actually lived to see it!”

𐤅 (*Ayin*)

2:17 The LORD has done what he planned;  
he has fulfilled his promise  
which he threatened to do long ago:  
He has overthrown you without mercy.  
He has allowed the enemy to gloat over you;  
he has enabled your adversaries to boast about their  
military might.

𐤆 (*Tsade*)

2:18 Cry out earnestly to the LORD,  
O Wall of Zion!  
Let your tears flow like a river  
from dawn to dusk!  
Do not allow yourself any rest;  
do not let your tears stop!

𐤑 (*Qof*)

2:19 Get up! Cry out for help in the night  
at the beginning of the night watches!  
Pour out your laments like water  
before the presence of the LORD!  
Lift up your hands to him  
on behalf of the lives of your children,  
who are dying from hunger  
at every street corner.

*Jerusalem Speaks:*

𐤇 (*Resh*)

2:20 O LORD, think about it!  
Whom have you ever treated like this?  
Should women cannibalize the children they have  
borne,  
perfectly healthy newborn infants?  
Should priest and prophet be killed  
in the sanctuary of the LORD?

21 少年人和老年人、都在街上躺卧、我的处  
女和壮丁、都倒在刀下、你发怒的日子、  
杀死他们、你杀了、并不顾惜。

22 你招聚四围惊吓我的、像在大会的日子招  
聚人一样、耶和華发怒的日子、无人逃  
脱、无人存留、我所摇弄所养育的婴孩、  
仇敌都杀净了。

### 第三章

#### 先知的话

1 我是因耶和華忿怒的杖、遭遇困苦的人。  
2 他引导我、使我行在黑暗中、不行在光明  
里。  
3 他真是终日再三反手攻击我。  
4 他使我的皮肉枯乾、他折断〔或作压伤〕  
我的骨头。  
5 他筑垒攻击我、用苦楚〔原文作苦胆〕和  
艰难困我。  
6 他使我住在幽暗之处、像死了许久的人一  
样。  
7 他用篱笆围住我、使我不能出去、他使我  
的铜链沉重。  
8 我哀号求救、他使我的祷告、不得上达。  
9 他用凿过的石头、挡住我的道、他使我的  
路弯曲。  
10 他向我如熊埋伏、如狮子在隐密处。  
11 他使我转离正路、将我撕碎、使我凄凉。

#### ש (Sin/Shin)

2:21 The young and old lie dead together  
in the dust of the streets;  
the young men and single young women of Jerusa-  
lem  
have fallen by the sword.  
You killed them when you were angry;  
you slaughtered them without pity.

#### ת (Tav)

2:22 You invited, as though on an appointed festival  
day,  
enemies to terrify me on every side.  
When the LORD became angry,  
no one escaped or survived.  
The perfectly healthy children whom I bore and  
raised,  
my enemy has destroyed.

#### The Prophet Speaks:

#### א (Alef)

3:1 I am the man who has experienced affliction  
from the disciplining rod of his wrath.  
3:2 He has driven me into captivity,  
and made me walk in deep darkness.  
3:3 He repeatedly attacked me  
over and over, continually.

#### ב (Bet)

3:4 He has caused my mortal skin to waste away;  
he has broken my bones.  
3:5 He has besieged and surrounded me  
with bitter hardship.  
3:6 He has made me reside in intense darkness  
like those who died long ago.

#### ג (Gimel)

3:7 He has walled me in so that I cannot escape;  
he has weighed me down with heavy prison chains.  
3:8 Even though I cry out desperately for help,  
he shuts his ears to my prayer.  
3:9 He has blocked every road I take with a wall of  
fitted stones;  
he has made every path on which I flee impossible to  
traverse.

#### ד (Dalet)

3:10 He is like a bear lying in wait for me,  
like a hidden lion stalking its prey.  
3:11 He dragged me from the path and tore me to  
pieces,  
and mangled me beyond rescue.

12 他张弓将我当作箭靶子。

**3:12** He drew his bow  
and made me the target for his arrows.

𐤀 (*He*)

13 他把箭袋中的箭、射入我的肺腑。

**3:13** He shot his arrows  
into my heart.

14 我成了众民的笑话·他们终日以我为歌曲。

**3:14** I have become the laughingstock of all people;  
I am the subject of their mockery continually.

15 他用苦楚充满我、使我饱用茵陈。

**3:15** He has made me eat bitter herbs,  
and made me drink stagnant water.

𐤁 (*Vav*)

16 他又用沙石碾断我的牙、用灰尘将我蒙蔽。

**3:16** He has broken my teeth with gravel;  
he has made me cower in ashes.

17 你使我远离平安·我忘记好处。

**3:17** I am deprived of peace;  
I have forgotten what happiness is.

18 我就说、我的力量衰败、我在耶和華那里、毫无指望。

**3:18** So I said, "My endurance has perished,  
I have lost all hope of deliverance from the LORD."

𐤂 (*Zayin*)

19 耶和華阿、求你記念我如茵陈和苦胆的困苦窘迫。

**3:19** Just thinking about my impoverished and homeless condition  
is bitter poison.

20 我心想念这些、就在里面忧闷。

**3:20** When I continually think about this,  
I become emotionally depressed.

21 我想起这事、心里就有指望。

**3:21** But this I call to mind,  
therefore I have hope:

𐤃 (*Khet*)

22 我们不至消灭、是出于耶和華诸般的慈爱、是因他的怜悯、不至断绝。

**3:22** The LORD's many kindnesses never cease,  
for his great compassion never comes to an end.

23 每早晨这都是新的·你的诚实、极其广大。

**3:23** They are renewed every morning;  
your faithfulness is abundant!

24 我心里说、耶和華是我的分·因此、我要仰望他。

**3:24** I said to myself, "The LORD is the portion of my inheritance;  
therefore, I will put my hope in him."

𐤄 (*Tet*)

25 凡等候耶和華、心里寻求他的、耶和華必施恩给他。

**3:25** The LORD is good to those who trust in him,  
to the one who seeks him.

26 人仰望耶和華、静默等候他的救恩、这原是好的。

**3:26** It is good to wait patiently  
for deliverance to come from the LORD.

27 人在幼年负轭、这原是好的。

**3:27** It is good for a man to bear the yoke  
while he is young.

𐤅 (*Yod*)

28 他当独坐无言、因为这是耶和華加在他身上的。

**3:28** Let a person sit alone in silence,  
when the LORD is disciplining him.

29 他当口贴尘埃、或者有指望。

**3:29** Let him bury his face in the dust;  
there may yet be hope.

30 他当由人打他的腮颊·要满受凌辱。

**3:30** Let him offer his cheek to the one who hits him;  
let him have his fill of insults.

𐤆 (*Kaf*)

31 因为主必不永远丢弃人。

**3:31** For the LORD will not  
reject us forever.

32 主虽使人忧愁、还要照他诸般的慈爱发怜悯。

**3:32** Though he has caused us grief, he will have  
compassion on us,  
according to the abundance of his kindness.

33 因他并不甘心使人受苦、使人忧愁。

3:33 For he does not enjoy bringing affliction nor causing grief to mortal men.

↳ (*Lamed*)

34 人将世上被囚的、踹〔原文作压〕在脚下、

3:34 To crush underfoot all the prisoners in the land,

35 或在至高者面前屈枉人、

3:35 to deprive a man of his rights in the presence of the Most High,

36 或在人的讼事上、颠倒是非、这都是主看不上的。

3:36 to subvert a man in his just cause—the LORD does not approve of such things!

𐤇 (*Mem*)

37 除非主命定、谁能说成就成呢。

3:37 Whose command was ever fulfilled unless the LORD had decreed it?

38 祸福不都出于至高者的口么。

3:38 Is it not from the mouth of the Most High that everything comes—

both calamity and blessings?

39 活人因自己的罪受罚、为何发怨言呢。

3:39 Why should any living man complain when he is punished for his sins?

𐤈 (*Nun*)

40 我们当深深考察自己的行为、再归向耶和華。

3:40 Let us carefully examine our ways, and let us return to the LORD.

41 我们当诚心向天上的 神举手祷告。

3:41 Let us lift up our hearts and our hands to God in heaven:

42 我们犯罪背逆、你并不赦免。

3:42 “We have sinned rebelliously; you have not forgiven.”

𐤉 (*Samek*)

43 你自被怒气遮蔽、追赶我们、你施行杀戮、并不顾惜。

3:43 You have clothed yourself with anger and pursued us;

you have slaughtered us without pity.

44 你以黑云遮蔽自己、以至祷告不得透入。

3:44 You have hidden yourself in a cloud so that no prayer can pass through.

45 你使我们在万民中成为污秽和渣滓。

3:45 You have made us like filthy excrement in the estimation of the nations.

𐤊 (*Pe*)

46 我们的仇敌、都向我们大大张口。

3:46 All our enemies brashly proclaim threats against us.

47 恐惧和陷坑、残害和毁灭、都临近我们。

3:47 Panic and pitfall have come upon us, devastation and destruction.

48 因我众民遭的毁灭、我就眼泪下流如河。

3:48 Streams of tears flow from my eyes because my people are destroyed.

𐤋 (*Ayin*)

49 我的眼多多流泪、总不止息、

3:49 Tears flow from my eyes unceasingly; they will not stop

50 直等耶和華垂顾、从天观看。

3:50 until the LORD looks down from heaven and sees what has happened.

51 因我本城的众民、我的眼、使我的心伤痛。

3:51 What my eyes see causes grief to me on account of the abuse of all the women in my city.

𐤌 (*Tsade*)

52 无故与我仇的追逼我、像追雀鸟一样。

3:52 For no good reason, my enemies have hunted me down like a bird.

53 他们使我的命在牢狱中中断绝、并将一块石头抛在我身上。

3:53 They have tried to end my life in a pit, by throwing stones on me.

54 众水流过我头·我说、我命断绝了。

3:54 The waters closed over my head,  
I thought that I was about to die.

55 耶和华阿、我从深牢中求告你的名。

פ (Qof)  
3:55 I called on your name, O LORD,  
from the depths of the pit.

56 你曾听见我的声音·我求你解救、你不要掩耳不听。

3:56 You heard my plea:  
“Do not close your ears to my cry for help!”

57 我求告你的日子、你临近我、说、不要惧怕。

3:57 You came near when I called to you;  
you said, “Do not fear!”

58 主阿、你伸明了我的冤·你救赎了我的命。

פ (Resh)  
3:58 You championed my cause, O LORD;  
you redeemed my life.

59 耶和华阿、你见了我受的委屈·求你为我伸冤。

3:59 You have seen the wrong done to me, O LORD;  
may you issue judgment on my behalf!

60 他们仇恨我、谋害我、你都看见了。

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

61 耶和华阿、你听见他们辱骂我的话、知道他们向我所设的计、

פ (Sin/Shin)  
3:61 You have heard their taunts, O LORD,  
all their plots against me.

62 并那些起来攻击我的人、口中所说的话、以及终日向我所设的计谋。

3:62 My assailants revile and conspire  
against me all day long.

63 求你观看、他们坐下起来、都以我为歌曲。

3:63 Look at them! From morning to evening  
I am the object of their mocking songs.

64 耶和华阿、你要按著他们手所作的、向他们施行报应。

פ (Tav)  
3:64 Pay them back what they deserve, O LORD,  
according to what they have done.

65 你要使他们心里刚硬、使你的咒诅临到他们。

3:65 Render their hearts hard;  
may your curse be on them!

66 你要发怒追赶他们、从耶和华的天下除灭他们。

3:66 Pursue them in anger and eradicate them  
from under heaven, which belongs to you, O LORD!

## 第四章

先知的话

*The Prophet Speaks:*

1 黄金何其失光·纯金何其变色·圣所的石头倒在各市口上。

פ (Alef)  
4:1 Alas!  
The gold has lost its luster;  
the solid gold objects have lost their shine!  
The sacred gems are scattered  
at every street corner.

2 锡安宝贵的众子、好比精金、现在何竟算为窑匠手所作的瓦瓶。

פ (Bet)  
4:2 The precious sons of Zion  
were once worth their weight in gold.  
Alas! Now they are no more valued than broken clay  
potsherds  
made by a potter.

- 3 野狗尚且把奶乳哺其子、我民的妇人倒成为残忍、好像旷野的鸵鸟一般。
- 4 吃奶孩子的舌头、因乾渴贴住上膛、孩童求饼、无人擘给他们。
- 5 素来吃美好食物的、现今在街上变为孤寒、素来卧朱红褥子的、现今躺卧粪堆。
- 6 都因我众民的罪孽、比所多玛的罪还大、所多玛虽然无人加手于他、还是转眼之间被倾覆。
- 7 锡安的贵胄、素来比雪纯净、比奶更白、他们的身体、比红宝玉〔或作珊瑚〕更红、像光润的蓝宝石一样。
- 8 现在他们的面貌比煤炭更黑、以致在街上无人认识、他们的皮肤、紧贴骨头、枯乾如同槁木。
- 9 饿死的、不如被刀杀的、因为这是缺了田间的土产、就身体衰弱、渐渐消灭。
- 10 慈悲的妇人、当我众民被毁灭的时候、亲手煮自己的儿女作为食物。
- 11 耶和華发怒成就他所定的、倒出他的烈怒、在锡安使火著起、烧毁锡安的根基。
- 12 地上的君王、和世上的居民、都不信敌人和仇敌能进耶路撒冷的城门。
- 4:3 Even the jackals nurse their young at their breast;  
but my people have become cruel like ostriches in the desert.
- 4:4 The infant's tongue sticks to the roof of its mouth due to thirst;  
Little children beg for food,  
but no one has even any bread to give to them.
- 4:5 Those who once feasted on delicacies are now starving to death in the streets.  
Those who grew up wearing expensive clothes are now dying on the ash heaps.
- 4:6 The punishment of my people is greater than the punishment of Sodom, which was overthrown in a moment and no one lifted a hand to help her.
- 4:7 Her princes were brighter than snow, whiter than milk;  
their bodies more ruddy than rubies;  
their appearance was like sapphires.
- 4:8 Now their appearance is darker than soot;  
no one even recognizes who they are in the streets.  
Their skin has shriveled on their bones;  
it has become dry like wood.
- 4:9 Those who were killed by the sword are better off than those who die of hunger;  
they waste away,  
struck down by lack of food.
- 4:10 With their own hands, tenderhearted women have cooked their own children,  
who became their food  
when my people were destroyed.
- 4:11 The LORD has fully vented his wrath;  
he has poured out his fierce anger.  
He kindled a fire in Zion  
which destroyed the very foundation stones of the city walls.
- 4:12 Neither the kings of the foreign nations nor the people of the lands ever thought it possible that enemy or foe could ever conquer the city of Jerusalem.

13 这都因他先知的罪恶、和祭司的罪孽·他们在城中流了义人的血。

14 他们在街上如瞎子乱走、又被血玷污、以致人不能摸他们的衣服。

15 人向他们喊着说、不洁净的·躲开、躲开、不要挨近我·他们逃走飘流的时候、列国中有人说、他们不可仍在这里寄居。

16 耶和华发怒、将他们分散、不再眷顾他们·人不重看祭司、也不厚待长老。

耶路撒冷居民哀诉

17 我们仰望人来帮助、以致眼目失明、还是枉然·我们所盼望的、竟盼望一个不能救人的国。

18 仇敌追赶我们的脚步像打猎的、以致我们不敢在自己的街上行走·我们的结局临近、我们的日子满足、我们的结局来到了。

19 追赶我们的、比空中的鹰更快·他们在山上追逼我们、在旷野埋伏、等候我们。

20 耶和华的受膏者、好比我们鼻中的气、在他们的坑中被捉住·我们曾论到他说、我们必在他荫下、在列国中存活。

𐤇 (*Mem*)

4:13 But it happened because of the sins of her prophets and the iniquities of her priests, who unjustly killed the righteous within the city.

𐤅 (*Nun*)

4:14 Now they wander blindly through the streets, ritually defiled with the blood they shed, so that no one dares to touch their garments.

𐤍 (*Samek*)

4:15 Men cry to them, “Stay away! You are unclean!”  
“Stay away! Go away! Don’t touch us!”  
So they have fled and wander about; but the nations say, “They may not stay with us here any longer.”

𐤐 (*Pe*)

4:16 The LORD himself has scattered them; he no longer watches over them. The priests will not be shown consideration, the elders will not be spared.

*The People of Jerusalem Lament:*

𐤕 (*Ayin*)

4:17 Our eyes continually failed us, as we looked in vain for help. From our watchtowers we watched expectantly for a nation that could not rescue us.

𐤓 (*Tsade*)

4:18 Our enemies hunted us down at every step; we could not even walk about publicly in our streets. Our end drew near, our days were numbered, for our end had come!

𐤒 (*Qof*)

4:19 Those who pursued us were swifter than vultures in the sky. They chased us over the mountains; they set an ambush for us in the wilderness.

𐤑 (*Resh*)

4:20 Our very life breath—the king anointed by the LORD—was caught in their traps. We thought that under his protection we would survive among the nations.

## 先知的话

- 21 在乌斯地的以东民哪、只管欢喜快乐、苦杯也必传到你那里、你必喝醉、以致露体。
- 22 锡安的民哪、你罪孽的刑罚受足了、耶和华必不使你再被掳去。以东的民哪、他必追讨你的罪孽、显露你的罪恶。

## 第五章

## 耶路撒冷居民的祷告

- 1 耶和华阿、求你记念我们所遭遇的事、观看我们所受的凌辱。
- 2 我们的产业、归与外邦人、我们的房屋、归与外路人。
- 3 我们是无父的孤儿、我们的母亲、好像寡妇。
- 4 我们出钱才得水喝、我们的柴是人卖给我们的。
- 5 追赶我们的、到了我们的颈项上、我们疲乏不得歇息。
- 6 我们投降埃及人、和亚述人、为要得粮吃饱。
- 7 我们列祖犯罪、而今不在了、我们担当他们的罪孽。
- 8 奴仆辖制我们、无人救我们脱离他们的手。
- 9 因为旷野的刀剑、我们冒著险、才得粮食。
- 10 因饥饿燥热、我们的皮肤就黑如炉。
- 11 敌人在锡安玷污妇人、在犹大的城邑玷污处女。
- 12 他们吊起首领的手、也不尊敬老人的面。
- 13 少年人扛磨石、孩童背木柴、都绊跌了。
- 14 少年人在城门口断绝、少年人不再作乐。

## The Prophet Speaks:

ψ (*Sin/Shin*)

4:21 Rejoice and be glad for now, O people of Edom, you who reside in the land of Uz.  
But the wine cup of judgment will be passed to you also;  
you will become drunk and strip yourself naked.

π (*Tav*)

4:22 O people of Zion, your punishment will eventually come to an end;  
he will not prolong your exile.  
But, O people of Edom, he will punish your sin and reveal your treachery!

## The People of Jerusalem Pray:

5:1 O LORD, consider what has happened to us; please pay attention and take notice of the disgrace we are suffering.

5:2 Strangers have taken possession of the land that we inherited,  
foreigners now occupy our homes.

5:3 We have become orphans and fatherless,  
our mothers have become widows.

5:4 We must pay money to drink our own water;  
we must buy our own wood at a steep price.

5:5 We are pursued—our adversaries are breathing down our necks;  
we are physically worn out and cannot find any rest.

5:6 We have made treaties with Egypt and Assyria just to acquire enough food to keep us alive.

5:7 Our ancestors sinned and are now dead,  
so we are left to bear their punishment.

5:8 Tyrants rule over us;  
there is no one to rescue us from their control.

5:9 We risk our lives when we search for food because murderous marauders lurk in the countryside.

5:10 Our skin is hot as an oven;  
we are feverish from hunger.

5:11 Our wives have been raped in the City of Zion;  
our virgin daughters have been ravished in the towns of Judah.

5:12 They executed the royal family by hanging;  
they have mistreated our elders.

5:13 They force our young men to perform menial physical labor;  
they make our boys carry heavy loads of wood.

5:14 The elders no longer conduct business at the city gate;  
the young men have stopped playing their joyful music.

- 15 我们心中的快乐止息、跳舞变为悲哀。
- 16 冠冕从我们的头上落下、我们犯罪了、我们有祸了。
- 17 这些事我们心里发昏、我们的眼睛昏花。
- 18 锡安山荒凉、野狗〔或作狐狸〕行在其上。
- 19 耶和华阿、你存到永远、你的宝座、存到万代。
- 20 你为何永远忘记我们、为何许久离弃我们。
- 21 耶和华阿、求你使我们向你回转、我们便得回转、求你复新我们的日子、像古时一样。
- 22 你竟全然弃绝我们、向我们大发烈怒。
- 5:15** Our hearts no longer experience any joy; instead of dancing with joy, we mourn and lament.
- 5:16** The crown has fallen from our head; woe to us, for we have sinned!
- 5:17** Because of this, we are very sorrowful; because of these things, we can hardly see through our tears.
- 5:18** For wild animals are prowling over Mount Zion, which lies deserted.
- 5:19** But you, O LORD, reign forever; your throne endures from generation to generation.
- 5:20** Why have you forgotten us forever? Why do you forsake us so long?
- 5:21** Bring us back to yourself, O LORD, and let us return to you; renew our life as in ancient times.
- 5:22** Or are you determined to reject us once and for all?  
Are you angry with us beyond limit?