

The Spiritual Rehabilitation of Bat Zion in Eichah 1

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1a	Alas! Lonely sits the city		אִיכָה יֹשְׁבַה בְדָד	1a
1b	Once great with people is become like a widow		הָעִיר רַבְתִּי עִם הַיְתָה כְּאַלְמָנָה	1b
1c	She that was great among nations, The princess among states, is become a thrall		רַבְתִּי בְּגוֹיִם שְׂרָתִי בְּמַדִּינוֹת הַיְתָה לְמַס:	1c
2a	Bitterly she weeps in the night, her cheek wet with tears		בָּכוּ תִבְכֶּה בַּלַּיְלָה וְדָמְעָתָה עַל לַחֲיָהּ	2a
2b	There is none to comfort her of all her friends		אִין-לָהּ מְנַחֵם מִכָּל אֲהָבֶיהָ	2b
2c	All her allies have betrayed her; they have become her foes.		כָּל רַעֲיָהּ בְּגָדוּ בָּהּ הִיוּ לָהּ לְאִיבִים:	2c
3a	Judah has gone into exile with misery and harsh oppression		גְּלָתָהּ יְהוּדָה מֵעֲנִי וּמְרַב עֲבָדָהּ	3a
3b	Settling among the nations she found no rest		הִיא יֹשְׁבָה בְּגוֹיִם לֹא מְצָאָה מְנוּחַ	3b
3c	All her pursuers overtook her in the narrow places.		כָּל רֹדְפֶיהָ הִשִּׁיגוּהָ בֵּין הַמְצָרִים:	3c
4a	Zion's roads are in mourning, empty of festival pilgrims		דְּרָכֶי צִיּוֹן אַבְלוֹת מְבֹלֵי בְּאֵי מוֹעֵד	4a
4b	All her gates are deserted, her priests sigh, her maidens are unhappy		כָּל שְׁעָרֶיהָ שׁוֹמְמִין כִּהְנִיָּה נְאַנְחִים בְּתוֹלְתֶיהָ נוֹגוֹת	4b
4c	She is utterly disconsolate.		וְהִיא מֵר לָהּ:	4c
5a	Her enemies are now the masters, her foes are at ease		הִיוּ צָרֶיהָ לְרֹאשׁ אִיבֶיהָ שְׁלוּ	5a
5b	Because the Lord has afflicted her for her many sins.		כִּי יִקְוֶה הוֹגָה עַל רַב פְּשָׁעֶיהָ	5b
5c	Her infants have gone into captivity before the enemy.		עוֹלָלֶיהָ הִלְכוּ שְׂבִי לַפְּנֵי צָר:	5c
6a	Gone from Fair Zion are all that were her glory		וַיֵּצֵא מִבֵּית צִיּוֹן כָּל הַדְּרָהּ	6a
6b	Her leaders were like stags that found no pasture		הִיוּ שְׂרָיָהּ כְּאַיִלִים לֹא מְצָאוּ מְרֻעָה	6b
6c	They could only walk feebly before the pursuer.		וַיֵּלְכוּ בְּלֹא כֹחַ לַפְּנֵי רוֹדֵף:	6c
7a	Jerusalem recalled in her days of woe and sorrow		זָכְרָה יְרוּשָׁלַם יָמֶי עֲנִיָּה וּמְרוּדֶיהָ	7a
7b	All the precious things she had		כָּל מַחְמַדֶּיהָ אֲשֶׁר הִיוּ מִיָּמֵי קֶדֶם	7b
7c	When her people fell by enemy hands with none to help her		בְּנִפְל עָמָה בְּיַד צָר וְאִין עוֹזֵר לָהּ	7c
7d	Enemies looked on and gloated over her downfall.		רְאוּהָ צָרִים שְׂחָקוּ עַל מִשְׁבַּתָּהּ:	7d
8a	Jerusalem has greatly sinned; therefore she is become a mockery		חֲטָא חֲטָאָה יְרוּשָׁלַם עַל כֵּן לְנִידָה הַיְתָה	8a
8b	All her admirers despise her; they have seen her nakedness		כָּל מְכַבְּדֶיהָ הִזְלִיחָה כִּי רָאוּ עֲרוֹתָהּ	8b
8c	And she can only groan and shrink back.		גַּם הִיא נְאַנְחָה וַתִּשָּׁב אָחוּר:	8c
9a	Her dross is in her skirts, she gave no thought to her future		טְמֵאָתָה בְּשׁוּלְיָהּ לֹא זָכְרָה אַחֲרֵיתָהּ	9a
9b	She has sunk appallingly with none to comfort her.		וַתִּרְדַּד פְּלֵאִים אִין מְנַחֵם לָהּ	9b
9c	See, O Lord, my affliction, for the enemy has triumphed.		רְאֵה יְקוֹק אֵת עֲנִיָּי כִּי הִגְדִּיל אוֹיְבִי:	9c
10a	The foe has laid hands on everything dear to her.		יָדוּ פָרַשׁ צָר עַל כָּל מַחְמַדֶּיהָ	10a
10b	She has seen her Sanctuary invaded by nations		כִּי רָאֲתָה גוֹיִם בָּאוּ מִקְדָּשָׁהּ	10b
10c	Which you commanded shall not enter Your community.		אֲשֶׁר צִוִּיתָהּ לֹא יָבֹאוּ בְּקֶהֱל לְךָ:	10c
11a	All her inhabitants sigh as they search for bread		כָּל עָמָה נְאַנְחִים מִבְּקָשִׁים לֶחֶם	11a
11b	They gave their treasures for food to keep themselves alive		נָתְנוּ מַחְמַדֶּיהֶם בְּאֶכְל לְהַשִּׁיב נַפְשׁ	11b
11c	See, O Lord, and behold how abject I have become!		רְאֵה יְקוֹק וְהִבִּיטָהּ כִּי הִיִּיתִי זוֹלָלָה:	11c

12a	Is it nothing to you, all who pass by?	לוא אֵלֵיכֶם כָּל עֹבְרֵי דֶרֶךְ	12a
12b	Look about and see: is there any agony like mine	הַבֵּיטוּ וּרְאוּ אִם יֵשׁ מִכְאוֹב כַּמְכַאֲבִי	12b
12c	Which was dealt out to me, when the Lord afflicted me on the day of his wrath?	אֲשֶׁר עוֹלָל לִי אֲשֶׁר הוֹגָה יְקוֹק בַּיּוֹם חֲרוֹן אַפּוֹ:	12c
13a	From above He sent a fire down into my bones	מִמָּרוֹם שָׁלַח אֵשׁ בְּעַצְמוֹתַי וַיִּרְדְּנָה	13a
13b	He spread a net for my feet; he hurled me backward	פָּרַשׁ רֶשֶׁת לְרַגְלֵי הַשְּׂוֹיֵבִי אַחֹר	13b
13c	He has left me forlorn in constant misery.	נִתְנַנְּנִי שִׁמְמָה כָּל הַיּוֹם דְּוָה:	13c
14a	The yoke of my offenses is bound fast	נִשְׁקַד עַל פְּשָׁעַי בְּיָדוֹ	14a
14b	Imposed upon my neck it saps my strength	יִשְׁתַּרְגְּוּ עָלוּ עַל צַוְאָרֵי הַכְּשִׁיל פָּחִי	14b
14c	The Lord has delivered me into the hands of those I cannot withstand.	נִתְנַנְּנִי אֲדֹנָי בְּיַדֵי לֹא אוּכַל קוּם:	14c
15a	The Lord has rejected all my warriors in the midst of me	סָלַח כָּל אַבְיָרֵי אֲדֹנָי בְּקִרְבִּי	15a
15b	He has proclaimed for me a set time to crush my young men.	קָרָא עָלַי מוֹעֵד לְשִׁבֵר בְּחוּרֵי	15b
15c	The Lord has trodden as in a press the virgin daughter Judah.	גַּת דֶּרֶךְ אֲדֹנָי לְבַת־וֹלַת בֵּת יְהוּדָה:	15c
16a	For these things do I weep, my eyes flow with tears	עַל אֵלֶּה אֲנִי בּוֹכֶיָה עֵינַי עֵינַי יִרְדָּה מֵיָם	16a
16b	For the Comforter is far from me, Who may revive my spirit	כִּי רַחֵק מִמֶּנִּי מְנַחֵם מְשִׁיב נְפָשִׁי	16b
16c	My children are forlorn for the enemy has triumphed.	הֵיוּ בְנֵי שׁוֹמְמִים כִּי גָבַר אוֹיֵב:	16c
17a	Zion spreads out her hands, she has no one to comfort her	פָּרְשָׁה צִיּוֹן בְּיַדֶּיהָ אֵין מְנַחֵם לָהּ	17a
17b	The Lord has summoned to Jacob His enemies around him	צִוָּה יְקוֹק לִיעֲקֹב סְבִיבָיו צָרָיו	17b
17c	Jerusalem has become among them a thing unclean.	הַיְתָה יְרוּשָׁלַם לְנֶדֶה בְּיַנְיָהֶם:	17c
18a	Righteous is the Lord, for I have disobeyed him.	צַדִּיק הוּא יְקוֹק כִּי פִיהוּ מְרִיתִי	18a
18b	Hear all you peoples, and behold my agony:	שִׁמְעוּ נָא כָּל הָעַמִּים וּרְאוּ מִכְאֲבִי	18b
18c	My maidens and my youths have gone into captivity.	בְּתוֹלְתִי וּבְחוּרֵי הִלְכוּ בְשָׁבִי:	18c
19a	I cried out to my lovers, but they betrayed me	קָרָאתִי לְמֵאֲהָבֵי הַמָּה רַמּוֹנֵי	19a
19b	My priests and my elders have perished in the city	כַּהֲנֵי וְזִקְנֵי בְּעִיר גְּזֻעוּ	19b
19c	As they searched for food to keep themselves alive.	כִּי בִקְשׁוּ אֲכָל לָמוּ וַיִּשְׁבּוּ אֶת נַפְשָׁם:	19c
20a	See, O Lord, how distressed I am	רְאֵה יְקוֹק כִּי צַר לִי	20a
20b	My stomach turns, I have turned a new heart, for I disobeyed him	מְעִי חֲמַרְמְרוּ נִהְפַךְ לִבִּי בְּקִרְבִּי כִּי מְרוּ מְרִיתִי	20b
20c	In the street the sword bereaves, in the house it is like death	מִחוּץ שֶׁקְלָה חֶרֶב בְּבַיִת כַּמּוֹת:	20c
21a	They heard me groaning, there was none to comfort me	שִׁמְעוּ כִּי גָאֲנַחָה אֲנִי אֵין מְנַחֵם לִי	21a
21b	All my foes heard of my plight and exulted that you had done it.	כָּל אֹיְבֵי שִׁמְעוּ רַעְתִּי שָׂשׂוּ כִּי אֶתָּה עָשִׂיתָ	21b
21c	Bring on the day that You have announced, that they may become like me.	הַבֵּאת יוֹם קְרִאתְךָ וַיְהִיו כְּמוֹנִי:	21c
22a	Let all their wrongdoing come before You	תָּבֵא כָּל רַעְתָם לְפָנֶיךָ	22a
22b	And deal with them as you have dealt with me, for all my transgressions	וְעוֹלָל לָמוּ כְּאֲשֶׁר עוֹלַלְתָּ לִי עַל כָּל פְּשָׁעַי	22b
22c	For my sighs are many and my heart is sick.	כִּי רַבּוֹת אֲנַחְתִּי וְלִבִּי דָוִי:	22c