

Lam. 1:1-22

הָעִיר
the city

בָּדָד
alone/isolated

יֹשְׁבָהּ
it dwells

אֵיכָה | 1
how?

עַם
people

רַבְתִּי
many/great among/full of

כְּאַלְמָנָה
like a widow

הִיְתָה
she is

בְּגוֹיִם
in/among the nations

רַבְתִּי
many/great among/full of

לַמָּס
to a slave

הִיְתָה
she was

בְּמִדְיָנוֹת
in the provinces

שָׂרָתִי
princess

בַּלַּיְלָה
in the night

תִּבְכֶּה
she weeps

בְּכוֹ 2
to weep

לְחִיָּה
her cheek

עַל
upon

וְדַמְעָתָהּ
and her tear

אֲהַבִּיהָ
ones loving her

מִכָּל-
from all

מְנַחֵם
one comforting

לָהּ
to her

אֵין-
there is not

בָּהּ
against her

בְּגֵדוֹ
they deal treacherously

רֵעֵיהָ
her friends/neighbors

כָּל-
all

לְאֹיְבֵיהָ
to enemies

לָהּ
to her

הֵיוּ
they are

עֲבֹדָה
work

וּמֵרַב
and from abundance of

מֵעֲנִי
from affliction

יְהוּדָה
Judah

גָּלְתָהּ 3
she goes into exile

בְּגוֹיִם
among the nations

יֹשֶׁבֶת
she dwells

הִיא
she

מְנוּחָה
rest/resting place

מֵצֵאתָ
she finds

לֹא
not

הַמְצָרִים
the distresses

בֵּין
between/in middle of

הַשִּׁיגוּהָ
they overtake her

רֹדְפֶיהָ
ones pursuing her

כָּל-
all

אֲבֵלוֹת
mournings/bereavements

צִיּוֹן
Zion

דַּרְכֵי 4
ways of

מוֹעֵד
appointed feast time

בָּאֵי
ones coming in

מִבְּלִי
without

שׁוֹמְמִין
being desolate

שַׁעְרֶיהָ
her gates

כָּל-
all

נֹאנְחִים
groaning

כַּהֲנֵיהָ
her priests

נוֹגָת
being grieved/tormented

בְּתוּלֹתֶיהָ
her virgins

לָהּ
to her

מֵרַ-
it is bitter

וְהִיא
and it

לְרֹאשׁ
to head

צָרֶיהָ
her adversaries

הֵיוּ 5
they are

שְׁלוֹ
they are at ease

אֵיבֵיהָ
her enemies

פְּשָׁעֶיהָ
her transgressions

רַב-
multitude of

עַל
on account of

הוֹגָתָהּ
He tormented her

יְהוָה
Yahweh

כִּי-
because

צָר
adversary

לְפָנַי-
before

שְׁבִי
captives

הֵלְכוּ
they walk

עוֹלָלֶיהָ
her children

הִדְרָהּ
her splendor

כָּל־
all

צִיּוֹן
Zion

מִבֵּת־
from daughter of

וַיֵּצֵא 6
and it went out

כְּאַיִלִים
like deer

שָׂרֵיהֶן
her princes

הֵיוּ
they are

מִרְעֵה
pasture

מִצְאוּ
they find

לֹא־
not

רוֹדֵף
one pursuing

לִפְנֵי
before

כֹּחַ
strength

בְּלֹא־
with not

וַיֵּלְכוּ
and they walk/go

וּמְרוֹדֶיהָ
and her homelessness

עֲנִיָּהּ
her affliction

יָמֶיהָ
days of

יְרוּשָׁלַם
Jerusalem

זָכְרָהּ 7
she remembers

מִחֲמֹדֶיהָ
her treasures

כָּל־
all of

קִדְמָה
before/earlier

מִיָּמֶיהָ
from days of

הָיוּ
they were

אֲשֶׁר
which

צָר
adversary/oppressor

בְּיַד־
into hand of

עַמָּהּ
her people

בְּנִפְל
when they fell

לָהּ
to her

עוֹזֵר
one helping

וְאֵין
and there is not

מִשְׁבֵּתָהּ
her annihilation

עַל־
on behalf of

שִׂחֲקוּ
they laugh

צָרִים
adversaries/oppressors

רְאוּהָ
they see her

יְרוּשָׁלַם
Jerusalem

חָטְאָה
she sinned

חָטָא 8
sin

הִיְתָה
she was/became

לְנִידָה
to impurity/object of derision

עַל-כֵּן
therefore

הִזְלִינָהּ
they despise her

מְכַבְּדִיהָ
ones honoring her

כָּל-
all

עֲרוּתָהּ
her nakedness

רְאוּ
they see

כִּי-
because

נֹאנְחָה
she groans

הִיא
she herself

גַּם-
also

אָחֹר
back/away

וַחֲשָׁב
and she turns

בְּשׁוּלֶיהָ
on her seams/lower parts

טִמְאָתָהּ 9
her uncleanness

אַחֲרֵיהָ
her after part/destiny

זָכְרָה
she remembered

לֹא
not

פְּלִאִים
miracles/unusual things/in an astonishing way

וַתֵּרֵד
and she went down

לָהּ
to her

מְנַחֵם
one comforting

אֵין
there is not

עֲנִי
my affliction

אֶת-יְהוָה
O Yahweh

רָאָה
see

אֹיֵב
enemy

הִגְדִּיל
he magnified himself

כִּי
because

מַחְמְדֵיֶּהָ מַחְמְדֵיֶּהָ her treasures/precious things
כָּל- all of
עַל upon
צָר adversary
פָּרַשׁ he stretched out
יָדוֹ 10 his hand

גוֹיִם nations
רָאִתָּה she saw
כִּי- because

מִקְדָּשָׁהּ מִקְדָּשָׁהּ her holy place/sanctuary
בָּאוּ they entered

צִוִּיתָהּ you commanded
אֲשֶׁר which

לָךְ to you
בְּקֶהֱלֹךְ in the assembly
יָבֹאוּ they will enter
לֹא- not

לֶחֶם bread
מִבְּקִשִׁים from searching
נִאֲנָחִים sighing/groaning
עַמָּהּ her people
כָּל- 11 all

בְּאֹכֶל for food
מַחְמְדֵיֶּהָ their treasures/precious things
נִתְּנוּ they give

נַפְשׁ soul/life
לְהַשִּׁיב to bring back/revive

יְהוָה O Yahweh
רֵא רֵא look/see

וְהִבִּיטָהּ and see/notice

זוֹלָלָהּ being despised/worthless
הִיְיָ I am
כִּי because

דֶּרֶךְ
way/road

עֹבְרֵי
ones passing by

כָּל־
every

אֵלֵיכֶם
unto you

לֹא 12
not

וּרְאוּ
and see

הַבֵּיטוּ
look

כְּמַכְאֲבֵי
like my pain/suffering

מַכְאוֹב
pain/suffering

יֵשׁ
there is

אִם־
if

לִי
to me

עוֹלָל
being afflicted

אֲשֶׁר
which

יְהוָה
Yahweh

הוֹגָה
He tormented

אֲשֶׁר
which

אָפוּ
His wrath/anger

חֲרוֹן
burning anger of

בְּיוֹם
in day of

בְּעַצְמוֹתַי
on my bones

אֵשׁ
fire

שָׁלַח־
He sent

מִמָּרוֹם 13
from above/heaven

וַיִּרְדְּנָה
and He ruled it/brought it down

לְרַגְלֵי
for my feet

רֶשֶׁת
net

פָּרַשׁ
He spread out

אֲחֹרָה
backward

הִשִּׁיבֵנִי
He turned me

דוּהָ
faint/sick

הַיּוֹם
the day

כָּל־
all

שִׁמְמָה
being desolate

נָתַנְנִי
He gave me

פְּשָׁעַי
my transgressions

עַל
yoke/over me

נִשְׁקָד 14
it watches over

יִשְׁתַּרְגְּוּ
they are woven together

בְּיָדוֹ
in/by His hand

צַוְאָרֵי
my neck

עַל-
upon

עָלוּ
they go up

כֹּחִי
my strength

הִכְשִׁיל
He causes to falter

לֹא- אֹכֵל קוּם
to withstand I am able not

בְּיָדַי
[ones] into hands of

נָתַנְנִי אֲדֹנָי
my Lord He gave me

בְּקִרְבִּי
in my midst

וְאֲדֹנָי
my Lord

אֲבִירֵי
my mighty ones

כָּל-
all of

סָלָה 15
He rejected/threw away

מוֹעֵד
a meeting/assembly

עָלַי
unto/against me

קָרָא
He called/summoned

בְּחֹרָי
my young men

לְשֹׁבֵר
to smash/mangle

יְהוּדָה
Judah

בֵּת-
daughter of

לְבַת־וִּירְגִין
to virgin

אֲדֹנָי
my Lord

הִרְגִּף
He tread

נֵת
winepress

עֵינַי |
my eyes

בּוֹכָה
weeping

אֲנִי
I

אֵלֶּה |
these

עַל- 16
on account of

מַיִם
water

יֵרֵד
coming down

עֵינַי
my eyes

מְנַחֵם
one comforting

מִמֶּנִּי
from me

רַחֵק
it is far

כִּי-
because

נַפְשִׁי
my soul

מְשִׁיב
bringing back/reviving

שׁוֹמְמִים
being desolate

בָּנָי
my sons

הֵיוּ
they are

אֹיֵב
enemy

גָּבֵר
he is strong

כִּי
because

בְּיָדֶיהָ
with her hands

צִיּוֹן
Zion

פְּרָשָׁה 17
she stretches out

לָּהּ
to her

מְנַחֵם
one comforting

אֵין
there is not

לִיעֲקֹב
to Jacob

יְהוָה
Yahweh

צִוָּה
He commanded

צָרָיו
his adversaries

סָבִיבוֹ
around/surrounding him

בֵּינֵיהֶם
between them

לְנִדָּה
to an impurity

יְרוּשָׁלַם
Jerusalem

הִיא
she is

יְהוָה
Yahweh

הוּא
He [is]

צַדִּיק 18
righteous

מִרִּיתִי
I was disobedient

פִּיהוּ
His mouth/word

כִּי
because

הָעַמִּים
the peoples

כָּל־
all

נֹא
please

שְׁמָעוּ-
listen

מִכְּאַבִּי
my pain/suffering

וּרְאוּ
and see

בְּשִׁבִי
into the captivity

הֵלְכוּ
walk/go

וּבַחֹרֵי
and my young men

בְּתוֹלְתֵי
my young women

לְמֵאֲהָבֵי
to the ones loving me

קָרָאתִי 19
I called

רְמוּנֵי
they betrayed/abandoned me

הִמָּה
behold

נָוְעוּ
they died/perished

בְּעִיר
in the city

וּזְקֵנֵי
and my elders

כַּהֲנֵי
my priests

לְמוֹ
to him

אֲכָל
food

בְּקִשּׁוֹ
they sought

כִּי-
for

נַפְשָׁם
their soul/life

אֶת-

וַיִּשְׁיבוּ
and they brought back/revived

יְהוָה
O Yahweh

רָאָה 20
see

לִי
to me

צָרָה
distress

כִּי-
for/that

חֲמֹרְמוֹרוֹ
they are in turmoil/church

מֵעֵי
my inward parts

בְּקִרְבִּי
in my midst

לִבִּי
my heart

נִהְפָּךְ
it is altered/changed

מֵרִיתִי
I was disobedient

מָרוּ
to be disobedient

כִּי
for

חֶרֶב
a sword

שְׁכָלָהּ-
it makes childless

מִחוּץ
outside/in the street

כַּמּוֹת
like the death

בַּבַּיִת
in the house

שָׁמְעוּ 21
they heard

אֲנִי
I

נִאֲנַחָה
groaning

כִּי
that

לִי
to me

מְנַחֵם
one comforting

אֵין
there is not

רַעְתִּי
my trouble/misery

שָׁמְעוּ
they heard

אֵיבֵי
my enemies

כָּל-
all of

שִׁשְׂרוֹ
they exulted/rejoiced

עָשִׂיתָ
you did

אַתָּה
you yourself

כִּי
because

קָרָאתָ
you announced/called

יוֹם-
day

הֵבֵאתָ
you brought

כְּמוֹנִי

just like me

וַיְהִיוּ

and they will be/become

לְפָנֶיךָ

before you

רַעְתָּם

their evil/trouble/misery

כָּל-

all of

תָּבֵא 22

may it/it will enter

לְמוֹ

to him

וְעוֹלָל

and deal with

פְּשָׁעַי

my transgressions

כָּל-

all of

עַל

on account of

לִי

to me

עוֹלָלָתְךָ

you dealt with

כַּאֲשֶׁר

just like

אֲנַחְתֵּי

my groanings

רַבּוֹת

many

כִּי-

because

דָּוִי

faint

וּלְבָי

and my heart