

לך אלי תשוקתי - Lecha Eli Teshukati

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About the Piyut

This deeply personal Piyut, authored by the great Sephardic Rabbi Avraham Ibn Ezra, opens the Yom Kippur prayers among most Sephardic communities. Although some scholars throughout the ages have claimed that this text may have been written by Rabbi Yehudi Ha-Levi, most agree that it was crafted by the pen of Rabbi Ibn Ezra. Throughout the text, the author describes his innermost feelings, his pining for the Lord and for His closeness. He thanks God for all he has received — beginning with his daily life and ending with his death. The author requests forgiveness from his God for all aberrations and sins he has committed.

Hebrew Text

<i>Lecha Eli teshukati / b'cha cheshki v'-ahavati</i>	לְךָ אֵלִי תְשׁוּקָתִי	בְּךָ חֶשְׁקִי וְאַהֲבָתִי
<i>L'cha libi v'-chilyotai / l'cha ruchy v'-nishmati</i>	לְךָ לִבִּי וְכִלְיוֹתַי	לְךָ רוּחִי וְנִשְׁמָתִי
<i>L'cha yadai l'cha raglai / u-mimcha hi t'chunati</i>	לְךָ יָדַי לְךָ רַגְלִי	וּמִמְּךָ הִיא תְּכֻנָּתִי
<i>L'cha atzmi l'cha dami / v'-uri im g'viyati</i>	לְךָ עֲצָמִי לְךָ דָּמִי	וְעוֹרִי עִם גּוֹיִתִּי
<i>L'cha eynai v'-raiyonai / v'-tzurati v'-taoviti</i>	לְךָ עֵינַי וְרַעְיוֹנַי	וְצוּרָתִי וְתִבְנִיתִי
<i>L'cha ruchy l'cha kochi / u-mivtachi v'-tikvati</i>	לְךָ רוּחִי לְךָ כֹּחִי	וּמִבְּטָחִי וְתִקְוָתִי
<i>L'cha libi v'-dam chelbi / k'-seh akriv v'-olati</i>	לְךָ לִבִּי וְדָם חֶלְבִּי	כְּשֶׁהָ אֶקְרִיב וְעוֹלָתִי
<i>L'cha yachid b'li sheyni / l'cha toda y'chidati</i>	לְךָ יָחִיד בְּלִי שֵׁנִי	לְךָ תּוֹדָה יִחִידָתִי
<i>L'cha malchut l'cha geut / l'cha te'ot t'hilati</i>	לְךָ מַלְכוּת לְךָ גְּאוּת	לְךָ תְּאוֹת תְּהִלָּתִי
<i>L'cha ezra b'et tzara / heyeh ezri b'tzarati</i>	לְךָ עֲזָרָה בְּעֵת צָרָה	הִיְהִי עֲזָרִי בְּצָרָתִי
<i>L'cha ochil b'et achil / k'-yoleda b'-anchati</i>	לְךָ אוֹחִיל בְּעֵת אָחִיל	כִּי־וְלָדָה בְּאַנְחָתִי
<i>L'cha sivri r'fa shivri / v'-et tziri u-makati</i>	לְךָ שִׁבְרִי רְפָא שִׁבְרִי	וְאֵת צִירִי וּמַכָּתִי
<i>L'cha ehemeh v'-lo edneh / adey ta'ir afelati</i>	לְךָ אֶהְמָה וְלֹא אֶדְנָה	עַד־יִתְאִיר אֶפְלָתִי
<i>L'cha netzach b'cha evtach / v'-ata hu eyaluti</i>	לְךָ נֶצַח בְּךָ אֶבְטַח	וְאַתָּה הוּא אֵילוּתִי
<i>L'cha ez'ak b'cha edbak / adey shuvi l'-admati</i>	לְךָ אֶזְעַק בְּךָ אֶדְבֹק	עַד־יִשׁוּבִי לְאַדְמָתִי
<i>L'cha ani b'odi chai / v'-afki achrei moti</i>	לְךָ אֲנִי בְּעוֹדִי חַי	וְאַף כִּי אַחֲרֵי מוֹתִי
<i>L'cha odeh v'-etvadeh / aley chet'i v'-rishati</i>	לְךָ אוֹדָה וְאַתְּוָדָה	עָלַי חֲטָאִי וְרִשְׁעָתִי
<i>L'cha yish'i s'lach rish'i / v'-et pish'i v'-ashmati</i>	לְךָ יִשְׁעִי סֶלַח רִשְׁעִי	וְאֵת פִּשְׁעִי וְאַשְׁמָתִי

L'cha ikaf v'-efros kaf / sh'ma na et t'chinati
L'cha evkeh b'-lev nidkeh / ba-rov sichi v'-tugati
L'cha chesed l'cha chemla / chamol al kol t'laotai
V'-gadol min'so chet'i / v'-gadla yad meshuvati
V'-lachen gadlu tzirai / v'-katzarti z'riyati
V'-oy alai v'-ha li im / t'dineyni k'-rish'ati
V'-yitzri tzoreri tamid / k'mo satan l'umati
Yatzani u-fitani / b'-moatzot l'-ra'ati
V'-alav lo aley bilto / chamasi im t'lunati
V'-et ya'alu aley libi / avonotai b'-mitati
Me'od efchad v'-gam er'ad / me'od yigdal mehumati
V'-ergaz et ehi zocher / l'fanecha me'uvati
V'-e'emod negd'cha erom / u-ma tihyeh t'shuvati
B'-yom bi ya'aneh kachashi / v'ochal mi-pri dati
V'-yavou y'mey shalom / v'-tikrav et p'kudati
V'-shimach et sh'ma'atihu / me'od zati v'-yireti
U-mi ya'amod l'fanecha / u-mo yihyeh t'murati
V'-ech cheshbon l'cha eten / v'-ech etzduk b'-ta'anati
V'-ashamti v'-aravti / u-vagadti u-vaziti
V'-gazalti v'-ganavti / hare'oti v'-hirshati
V'-gam zad'ti v'-chamasti / v'-chatati v'-hech'teti
V'-ta'iti v'-ya'atzti / v'-chizavti v'-chafarti
V'-lotzatzti v'-gam latzti / u-marad'ti u-mariti
V'-niatzti v'-niafti / v'-sararti v'-srachti
V'-aviti v'-he'eviti / u-fashati u-fagamti
V'-tzararti v'-tziarti / v'-kilalti v'-killalti
V'-rashati v'-shichat'ti / v'-tiavti v'-taiti
V'-sarti mi-darchecha / v'-chisatni chlimati
V'-higdalti asot resha / v'-hechezakti b'-rishati
V'-chichashti u-ma'alti / v'-ashakti v'-ratzoti
V'-shatati b'-reshitit / v'-rashati b'achariti

לָךְ אֶכְרִי וְאֶפְרֹשׁ כָּף שָׁמַע נָא אֶת תַּחֲנִיתִי
 לָךְ אֶכְכֶּה בְּלֵב נִדְכָּה בָּרַב שִׁיחִי וְתוּגָתִי
 לָךְ חֶסֶד לָךְ חֶמְלָה חָמַל עַל כָּל תְּלֹאוֹתַי
 וְגָדוֹל מִנְשׂוֹא חֲטָאִי וְגָדְלָה יָד מְשׁוּבָתִי
 וּלְכוּ גְדְלוּ צִירִי וְקִצְרִיתִי זִרְיעָתִי
 וְאוֹיְעָלִי וְהָהּ לִי אִם תְּדִינֵנִי כְרַשְׁעָתִי
 וְיֹצְרִי צוֹרְרִי תָמִיד כְּמוֹ שָׁטָן לְעַמָּתִי
 יַעֲצֵנִי וּפְתֵנִי בְּמוֹעֲצוֹת לְרַעָתִי
 וְעָלְיוֹ לֹא עָלִי בִלְתּוֹ חֲמָסִי עִם תְּלוֹנָתִי
 וְעַתְּ יַעֲלוּ עָלַי לְבִי עוֹנוֹתַי בְּמַסָּתִי
 מֵאֵד אֶפְחַד וְגַם אֶרְעַד מֵאֵד יִגְדַל מִהוּמָתִי
 וְאֶרְגֵּז עֵת אֶהֱיָ זוֹכֵר לְפָנֶיךָ מַעֲוִתִי
 וְאֶעֱמַד נִגְדְּךָ עֵרוֹם וַיְמָה תִּהְיֶה תְּשׁוּבָתִי
 בַּיּוֹם בִּי יַעֲנֶה כְּחָשִׁי וְאֶכֹּל מִפְּרִי דָתִי
 וַיְבֹאוּ יְמֵי שְׁלוֹם וְתִקְרַב עֵת פְּקֻדָּתִי
 וְשִׁמַּח עֵת שְׂמֵעֲתִיהוּ מֵאֵד זַעֲתִי וַיִּרְאֵתִי
 וַיְמִי יַעֲמַד לְפָנֶיךָ וַיְמִי יִהְיֶה תְּמוּרָתִי
 וְאִיד חֲשַׁבּוֹן לָךְ אֲתוֹ וְאִיד אֶצְדַּק בְּטַעֲנָתִי
 וְאֶשְׁמָתִי וְאֶרְבָּתִי וּבְגָדָתִי וּבְזִיתִי
 וְגִזְלָתִי וְגִנְבָתִי הִרְעוֹתִי וְהִרְשַׁעְתִּי
 וְגַם זִדּוֹתִי וְחַמְסָתִי וְחַטָּאתִי וְהַחֲטָאתִי
 וְטָעִיתִי וַיַּעֲצָתִי וְכִזְבֹּתִי וְכַפָּרָתִי
 וְלוֹצְצָתִי וְגַם לַצָּתִי וּמְרֻדָּתִי וּמְרִיתִי
 וְנֹאצָּתִי וְנֹאפָתִי וְסוֹרְרָתִי וְסוֹרְחָתִי
 וְעוֹיֵתִי וְהָעוֹיֵתִי וּפְשָׁעָתִי וּפְגַמָּתִי
 וְצָרְרָתִי וְצַעֲרָתִי וְקַלְלָתִי וְקַלְקַלְתִּי
 וְרַשְׁעָתִי וְשַׁחַתָּתִי וְתַעֲבָתִי וְתַעֲתִי
 וְסוֹרְתִי מִדְּרָכֶיךָ וְכִסְתָּנִי כְלָמָתִי
 וְהִגְדַּלְתִּי עֲשׂוֹת רָשָׁע וְהִחֲזַקְתִּי בְּרַשְׁעָתִי
 וְכַחֲשָׁתִי וּמַעֲלָתִי וְעַשְׁקָתִי וְרִצּוֹתִי
 וְחַטָּאתִי בְּרֹאשִׁיתִי וְרַשְׁעָתִי בְּאַחֲרִיתִי

<i>V'-ashamti b'-yalduti / u-vagadti b'-ziknati</i>	וּבְגַדְתִּי בְּזִקְנָתִי	וְאֲשַׁמְתִּי בִּילְדוּתִי
<i>U-vachalti b'-toratcha / u-vacharti b'-torati</i>	וּבְחַרְתִּי בְּתוֹרָתְךָ	וּבְחַלְתִּי בְּתוֹרָתְךָ
<i>V'-azavti r'tzoncha / v'-halachti b'-ta'avati</i>	וְהִלַּכְתִּי בְּתַאֲוָתִי	וְעִזַּבְתִּי רְצוֹנְךָ
<i>V-hishlamti retzon yitzri / v'-lo banti l'achariti</i>	וְלֹא בָנִיתִי לְאַחֲרִיתִי	וְהִשְׁלַמְתִּי רְצוֹן יִצְרִי
<i>V'-hirbeti l'hosif chet / aley rishi v'-chovati</i>	עָלַי רְשָׁעִי וְחוֹבָתִי	וְהִרְבִּיתִי לְהוֹסִיף חֵטָא
<i>V'-lachen kista fanai / k'limati v'-gam boshti</i>	כְּלִמְתִּי וְגַם בּוֹשְׁתִּי	וּלְכוּ כְּסֻתָּה פָּנִי
<i>V'-eyn li biltecha manos / u-mimcha hi slichati</i>	וּמִמְךָ הִיא סְלִיחָתִי	וְאִין לִי בְּלַתְךָ מָנוּס
<i>U-mochel biltecha ayin / u-me'itcha mechilati</i>	וּמֵאֲפֶךָ מְחִילָתִי	וּמוֹחֵל בְּלַתְךָ אֵין
<i>V'-im tavi b'-mishpat / d'cha ma hi g'vurati</i>	דָּךְ מָה הִיא גְּבוּרָתִי	וְאִם תָּבִיא בְּמִשְׁפָּט
<i>U-ma ani u-ma chayai / u-ma kochi v'-otzmati</i>	וּמָה כָּחִי וְעֲצָמָתִי	וּמָה אָנִי וּמָה חַיִּי
<i>K'-kash nidaf me'od nehedaf / v'-ech tizkor m'shugati</i>	וְאִיךְ תִּזְכֹּר מְשׁוּגָתִי	כְּקֹשׁ נֶדֶף מְאֹד נֶהְדָּף
<i>V'-ne'elamti v'-nichlamti / v'-chistani chlimati</i>	וְכִסְתָּנִי כְּלִמְתִּי	וְנֶאֱלַמְתִּי וְנִכְלַמְתִּי
<i>R'tzoncha eshala tamid / l'malot et she'elati</i>	לְמַלְאוֹת אֶת שְׁאֵלָתִי	רְצוֹנְךָ אֲשַׁאֲלֶה תָמִיד
<i>V'-herev kab'sini / me-avonotai v'-chatati</i>	מַעֲוֹנוֹתִי וְחֻטְאָתִי	וְהֶרֶב כַּבְּסָנִי
<i>V'-habet rov t'laotai / v'-daluti b'-galoti</i>	וְדִלוּתִי בְּגָלוּתִי	וְהֵבֵט רֹב תְּלָאוֹתִי
<i>V'-al na ta'alem oznecha / l'-ravchati l'-shavati</i>	לְרוֹחְתִּי לְשׁוֹעָתִי	וְאַל נָא תֵּעַלֶם אָזְנְךָ
<i>Arov avdach l'-tova gam / emor na dai l'-tzarati</i>	אֲמֹר נָא דִּי לְצָרָתִי	עָרֵב עִבְדְּךָ לְטוֹבָה גַּם
<i>V'-hareni t'shuatach / b'-terem yom t'-mutati</i>	בְּטֶרֶם יוֹם תְּמוּתָתִי	וְהִרְאֵנִי תְּשׁוּעָתְךָ
<i>V'-yom nafli b'-pach mok'shai / S'moch na et n'filati</i>	סָמַךְ נָא אֶת נִפְלִיתִי	וְיוֹם נִפְלִי בְּפַח מוֹקְשִׁי
<i>V'-la'ana sav'a nafshi / adey katzti b'-chayati</i>	עַדִּי קִצַּצְתִּי בְּחַיָּתִי	וְלַעֲנָה שְׁבַעַה נַפְשִׁי
<i>Aseh imi l'tova ot / v'-kuma na l'-ezrati</i>	וְקוּמָה נָא לְעֲזָרָתִי	עֲשֵׂה עִמִּי לְטוֹבָה אוֹת
<i>Hachi ata m'nat chelki / v'-rinati v'-tovati</i>	וְרִנָּתִי וְטוֹבָתִי	הֲכִי אַתָּה מִנֵּת חֶלְקִי
<i>V'-gorali u-m'haleli / v'-chol gili v'-simchati</i>	וְכָל גִּילִי וְשִׂמְחָתִי	וְגוֹרְלִי וּמַהֲלָלִי
<i>S'son libi v'-or eynai / u-mauzi v'-chemdati</i>	וּמַעֲזִי וְחִמְדָּתִי	שְׁשׁוֹן לְבִי וְאוֹר עֵינַי
<i>U-margoi v'-sha'ashui / m'-nuchati v'-shalvati</i>	מְנוּחָתִי וְשְׁלוֹתִי	וּמִרְגוּעִי וְשַׁעֲשׁוּעִי
<i>Havineini avodatcha / v'-l'cha tihyeh avodati</i>	וְלֶךְ תִּהְיֶה עַבְדְּתִי	הַבִּינֵנִי עַבְדְּתְךָ
<i>Hashiveini v'-ashuva / v'-tirtzeh et t'shuvati</i>	וְתִרְצֶה אֶת תְּשׁוּבָתִי	הַשִּׁיבֵנִי וְאַשׁוּבָה
<i>V'-horeini d'rachecha / v'-yasher et n'tivati</i>	וְיִשָּׁר אֶת נְתִיבָתִי	וְהוֹרֵנִי דְרָכֶיךָ
<i>V'-tishma et t'filati / v'-ta'aneh et atirati</i>	וְתַעֲנֶה אֶת עֲתִירָתִי	וְתִשְׁמַע אֶת תַּפִּלָּתִי
<i>B'-chol libi d'rashticha / aneini Yah d'rishati</i>	עַנֵּנִי יְיָ דְרִישָׁתִּי	בְּכָל לִבִּי דְרָשְׁתִּיךָ
<i>Anasecha et d'ma'i lach / m'cheh chet'i b'-dim'ati</i>	מַחֵה חֻטְאִי בְּדַמְעָתִי	אֲנַסֶּךָ אֶת דְּמַעֵי לֶךְ

<i>V'-nafshi amra chelki / Adonai hi v'-nachalati</i>	וְנַפְשִׁי אֶמְרָה חֶלְקִי	יְיָ הִיא וְנַחֲלָתִי
<i>Esof na et avonotai / b'-chasdach yom asifati</i>	אֶסּוֹף נָא אֶת עֲוֹנוֹתַי	בְּחֹסֶדְךָ יוֹם אֶסִּיפְתִּי
<i>V'-yom lechti l'fanecha r'tzeh na et halichati</i>	וְיוֹם לָכֶתִי לְפָנֶיךָ	רְצֵה נָא אֶת הַלִּיכָתִי
<i>V'-im osi r'tzonach / t'na s'char p'ulati</i>	וְעִם עוֹשֵׂי רְצוֹנְךָ	תִּנְה שְׂכָר פְּעֻלָּתִי
<i>V'-tishlach malachey ha-chen / v'-yatzu na l'umati</i>	וְתִשְׁלַח מַלְאָכֵי הַחַן	וְיֵצְאוּ נָא לַעֲמָתִי
<i>V'-shalom boacha yomru / b'-kol echad b'viyati</i>	וְשָׁלוֹם בּוֹאֵךְ יֹאמְרוּ	בְּקוֹל אֶחָד בְּבִיאָתִי
<i>Yaviuni l'-gan edn'cha / v'-sham tihyeh y'shivati</i>	יְבִיאֻנִי לְגַן עֵדֶנְךָ	וְשָׁם תִּהְיֶה יְשִׁיבָתִי
<i>V'-etaden b'-orecha / v'-sim kavod m'nuchati</i>	וְאֶתְעַדֵּן בְּאוֹרֶךְךָ	וְשִׁים כְּבוֹד מְנוּחָתִי
<i>V'-or ganuz l'fanecha / y'hi sitri v'-sukati</i>	וְאוֹר גָּנוּז לְפָנֶיךָ	יְהִי סִתְרִי וְסֻכָּתִי
<i>V'-tachat tzel k'nafecha / t'na na et m'chitzati</i>	וְתַחַת צֶל כְּנָפֶיךָ	תִּנְה נָא אֶת מְחִיצָתִי

English Translation

My longing, My God, is for You	<i>I was advised and tempted by it</i>	I have loathed Your teachings	<i>Return me and I will return</i>
My desire and love is for You	<i>With devices toward my evil ways</i>	And have chosen my own teachings	<i>And You will desire my repentance</i>
My heart and innards are Yours	<i>To Him, and none but Him</i>	I have abandoned Your will	<i>Show me Your ways</i>
My soul and breath are Yours	<i>My anger and complaints</i>	And I have followed my desire	<i>And straighten my path</i>
My arms and legs are Yours	<i>And when into my heart ascend</i>	I have fulfilled my inclination's will	<i>And You will hear my prayer</i>
My character is from You	<i>My sins, as I lie in bed</i>	And I have not considered my end	<i>And You will answer my supplication</i>
My bones and blood are Yours	<i>I am afraid, I tremble too</i>	I have added many sins	<i>I have sought You wholeheartedly</i>
My skin and my body	<i>My confusion increases</i>	To my wickedness and my guilt	<i>Answer me, God, with what I seek</i>
My eyes and thoughts are Yours	<i>I am agitated when I mention</i>	Therefore my face is covered	<i>I pour out my tears to You</i>
My shape and my form	<i>My sins before You</i>	By my shame and my embarrassment	<i>Wipe away my sins as I cry</i>
My spirit and strength are Yours	<i>I stand naked before You</i>	I have no refuge but You	<i>My soul says, "My portion</i>
My trust and my hope is You	<i>What will my answer be</i>	My forgiveness comes from You	<i>God is my inheritance"</i>

My heart, blood, and fat are Yours	<i>On the day my deceptions testify against me</i>	There is no pardoner but You	<i>Please gather up my sins</i>
Like the sheep I sacrifice, my offering	<i>I will eat the fruit of my actions</i>	My pardon comes from You	<i>In Your kindness on the day I am gathered up</i>
To You, the One with no second	<i>The days of payment will come</i>	If you bring Your servant to judgement	<i>And the day I walk before You</i>
My only soul will acknowledge You	<i>The time of punishment draws near</i>	What is my might worth	<i>Please accept my walking</i>
Yours is kingship, majesty Yours	<i>When I hear your tidings</i>	What am I, what is my life	<i>And with those who do Your will</i>
My praise befits You	<i>I quake and fear very much</i>	What is my strength and my power	<i>Place the reward for my actions</i>
Help in troubled times comes from You	<i>Who can stand before You</i>	Like blowing chaff driven away	<i>And send the angels of favor</i>
Be my help in the time of my trouble	<i>And who can be my exchange</i>	How will You remember my mistakes	<i>And let them go out to me</i>
My hope when I tremble is to You	<i>How can I give an account to You</i>	I have become mute and ashamed	<i>And they will say, "Come in peace"</i>
When I sigh like a woman giving birth	<i>How can I be righteous in my claim</i>	And my shame has covered me	<i>With one voice when I arrive</i>
I hope to You, heal my fracture	<i>I am ashamed and I have ambushed</i>	I will always ask for Your favor	<i>Let them bring me to Your Garden of Eden</i>
My pain and my wounds	<i>I have betrayed and I have scorned</i>	To grant my requests:	<i>And let my dwelling be there</i>
I long, without quieting, for You	<i>I have stolen and I have robbed</i>	And wash me thoroughly	<i>And I will enjoy Your light</i>
Until You illuminate my darkness	<i>I have become evil and wicked</i>	from my iniquities and my sins	<i>And place honor in my resting place</i>
Eternity is Yours, I trust in You	<i>I have also been rebellious and corrupt</i>	See my great distress	<i>The light hidden before You</i>
My strength is You	<i>I have sinned and caused others to sin</i>	And my helplessness in my exile	<i>Will be my protection and my shelter</i>
I call to You, I cling to You	<i>I have strayed and I have advised wrongly</i>	Please do not hide Your ear	<i>And under the shade of Your wings</i>
Until I return to my land	<i>I have deceived and I have denied</i>	From my sighing and crying out	<i>Please give me my place</i>
While I still live I am Yours	<i>I have mocked and I have scorned</i>	Your servant is also an advocate for good	
And even after my death	<i>I have rebelled and I have defied</i>	Please say, "Enough" to my troubles	

I admit and confess before You	<i>I have spurned and I have committed adultery</i>	Show me your salvation
For my sins and my wickedness	<i>I have been stubborn and I have exceeded limits</i>	Before the day I die
My salvation is Yours, forgive my wickedness	<i>I have distorted and caused distortion</i>	And the day I fall into my enemies' trap
My crimes and my guilt	<i>I have sinned and I have become blemished</i>	Support me in my falling
I bow and spread my hands to You	<i>I have been hostile and I have caused pain</i>	My soul is sated with wormwood
Please hear my supplication	<i>I have cursed and I have gone wrong</i>	Making me weary of my life
I cry with a downtrodden heart to You	<i>I have been evil and I have been corrupt</i>	Display for me a sign for good
With my many complaints and my grief	<i>I have been abominable and made mistakes</i>	And rise to my aid
Kindness is Yours, mercy Yours	<i>And I have left your path</i>	For You are my portion
Have mercy on all my hardship	<i>And my shame has covered me</i>	My joyful cry and my good
My sin is too great to bear	<i>I have increasingly done evil</i>	My fate and my praise
My lapses too large	<i>And continued in my evilness</i>	All my joy and happiness
Therefore my pains are great	<i>And I have lied and I have been treacherous</i>	My heart's exultation, the light of my eyes
My planting falls short	<i>I have extorted and I have oppressed</i>	My strength and my desire
And alas! woe is me	<i>I sinned at my beginning</i>	My rest and my delight
If You judge me according to my wickedness	<i>And I was evil at my end</i>	My quietness and my serenity
My inclination is my constant enemy	<i>I was guilty in my youth</i>	Teach me to understand Your service
Like an adversary against me	<i>And I rebelled in my old age</i>	My service will be to You

Translation by Abigail Denemark