

before the rodef (persecutor, pursuer).

|7| In the yamim (days) of her affliction and of her persecutions, Yerushalayim remembers all her pleasant things that she had miymei kedem (in the days of old), when her people fell into the hand of the enemy, and there was no ozer (helper) for her; the adversaries saw her, and did mock at her downfall.

|8| Yerushalayim hath grievously sinned; therefore she is niddah (unclean, Jewish woman's untouchability during menstruation; Vayikra 15:19); all that honored her despise her, because they have seen her erom (nakedness); yea, she sigheth, and turneth away for shame.

|9| Her filthiness is in her skirts; she remembereth not her latter end; therefore she sank appallingly; she had no Menachem (comforter). O Hashem, behold my affliction; for the enemy hath triumphed.

|10| The adversary hath spread out his hand upon all her precious things; for she hath seen how the Goyim entered into her [*Beis*] Hamikdash, whom Thou didst command that they should not enter into Thy Kahal (congregation, community).

|11| All her people sigh, they seek lechem; they have given their precious things for bread to revive the nefesh; see, O Hashem, and consider that I am become despised.

|12| Is it nothing to you, all ye that pass by? Consider, and see if there be any sorrow like my sorrow, which is done unto me, wherewith Hashem hath afflicted me in the Yom Charon Af (day of His fierce anger).

|13| From above hath He sent eish into my atzamot (bones), and it prevaieth

against them; He hath spread a net for my feet, He hath turned me back; He hath made me desolate and kol hayom (ever) languishing.

|14| The yoke of my peysha'im hath been fastened by His hand; they [*i.e., my sins*] intertwine themselves and set upon my tzavar (neck); He hath made my strength to fall; Hashem hath delivered me into their hands, from whom I am not able to rise up.

|15| Hashem hath taken away all my strong ones in my midst; He hath proclaimed a mo'ed (set time) against me to crush my young men; Hashem hath trodden the winepress for the Betulat Bat Yehudah.

|16| For these things I weep; mine eye, mine eye runneth down with mayim, because the Menachem (comforter) that should refresh my nefesh is far from me; my children are desolate, because the enemy hath prevailed.

|17| Tziyon stretcheth forth her hands, yet there is no Menachem (comforter) for her; Hashem hath commanded concerning Ya'akov, that his adversaries should be round about him; Yerushalayim is as a niddah (menstruous woman) among them.

|18| Tzaddik is Hashem; for I have rebelled against His mouth; hear, I pray you, kol amim (all people), and behold my sorrow; my betulot and my bochurim are gone into captivity.

|19| I called for my lovers, but they have deceived me; my kohanim and my zekenim gave up the ghost [*i.e., expired*] in HaIr (the City), while they sought okhel (food) to revive their nefashot.

|20| Consider, O Hashem how I am in distress; my bowels are troubled; mine lev is turned within me; for I have grievously rebelled; without

(*i.e., outside*), the cherev (sword) bereaveth, within (*i.e., babayit, at home*) it is like mavet (death).

|21| They have heard that I sigh; there is no Menachem (comforter); all mine enemies have heard of my trouble; they are glad that Thou hast done it; Thou bringest the Yom Karata (the day that Thou has proclaimed), that they (all the peoples; see 1:18) may be like me.

|22| Let all their wickedness come before Thee; and do unto them, as Thou hast done unto me for all my peysha'im; for my sighs are many, and my lev is faint.

2 How hath Adonoi covered Bat Tziyon with a cloud in His anger, and hurled down from Shomayim unto Eretz the tiferet Yisroel, and remembered not His hadom (footstool) in the Day of His Wrath!

|2| Adonoi hath swallowed up all the habitations of Ya'akov, and hath not pitied; He hath torn down in His Wrath the strongholds of Bat Yehudah; He hath brought them down to the ground; chillel (He hath defiled) the mamlachah and the sarim (princes) thereof.

|3| He hath cut off in His fierce anger kol keren Yisroel; He hath drawn back His right hand from before the oyev, and He burned against Ya'akov like a flaming eish, which devoureth all around.

|4| He hath bent His keshet (bow) like an oyev; He took His stand with His right hand as an adversary, and slaughtered all that were pleasant to the eye in the ohel Bat Tziyon; He poured out His fury like eish.

|5| Adonoi was like an oyev; He hath swallowed up Yisroel, He hath