

Why are you downcast, my soul;  
why do you groan within me?  
Wait for God, whom I shall praise again,  
my savior and my God.  
My soul is downcast within me;  
therefore I will remember you  
From the land of the Jordan and Hermon,  
from the land of Mount Mizar.  
Here deep calls to deep in the roar of your torrents.  
All your waves and breakers sweep over me.