The Lord has done what God purposed, God has carried out God's threat;

As God ordained long ago, God has demolished without pity;

God has made the enemy rejoice over you, and has exalted the might of your foes.

Cry aloud to the Lord! O wall of daughter Zion!

Let tears flow down like a torrent day and night!

Give yourselves no rest, your eyes no respite.

Arise, cry out in the night, as the watches begin!

Pour out your heart like water before the presence of the Lord!

Lift your hands to God for the lives of your children.

Great is your faithfulness.

'The Lord is my portion,' says my soul, 'therefore I will hope in God.'