

An appeal to God for rescue from enemies.

לְמַנְצָח ¹ For the Conductor, by David, for remembrance. ² O God — to rescue me; O HASHEM, hasten to my assistance! ³ Shamed and disgraced be those who seek my life, repulsed and humiliated be those who desire my hurt. ⁴ Let them be turned back as a consequence of their shaming [me], those who say, 'Aha! Aha!' ⁵ Let all who seek You rejoice and be glad in You; and let those who love Your salvation always say, 'God be magnified.' ⁶ As for me, I am poor and destitute, O God, hasten to me! You are my assistance and my deliverer, HASHEM, do not delay!

13

The depressing gloom of Israel's exile — like that of an individual's travail — is like a long, dark night with no hope of dawn. This psalm is a fervent prayer for God's help at such discouraging times. As long as the Jew maintains his faith and trust in God, he is not defeated.

לְמַנְצָח ¹ For the Conductor. A psalm by David. ² How long, HASHEM, will You endlessly forget me? How long will You hide Your countenance from me? ³ How long must I set schemes within myself, is my heart melancholy even by day;

how long will my enemy triumph over me? ⁴ Look! Answer me! HASHEM, my God; enlighten my eyes, lest I sleep the sleep of death. ⁵ Lest my enemy boast: 'I have overcome him!' Lest my tormentors rejoice when I falter. ⁶ But as for me, I trust in Your kindness; my heart will exult in Your salvation. I will sing to HASHEM, for He has dealt kindly with me.

142

The following psalm is often recited in times of acute trouble, when all may seem lost. Trapped, with no visible avenue of escape, one places himself completely at God's mercy, relying solely on Him for deliverance. A person who possesses true awareness realizes that it is really the same in all circumstances. For even when the road ahead seems clear and unobstructed, it is only God Who has paved the way for success and happiness.

מִשְׁכֹּבִיל ¹ A Maskil by David, when he was in the cave — a prayer. ² With my voice I cry out to HASHEM, with my voice I plead with HASHEM. ³ I pour out my plaint before Him, my distress I declare before Him. ⁴ When my spirit faints within me — for You know my [perilous] path; on this road that I walk they have laid a snare for me. ⁵ Looking to the right and see that I have no friend; every escape is lost to me, no one seeks to save my life. ⁶ I have cried out to You, HASHEM; I have said 'You are my refuge, my portion in the land of the living.' ⁷ Attend my cry, for I have been brought very low; rescue me from my pursuers, for they are stronger than I. ⁸ Release my soul from confinement to acknowledge Your Name; the righteous will crown themselves with me, when You bestow kindness upon me.

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Israel's long mission in exile will finally be completed. God will return us to Eretz Yisrael, rejuvenated physically and spiritually.

שִׁיר ¹ A song of ascents. When HASHEM will return the captivity of Zion, we will be like dreamers. ² Then our mouth will be filled with laughter and our tongue with glad song. Then will they declare among the nations, 'HASHEM has done greatly with these.' ³ HASHEM has done greatly with us, we were gladdened. ⁴ O HASHEM — return our captivity like springs in the desert. ⁵ Those who tearfully sow will reap in glad song. ⁶ He who bears the measure of seeds walks along weeping, but will return in exultation, a bearer of his sheaves.

An appeal to God for rescue from enemies.

לְמַנְצָח ^א לְדַד לְהַזְכִּיר. ^ב אֱלֹהִים לְהַצִּילֵנִי; יְהוָה, לְעֹזְרֹתִי חוֹשֶׁה. ^ג יִבְשׂוּ וַיִּהְיוּ מִבְּקָשִׁי נַפְשִׁי, יִסְגּוּ אַחֲרָי וַיִּפְלְמוּ חִפְצֵי רַעְתִּי. ^ד יָשׁוּבוּ עַל עַקֵּב בְּשֵׁתָם, הַאֲמָרִים הָאֵלֶּה הָאֵת. ^ה יִשְׂשׂוּ וַיִּשְׂמְחוּ בָּךְ כָּל מִבְּקָשֶׁיךָ; וַיֹּאמְרוּ תָמִיד יִגְדַל אֱלֹהִים, אֱהָבֵי יִשׁוּעֲתָךְ. ^ו נֶאֱנִי עָנִי וְאֶבְיוֹן, אֱלֹהִים חוֹשֶׁה לִּי; עֲזָרֵי וּמִפְּלִטֵי אֲתָהּ; יְהוָה, אַל תִּאַחַזר.

יג

The depressing gloom of Israel's exile — like that of an individual's travail — is like a long, dark night with no hope of dawn. This psalm is a fervent prayer for God's help at such discouraging times. As long as the Jew maintains his faith and trust in God, he is not defeated.

לְמַנְצָח ^א מִזְמוֹר לְדָוִד. ^ב עַד אֵנָה יְהוָה תִּשְׁכַּחֲנִי נֶצַח, עַד אֵנָה תִּסְתַּיֵּר אֶת פְּנֵיךָ מִמֶּנִּי. ^ג עַד אֵנָה אֲשִׁית עֲצוֹת בְּנַפְשִׁי, יְגוֹן בְּלִבִּי יוֹמָם;

עַד אֵנָה יָרוּם אֲבִי עָלַי. ^ד הִפְסִיטָה עָנְנֵי יְהוָה אֶלְהֵי הָאֲרֶזָה עֵינַי מִן אִישׁן הַמָּוֶת. ^ה מִן יָאֵמֵר אֲבִי יִכְלְתִּיו, צָרִי יִגְלוּ כִּי אֲמוּט. ^ו נֶאֱנִי בְּחִסְדְּךָ בְּטוֹהֲתִי, יִגַּל לִבִּי בִישׁוּעֲתָךְ; אֲשִׁירָה לַיהוָה, כִּי גָמַל עָלַי.

קמב

The following psalm is often recited in times of acute trouble, when all may seem lost. Trapped, with no visible avenue of escape, one places himself completely at God's mercy, relying solely on Him for deliverance. A person who possesses true awareness realizes that it is really the same in all circumstances. For even when the road ahead seems clear and unobstructed, it is only God Who has paved the way for success and happiness.

מִשְׁכֹּבִיל ^א לְדָוִד, בְּהִיזְחוֹ בַמַּעְרָה תַפְלָה. ^ב קוֹלִי אֶל יְהוָה אֲנוּעַק, קוֹלִי אֶל יְהוָה אֶתְחַנֵּן. ^ג אֲשַׁפֵּךְ לִפְנֵי שִׂיחִי, צָרֹתִי לִפְנֵי אֲגִיד. ^ד בְּהִתְעַשֵּׁף עָלַי רִיחִי, וְאֲתָהּ יִדְעַת נְחִיבָתִי, בְּאֶרְחַז זוֹ אֲהַלֵּךְ טְמֵנוּ פֶחַלִּי. ^ה הַפִּיט יָמִין וְרִאֵה וְאֵין לִי מַפְיֵד; אֲבָד מָנוֹס מִמֶּנִּי, אֵין דוֹרֵשׁ לְנַפְשִׁי. ^ו וְעֲקַחֲתִי אֵלֶיךָ יְהוָה; אֲמַרְתִּי אֲתָהּ מַחְסֵי חֲלָקִי בְּאֶרֶץ נִסְתָּיִם. ^ז הִקְשִׁיבָה אֶל רִנָּתִי כִּי נִדְלוֹתִי מָאוֹד, הַצִּילֵנִי מִרְדְּפֵי כִּי אֲמָצוּ מִמֶּנִּי. ^ח הוֹצִיאָה מִמִּסְגַּר נַפְשִׁי, לְהוֹדוֹת אֶת שְׁמֶךָ; כִּי יִבְתְּרוּ צְרִיקִים, כִּי תִגְמַל עָלַי.

קבו

Israel's long mission in exile will finally be completed. God will return us to Eretz Yisrael, rejuvenated physically and spiritually.

שִׁיר ^א הַמְעֲלֹת; בְּשׁוּב יְהוָה אֶת שִׁיבַת צִיּוֹן, הָיִינוּ כְּחֹלְמִים. ^ב אֲזוּ יִמְלֵא שְׂחוֹק פִּינוּ, וְלִשְׁוֹנֵנוּ רִנָּה; אֲזוּ יֹאמְרוּ בְּגוֹיִם, הַגִּדִיל יְהוָה לַעֲשׂוֹת עִם אֲלֹהֵי. ^ג הַגִּדִיל יְהוָה לַעֲשׂוֹת עִמָּנוּ, הָיִינוּ שְׂמֹחִים. ^ד שׁוּבָה יְהוָה אֶת שְׁבִיתָנוּ, כַּאֲפִיקִים בְּנֹגֵב. ^ה הוֹרְעִים בְּדַמְעָה, בְּרִנָּה יִקְצְרוּ. ^ו הָלוֹךְ יִלְךְ וּבָכָה נִשְׂא מִשֶּׁן הַחֲרָע; בֹּא יְבֹא בְרִנָּה, נִשְׂא אֶלְמֹתָיו.