

ע / 70

א לַמְנַצֵּחַ לְדָוִד לְהַזְכִּיר. ב אֱלֹהִים לְהַצִּילָנִי;
 << to rescue me; < O God, << to proclaim. < by David, < For the conductor,

יהוה, לְעֶזְרָתִי חוֹשָׁה. ג יִבְשׁוּ וַיִּחְפְּרוּ
 < and disgraced < Shamed << – hasten! << to my assistance < O HASHEM,

מִבְּקָשֵׁי נַפְשִׁי, יִסְגּוּ אַחֹר וַיִּכְלְמוּ חֲפִצֵּי
 < be those < and humiliated < repulsed << my soul; < be those
 who desire who seek

ד רָעָתִי. ה יִשׁוּבוּ עַל עֵקֶב בְּשַׁתְּמָם, הָאֹמְרִים
 << those who say, < of their < in consequence < Let them be << my harm.
 shaming [me], turned back

וּהָאֵחַ הָאֵחַ. ה יִשְׂשׂוּ וַיִּשְׂמְחוּ בְּךָ כָּל
 < all < in You < and be glad < Let rejoice << Aha! < Aha!

ז מִבְּקָשֶׁיךָ; וַיֹּאמְרוּ תָמִיד יִגְדַּל אֱלֹהִים,
 << May God be exalted. << always, < and let them say << who seek You;

ח אֶהְיֶי יְשׁוּעָתְךָ. ט וְאֲנִי עָנִי וְאֲבִיוֹן, אֱלֹהִים
 < O God, << and destitute, < I am < As for me, << Your salvation. < – those
 poor who love

י חוֹשָׁה לִּי; יָעֲזָרֵי וּמִפְּלִטֵי אַתָּה; יהוה,
 < HASHEM, << are You; < and my < My < to me! < hasten
 Deliverer Helper

יא אַל תִּאָּחַר.

<< delay! < do not

יג / 13

א לַמְנַצֵּחַ מְזִמּוֹר לְדָוִד. ב עַד אָנָּה יהוה
 < HASHEM, < when, < Until << by David. < a psalm < For the conductor,

תִּשְׁכַּחֲנִי נֶצַח, עַד אָנֹכָה תִּסְתִּיר אֶת פָּנָיֶךָ

< Your countenance < will You hide < when < Until << eternally? < will You forget me

מִמֶּנִּי. ג עַד אָנֹכָה אֲשִׁית יַעֲצוֹת בְּנַפְשִׁי,

<< within myself? < schemes < must I set < when < Until << from me?

יִגוֹן בְּלִבִּי יוֹמָם; עַד אָנֹכָה יָרוּם אִיבִי

< will my enemy be < when < Until << [even < is in my < Melancholy
ascendant day. heart

עָלַי. ד הִבִּיטָה עֲנֵנִי יְהוָה אֱלֹהֵי, הָאֵירָה

< Enlighten << my God! < HASHEM, < Answer me, << Look! << over me?

עֵינַי פֶּן אִישָׁן הַמּוֹת. ה פֶּן יֹאמֵר אִיבִי

<< my enemy boast: < Lest << the [sleep of] death. < I sleep < lest < my eyes,

יִכְלֹתֵנוּ, וְצָרִי יִגִּילוּ בִּי אֲמוּט. ו וְאֲנִי

< But as << I falter. < when < rejoice < [lest] my < I have over-
for me, tormentors come him!;

בְּחַסְדֶּךָ בְּטַחַתִּי, יִגַּל לִבִּי בִּישׁוּעָתְךָ;

<< in Your salvation. < my heart will exult << I trust; < in Your kindness

אֲשִׁירָה לַיהוָה, כִּי גָמַל עָלַי.

<< with me. < He has < for << to HASHEM, < I will sing

142 / קמב

מִשְׁכִּיל לְדָוִד, בְּהֵיְוָתוֹ בַּמְעָרָה תְּפִלָּה. א

<< – a prayer. << in the cave < when he was << by David, < A maskil

קוֹלִי אֶל יְהוָה אֲזַעַק, קוֹלִי אֶל יְהוָה

< HASHEM < to < with my voice << I cry out, < HASHEM < to < With my voice

אֶתְחַנֵּן. ג אֲשַׁפֵּךְ לְפָנָיו שִׁיחִי, צָרָתִי

< my distress << my plaint; < before Him < I pour out << I plead.

לִפְנֵי אֲגִיד. הַ בְּהִתְעַטֵּף עָלַי רוּחִי, וְאַתָּה

< then You << does my spirit, < within me, < When it faints << I declare. < before Him

יִדְעַתְּ נְתִיבָתִי; בְּאֲרַח זֶה אֶהְלֵךְ טִמְנוּ

< they have laid < that I walk < on whatever road << my [perilous] path; < know

פַּח לִי. הַ הֵבִיט יָמִין וּרְאֵה וְאִין לִי מִכִּיר;

<< friend; < that I have no < and see < to the right < Look << for me. < a snare

אֲבַד מְנוּס מִמֶּנִּי, אִין דּוֹרֵשׁ לְנַפְשִׁי.

<< [to save] my life. < seeks < no one << to me, < is escape < lost

וְזָעַקְתִּי אֵלֶיךָ יְהוָה; אֲמַרְתִּי אַתָּה מְחֹסִי,

<< are my refuge, < You << I have said, << HASHEM; < to You, < I have cried out

חֶלְקִי בְּאֶרֶץ הַחַיִּים. הַ הִקְשִׁיבָה אֶל רִנָּתִי

< my cry, < to < Attend << of the living. < in the land < my portion

כִּי דָלוּתִי מְאֹד, הִצִּילָנִי מִרְדְּפֵי כִי אֲמָצוּ

< they are < for < from my < rescue me << I have been brought < for
stronger pursuers, very low;

מִמֶּנִּי. הַ הוֹצִיָּאָה מִמִּסְגָּר נַפְשִׁי, לְהוֹדוֹת

< to acknowledge << my soul < from confinement < Release << than I.

אֶת שְׁמֶךָ; כִּי יִכְתְּרוּ צְדִיקִים, כִּי תִגְמַל

< You bestow < when << the righteous will < with << Your Name;
kindness crown themselves, me

עָלַי.

<< upon me.

קבו / 126

שִׁיר הַמַּעֲלוֹת; בְּשׁוּב יְהוָה אֶת שִׁיבַת

< captivity < the < will HASHEM < When return << of ascents. < A song

צִיּוֹן, הֵיינוּ בְּחִלְמִים. אֲזַי יִמְלֵא שְׂחֹק
 < with laughter < filled will be < Then << like dreamers. < we will be << of Zion,
 פִּינוּ, וּלְשׁוֹנֵנוּ רִנָּה; אֲזַי יֹאמְרוּ בְּגוֹיִם:
 << among the < will they < Then << with glad < and our << our
 nations, declare song. tongue mouth
 הַגְּדִיל יְהוָה לַעֲשׂוֹת עִם אֱלֹהֵי. הַגְּדִיל
 < Greatly << these. < with < done < has HASHEM < Greatly
 יְהוָה לַעֲשׂוֹת עִמָּנוּ, הֵיינוּ שְׂמֵחִים. שׁוּבָה
 < Return, << gladdened. < we were << with us, < done < has HASHEM
 יְהוָה אֶת שְׁבִיתָנוּ, כְּאֶפְיָקִים בְּנִגְבִי.
 << in the desert. < like springs << our captivity, < O HASHEM,
 הַזֹּרְעִים בְּדַמְעָה, בְּרִנָּה יִקְצְרוּ. הַלֹּךְ
 < Walk on, << will reap. < with glad song << tearfully < Those who sow
 יֵלֵךְ וּבְכָה נִשָּׂא מִשֶּׁךְ הַזֶּרַע; בָּא
 < but << of seeds, < the measure < does he << weeping, < he walks
 return who carries
 יָבֵא בְּרִנָּה, נִשָּׂא אֶלְמֹתָיו.
 << of his sheaves. < a bearer << in exultation, < he will
 return

10 / י

לָמָּה יְהוָה תַּעֲמֵד בְּרָחוֹק, תַּעֲלִים
 < do You << at a distance, < do You stand < HASHEM, < Why,
 conceal Yourself
 לַעֲתוֹת בְּצָרָה. בְּגִאֲוֹת רָשָׁע יִדְלַק
 < who hunts < of the wicked < In the << of distress? < in times
 down one, haughtiness

עֲנִי, יִתְפָּשׂוּ בְּמִזְמוֹת זֹו חֲשָׁבוּ. כִּי

< [Why do You << [the wicked] < in these schemes that < [the poor] << the
stand at a have contrived. are caught poor;
distance] when

הֵלֵל רָשָׁע עַל תְּאַנּוֹת נַפְשׁוֹ, וּבִצְעַ

< and the robber << his personal desire, < in < the wicked one exults

בִּירְךְ נֵאֵץ יְהוָה. רָשָׁע, כְּגִבַּה אַפּוֹ

<< in the pride of his < The wicked << HASHEM? < that he has < praises
countenance, [says]: one, blasphemed himself

בֵּל יִדְרֹשׁ, אֵין אֱלֹהִים כָּל מִזְמוֹתָיו.

<< his schemes. < [This is the << Divine Judge! < There << avenge! < He
essence of] all is no will not

יִחִילוּ דְרָכָיו בְּכָל עֵת, מָרוֹם מִשְׁפָּטֶיךָ

< are Your < far removed << time; < in every < are his ways < Successful
judgments

מִנְגִּדוֹ; כָּל צוֹרְרָיו יִפִּיחַ בָּהֶם. אָמַר

< He says << at them! < - he puffs << his foes < all << from him;

בְּלִבּוֹ: בַּל אָמוּט, לְדָר וְדָר אֲשֶׁר לֹא

< without < I will be < throughout << I shall not falter, << in his
generations heart:

בְּרָע. אֵלֶּה פִּיהוּ מְלֵא וּמְרָמוֹת וְתָךְ,

<< and < with deception << filled, < is his < With << adversity.
malice; mouth [false] oaths

תַּחַת לְשׁוֹנוֹ עֵמָל וְאָוֶן. הֵי יֹשֵׁב בְּמֵאֲרָב

< in ambush < He waits << and evil. < are mischief < his tongue < under

חֲצֵרִים, בְּמִסְתָּרִים יְהַרְגֵנִי, עֵינָיו

< his eyes << the innocent, < he murders < in hidden places << near open cities,

לְחַלְכֵּה יִצְפְּנוּ. וְיֹאֲרֵב בְּמִסְתָּר כְּאַרְיֵה

< like a lion < in hiding < He lurks << do spy. < on the helpless

בְּסִכְּהָ, יֶאֱרֹב לַחֲטוּף עֲנִי; יַחֲטֹף עֲנִי
< the poor < [then] he seizes << the poor; < to seize < he lurks << in his lair,
בְּמִשְׁכּוֹ בְּרִשְׁתּוֹ. יִדְּכֶה יִשְׁחַ, וְנִפֹּל
< and fall << he crouches; << He lowers << his net. < when
prey himself; he draws
בְּעֲצוּמָיו חֵל כְּאִים. יֵא אָמַר בְּלִבּוֹ שִׁכַּח אֵל,
<< God has << in his < He says << do the helpless. < to his mighty
forgotten, heart: limbs,
הִסְתִּיר פָּנָיו בִּל רָאָה לְנֶצַח. יֵב קוּמָה יְהוָה,
<< O HASHEM! < Arise, << ever. < He will not see << His face, < He has hidden
אֵל נִשְׂא יָדָךְ, אֵל תִּשְׁכַּח עֲנוּיִים. יֵב עַל מָה
< Why << the humble! < forget < do not << Your hand, < raise < O God,
נֵאִץ רָשָׁע, אֱלֹהִים, אָמַר בְּלִבּוֹ
<< in his < [Because] << God? < does the wicked one
heart: he says blaspheme
לֹא תִדְרֹשׁ. יֵד רָאֲתָהּ, כִּי אַתָּה עֲמָל
< mischief << You, < For << But You do see! << You will not avenge.
וְכַעַס תִּבְיֵט, לָתֵת בְּיָדְךָ; עָלֶיךָ יַעֲזֹב
< rely < upon You << is in Your < to dispense << do observe, < and
power; [punishment] vexation
חַלְכָהּ, יִתּוֹם אַתָּה הָיִיתָ עוֹזֵר. יֵט שְׁבֹר זְרוּעַ
< the < Break << the helper. < were < You < [For] the << the
power orphan helpless.
רָשָׁע; וְרַע, תִּדְרוֹשׁ רָשָׁעוֹ בִּל תִּמְצָא.
<< and not find it. < his < – You will << and the << of the
wickedness search for bad one wicked one;
יְהוָה מֶלֶךְ עוֹלָם וָעֶד, אֲבָדוּ גוֹיִם מֵאֲרָצוֹ.
<< from His < [then] the nations << and ever, < forever < is King < HASHEM
earth. will have vanished

י תַּאֲוֹת עֲנֻיִם שָׁמַעְתָּ, יְהוָה; תִּכְיִן לְבָם

<< their < guide << HASHEM; < You have < of the < The desire
heart; heard, humble

תִּקְשִׁיב אָזְנוֹךָ. יְהוָה לְשַׁפֵּט יְתוֹם וְדָר;

< and the < the orphan < to champion << let Your < attentive
oppressed, ear be:

בַּל יוֹסִיף עוֹד, לַעֲרִץ אָנוּשׁ מִן הָאָרֶץ.

<< [who dwells] on earth. < a [frail] man < be terrified of < so that he shall no longer

כה / 25

א לְדָוִד, אֵלֶיךָ יְהוָה נִפְשִׁי אֲשָׂא. ב אֱלֹהֵי,

< My God, << I raise up. < my soul < HASHEM < To You << By David:

בָּךְ בִּטְחֹתִי, אֵל אֲבוֹשָׁה, אֵל יַעֲלֹצוּ

< exult < let not << be shamed; < let me not << I have trusted, < in You

אוֹיְבֵי לִי. ג גַּם כָּל קוֹיָךְ לֹא יִבְשׁוּ, יִבְשׁוּ

< let be << let them not < who hope < all < Also, << over < my
shamed be shamed; in You me. enemies

הַבּוֹגְדִים רִיקָם. ד דִּרְכֵיךָ יְהוָה הוֹדִיעֵנִי,

<<make known to me; < HASHEM, < Your ways, << without cause. < those who betray

אֲרֻחוֹתֶיךָ לְמַדְנִי. ה הִדְרִיכֵנִי בְּאִמְתְּךָ

< in Your truth < Lead me << teach me. < Your paths

וּלְמַדְנִי, כִּי אַתָּה אֱלֹהֵי יִשְׁעֵי, אוֹתְךָ

< to You << of my salvation; < the God < You are < for << and teach me,

קוֹיָתִי כָּל הַיּוֹם. ז זְכוֹר רַחֲמֶיךָ יְהוָה

< HASHEM, < Your mercies, < Remember << day long. < all < I have hoped

וּנְחֻסְדֶיךָ, כִּי מֵעוֹלָם הֵמָּה. ח חַטָּאוֹת נְעוּרַי

< of my < The sins << are they. < eternal < for << and Your
youth kindnesses,

וּפְשָׁעַי אֶל תִּזְכֹּר; כְּחַסְדֶּךָ זְכֹר לִי אֶתָּה,

< may You remember < [the deeds] worthy << remember not; < and my
for me, of Your kindness rebellions

לְמַעַן טוֹבֶךָ, יְהוָה. טוֹב וַיִּשָּׂר יְהוָה, עַל כֵּן

< therefore, << is < and < Good << HASHEM. < Your < because
HASHEM; upright goodness, of

יֹוֵרָה חַטָּאִים בְּדַרְךָ. ט יְדַרְךָ עֲנֻוִים בְּמִשְׁפָּט,

< with justice, < the humble < He leads << on the way. < sinners < He guides

וַיִּלְמַד עֲנֻוִים דְּרָכּוֹ. כָּל אַרְחוֹת יְהוָה

< of HASHEM < the paths < All << His way. < the humble < and teaches

חֶסֶד וְאֱמֶת, לְנֹצְרֵי בְרִיתוֹ וְעֵדוּתָיו. יא לְמַעַן

< For the << and His < His covenant < to those < and truth, < are
sake of testimonies. who guard kindness

שִׁמְךָ יְהוָה, וְסָלַחְתָּ לְעוֹנֵי כִּי רַב הוּא.

<< it is great. < though < my sin < forgive < HASHEM, < Your Name,

בִּמִי זֶה הָאִישׁ יִרָא יְהוָה, יוֹרְנוּ בְּדַרְךָ יִבְחָר.

<< he should < the way < He will << HASHEM, < who < is the < Whosoever
choose. that teach him fears man

גַּם נַפְשׁוֹ בְּטוֹב תָּלִין, וְזָרְעוֹ יִירֶשׁ אֶרֶץ.

<< the land. < will inherit < and his offspring < will repose, < in goodness < His soul

ד סוֹד יְהוָה לִירְאָיו, וּבְרִיתוֹ לְהוֹדִיעֵם.

<< to inform them. < and His << to those < of HASHEM < The
covenant who fear Him, [is revealed] secret

טו עֵינַי תָּמִיד אֶל יְהוָה, כִּי הוּא יוֹצִיא מִרְשֶׁת

< from the < will < He < for << HASHEM, < toward < constantly < My eyes
snare remove are

רַגְלִי. טו פְּנֵה אֵלַי וְחַנְּנֵנִי, כִּי יַחֲדִיד וְעָנִי אָנִי.

<< am I. < and < alone < for << and show < to me < Turn << my feet.
afflicted me favor,

יז צָרוֹת לְבָבִי הִרְחִיבוּ, מִמְּצוּקוֹתַי הוֹצִיאֵנִי.

« release me. < from my << have < of my < The
distresses broadened; heart troubles

יח רֵאֵה עֲנִי וְעֲמָלִי, וְשֵׂא לְכָל חַטָּאוֹתַי.

« my sins. < all < and << and my toil, < my < See
forgive afflictions

יט רֵאֵה אֵיבֵי כִי רַבּוּ, וְשִׁנְאַת חֲמָס שְׁנֵאוּנִי.

« they hate < and with << they have < that < my foes, < See
me. violent animosity become many,

כ שְׁמֶרְהָ נַפְשִׁי וְהִצִּילֵנִי, אֵל אֲבוֹשׁ

< let me not be ashamed, << and rescue me; < my soul < Protect

כא כִּי חָסִיתִי בְּךָ. תָּם וְיֹשֶׁר יִצְרוּנִי, כִּי

< for < will guard < and < Perfect << in You. < I have taken < for
me, uprightness innocence refuge

כב קוֹיִתִּיךָ. פְּדֵה אֱלֹהִים אֶת יִשְׂרָאֵל

< Israel < O God, < Redeem, << I hope to You.

מִכָּל צָרוֹתָיו.

<< its distresses. < from all

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א שִׁיר הַמַּעֲלוֹת; הַבֹּטְחִים בַּיהוָה, כְּהַר

< are like Mount < in HASHEM < Those who trust << of ascents. < A song

ב צִיּוֹן לֹא יִמוּט, לְעוֹלָם יֵשֵׁב. ג יְרוּשָׁלַיִם

< Jerusalem, << abides. < but forever < that does not topple, < Zion

ד הָרִים סָבִיב לָהּ; וַיהוָה סָבִיב לְעַמּוֹ,

<< His people, < surrounds < and HASHEM << it, < surround < mountains

ה מֵעַתָּה וְעַד עוֹלָם. ו כִּי לֹא יִנּוּחַ שֵׁבֶט הַרְשָׁע

< of wickedness < the rod < rest shall not < For << eternity. < until < from this time

עַל גּוֹרֵל הַצְּדִיקִים, לְמַעַן לֹא יִשְׁלַחוּ
 < extend shall not < so that << of the righteous, < the lot < upon
 הַצְּדִיקִים בְּעוֹלָתָהּ יְדִיהֶם. הַיְיִטִּיבָה יְהוָה
 < HASHEM, < Do good, << their hands. < into iniquity < the righteous
 לְטוֹבִים, וְלִישָׁרִים בְּלִבּוֹתָם. הַוְהִמְטִים
 < But those who turn << in their hearts. < and to the upright << to good people,
 עֲקֻלְקֻלוֹתָם, יוֹלִיכֶם יְהוָה אֶת פְּעֻלֵי הָאֵוֹן,
 << of evil; < the doers < with < HASHEM will lead them << to their perverseness,
 שָׁלוֹם עַל יִשְׂרָאֵל.
 << Israel! < upon < peace

אֲחֵינוּ כָּל בֵּית יִשְׂרָאֵל, הַנִּתּוּנִים בְּצָרָה
 < in distress < who are found << of Israel, < House < the entire < Our brothers,
 וּבִשְׁבִיָּה, הָעוֹמְדִים בֵּין בָּיִם וּבֵין בַּיַּבְשָׁה,
 << on land < or whether < at sea < whether < who are situated << and captivity,
 הַמִּקּוֹם יִרְחַם עֲלֵיהֶם וַיּוֹצִיאֵם מִצָּרָה
 < from distress < and remove << on them < have mercy <—may the Omni-
 them present One
 לְרִנְחָה, וּמֵאֲפֵלָה לְאוֹרָה, וּמִשְׁעָבוֹד
 < from subjugation < to light, < from darkness < to relief,
 לְגֹאֲלָהּ, הַשְׁתָּא בְּעִגְלָא וּבְזִמְן קָרִיב.
 << that comes < and at < speedily, < now, << to redemption,
 soon a time
 וְנֹאמֵר: אָמֵן.
 << Amen. <<—and let us say: