

פרק קמד - Psalm 144

א לְדָוִד | בָּרוּךְ ד' | צוּרֵי הַמְּלִמָּד יָדָי לְקֶרֶב אֶצְבְּעוֹתַי לַמִּלְחָמָה:

1. A Psalm of David. Blessed is Adoniye, my Rock, Who trains my hands for battle, my fingers for war.

Le'David baruch Adonai suri ha'mlamed yadai la'krab esbe'otai la'milhama.

ב חֲסָדַי וּמְצוּדָתִי מְשֹׁגְבִי וּמְפַלְטִי לִי מַגִּינִי וּבֹ חֲסִיתִי הָרוּדָד עִמִּי תַחְתָּי:

2. My kindness and my Fortress, my stronghold and my Rescuer, my Shield and in Whom I take refuge, Who subdues peoples under me.

Hasdi u'msudati misgabi u'mfalti li magini u'bo hasiti ha'roded ami tahtai.

ג ד' מָה אָדָם וַתִּדְעֵהוּ בֶן אֲנוֹשׁ וַתִּחַשְׁבֵהוּ:

3. Adoniye, what is man that You acknowledge him, or the son of man that You are mindful of him?

Adonai ma adam va'teda'ehu ben enosh va'tehashebehu.

ד אָדָם לְהֶבֶל דָּמָה לְמִו כְּצֶל עוֹבֵר:

4. Man is compared to a breath, his days are as a shadow that passes over.

Adam la'hebel dama yamav ke'sel ober.

ה ד' הִט שָׁמַיִךְ וַתִּרְדַּ גַּע בְּהָרִים וַיִּעָשָׁנוּ:

5. Adoniye, bend Your heavens and descend; touch the mountains and they will vanish like smoke.

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Adonai hat shamecha ve'tered ga be'harim ve'ye'eshanu.

ו בְּרוֹק בְּרַק וּתְפִיִּצֶם שְׁלַח חֲצִיד וּתְהַמֵּם:

6. Cast forth lightning and scatter them , send out Your arrows and confound them.

Berok barak u'tfitem shelah hisecha u't'humem.

ז שְׁלַח יָדְיָךְ מִמָּרוֹם פְּצַנִי וְהַצִּילֵנִי מִמַּיִם רַבִּים מִיַּד בְּנֵי נָכָר:

7. Stretch forth Your hands from on high; deliver and rescue me from powerful waters, from the hand of strangers.

Shelah yadecha mi'marom peseni ve'hasileni mi'mayim rabim mi'yad beneh nechar.

ח אֲשֶׁר פִּיהֶם דְּבַר־שׁוֹא וְיַמִּינָם יְמִין שֶׁקֶר:

8. Whose mouth speaks deceit, and their right hand is a right hand of falsehood.

Asher pihem diber shav vi'minam yemin shaker.

ט אֱלֹהִים שִׁיר חֲדָשׁ אֲשִׁירָה לָךְ בְּנֵבֶל עֲשׂוֹר אֲזַמְרָה לָךְ:

9. God, a new song I will sing to You, upon a lyre of ten strings will I sing praises to You.

Elohim shir hadash ashira lach be'nebel asor azamera lach.

י הַנּוֹתֵן תְּשׁוּעָה לְמַלְכִים הַפּוֹצֵה אֶת־דָּוִד עַבְדּוֹ מִחֶרֶב רָעָה:

10. He Who gives deliverance to kings, He Who delivers David, His Servant, from the evil sword.

Ha'noten teshu'a la'melachim ha'pose et David abdo me'hereb ra'a.

יֵא פְצִנִי וְהַצִּילֵנִי מִיַּד בְּנֵי-נֹכַר אֲשֶׁר-פִּיהֶם דְּבַר-שׁוֹא וְיָמִינָם יָמִין שֶׁקֶר:

11. Deliver me and rescue me from the hand of strangers, Whose mouth speaks deceit, whose right hand is aright hand of falsehood.

Peseni ve'hasileni mi'yad beneh nechar asher pihem diber shav vi'minam yemin shaker.

יב אֲשֶׁר בְּנֵינוּ | כְּנֹטְעִים מִגְּדָלִים בְּנְעוּרֵיהֶם בְּנוֹתֵינוּ כְּזוֹלֹת מְחֻטָּבוֹת תְּבֻנִית הַיֵּכָל:

12. So that our sons are [pure] as plants, grown up in their youth; our daughters are as cornerpillars, lauded as the edifice of a palace.

Asher banenu ki'nti'im megudalim bi'n'urehem benotenu che'zaviyot mehutabot tabnit hechal.

יג מְזוּנֵינוּ מִלְּאִים מְפִיקִים מִזֶּן אֶל-זֶן צֹאנֵנוּ מֵאֲלִיפּוֹת מֶרֶבָּבוֹת בְּחוֹצוֹתֵינוּ:

13. Our garners are full, providing nourishment from harvest to harvest, our sheep increase by the thousands and ten thousands in our fields.

Mezavenu mele'im mefikim mi'zan el zan sonenu ma'alifot merubabot be'husotenu.

יד אֱלוֹפֵינוּ מִסְבָּלִים אֵין פֶּרֶץ וְאֵין יוֹצֵאת וְאֵין צֹחָה בְּרַחֲבֵתֵינוּ:

14. Our leaders are tolerated, with no breach and no bad tidings, and no outcry in our streets.

Alufenu mesubalim en peretz ve'en yoset ve'en sevaha bi'rhotenu.

טו אֲשֶׁר הָעָם שָׁכַח לֹא אֲשֶׁר הָעָם שָׁד' אֱלֹקָיו:

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15. Fortunate is the people whose lot is thus; Fortunate is the people for whom Adoniye is their God.

Ashreh ha'am she'kacha lo ashreh ha'am she'Adonai Elohav.