

פרק ל - Psalm 30

א מִזְמוֹר שִׁיר חֲנֻכַּת הַבַּיִת לְדָוִד:

1. A Psalm, a song for the inauguration of the Temple, by David.

Mizmor shir hanukat ha'bayit le'David.

ב אֲרוּמַמְךָ ד' כִּי דָלִיתָנִי וְלֹא־שִׁמַּחְתָּ אִיְבֵי לִי:

2. I will Exalt you, Adoniye, for You have upheld me, and not let my foes rejoice over me.

Aromimcha Adonai ki dilitani ve'lo simahta oyebai li.

ג ד' אֱלֹהֵי שִׁיעַתִּי אֵלֶיךָ וַתִּרְפָּאֵנִי:

3. Adoniye, my God, I cried out to You and You healed me.

Adonai Elohai shivati elecha va'tir'pa'eni.

ד ד' הֲעֵלִיתָ מִן־שְׂאוֹל נַפְשִׁי חַיִּיתָנִי מִיָּרְדֵי־[מִיָּרְדֵי] בּוֹר:

4. Adoniye, You have raised my soul from the Lower World. You have kept me alive, lest I descend to the Pit.

Adonai he'elita min she'ol nafshi hiyitani mi'yaredi bor.

ה זָמְרוּ לַד' חֲסִידָיו וְהוֹדוּ לְזִכְרֵ קֹדְשׁוֹ:

5. Sing to Adoniye, [You,] His pious ones, and give thanks to His holy Name.

Zameru l'Adonai hasidav ve'hodu le'zecher kodsho.

ו כִּי רָגַע בְּאִפּוֹ חַיִּים בְּרִצּוֹנוֹ בְּעֶרֶב יָלִין וּלְבֹקֶר רִנָּה:

6. For His anger lasts only a moment, but there is [long] life, in His conciliation. In the evening, one retires weeping, but in the morning there is [a cry of] joy!

Ki rega be'apo hayim bi'rsono ba'ereb yalin bechi ve'la'boker rina.

ז וְאֲנִי אִמַּרְתִּי בְּשַׁלְוִי בַל־אֶמוּט לְעוֹלָם:

7. I said, in my serenity, I would never be moved.

Va'ani amarti be'shalvi bal emot le'olam.

ח ד' בְּרִצּוֹנְךָ הָעִמַּדְתָּה לְהַרְרִי עַז הַסְתַּרְתָּ פְּנִיךָ הֵיִיתִי נִבְהַל:

8. [But,] Adoniye, it was Your will [alone] that established my mountain as a stronghold. When You concealed Your Presence, I was terrified.

Adonai bi'rsonecha he'emadeta le'hareri oz histarta fanecha hayiti nibhal.

ט אֵלֶיךָ ד' אֶקְרָא וְאֶל־אֲדֹנָי אֶתְחַנּוּן:

9. To You, Adoniye, I called, and my Master I beseeched.

Elecha Adonai ekra ve'el Adonai et'hanan.

י מִה־בָּצַע בְּדָמַי בְּרִדְתִּי אֶל־שַׁחַת הַיּוֹדֶךָ עֶפְרָר הַיִּגִּיד אֶמִּתְּךָ:

10. What gain is there in [the shedding of] my blood? In my going down to destruction? Will the dust acknowledge You? Will it proclaim Your truth?

Ma besa be'dami be'rideti el shahat ha'yodecha afar ha'yagid amitecha.

Please do not discard this holy document. Please deposit in Geniza at your local synagogue.

יא שְׁמַע־ד' וְחֲנִי ד' הִיָּה עֲזָר לִי:

11. Hear [me] Adoniye, and be gracious to me. Adoniye, be a help to me.

Shema Adonai ve'honeni Adonai heyeh ozer li.

יב הִפַּכְתָּ מִסְפְּדֵי לְמַחֹל לִי פִתַּחְתָּ שָׂקִי וְתֵאַזְרְנִי שִׂמְחָה:

12. You have turned my mourning into dancing. You have loosened my sackcloth and supported me with joy.

Hafachta mispedi le'mahol li pitahta saki va'te'azereni simha.

יג לְמַעַן | יִזְמַרְנָךְ כְּבוֹד וְלֹא יִדָּם ד' אֱלֹהֵי לְעוֹלָם אוֹדְךָ:

13. In order that my soul might sing to You and not be stilled, Adoniye, my God, forever will I thank You.

Lema'an yezamercha chabod ve'lo yidom Adonai Elohai le'olam odeka.