

פרק לא - Psalm 31

א לְמִנְצֵחַ מִזְמוֹר לְדָוִד:

1. To the Chief Musician, a Psalm of David.

La'menase'ah mizmor le'David.

ב בָּךְ יְיָ חָסִיתִי אֱלֹהֵי עוֹלָם בְּצַדִּיקְתָּךְ פִּלְטֵנִי:

2. In you, Adoniye, I have taken refuge, let me not be ashamed, ever; in Your righteousness, let me escape.

Becha Adonai hasiti al ebosha le'olam be'sidkatecha faleteni.

ג הִטָּה אֵלַי | אָזְנֶךָ מְהֵרָה הַצִּילֵנִי הִיָּה לִי | לְצֹר־מְעוֹז לְבַיִת מְצוּדוֹת לְהוֹשִׁיעֵנִי:

3. Incline to me Your ear, speedily rescue me, be to me a rock of strength, a fortress of defense, to deliver me.

Hateh elai oznecha mehera hasileni heyeh li le'sur ma'oz le'bet mesudot le'hoshi'eni.

ד כִּי־סִלְעֵי וּמְצוּדוֹתַי אַתָּה וּלְמַעַן שִׁמְךָ תִּנְחַנֵּנִי וּתְנַהֲלֵנִי:

4. For my rock and my fortress are You, and for the sake of Your Name, lead me and guide me.

Ki sal'i u'msudati Ata u'lma'an shimcha tanheni u'tnahaleni.

ה תּוֹצִיאֵנִי מִרְשֶׁת זוֹ טָמְנוּ לִי כִּי־אַתָּה מְעוֹזִי:

5. Bring me out from this net which they have hidden for me, for You are my stronghold.

Tosi'eni me'reshet zu tamenu li ki Ata ma'uzi.

ו בַּיָּדְךָ אֶפְקִיד רוּחִי פְּדִיתָה אוֹתִי ד' קַל אֱמֶת:

6. Into Your hand, I commit my spirit; You have liberated me, Adoniye, almighty of truth.

Be'yadecha afkid ruhi padita oti Adonai El emet.

ז שְׂנֵאתִי הַשְּׂמֵרִים הַבְּלִי-שׁוֹא וְאֲנִי אֶל-ד' בְּטַחְתִּי:

7. I hate those who anticipate [salvation from] useless vanities; as for me, in Adoniye do I trust.

Saneti ha'shomerim hableh shav va'ani el Adonai batahti.

ח אֲגִילָה וְאֶשְׂמְחָה בְּחֶסֶדְךָ אֲשֶׁר רָאִיתָ אֶת-עֲנִי יָדַעְתָּ בְּצָרוֹת נַפְשִׁי:

8. I will exult and rejoice in Your kindness, for You have seen my affliction. You know the troubles of my soul.

Agila ve'esmeha be'hasdecha asher ra'ita et onyi yadata be'sarot nafshi.

ט וְלֹא הִסְגַּרְתָּנִי בְּיַד-אוֹיֵב הָעֹמְדָת בְּמִרְחַב רַגְלִי:

9. And You have not imprisoned me in the hand of the enemy; [but] stood my feet in a wide [open] place.

Ve'lo hisgartani be'yad oyeb he'emadeta ba'merhab raglai.

י חֲנִי ד' כִּי צָר-לִי עָשָׂה בְּכַעַס עֵינַי נַפְשִׁי וּבִטְנִי:

10. Favor me, Adoniye, for I am in distress; dimmed by anger is my eye, my soul and my stomach [are wasted away].

Honeni Adonai ki sar li ashesha be'ka'as eni nafshi u'bitni.

יא כִּי כָלוּ בִגְדוֹן חַיֵּי וּשְׁנוֹתַי בְּאִנְחָה כְּשֶׁל בְּעוֹנֵי כַחֵי וְעֲצָמַי עָשָׂשׁוּ:

11. For my life is spent in sorrow, and my years in sighing; because of my iniquity my strength failed, and my bones are wasted away.

Ki chalu be'yagon hayai u'shnotai ba'anaha kashal ba'avoni chohi va'asamai asheshu.

יב מִכָּל-צָרָרִי הָיִיתִי חֲרָפָה וְלִשְׁכְּנֵי | מֵאֵד וּפְחָד לְמִידְעֵי רְאִי בַחוּץ נִדְדוּ מִמֶּנִּי:

12. Because of all my adversaries I became disgraced, and to my neighbors exceedingly; and a dread to my acquaintances, those who see me outside flee from me.

Mi'kol sorerai hayiti herpa ve'li'shchenai me'od u'fahad li'myuda'ai ro'ai ba'hutz nadedu mimeni.

יג נִשְׁכַּחְתִּי כְּמֵת מִלֵּב הָיִיתִי כְּכֹלִי אֲבָד:

13. I am forgotten like a dead man from the heart, I have become like a lost vessel.

Nishkahti ke'met mi'leb hayiti ki'chli obed.

יד כִּי שָׁמַעְתִּי | דְּבַת רַבִּים מְגוֹר מִסָּבִיב בְּהִוֹסְדָם יַחַד עָלַי לְקַחַת נַפְשִׁי זָמָמוּ:

14. For I have heard the whispering of many, terror all around; when they too counsel together against me, they planned to take my soul [life].

Ki shamati dibat rabim magor mi'sabib be'hivosdam yahad alai lakahat nafshi zamamu.

טו וְאֲנִי | עָלֶיךָ בִטְחִיתִי ד' אֲמַרְתִּי אֶלְקֵי אֲתָה:

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15. But, as for me, in You I have trusted, Adoniye, I said, "You are my God."

Va'ani alecha batahti Adonai amarti Elohai ata.

טו בְּיָדְךָ עֵתֵי הַצִּלָּנִי מִיַּד־אֹיְבֵי וּמִרְדְּפֵי:

16. In Your hand are my times; rescue me from the hand of my enemies and from my pursuers.

Be'yadecha itotai hasileni mi'yad oyebai u'me'rod fai.

יז הָאֵיכָה פָּנֶיךָ עַל־עַבְדְּךָ הוֹשִׁיעֵנִי בְּחַסְדְּךָ:

17. Shine Your face upon Your servant, deliver me in Your kindness.

Ha'ira fanecha al abdecha hoshi'eni be'hasdecha.

יח ד' אֵל־אֲבוֹשָׁה כִּי קָרָאתִיךָ יִבְשׁוּ רַשְׁעִים יָדָמוּ לְשָׂאוֹל:

18. Adoniye, let me not be ashamed for having called out to you; let the wicked be ashamed, let them be silenced in the grave.

Adonai al ebosha ki keraticha yeboshu resha'im yidemu li'sh'ol.

יט תִּאֲלַמְנָה שִׁפְתֵי שֶׁקֶר הַדְּבָרוֹת עַל־צַדִּיק עֲתָק בְּגָאוֹה וּבוֹז:

19. Let them be muted, the lying lips, [lips] which speak arrogantly against the righteous, with pride and contempt.

Te'alamna sifteh shaker ha'doberot al sadik atak be'ga'ava va'buz.

כ מה רב טובך אשר־צפנת ליִרְאִיךָ פָּעַלְתָּ לְחוֹסִים בְּךָ נִגַּד בְּנֵי אָדָם:

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20. How abundant is Your goodness which You have hidden as a treasure for those who fear You; which you have made for those who take refuge in You in the presence of the sons of man.

Ma rab tubcha asher safanta li're'echa pa'alta la'hosim bach neged beneh adam.

כַּא תִּסְתִּירֶם בְּסִתֵּר פְּנֵיךָ מֵרְכָסֵי אִישׁ תִּצְפְּנֵם בְּסֻכָּה מְרִיב לְשׁוֹנוֹת:

21. Conceal them in the covert of Your presence, from bands of the wicked; hide them as a treasure in a shelter from the strife of tongues.

Tastirem be'seter panecha me'ruchseh ish tispnem be'suka me'rib leshonot.

כַּב בְּרוּךְ ד' כִּי־הִפְּלִיא חֲסֵדוֹ לִי בְּעִיר מְצוּר:

22. Blessed is Adoniye for His wondrous kindness He has shown me in a city besieged.

Baruch Adonai ki hifli hasdo li be'ir masor.

כַּג וַאֲנִי | אָמַרְתִּי בְּחַפְזִי נִגְרַזְתִּי מִנֶּגֶד עֵינֶיךָ אָכֵן שָׁמַעְתָּ קוֹל תְּחִנוּנֵי בְּשׁוּעֵי אֱלֹהִים:

23. And I said in my haste, "I am cut off from before Your eyes," but You heard the voice of my supplications when I cried out to You.

Va'ani amarti be'hofzi nigrazti mi'neged enecha achen shamata kol tahanunai be'shave'i elecha.

כַּד אֶהְבֹּ אֶת־ד' כָּל־חֲסִידָיו אֱמוּנִים נֹצֵר ד' וּמְשַׁלֵּם עַל־יֵתֵר עֲשֵׂה גְאוּה:

24. Love Adoniye, all His devoted ones; the faithful, Adoniye preserves. And He repays with exactness those who act haughtily.

Ehebu et Adonai kol hasidav emunim noser Adonai u'mshalem al yeter oseh ga'ava.

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כה חִזְקוּ וַיֵּאֲמֹץ לְבַבְכֶם כָּל־הַמְּיַחֲלִים לַד':

25. Be strong and take courage in your hearts, all who wait for Adoniye.

Hizku ve'ya'amez lebabchem kol ha'meyahalim l'Adonai.