

## פרק לב - Psalm 32

א לְדָוִד מַשְׁכִּיל אֲשֶׁר־נִשְׁוִי-פָּשַׁע כָּסוּי חַטָּאָה:

1. {A Psalm] of David, an instruction. Fortunate is he whose transgression is borne, whose sin is covered.

Le'David maskil ashreh nesu'i pesha kesu'i hata'a.

ב אֲשֶׁר־אָדָם לֹא יַחְשֹׁב ד' לוֹ עֲוֹן וְאֵין בְּרוּחוֹ רְמִיָּה:

2. Fortunate is the man to whom Adoniye does not count iniquity, and in whose spirit there is no deceit.

Ashreh adam lo yahshob Adonai lo avon ve'en be'ruho remiya.

ג כִּי הִחַרְשֵׁתִי בָלוֹ עַצְמִי בְּשִׁאֲגָתִי כָל-הַיּוֹם:

3. When I kept silent, my bones wasted away through my groaning all day long.

Ki heherashti balu asamai be'sha'agati kol ha'yom.

ד כִּי | יוֹמָם וְלַיְלָה | תִּכְבֵּד עָלַי לַיְדָךְ נֶהְפַּךְ לְשָׁדִי בְּחַרְבְּנֵי קִיץ סֵלָה:

4. For day and night Your hand was heavy upon me; my marrow turned dry as by the droughts of summer, Selah.

Ki yomam va'laila tichbad alai yadecha nehpatch leshadi be'harboneh kayitz sela.

ה חַטָּאתִי אֹדִיעַךְ וְעֹנִי לֹא-כִסִּיתִי אִמְרָתִי אֹדָה עָלַי פִּשְׁעֵי לֵד' וְאַתָּה נָשֵׂאתָ  
עֲוֹן חַטָּאתִי סֵלָה:

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5. [Therefore] my sin I acknowledge to You, and my iniquity I do not hide; [when] I said, "I will confess my transgression to Adoniye," You had [already] forgiven the iniquity of my sin, Selah.

Hatati odi'acha va'avoni lo chisiti amarti ode aleh pesha'ai l'Adonai ve'Ata nasata avon hatati sela.

**ו על־זאת יתפלל כל־חסיד | אליך לעת מצא רק לשטף מים רבים אליו לא יגיעו:**

6. For this, let every man of devotion pray to You, in a time when you may be found; indeed when mighty waters threaten they will not reach him.

Al zot yitpalel kol hasid elecha le'et meso rak le'shetef mayim rabim elav lo yagi'u.

**ז אתה | סתר לי מצר תצרני רני פלט תסובבני סלה:**

7. You are my shelter, from distress You preserve me; with glad song of rescue, You envelop me, Selah.

Ata seter li mi'sar tisereni raneh falet tesobebeni sela.

**ח אשפילך | ואורך בדרך זו תלך איעצה עליך עיני:**

8. I will instruct you and teach you in the way in which you should go; I will signal you with [the winking of] my eye.

Askilecha ve'orecha be'derech zu telech i'asa alecha eni.

**ט אל־תהיו | כסוס כפרד אין הבין במתג ורסן עדיו לבלום בל קרב אליך:**

9. Be not as the horse or as the mule, devoid of understanding; who with a bit and bridle must be restrained when being groomed, so that they do not come near you.

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Al tiheyu ke'sus ke'fered en habin be'meteg va'resen edyo li'blom bal kerob elecha.

י רבים מכאובים לרשע והבוטח בך חסד יסובבנו:

10. Many are the sorrows of the wicked But he who trusts in Adoniye kindness surrounds him.

Rabim mach'obim la'rasha ve'ha'bote'ah b'Adonai hesed yesobebenu.

יא שמחו בך וגילו צדיקים והרנינו כל ישרי לב:

11. Rejoice in Adoniye, and exult, righteous ones, and sing for joy all who are upright in heart.

Simhu b'Adonai ve'gilu sadikim ve'harninu kol yishreh leb.