

פרק לח - Psalm 38

א מִזְמוֹר לְדָוִד לְהַזְכִּיר:

1. A Psalm of David, to serve as a memorial.

Mizmor le'David le'hazkir.

ב ד' אֵל-בְּקֶצֶף תּוֹכִיחֵנִי וּבַחֲמַתֶּךָ תִּיַסְרֵנִי:

2. Adoniye, with Young anger, rebuke me not nor with Your wrath, chasten me.

Adonai al be'kespecha tochiheni u'ba'hamatecha teyasereni.

ג כִּי-חֲצִיךָ נִחַתוּ-בִּי וַתִּנְחַת עָלַי יָדְךָ:

3. For Your arrows were fired [deep] into me, and down upon me has Your hand come.

Ki hisecha nihatu bi va'tinhat alai yadecha.

ד אֵין-מֶתֶם בְּבִשְׂרִי מִפְּנֵי זַעֲמֶךָ אֵין-שְׁלוֹם בְּעַצְמֵי מִפְּנֵי חַטָּאתֵי:

4. There is no unmarred spot in my flesh because of Your rage; there is no peace in my bones because of my sin.

En metom bi'bsari mipeneh zamecha en shalom ba'asamai mipeneh hatati.

ה כִּי-עֲוֹנוֹתַי עָבְרוּ רֹאשִׁי כְּמַשָּׂא כָבֵד יִכְבְּדוּ מִמֶּנִּי:

5. For my iniquities have gone over my head, as an onerous burden, they are too heavy for me.

Ki avonotai aberu roshi ke'masa chabed yichbedu mimeni.

ו הַבְּאִישׁוֹ נִמְקוּ חַבּוּרוֹתַי מִפְּנֵי אוֹלְתָי:

6. Festered and rotted are my wounds, because of my foolishness.

Hib'ishu namaku haburotai mipeneh ivalti.

ז נַעֲוִיתִי שַׁחֲתִי עַד־מְאֹד כָּל־הַיּוֹם קֹדֶר הַלְּכָתִי:

7. I am bent and bowed down greatly, all day in dark melancholy, I go.

Na'aveti shahoti ad me'od kol ha'yom koder hilachti.

ח כִּי־כֶסֶלִי מְלֵאוֹ נִקְלָה וְאֵין מִתּוֹם בְּבִשְׂרִי:

8. For my inner thoughts were filled with futility and there is no unmarred spot in my flesh.

Ki chesalai mal'u nikle ve'en metom bi'bsari.

ט נִפּוּגְתִי וְנִדְכִיתִי עַד־מְאֹד שְׂאֲגִתִּי מִנְּהַמַּת לִבִּי:

9. I was faint and crushed exceedingly; I roared from the moaning of my heart.

Nefugoti ve'nidketi ad me'od sha'agti mi'nahamat libi.

י אֲדֹנָי־י נִגְדַדְךָ כָּל־תַּאֲוֹתַי וְאַנְחָתִי מִמֶּנֶּךָ לֹא־נִסְתָּרָה:

10. My Master, before You are all my desires [need], and my sighing is not hidden from You.

Adonai negdecha chol ta'avati ve'anhati mimecha lo nistara.

יא לִבִּי סִחַרְחַר עֲזַבְנִי כַחֵי וְאוֹר עֵינַי גַּם־הֵם אֵין אֶתִּי:

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11. My heart is engulfed in grief, my strength has forsaken me, and the light of my eyes, it, too, is gone from me.

Libi seharhar azabani chohi ve'or enai gam hem en iti.

יב אֶהְבִּי | וְרַעִי מִנְגִּד נִגְעֵי יַעֲמָדוּ וְקִרְבֵּי מֵרַחֵק עֹמְדוּ:

12. My friends and my companions stand aloof from my affliction, and my kinsmen stand at a distance.

Ohabai ve're'ai mi'neged nig'i ya'amodu u'krobai me'rahok amadu.

יג וַיִּנְקְשׂוּ | מִבְּקֵשֵׁי נַפְשִׁי וְדֹרְשֵׁי רַעְתִּי דִּבְרוּ הָיוֹת וּמְרָמוֹת כָּל־הַיּוֹם יִהְיוּ:

13. They laid snares for me, those who seek my soul and those who seek my hurt speak of destruction and upon deceits, all day do they meditate.

Vayenakshu mebaksheh nafshi ve'doresheh ra'ati diberu havot u'mirmot kol ha'yom yehgu.

יד וַאֲנִי כְּחֵרֶשׁ לֹא אֶשְׁמַע וְכֵאלֵם לֹא יִפְתַּח־פִּי:

14. But I am as a deaf man, I do not hear, and as a mute who does not open his mouth.

Va'ani ch'heresh lo eshma u'ch'ilem lo yiftah piv.

טו וַאֲהִי כְּאִישׁ אֲשֶׁר לֹא־שִׁמְעַ וְאִין בְּפִיו תּוֹכָחוֹת:

15. I became as a man that does not hear, and in whose mouth there are no rebuttals.

Va'ehi ke'ish asher lo shome'a ve'en be'fiv tochahot.

טו כִּי־לַךְ ד' הוֹחַלְתִּי אֶתָּה תַעֲנֶה אֲדֹנָי־י אֱלֹהֵי:

16. For You, Adoniye, did I wait, You will answer, my Mater, my God.

Ki lecha Adonai hohalti Ata ta'ane Adonai Elohai.

יז כִּי־אָמַרְתִּי פֶן־יִשְׂמְחוּ־לִי בְמוֹט רַגְלִי עָלַי הַגְדִּילוּ:

17. For I said lest they rejoice over me; when my foot slips, they exalt themselves over me.

Ki amarti pen yismehu li be'mot ragli alai higdilu.

יח כִּי־אָנִי לְצַלַע נָכוֹן וּמַכְאוֹבֵי נֶגְדֵי תָמִיד:

18. For I am prone to limp [suffer] and my pain is continually before me.

Ki ani le'sela nachon u'mach'obi negdi tamid.

יט כִּי־עוֹנֵי אֲגִיד אֲדָאֵג מִחַטָּאתַי:

19. For my iniquity I declare [in my heart], I am anxious because of my sin.

Ki avoni agid ed'ag me'hatati.

כ וְאֵיבֵי חַיִּים עֲצְמוּ וְרָבוּ שְׂנְאֵי שָׂקֵר:

20. But my foes abound with life and multiplied are those who hate me without cause.

Ve'oyebai hayim asemu ve'rabu sone'ai shaker.

כא וּמִשְׁלָמֵי רָעָה תַחַת טוֹבָה יִשְׁטַנּוּנִי תַחַת כְּדוּפֵי [כְּדָפֵי] טוֹב:

21. And those who repay evil for good denounce me because of my pursuit of good.

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U'mshalemeh ra'a tahat toba yistenuni tahat radehi tob.

כב אל־תֵּעֲזֹבֵנִי ד' אֱלֹהֵי אֵל־תִּרְחַק מִמֶּנִּי:

22. Forsake me not, Adonyie, my God, be not far from me.

Al ta'azbeni Adonai Elohai al tirhak mimeni.

כג חוֹשָׁה לְעִזְרָתִי אֲדֹנָי־י תְּשׁוּעָתִי:

23. Hasten to help me, my Master, my deliverance.

Husha le'ezrati Adonai teshu'ati.