

פרק מ - Psalm 40

א לְמִנְצַחַת לְדָוִד מִזְמוֹר:

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

La'menase'ah le'David mizmor.

ב קוֹה קוֹיְתִי ד' וַיִּטְ אֵלַי וַיִּשְׁמַע שׁוֹעַתִּי:

2. I have hoped continually for Adoniye, and He inclined [his ear] to me and heard my cry.

Kavo kiviti Adonai va'yet elai va'yishma shav'ati.

ג וַיַּעֲלֵנִי | מִבּוֹר שְׁאוֹן מִטִּיט הַיָּוֵן וַיַּקֵּם עַל-סֶלַע רַגְלִי כֹונֵן אֲשֵׁרִי:

3. And He raised me from the turbulent pit, out of the miry mud; and He set my feet upon a rock, He firmly established my steps.

Va'ya'aleni mi'bor sha'on mi'tit ha'yaven va'yakem al sela raglai konen ashurai.

ד וַיִּתֵּן בְּפִי | שִׁיר חֲדָשׁ תְּהִלָּה לְאֱלֹהֵינוּ יִרְאוּ רַבִּים וַיִּירְאוּ וַיִּבְטְחוּ בְּד':

4. And He put in my mouth a new song, praised to out God; many will see and fear and will trust in Adonyie.

Va'yiten be'fi shir hadash tehila l'Elohenu yi'r'u rabim ve'yira'u ve'yibtehu b'Adonai.

ה אֲשֵׁרִי-הַגָּבֵר אֲשֶׁר-שָׁם ד' מִבְּטָחוֹ וְלֹא-פָנָה אֶל-רְהָבִים וְשָׁטִי כֹזֵב:

5. Fortunate is the man who has made Adonyie his trust, and has not turned to the arrogant and to those who stray after falsehood.

Ashreh ha'geber asher sam Adonai mibtaho ve'lo fana el rehabim ve'sateh chazab.

ו רבות עשית | אתה ד' אלקי נפלאתיך ומחשבתך אלינו אין | ערך אליך
אגידה ואדברה עצמו מספר:

6. Many things have You done, You Adonyie, my God, Your wondrous works and Your thoughts are for us, there is none that can compare to you; to declare and speak of them [is impossible] [for] they are too numerous to be told.

Rabot asita Ata Adonai Elohai nifle'otecha u'mahshebotecha elenu en aroch elecha agida va'adabera asemu mi'saper.

ז זבח ומנחה | לא חפצת אזנים פריה לי עולה וחטאה לא שאלת:

7. Sacrifice and meal offering You did not desire, my ears You have opened; [for] burnt offering and sin offering You have not asked.

Zebah u'minha lo hafasta oznayim karita li ola va'hata'a lo sha'alta.

ח אז אמרתי הנה באתי במגילת ספר כתוב עלי:

8. Then I said, "Hear I have come; in the Scroll of a Book is written of me.

Az amarti hineh bati bi'mgilat sefer katub alai.

ט לעשות רצונך אלקי חפצתי ותורתך בתוך מעי:

9. To fulfill Your will, my God, I desired, and Your Torah is in my innermost parts."

La'asot resonecha Elohai hafasti ve'toratecha be'toch me'ai.

י בשרתי צדק | בקהל רב הנה שפתי לא אכלא ד' אתה ידעת:

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10. I have proclaimed [Your] righteousness in the great congregation,
behold, my lips I will not refrain; Adonyie, You know.

Bisarti sedek be'kahal rab hineh sefatai lo echla Adonai Ata yadata.

**יֵא צְדִקְתֶּךָ לֹא-כִסֵּיתִי | בְּתוֹךְ לִבִּי אֶמוּנָתְךָ וּתְשׁוּעָתְךָ אִמַּרְתִּי לֹא-כִחַדְתִּי
חֶסֶדְךָ וְאִמַּתְךָ לְקַהֲל רַב:**

11. Your righteousness I have not concealed within my heart; Your faithfulness
and Your deliverance I have declared; I have not hidden Your kindness and
Your truth from the great congregation.

Sidkatecha lo chisiti be'toch libi emunatecha u'tshu'atecha amarti lo chihadeti hasdecha
va'amitecha le'kahal rab.

יְב אֶתָּה ד' לֹא-תִכְלֵא רַחֲמֶיךָ מִמֶּנִּי חֶסֶדְךָ וְאִמַּתְךָ תָּמִיד יִצְרוּנִי:

12. You, Adonyie, withhold not Your mercy from me; may Your kindness and
Your truth always protect me.

Ata Adonai lo tichla rahamecha mimeni hasdecha va'amitecha tamid yiseruni.

**יֵג כִּי אֶפְפוּ עָלַי רָעוֹת עַד-אֵין מִסְפָּר הַשִּׁיגוּנֵי עוֹנֹתַי וְלֹא-יִכַלְתִּי לְרַאוֹת עֲצָמו
מִשְׁעָרוֹת רֵאשֵׁי וְלִבִּי עֲזָבָנִי:**

13. For encompassed about me are evils too many to enumerate, my iniquities
have overtaken me and I was unable to see; they were more numerous than
the hairs of my head, and my heart has failed me.

Ki afefu alai ra'ot ad en mispar hisiguni avonotai ve'lo yacholti li'r'ot asemu mi'sa'arot
roshi ve'libi azabani.

יְד רָצָה-ד' לְהַצִּילֵנִי ד' לְעֲזֹרְתִי חוֹשָׁה:

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14. May it please You, Adonyie, to rescue me; Adonyie, to my help, hasten.

Reseh Adonai le'hasileni Adonai le'ezrati husha.

טו יִבְשׁוּ וַיִּחְפְּרוּ | יַחַד מִבְּקֵשֵׁי נַפְשִׁי לְסִפּוֹתֶיהָ יִסְגּוּ אַחֲרָהּ וַיִּכְלְמוּ חֲפִצֵי רַעְתִּי:

15. Let them be ashamed and humiliated together, those who seek my soul to remove it; let them fall back and be disgraced those who desire my hurt.

Yeboshu ve'yahperu yahad mebaksheh nafshi li'spotah yisogu ahor ve'yikalumu hafeseh ra'ati.

טז יִשְׁמוּ עַל-עֵקֶב בִּשְׂתָם הָאֹמְרִים לִי הֵאָח | הֵאָח:

16. Let them be appalled at the extent of their shame, those who say to me, "Aha, aha."

Yashomu al ekeb boshtam ha'omerim li he'ah he'ah.

יז זְשִׁישׁוּ וַיִּשְׂמְחוּ | בְּךָ כָּל-מְבַקְשֵׁיךָ יֹאמְרוּ תָּמִיד יִגְדַּל ד' אֱהִי תְשׁוּעָתְךָ:

17. Let them exult and rejoice in you, all those who seek You; let them say continually, "Be magnified, Adonyie," those who love Your deliverance.

Yasisu ve'yismehu becha kol mebakshecha yomeru tamid yigdal Adonai ohabeh teshu'atecha.

יח וָאֲנִי | עָנִי וְאֶבְיוֹן אֲדֹנָי יִחַשֵׁב לִי עֲזָרָתִי וּמִפְּלִטִי אַתָּה אֱלֹהֵי אֵל-תְּאַחֵר:

18. As for me, being poor and needy, my Master, be aware of me; my help and my rescuer are You, my God, tarry not.

Va'ani ani ve'ebyon Adonai yahashob li ezrati u'mfalti Ata Elohei al te'ahar.