

פרק מב - Psalm 42

א לַמְנַצֵּחַ מִשְׁכִּיל לְבְנֵי-קֹרַח:

1. To the Chief Musician, an instruction of the sons of Korach.

La'menase'ah maskil li'bneh Korah.

ב כַּאֲיֵל תַּעְרֹג עַל-אַפְיקֵי-מַיִם כֵּן נַפְשִׁי תַעְרֹג אֶלְיָךְ אֱלֹהִים:

2. As the hart cries out in thirst for the springs of water, so does my soul cry out in thirst for You, O God.

Ke'ayal ta'arog al afikeh mayim ken nafshi ta'arog elecha Elohim.

ג צְמָאָה נַפְשִׁי | לְאֱלֹהִים לֵקַל חַי מֵתִי אָבוּא וְאֶרְאֶה פָּנֶי אֱלֹהִים:

3. My soul thirst for God, for the living Almighty, When will I come and appear before God?

Same'a nafshi l'Elohim le'El hai matai abo ve'era'e peneh Elohim.

ד הִיְתָה-לִּי דִמְעָתִי לֶחֶם יוֹמָם וְלַיְלָה בְּאֵמֹר אֵלַי כָּל-הַיּוֹם אַיֶּה אֱלֹהֶיךָ:

4. My tear has been my bread day and night, while they say to me all the day, "Where is your God?"

Hayeta li dim'ati lehem yomam va'layla be'emor elai kol ha'yom ayeh Elohecha.

ה אֵלֶּה אֶזְכְּרָה | וְאֶשְׂפַּח עָלַי | נַפְשִׁי כִּי אֶעֱבֹר | בְּסֶךְ אֲדָדִים עַד-בַּיִת אֱלֹהִים
בְּקוֹל-רִנָּה וְתוֹדָה הֶמּוֹן חוֹגֵג:

5. These do I remember and pour out my soul within me, how I passed on with the throng and led them slowly up to the House of God, with loud rejoicing and thanksgiving, a multitude gathering for a holiday.

Ele ezkera ve'eshpecha alai nafshi ki e'ebor ba'sach edadem ad bet Elohim be'kol rina ve'toda hamon hogeg.

ו מה־תִּשְׁתַּחֲוֶהֱ | נִפְשִׁי וְתִהְיֶה מִי עָלַי הוֹחִילִי לְאֱלֹקִים כִּי־עוֹד אוֹדְנוּ יְשׁוּעוֹת פְּנִינוּ:

6. Why are you cast down, my soul? And why do you yearn for me? Hope in God for I will yet thank Him for I will yet thank Him for deliverance [that will come from] His countenance.

Ma tishtohahi nafshi va'tehemi alai hohili l'Elohim ki od odenu yeshu'ot panav.

ז אֱלֹקֵי עָלַי נִפְשִׁי תִשְׁתַּחֲוֶה עַל־כֵּן אֶזְכְּרֶךָ מֵאֶרֶץ יַרְדֵּן וְחֶרְמוֹנִים מִהַר מְצָעָר:

7. My God, my soul is cast down within me; therefore do I remember You from the land of the Jordan, and Hermon's peaks, from the young mountain [Sinai].

Elohai alai nafshi tishtohah al ken ezkorcha me'erezt yarden ve'hermonim me'har mis'ar.

ח תְּהוֹם אֶל־תְּהוֹם קוֹרֵא לְקוֹל צְנוּרֶיךָ כָּל־מִשְׁבְּרֶיךָ וְגַלְיָד עָלַי עָבְרוּ:

8. Deep calls to deep to the commotion of Your canals; all Your billows and Your waves have gone over me.

Tehom el tehom koreh le'kol sinorecha kol mishbarecha ve'galecha alai abaru.

ט יוֹמָם | יִצְוֶה ד' | חֶסֶדּוֹ וּבִלְיָלָה שִׁירָה [שִׁירֹו] עִמִּי תִפְלֶה לְקַל חַיִּי:

9. By day, Adoniye will command His kindness, and in the night His resting place will be with me; [my] prayer to the Almighty of my life.

Yomam yesave Adonai hasdo u'ba'layla shiro imi tefila le'El hayai.

י אוֹמְרָה | לְקַל סִלְעִי לָמָּה שָׁכַחְתָּנִי לָמָּה־קָדַר אֵלַי בְּלַחַץ אוֹיֵב:

10. I will say to the Almighty, my Rock, "Why have You forgotten me? Why do I

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go about mourning under the oppression of my enemy?"

Omera le'El sal'i lama shechahtani lama koder elech be'lahatz oyeb.

יֵא בְרָצַח | בְּעַצְמוֹתַי חֲרָפוּנִי צוֹרְרֵי בְּאִמְרָם אֵלַי כָּל־הַיּוֹם אֵינָה אֱלֹקֶיךָ:

11. Like a sword in my bones are the taunts of my adversaries, by saying to me all the day "Where is my God?"

Be'rasah be'asmotai herefuni sorerai be'omram elai kol ha'yom ayeh Elohecha.

יֵב מֵה־תִּשְׁתַּחֲחִי | נַפְשִׁי וּמֵה־תִּהְיֶהמִי עָלַי הוֹחִילִי לְאֱלֹקִים כִּי־עוֹד אוֹדְנוּ יְשׁוּעַת פְּנֵי וְאֱלֹקֵי:

12. Why are you cast down, my soul? And why do you yearn for me? Hope in God, for I will yet thank Him, for He is my deliverance, the light of my countenance, and my God.

Ma tishtohahi nafshi u'ma tehemai elai hohili l'Elohim ki od odenu yeshu'ot panai v'Elohai.