

פרק נו - Psalm 57

א לַמְנַצֵּחַ אֶל־תַּשְׁחֵת לְדָוִד מִכְתָּם בְּבִרְחוֹ מִפְּנֵי־שָׁאוּל בַּמְעָרָה:

1. To the chief Musician, al tash-het, [a Psalm] of David, a Michtam, when he fled from Saul, in the cave.

La'menase'ah al tash'het le'David michtam be'borho mipeneh Sha'ul ba'me'ara.

ב חֲנֹנֵי אֱלֹהִים | חֲנֵנִי כִּי בָךְ חָסָה נַפְשִׁי וּבְצֵל־כְּנָפֶיךָ אַחְסֶה עַד יַעֲבֹר הַוּוֹת:

2. Be gracious to me, God be gracious to me, for in You my soul has taken refuge; and in the shadow of Your wings will I take refuge until the wickedness passes by.

Honeni Elohim honeni ki becha hasaya nafshi u'b'sel kenafecha ehse ad ya'abor havot.

ג אֶקְרָא לְאֱלֹהִים עֲלִיּוֹן לְקַל גֹּמֵר עָלַי:

3. I will call to God, Most High; to the Almighty Who fulfills my purpose.

Ekra l'Elohim elyon la'El gomer alai.

ד יִשְׁלַח מִשָּׁמַיִם | וַיּוֹשִׁיעֵנִי חֲרֵף שָׂאֲפֵי סֵלָה יִשְׁלַח אֱלֹהִים חֶסֶדּוֹ וְאֱמִתּוֹ:

4. He will send from heaven and deliver me from the humiliation of those who yearn to swallow me, Selah; God will send His kindness and His truth.

Yishlah mi'shamayim ve'yoshi'eni heref sho'afi sela yishlah Elohim hasdo va'amito.

ה נַפְשִׁי | בְּתוֹךְ לְבָאִם אֲשֶׁכְּבָה לְהֵטִים בְּנֵי־אָדָם שְׁנִיהֶם חֲנִית וְחֲצִים וְלִשׁוֹנָם חֶרֶב חֲדָה:

5. My soul is among lions, I lie beside those who are aflame; sons of man whose teeth are spears and arrows, and their tongue is a sharp sword.

Please do not discard this holy document. Please deposit in Geniza at your local synagogue.

Nafshi be'toch leba'im eshkeba lohatim beneh adam shinehem hanit ve'hisim u'lshonam hereb hada.

ו רומה על השמים אלקים על כל הארץ כבודך:

6. Be exalted above the heavens, God, above all the earth be Your glory.

Ruma al ha'shamayim Elohim al kol ha'aretz kebodecha.

ז רשת | הכינו לפעמי כפף נפשי כרו לפני שיחה נפלו בתוכה סלה:

7. A net have prepared for my feet, my soul they bent down, they have dug a pit before me, they have fallen into it, Selah.

Reshet hechinu li'f'amai kafaf nafshi karu lefanai shiha nafelu be'tochah sela.

ח נכון לבי אלקים נכון לבי אשירה ואזמרה:

8. My heart is steadfast, God, my heart my heart is steadfast; I will sing and chant praises.

Nachon libi Elohim nachon libi ashira va'azamera.

ט עורה כבודי עורה הנבל וכנור אעירה שחר:

9. Awake my soul, awake lyre and harp, I will awaken the dawn.

Ura chebodi ura ha'nebel ve'chinor a'ira shahar.

י אודך בעמים | אדני אזמרך בל אמים:

10. I will thank You among peoples, my Master, I will sing praises to You among nations.

Odecha ba'amim Adonai azamercha ba'l'umim.

*Please do not discard this holy document. Please deposit in Geniza at your local synagogue.*

**יֵא כִּי־גָדוֹל עַד־שָׁמַיִם חֶסֶדְךָ וְעַד־שְׁחָקִים אֱמִתְּךָ:**

11. For great until the heavens is Your kindness, and until the clouds is Your truth.

Ki gadol ad shamayim hasdecha ve'ad shehakim amitecha.

**יב רוּמָה עַל־שָׁמַיִם אֱלֹהִים עַל כָּל־הָאָרֶץ כְּבוֹדְךָ:**

12. Be exalted above the heavens, God, above all the earth be Your glory.

Ruma al shamayim Elohim al kol ha'aretz kebodecha.