

פרק סט - Psalm 69

א למנצח על-שושנים לדוד:

1. To the Chief Musician, upon shoshaniym, [a Psalm] of David.

La'menase'ah al shoshanim le'David.

ב הושיעני אלקים כי באו מים עד-נפש:

2. Deliver me, God for the waters have reached until [my] soul.

Hoshi'eni Elohim ki ba'u mayim ad nafesh.

ג טבעתי בין מצולה ואין מעמד באתי במעמקי-מים ושבילת שטפתני:

3. I am sunk in muddy depths without foothold; I have come into deep waters and a whirlpool has swept me away.

Tabati bi'ven mesula ve'en ma'omad bati be'ma'amakeh mayim ve'shibolet shatafateni.

ד יגעתי בקראי נחר גרוני כלו עיני מיחל לאלקי:

4. I am weary with my crying my throat is parched, my eyes grow dim as I wait for my God.

Yagati be'kor'i nihar geroni kalu enai meyahel l'Elohai.

ה רבו | משערות ראשי שנאי חנם עצמו מצמיתי איבי שקר אשר לא-גזלתי
אז אשיב:

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5. More than the number of hairs on my head are those who hate me without cause; mighty are those who want to cut me off, my enemies who pursue falsehood, that which I have not robbed I am nevertheless compelled to return.

Rabu mi'sa'arot roshi son'ai hinam asemu masmitai oyebai sheker asher lo gazalti az ashib.

ו אֱלֹקִים אַתָּה יָדַעְתָּ לְאוֹלְתֵי וְאַשְׁמוֹתַי מִמֶּךָ לֹא־נִכְחַדְדוּ:

6. God, You knew my folly, and my trespasses are not hidden from You.

Elohim Ata yadata le'ivalti ve'ashmotai mimecha lo nich'hadu.

ז אֶל־יֵבֹשׁוּ בִי | קוֹיֶךָ אֲדוֹנֵי ד' צָבָאֹת אֶל־יִכְלְמוּ בִי מִבְּקִשְׁיֶךָ אֱלֹקֵי יִשְׂרָאֵל:

7. Let them not be ashamed through me those who wait for You, my Master, God of Hosts; let them not be disgraced through me those who seek You, God of Israel.

Al yeboshu bi kovecha Adonai Elohim Seba'ot al yikalemu bi mebakshecha Eloheh Yisrael.

ח כִּי־עָלִיךָ נִשְׂאתִי חֲרָפָה כְּסִתָּה כְּלָמָה פָּנָי:

8. Because for Your sake I have borne humiliation, disgrace has covered my face.

Ki alecha nasati herpa kiseta chelima fanai.

ט מוֹזָר הָיִיתִי לְאֶחָי וְנֹכְרִי לְבְנֵי אִמִּי:

9. I became a stranger to my brethren, and an alien to my mother's children.

Muzar hayiti le'ehai ve'nochri li'bneh imi.

י כִּי־קִנְאֵת בֵּיתְךָ אֲכָלְתָנִי וְחֲרָפוֹת חוֹרְפִיךָ נָפְלוּ עָלַי:

10. Because they envy Your House they have devoured me, and the humiliation of those who scorn You have fallen upon me.

Ki kin'at betecha achalatni ve'herpot horfecha nafelu alai.

י א וְאַבְכֶּה בְּצוֹם נַפְשִׁי וְתִהְיֶה לְחֲרָפוֹת לִי:

11. And I wept with my fasting soul, and it was humiliating me.

Va'ebke ba'som nafshi va'tehi la'harafot li.

יב וְאַתְנֶה לְבוּשִׁי שֶׁק וְאֶהֱיָה לָהֶם לְמָשָׁל:

12. And I made the sackcloth my garment, and I became a byword to them.

Va'etena lebusshi sak va'ehi lahem le'mashal.

יג יִשְׁיחוּ בִּי יוֹשְׁבֵי שַׁעַר וְנִגְיֹנוֹת שׁוֹתֵי שֵׁכָר:

13. They talk of me, those who sit in the gate, and [about me] are the songs of drunkards.

Yasihu Bi yoshebeh sha'ar u'nginot shoteh shechar.

יד וְאַנִּי תְפִלְתִּי־לְךָ | ד' עֵת רְצוֹן אֱלֹהִים בְּרַב־חֶסֶדְךָ עֲנֵנִי בְּאֵמֶת יִשְׁעֶךָ:

14. May my prayer to You, Adoniye, be at a favorable time; God, in the abundance of Your kindness answer me with truth of Your deliverance.

Va'ani tefilati lecha Adonai et rason Elohim be'rob hasdecha aneni be'emet yish'echa.

טו הַצִּילֵנִי מִטִּיט וְאַל־אַטְבְּעָה אֲנִצְלָה מִשְׁנְאֵי וּמִמַּעַמְקֵי־מַיִם:

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15. Rescue me from the mire and let me not sink; let me be rescued from my enemies and from the depths of the water.

Hasileni mi'tit ve'al etba'a inasela mi'sone'ai u'mi'ma'amakeh mayim.

טז אֶל־תִּשְׁטַפְּנִי | שְׁבִלַת מַיִם וְאֶל־תִּבְלַעְנִי מְצוּלָה וְאֶל־תִּאָטֵר עָלַי בְּאֵר פִּיהַ:

16. Let me not be carried away by a whirlpool of water, nor let the deep swallow me; and let not the pit close its mouth on me.

Al tishtefeni shibolet mayim ve'al tibra'eni mesula ve'al tetar alai be'er piha.

יז עֲנֵנִי ד' פִּי־טוֹב חֶסֶדְךָ כְּרֹב רַחֲמֶיךָ פְּנֵה אֵלַי:

17. Answer me, Adoniye, for Your kindness is good; according to the abundance of Your mercy turn to me.

Aneni Adonai ki tob hasdecha ke'rob rahamecha peneh elai.

יח וְאֶל־תִּסְתֵּר פְּנֶיךָ מֵעַבְדְּךָ כִּי־צָר־לִי מְהֵרָ עֲנֵנִי:

18. And hide not Your face from Your servant, for I am in distress, speedily answer me.

Ve'al taster panecha me'abdecha ki sar li maher aneni.

יט קִרְבָּה אֶל־נַפְשִׁי גְאֹלָה לְמַעַן אֵיבֵי פְדֹנִי:

19. Draw near to my soul and redeem it; because of my enemies, ransom me.

Korba el nafshi ge'alah lema'an oyebai pedeni.

כ אַתָּה יְדַעַת חֲרָפְתִּי וּבִשְׁתִּי וּכְלַמְתִּי נִגְדְךָ כָּל־צוּרְכִי:

20. You know of my humiliation and my shame and my disgrace; before You are all my adversaries.

Ata yadata herpati u'boshti u'chlimati negdecha kol sor'rai.

כא חרפה | שברה לבי ואנושה ואקוה לנוד ואין ולמנחמים ולא מצאתי:

21. Humiliation has broken my heart and I am very sick, and I hoped for encouragement but there was none, and for consolers, but I found none.

Herpa shabera libi va'anusha va'akave la'nud va'ayin ve'la'mnahamim ve'lo masati.

כב ויתנו בברותי ראש ולצמאי ישקוני חמץ:

22. And they put poison into my food, and for my thirst they gave me vinegar to drink.

Va'yitenu be'baruti rosh ve'li'sma'i yashkuni hometz.

כג יהי שלחנם לפניהם לפח ולשלומים למוקש:

23. Let their table before them become snare, and when they are at peace, let it become a trap.

Yehi shulhanam lifnehem le'fah ve'li'shlomim le'mokesh.

כד תחשכנה עיניהם מראות ומתניהם תמיד המעד:

24. Let their eyes be too darkened to see, and let their loins continually totter.

Tehshachna enehem me'r'ot u'motnehem tamid ham'ad.

כה שפד עליהם זעמד וחרון אפך ישיגם:

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25. Pour out Your wrath upon them, and let the fierceness of Your anger overtake them.

Shefoch alehem zamecha va'haron apecha yasigem.

כּו תְּהִי־טִירָתְּם נִשְׁמָה בְּאֹהֲלֵיהֶם אֶל־יְהִי יוֹשֵׁב:

26. Let their palace be desolate, in their tents let there be no dweller.

Tehi tiratam neshama be'aholehem al yehi yosheb.

כּוּ כִי־אַתָּה אֲשֶׁר־הִכִּיתָ רָדַפּוּ וְאֶל־מִכְאוֹב חֲלַלְיָךְ יִסְפְּרוּ:

27. For him whom You have smitten they pursued, and of the pain of those whom You wounded they relate.

Ki Ata asher hikita radafu ve'el mach'ob halalecha yesaperu.

כּח תִּנְהֶ־עֵוֹן עַל־עֲוֹנָם וְאֶל־יָבֹאוּ בְּצַדִּיקְתָּךְ:

28. Add sin to their sin, and let them not [enjoy] Your righteousness.

Tena avon al avonam ve'al yabo'u be'sidkatecha.

כּט יִמְחוּ מִסֵּפֶר חַיִּים וְעַם צְדִיקִים אֶל־יִכְתְּבוּ:

29. Let them be blotted out of the Book of Life, and with the righteous let them not be inscribed.

Yimahu mi'sefer hayim ve'im sadikim al yikatebu.

ל וְאֲנִי עֲנִי וְכוֹאֵב יִשׁוּעַתְךָ אֱלֹקִים תִּשְׁגְּבוּנִי:

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30. But I am afflicted and in pain; let Your deliverance, God, strengthen me.

Va'ani ani ve'cho'eb yeshu'atecha Elohim tesagebeni.

לא אֶהְלֵלָה שֵׁם־אֱלֹקִים בְּשִׁיר וְאֶגְדְּלֵנוּ בְּתוֹדָה:

31. I will praise the Name of God with a song, and I will magnify Him with thanksgiving.

Ahal'la shem Elohim be'shir va'agadelenu be'toda.

לב וְתִיטֵב לְד' מְשׁוֹר פָּר מִקֶּרֶן מִפְּרִיס:

32. And it will please Adoniye more than a bullock that has horns and hoofs.

Ve'titab l'Adonai mi'shor par makrin mafris.

לג רְאוּ עֲנָוִים יִשְׂמְחוּ דְרָשִׁי אֱלֹקִים וַיְחִי לְבַבְכֶם:

33. The humble will see it and be glad, those who seek God, let your hearts revive.

Ra'u anavim yismahu doreshah Elohim vi'hi lebabchem.

לד כִּי־שָׁמַע אֱלֹ־אֲבִיוֹנִים ד' וְאֶת־אֲסִירָיו לֹא בָזָה:

34. For God hearkens to the needy, and His prisoners He does not despise.

Ki shome'a el ebyonim Adonai ve'et asirav lo baza.

לה לֹה יִהְלֹוּהוּ שָׁמַיִם וָאָרֶץ יָמִים וְכָל־רִמְשׁ בָּם:

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35. Heaven and earth will praise Him, the seas and everything that moves in them.

Yehal'luhu shamayim va'aretz yamim ve'chol romes bam.

לוּ כִּי אֱלֹהִים | אוֹשִׁיעַ צִיּוֹן וַיְבַנֶּה עָרֵי יְהוּדָה וַיָּשְׁבוּ שָׁם וִירְשׁוּהָ:

36. For God will deliver Zion, and build the cities of Judah, and they will settle there and possess it.

Ki Elohim yoshi'a Siyon ve'yibne areh Yehuda ve'yashebu sham vi'reshuha.

לוּ וְזָרַע עַבְדָּיו יִנְחֲלוּהָ וְאֹהֲבֵי שְׁמוֹ יִשְׁכְּנוּ-בָהּ:

37. And the seed of His servants will inherit it, and those who love His Name will dwell in it.

Ve'zera abadav yinhaluha ve'ohabeh shemo yishkenu bah.