

פרק צ - Psalm 90

א תפלה למשה איש האלקים אדני מעון אתה היית לנו בדר ודר:

1. A prayer of Moses, the man of God: My Master a dwelling [-place] have You been for us in every generation.

Tefila le'Moshe ish ha'Elohim Adonai ma'on Ata hayita lanu be'dor va'dor.

ב בטרים | הרים ילדו ותחולל ארץ ותבל ומעולם עד עולם אתה קל:

2. Before the mountains were born, and You brought forth the earth and the inhabited world; from world to world You are Almighty.

Be'terem harim yuladu va'teholel eretz ve'tebel u'me'olam ad olam Ata El.

ג תשב אנוש עד דכא ותאמר שובו בני אדם:

3. You push man down until the crushing point and You say, "Return, children of man!"

Tasheb enosh ad daka va'tomer shubu beneh adam.

ד כי אלף שנים בעיניך כיום אתמול כי יעבר ואשמורה בלילה:

4. For a thousand years are in Your eyes like the yesterday that has just passed, and like a night watch.

Ki elef shanim be'enecha ke'yom etmol ki ya'abor ve'ashmura ba'laila.

ה זרמתם שנה יהיו בבקר כחציר יחלף:

5. The stream of their life is [but] slumber, in the morning they are as grass, freshly grown.

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Zeramtam shena yihyu ba'boker ke'hasir yahalof.

וּבְבֹקֶר יִצִיץ וְחָלֵף לְעֶרֶב יִמּוֹלֵל וְיָבֵשׁ:

6. [If] in the morning it blossoms, and grows afresh by evening it is cut off and shriveled.

Ba'boker yasitz ve'halaf la'ereb yemolel ve'yabesh.

ז כִּי־כָלֵינוּ בְּאַפֶּךָ וּבְחַמַּתְךָ נִבְהַלְנוּ:

7. So are we consumed by Your anger and by Your rage are we terrified.

Ki chalinu be'apecha u'ba'hamatecha nibhalnu.

ח שַׁת [שַׁתְּהָ] עֲוֹנוֹתֵינוּ לְנֶגְדְךָ עֲלֵמֵנוּ לְמַאֲוֵר פְּנֶיךָ:

8. You have set our iniquities before You, the sins of our youth before the light of Your countenance.

Shata avonotenu le'negdecha alumenu li'm'or panecha.

ט כִּי כָל־יָמֵינוּ פָּנוּ בְּעִבְרַתְךָ כְּלֵינוּ שָׁנֵינוּ כְּמוֹ־הֶגֶה:

9. For all our days vanish in Your wrath; we terminate our years like an unspoken word.

Ki chol yamenu panu be'ebratecha kilinu shanenu chemo hege.

י יָמֵי שְׁנוֹתֵינוּ | בְּהֵם שְׁבָעִים שָׁנָה וְאִם בְּגִבּוֹרֶת | שְׁמוֹנִים שָׁנָה וְרֶהֱבִם עֲמַל
וְאָנוּ כִּי־גָז חִישׁ וְנִעְפָּה:

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10. The days of our years in them [total] seventy years, and with strength, eighty years, and their pride is frustration and falsehood; for, cut off quickly, we fly away.

Yemeh shenotenu bahem shib'im shana ve'im bi'gburot shemonim shana ve'rohbam amal va'aven ki gaz hish va'na'ufo.

יֵא מִי־יֹדֵעַ עַז אַפֶּךָ וְכִי־אַתָּה עֵבְרָתְךָ:

11. Who can [get to] know the force of Your anger? And like the fear of You so is Your wrath.

Mi yode'a oz apecha u'ch'yir'atecha ebratecha.

יֵב לְמִנּוֹת יָמֵינוּ כֵּן הַיּוֹדֵעַ וְנָבֵא לְבַב חֲכָמָה:

12. To count our days, teach us and we will acquire a heart of wisdom.

Li'mnot yamenu ken hoda ve'nabi lebab hochma.

יֵג שׁוּבָה ד' עַד־מַתִּי וְהִנָּחֵם עַל־עַבְדֶּיךָ:

13. Turn Adoniye –how long? And change Your mind about Your servants.

Shuba Adonai ad matai ve'hinahem al abadecha.

יֵד שְׂבַעֲנוּ בַבֹּקֶר חַסְדְּךָ וְנִרְנְנָה וְנִשְׂמְחָה בְּכָל־יָמֵינוּ:

14. Satisfy us in the morning with Your kindness, and we will sing and rejoice throughout our days.

Sabe'enu ba'boker hasdecha u'nranena ve'nismeha be'chol yamenu.

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טו שְׂמַחְנוּ כִּימֹת עֲנִיתָנוּ שְׁנוֹת רָאִינוּ רָעָה:

15. Make us rejoice like the days You afflicted us, the years [when] we saw evil.

Samehenu ki'mot initanu shenot ra'inu ra'a.

טז יִרְאֶה אֶל-עַבְדֶּיךָ פְּעֻלָּתְךָ וְהַדְרֹךְ עַל-בְּנֵיהֶם:

16. Let be revealed to Your servants, Your deeds and Your splendor be upon their children.

Yera'e el abadecha fa'olecha va'hadarecha al benehem.

יז וַיְהִי | נֶעַם אֲדֹנָי אֱלֹהֵינוּ וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה עָלֵינוּ וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה:

17. May the pleasantness of My Master our God be upon us, and the work of our hands established for us, and the work of our hands—establish it.

Vi'hi no'am Adonai Elohenu alenu u'ma'aseh yadenu kon'na alenu u'ma'aseh yadenu kon'nehu.