

פרק ל - Psalm 30

א מִזְמוֹר שִׁיר חֲנֻכַּת הַבַּיִת לְדָוִד:

1. A Psalm, a song for the inauguration of the Temple, by David.

ב אֲרוּמְמֶךָ ד' כִּי דָלִיתָנִי וְלֹא־שִׁמַּחְתָּ אִיְבֵי לִי:

2. I will Exalt you, Adoniye, for You have upheld me, and not let my foes rejoice over me.

ג ד' אֱלֹהֵי שׁוֹעֲתֵי אֵלַיךָ וַתִּרְפָּאֵנִי:

3. Adoniye, my God, I cried out to You and You healed me.

ד ד' הֶעֱלִיתָ מִן־שְׂאוֹל נַפְשִׁי חַיֵּיתָנִי מִיֹּרְדֵי־[מִיֹּרְדֵי] בּוֹר:

4. Adoniye, You have raised my soul from the Lower World. You have kept me alive, lest I descend to the Pit.

ה זַמְרוּ לַד' חֲסִידָיו וְהוֹדוּ לְזִכְרֵ קְדְשׁוֹ:

5. Sing to Adoniye, [You,] His pious ones, and give thanks to His holy Name.

ו כִּי רָגַע בְּאַפּוֹ חַיִּים בְּרִצּוֹנוֹ בְּעֶרֶב יָלִין בְּכִי וּלְבֹקֵר רִנָּה:

6. For His anger lasts only a moment, but there is [long] life, in His conciliation. In the evening, one retires weeping, but in the morning there is [a cry of] joy!

ז וְאֲנִי אֶמְרָתִי בְּשִׁלּוֹי בַל־אֶמוֹט לְעוֹלָם:

7. I said, in my serenity, I would never be moved.

ח ד' בְּרָצוֹנְךָ הִעֲמַדְתָּהּ לְהַרְרִי עַז הַסְתַּרְתָּ פְּנִיךָ הֵייתִי נְבִהֵל:

8. [But,] Adoniye, it was Your will [alone] that established my mountain as a stronghold. When You concealed Your Presence, I was terrified.

ט אֵלֶיךָ ד' אֶקְרָא וְאֶל־אֲדֹנָי אֶתְחַנֵּן:

9. To You, Adoniye, I called, and my Master I beseeched.

י מִה־בִּצְעַע בְּדַמִּי בְּרִדְתִּי אֶל־שַׁחַת הַיּוֹדֶךָ עֶפְרָ הִיגִיד אֲמַתְךָ:

10. What gain is there in [the shedding of] my blood? In my going down to destruction? Will the dust acknowledge You? Will it proclaim Your truth?

יא שְׁמַע־ד' וְחַנּוּנִי ד' הִיָּה עֲזָר לִי:

11. Hear [me] Adoniye, and be gracious to me. Adoniye, be a help to me.

יב הִפַּכְתָּ מִסְפָּדִי לְמַחּוֹל לִי פִתַּחַת שִׁקִּי וַתֹּאזְרֵנִי שִׂמְחָה:

12. You have turned my mourning into dancing. You have loosened my sackcloth and supported me with joy.

יג לְמַעַן | יִזְמְרַךְ כְּבוֹד וְלֹא יִדָּם ד' אֱלֹהֵי לְעוֹלָם אוֹדֶךָ:

13. In order that my soul might sing to You and not be stilled, Adoniye, my God, forever will I thank You.