

פרק לח - Psalm 38

א מזמור לדוד להזכיר:

1. A Psalm of David, to serve as a memorial.

ב ד' אל־בְּקֶצֶף תּוֹכִיחֵנִי וּבַחֲמַתְךָ תִּיַסְרֵנִי:

2. Adoniye, with Young anger, rebuke me not nor with Your wrath, chasten me.

ג כִּי־חֲצִיךָ נִחְתּוּ־בִי וַתִּנְחַת עָלַי יָדְךָ:

3. For Your arrows were fired [deep] into me, and down upon me has Your hand come.

ד אֵין־מָתֵם בְּבִשְׂרִי מִפְּנֵי זַעֲמֶךָ אֵין־שְׁלוֹם בְּעַצְמֵי מִפְּנֵי חַטָּאתֵי:

4. There is no unmarred spot in my flesh because of Your rage; there is no peace in my bones because of my sin.

ה כִּי־עֹנֹתַי עָבְרוּ רֵאשִׁי כְּמִשָּׂא כֶבֶד יִכְבְּדוּ מִמֶּנִּי:

5. For my iniquities have gone over my head, as an onerous burden, they are too heavy for me.

ו הִבְאִישׁוּ נִמְקוּ חִבּוּרֵי מִפְּנֵי אוֹלָתִי:

6. Festered and rotted are my wounds, because of my foolishness.

ז נַעֲוִיתִי שַׁחְתִּי עַד־מְאֹד כָּל־הַיּוֹם קָדַר הִלַּכְתִּי:

7. I am bent and bowed down greatly, all day in dark melancholy, I go.

ח כִּי־כֶסֶלִי מְלֵאוֹ נִקְלָה וְאֵין מִתּוֹם בְּבִשְׂרִי:

8. For my inner thoughts were filled with futility and there is no unmarred spot in my flesh.

ט נִפּוּגְתִי וְנִדְכִיתִי עַד־מְאֹד שְׂאֲגָתִי מִנְהֵמַת לִבִּי:

9. I was faint and crushed exceedingly; I roared from the moaning of my heart.

י אֲדַנְּ-י נִגְדָךְ כָּל־תַּאֲוֹתַי וְאֲנַחְתִּי מִמֶּךָ לֹא־נִסְתָּרָה:

10. My Master, before You are all my desires [need], and my sighing is not hidden from You.

יא לִבִּי סִחְרָחַר עֲזָבַנִי כַחֵי וְאוֹר עֵינַי גָּם־הֵם אֵין אִתִּי:

11. My heart is engulfed in grief, my strength has forsaken me, and the light of my eyes, it, too, is gone from me.

יב אֲהַבִּי | וְרַעִי מִנְגִיד נִגְעֵי יַעֲמָדוֹ וְקָרוּבֵי מִרְחַק עֹמְדוֹ:

12. My friends and my companions stand aloof from my affliction, and my kinsmen stand at a distance.

יג וַיִּנְקְשׂוּ | מִבִּקְשֵׁי נַפְשִׁי וְדֹרְשֵׁי רַעְתִּי דִבְרוּ הוֹת וּמְרָמוֹת כָּל־הַיּוֹם יְהַגּוּ:

13. They laid snares for me, those who seek my soul and those who seek my hurt speak of destruction and upon deceits, all day do they meditate.

יד וַאֲנִי כִחְרַשׁ לֹא אֶשְׁמַע וְכֹאֲלִים לֹא יִפְתַּח־פִּיו:

14. But I am as a deaf man, I do not hear, and as a mute who does not open his mouth.

טו וְאֵהִי כְּאִישׁ אֲשֶׁר לֹא־שָׁמַע וְאֵין בְּפִי תוֹכָחוֹת:

15. I became as a man that does not hear, and in whose mouth there are no rebuttals.

טז כִּי־לֵךְ ד' הוֹחַלְתִּי אֶתְּהָ תַעֲנֶה אֲדַנְּי־י אֱלֹקָי:

16. For You, Adoniye, did I wait, You will answer, my Mater, my God.

יז כִּי־אָמַרְתִּי פֶן־יִשְׂמְחוּ־לִי בְמוֹט רַגְלִי עָלַי הִגְדִּילוּ:

17. For I said lest they rejoice over me; when my foot slips, they exalt themselves over me.

יח כִּי־אָנִי לְצַלַּע נָכוֹן וּמְכָאוֹבִי נִגְדִי תָמִיד:

18. For I am prone to limp [suffer] and my pain is continually before me.

יט כִּי־עוֹנִי אֶגִּיד אֲדַאֵג מִחַטָּאתַי:

19. For my iniquity I declare [in my heart], I am anxious because of my sin.

כ וְאֵיבֵי חַיִּים עָצְמוּ וְרָבוּ שְׂנְאֵי שָׂקָר:

20. But my foes abound with life and multiplied are those who hate me without cause.

כא וּמִשְׁלָמֵי רָעָה תַחַת טוֹבָה יִשְׁטַנּוּנִי תַחַת רְדוּפֵי [רְדוּפֵי]־טוֹב:

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21. And those who repay evil for good denounce me because of my pursuit of good.

כב אֶל-תִּעֲזֹבֵנִי ד' אֱלֹהֵי אֶל-תִּרְחַק מִמֶּנִּי:

22. Forsake me not, Adonyie, my God, be not far from me.

כג חוֹשָׁה לְעֹזְרָתִי אֲדֹנָי-יְשׁוּעָתִי:

23. Hasten to help me, my Master, my deliverance.