

פרק צ - Psalm 90

א תַּפְלֵה לְמֹשֶׁה אִישׁ-הָאֱלֹקִים אֲדֹנָי-י מַעֲוֹן אֶתָּה הָיִיתָ לָּנוּ בְּדָר וּדָר:

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

ב בְּטָרַם | הָרִים יֵלְדוּ וְתַחֲלִל אֶרֶץ וְתַבַּל וּמַעֲוֹלָם עַד-עוֹלָם אֶתָּה קָל:

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

ג תִּשָּׁב אֲנוֹשׁ עַד-דָּכָא וְתֹאמַר שׁוּבוּ בְנֵי-אָדָם:

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

ד כִּי אֶלֶף שָׁנִים בְּעֵינֶיךָ כְּיוֹם אֶתְמוֹל כִּי יַעֲבֹר וְאַשְׁמוּרָה בַּלַּיְלָה:

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

ה זַרְמַתָּם שָׁנָה יִהְיוּ בַּבֶּקֶר כְּחֹצִיר יַחֲלֶף:

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

ו בַּבֶּקֶר יִצְיָץ וְחֲלָף לְעֶרֶב יִמּוֹלֵל וַיִּבֶשׁ:

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

ז כִּי־כָלֵינוּ בְּאַפְךָ וּבַחֲמַתְךָ נִבְהַלְנוּ:

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

ח שֵׁת [שֵׁתָה] עֲוֹנוֹתֵינוּ לְנֶגְדְךָ עֲלַמְנוּ לְמַאֲוֹר פְּנֶיךָ:

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

ט כִּי כָל־יְמֵינוּ פָּנוּ בְּעִבְרַתְךָ כְּלֵינוּ שְׁנֵינוּ כְּמוֹ־הֶגְהָ:

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

י יְמֵי שְׁנוֹתֵינוּ | בָּהֶם שְׁבַעִים שָׁנָה וְאִם בְּגִבּוֹרֹת | שְׁמוֹנִים שָׁנָה וְרַחֲבָם עֲמַל  
וְאֵן כִּי־גָז חִישׁ וְנִעְפָּה:

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.

יא מִי־יֹדַע עַז אַפְךָ וְכִי־אַתָּה עִבְרַתְךָ:

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

יב לְמִנּוֹת יְמֵינוּ כֵּן הוֹדַע וְנִבְא לְבַב חֲכָמָה:

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

יג שׁוּבָה ד' עַד־מְתִי וְהִנָּחֵם עַל־עֲבֹדֶיךָ:

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

יָד שִׁבְעֵנוּ בַּבֶּקֶר חֲסִדְךָ וּנְרַנְנָה וְנִשְׂמָחָה בְּכָל־יְמֵינוּ:

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

טו שִׂמְחָנוּ בְּיָמוֹת עֲנִיתָנוּ שְׁנוֹת רָאִינוּ רָעָה:

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

טז יִרְאֶה אֶל־עַבְדֶּיךָ פְּעֻלָּתְךָ וְהַדְרֹךְ עַל־בְּנֵיהֶם:

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

יז וַיְהִי | נָעַם 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.