

פרק קב - Psalm 102

א תפלה לעני כי יעטף ולפני ד' ישפך שיחו:

1. A prayer of the poor when he is enwrapped [with affliction], and before Adonai he pours out his thoughts [prayers].

Tefila le'ani chi ya'atof ve'lifneh Adonai yishpoch siho.

ב ד' שמעה תפילתי ושועתי אלך תבוא:

2. Adoniye, hear my prayer, and let my cry come to You.

Adonai shim'a tefilati ve'shav'ati elecha tabo.

ג אל-תסתר פניך | ממני ביום צר לי הטה אל אונך ביום אקרא מהר ענני:

3. Hide not Your face from me, in the day of my distress, incline Your ear to me; in the day when I call answer me speedily.

Al taster panecha mimeni be'yom sar li hateh elai oznecha be'yom ekra maher aneni.

ד כי-כלו בעשן ימי ועצמותי כמוקד נהרו:

4. For my days are consumed as smoke, and my bones are dried up as a hearth.

Ki chalu be'ashan yamai ve'asmotai ke'moked niharu.

ה הופה-כעשב ויבש לבי כי-שכחתי מאכל לחמי:

5. Smitten like grass and withered is my heart, for I have forgotten to eat my bread.

Huka cha'eseb va'yibash libi ki shachahti me'achol lahmi.

וּמִקּוֹל אֲנַחְתִּי דָבְקָה עֲצָמִי לְבִשְׂרִי:

6. From the sound of my sighing my bone clung to my flesh.

Mi'kol anhati dabeka asmi li'bsari.

ז דַּמִּיתִי לְקֵאֶת מִדְּבַר הַיְיִתִי כְּכֹס חֲרָבוֹת:

7. I am like a pelican of the wilderness, I have become like an owl of the wasteland.

Damiti li'k'at midbar hayiti ke'chos horabot.

ח שִׁקְדַּתִּי וְאַהֲיָה כְּצִפּוֹר בּוֹדֵד עַל-גַּג:

8. I meditated and realized that I am like a bird that is alone on the roof.

Shakad'ti va'ehye ke'sipor boded al gag.

ט כָּל-הַיּוֹם חֲרָפוּנִי אוֹיְבֵי מְהוֹלְלֵי בִּי נִשְׁבְּעוּ:

9. All day my enemies taunt me; those who mock me, swear by me.

Kol ha'yom herfuni oyebai meholalai bi nishba'u.

י כִּי אֶפֶר כַּלְחֵם אֲכַלְתִּי וְשִׁקּוּי בִּבְכִי מִסַּחְתִּי:

10. For I have eaten ashes like bread, and mixed my drink with tears.

Ki efer ka'lehem achalti ve'shikuvai bi'bchi masachti.

יא מִפְּנֵי-זַעַמְךָ וְקִצְפְּךָ כִּי נִשְׂאֵתִנִּי וְתִשְׁלִיכֵנִי:

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11. Because of Your indignation and Your wrath, for You have lifted me up and then You cast me down.

Mipeneh za'amcha ve'kispecha ki nesatani va'tashlicheni.

יב ימי כצל נטוי ואני כעשב איבש:

12. My days are like a lengthened shadow, and I, like grass, wither away.

Yamai ke'sel natui va'ani ka'eseb ibash.

יג ואתה ד' לעולם תשב וזכרך לדר ודר:

13. But You, Adoniye, will be enthroned forever, and Your memorial is for all generations.

Ve'Ata Adonai le'olam tesheb ve'zichrecha le'dor va'dor.

יד אתה תקום תרחם ציון כי עת לחננה כי בא מועד:

14. You will arise and have compassion on Zion, for it is time to be gracious to her, for the appointed time has come.

Ata takum terahem Siyon ki et le'hen'nah ki ba mo'ed.

טו כי רצו עבדיך את אבניה ואת עפרה יחננו:

15. For Your servants take pleasure in her stones and bestow their favor on her dust.

Ki rasu abadecha et abaneha ve'et afarah yehonenu.

טז וייראו גוים את שם ד' וכל מלכי הארץ את כבודך:

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16. And nations will fear the Name of Adoniye and all the kings of the earth, Your glory.

Ve'yir'u goyim et shem Adonai ve'chol malcheh ha'aretz et kebodecha.

יז כִּי־בָנָה ד' צִיּוֹן נִרְאָה בְּכֹבוֹדוֹ:

17. When Adoniye has built up Zion, He will have appeared in His glory.

Ki bana Adonai Siyon nir'a bi'chbodo.

יח פָּנָה אֶל־תְּפִלַּת הָעֲרֵעַר וְלֹא־בָזָה אֶת־תְּפִלָּתָם:

18. He has turned to the prayer of the lonely one and has not despised their prayer.

Pana el tefilat ha'ar'ar ve'lo baza et tefilatam.

יט תִּכְתֹּב זֹאת לְדוֹר אַחֲרוֹן וְעַם נִבְרָא יִהְלֵל־יָהּ:

19. This will be written for the generation to come, and a newly created people will praise God.

Tikateb zot le'dor aharon ve'am nibra yehalel Yah.

כ כִּי־הִשְׁקִיף מִמְרוֹם קֹדְשׁוֹ ד' מִשָּׁמַיִם | אֶל־אֶרֶץ הַבַּיִט:

20. For He observed from the height of His Sanctuary, Adoniye from heaven, looked down to the earth.

Ki hishkif mi'merom kodsho Adonai mi'shamayim el eretz hibit.

כא לִשְׁמַע אֲנִקֶּת אֶסִּיר לְפִתְחֵי בְּנֵי תְּמוּתָהּ:

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21. To hear the anguished cry of the prisoner, to liberate those who are doomed to die.

Li'shmo'a enkat asir le'fate'ah beneh temuta.

כב לְסַפֵּר בְּצִיּוֹן שֵׁם ד' וְתִהְיֶה לָּהּ בִּירוּשָׁלַם:

22. To recount in Zion the Name of Adoniye, and His praise in Jerusalem.

Le'saper be'Siyon shem Adonai u't'hilato bi'Yrushalayim.

כג בְּהִקְבֹּץ עַמִּים יַחְדָּו וּמַמְלָכוֹת לַעֲבֹד אֶת־ד':

23. When peoples gather together and kingdoms, to serve Adoniye.

Be'hikabetz amim yahdav u'mamlachot la'abod et Adonai.

כד עֲנֵה בְּדֶרֶךְ כֹּחִי [כֹּחִי] קֹצֵר יָמַי:

24. He weakened my strength in the way, He shortened my days.

Ina ba'derech kohi kisar yamai.

כה אִמַר קֵלִי אֶל־תֵּעַלֵּנִי בְּחַצֵי יָמַי בְּדֹר דֹּרִים שְׁנוֹתַיךְ:

25. I say [to God], "My Almighty do not remove me in the midst of my days, throughout all generations do Your years endure.

Omar Eli al ta'aleni ba'hasi yamai be'dor dorim shenotecha.

כו לְפָנִים הָאָרֶץ יִסַּדְתָּ וּמַעֲשֵׂה יְדִיךָ שָׁמַיִם:

26. In the beginning You laid the foundations of the earth, and the work of Your

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hands are the heavens.

Lefanim ha'aretz yasad'ta u'ma'aseh yadecha shamayim.

כז הַמָּה | לֹא־בִדְוֹ וְאַתָּה תִּעֲמָד וְכֹלם כִּבְגָד יִבְלוּ כַּלְבוּשׁ תַּחֲלִיפֶם וַיִּחַלְפוּ:

27. They will perish but You will endure; all of them will wear out like a garment; as a garment You will change them and they shall vanish.

Hema yobedu ve'Ata ta'amod ve'chulam ka'beged yiblu ka'lebush tahalifem ve'yahalofu.

כח וְאַתָּה־הוּא וְשָׁנוֹתֶיךָ לֹא יִתְמוּ:

28. But You are the same, and Your years will not end.

Ve'Ata hu u'shnotecha lo yitamu.

כט בְּנֵי־עַבְדֶּיךָ יִשְׁכֹּנוּ וְזֶרְעָם לְפָנֶיךָ יִכּוֹן:

29. Your servant's children will be securely settled, and their seed will be established before You.

Beneh abadecha yishkonu ve'zar'am lefanecha yikon.