

פרק קמו - Psalm 146

א הַלְלוּ־יָהּ הַלְלֵי נַפְשִׁי אֶת־ד':

1. Praise God! My soul, praise Adoniye.

Hal'lu-Yah haleli nafshi et Adonai.

ב אֶהְלֵלָה ד' בְּחַיֵּי אֲזַמְרָה לֵאלֹהֵי בְעוֹדִי:

2. I will praise Adoniye with my life; I will sing to my God as long as I live.

Ahalela Adonai be'hayai azamera l'Elohai be'odi.

ג אַל־תִּבְטְחוּ בַנְּדִיבִים בֶּן־אָדָם | שְׂאִין לוֹ תְשׁוּעָה:

3. Do not place your trust [even] in noble men, in man who has no [power of] deliverance.

Al tibtehu bi'ndibim be'ben adam she'en lo teshu'a.

ד תִּצֵּא רוּחוֹ יָשׁוּב לְאֲדָמָתוֹ בַּיּוֹם הַהוּא אָבְדוֹ עֲשֶׂתְנֹתָיו:

4. [When] his spirit departs, he returns to his earth; on that day his plans come to naught.

Teseh ruho yashub le'admato ba'yom ha'hu abedu eshtonotav.

ה אֲשֶׁרֵי שֶׁקֶל יַעֲקֹב בְּעִזְרוֹ שִׁבְרוֹ עַל־ד' אֱלֹהָיו:

5. Fortunate [is he] when the Almighty of Jacob is his help whose expectation is on Adoniye, his God.

Ashreh she'El Ya'akob be'ezro sibro al Adonai Elohav.

ו עֲשֵׂה | שָׁמַיִם וָאָרֶץ אֶת־הֵימָּוֹת וְאֶת־כָּל־אֲשֶׁר־בָּם הַשָּׁמַיִם אֶמֶת לְעוֹלָם:

6. He makes heaven and earth, the sea and all that is in them; He keeps His promises faithfully forever.

Ose shamayim va'aretz et ha'yam ve'et kol asher bam ha'shomer emet le'olam.

ז עֲשֵׂה מִשְׁפָּט | לַעֲשׂוּקִים נִתֵּן לֶחֶם לְרַעֲבִים ד' מִתִּיר אֲסוּרִים:

7. He performs justice for the oppressed; He gives bread to the hungry; Adoniye releases the imprisoned.

Ose mishpat la'ashukim noten lehem la're'ebim Adonai matir asurim.

ח ד' | פָּקַח עֵוְרִים ד' זָקַף כְּפוּפִים ד' אֶהֱב צְדִיקִים:

8. Adoniye gives sight to the blind; Adoniye straightens the bent.

Adonai poke'ah ivrim Adonai zokef kefufim Adonai oheb sadikim.

ט ד' | שָׁמַר אֶת־גְּרָמִים יְתוּס וְאֶלְמָנָה יְעוֹדֵד וְדָרֵךְ רְשָׁעִים יַעֲוֶה:

9. Adoniye loves the righteous. Adoniye protects strangers; the orphan and widow He enables to stand firm; and the way of the wicked He thwarts.

Adonai shomer et gerim yatom ve'almana ye'oded ve'derech resha'im ye'avet.

י יִמְלֹךְ ד' | לְעוֹלָם אֶלְקִיךָ צִיּוֹן לְדוֹר וָדוֹר הַלְלוּיָהּ:

10. Adoniye will reign forever; your God, Zion, throughout all generations. Praise God.

Yimloch Adonai le'olam Elohayich Siyon le'dor va'dor hal'lu-Yah.