

פרק נו - Psalm 56

א לְמִנְצַחַת עַל־יוֹנָת אֵלֶם רְחֻקִים לְדָוִד מִכְתָּם בְּאֶחָז אֹתוֹ פְּלִשְׁתִּים בְּגַת:

1. To the chief Musician, upon yonat elem rehokiym, [a Psalm] of David, a Michtam, when the philistines seized him in Gath.

La'menase'ah al yonat elem rehokim le'David michtam be'ehoz oto Felishtim be'Gat.

ב חֲנִנֵי אֱלֹהִים כִּי־שָׁאֲפָנִי אֲנוֹשׁ כָּל־הַיּוֹם לֶחֶם יִלְחָצָנִי:

2. Be gracious to me, God, for many years to swallow me; each day the fighter oppresses me.

Honeni Elohim ki she'afani enosh kol ha'yom lohem yilhaseni.

ג שָׁאֲפוּ שׁוֹרְרַי כָּל־הַיּוֹם כִּי־רַבִּים לְחָמִים לִי מְרוֹם:

3. My watchers yearn to swallow me each day, for many battle against me, Most High.

Sha'afu shorerai kol ha'yom ki rabim lohamim li marom.

ד יוֹם אִירָא אֲנִי אֶלֶיךָ אֲבָטַח:

4. In the day when I am afraid, I will put my trust in You.

Yom ira ani elecha ebtah.

ה בְּאֱלֹהִים אֶהְלֵל דְּבָרוֹ בְּאֱלֹהִים בְּטַחְתִּי לֹא אִירָא מִה־יַעֲשֶׂה בְּשָׂרִי לִי:

5. Through God's judgment I will praise His word, in God I have put my trust; I will nit fear, for what can [mortal] flesh do to me?

B'Elohim ahalel debaro b'Elohim batahti lo ira ma ya'ase basar li.

וּ כְּלֵי־הַיּוֹם דְּבַרְיִי יַעֲצִבוּ עָלַי כָּל־מַחְשְׁבוֹתֵם לְרָע׃

6. Each day they cause my words to be sad; about me all their thoughts are for evil.

Kol ha'yom debarai ye'asebu alai kol mahshebotam la'ra.

ז יָגֻרוּ וַיִּצְפְּנוּ [וַיִּצְפוּנוּ] הֵמָּה עַקְבֵי יִשְׁמְרוּ כַּאֲשֶׁר קִוּוּ נַפְשִׁי׃

7. They gather together, they lie in ambush, they watch my footsteps as they wait for my soul.

Yaguru yisponu hema akebai yishmoru ka'asher kivu nafshi.

ח עַל־אֲנִי פֶלֶט־לָמוּ בְּאַף עַמִּים | הוֹרֵד אֱלֹקִים׃

8. For [their] iniquity should they anticipate rescue? In anger cast down the nations, God.

Al aven palet lamo be'af amim hored Elohim.

ט נֹדִי סַפַּרְתָּהּ אַתָּה שִׁמָּה דָּמַעְתִּי בְּנֹאדְךָ הֲלֹא בְּסַפְרְתֶּךָ׃

9. My wanderings You have counted, place my tear into your flask; Are they not in Your account?

Nodi safarta Ata sima dim'ati be'nodecha ha'lo be'sifratecha.

י אִזּוּ | לָשׁוּבוּ אוֹיְבֵי אַחֲרוֹר בְּיוֹם אֶקְרָא זֶה־יִדְעֵתִי כִּי־אֱלֹקִים לִי׃

Please do not discard this holy document. Please deposit in Geniza at your local synagogue.

10. Then will my enemies turn back on the day that I call out; for this I know, that God is for me.

Az yashubu oyebai ahor be'yom ekra ze yadati ki Elohim li.

יֵא בְּאֱלֹקִים אֶהְלֵל דְּבַר בְּד' אֶהְלֵל דְּבַר:

11. Through God's judgment I will praise [his] word; through Adoniye's kindness I will praise [His] word.

B'Elohim ahalel dabar b'Adonai ahalel dabar.

יב בְּאֱלֹקִים בְּטַחְתִּי לֹא אִירָא מִהַיַּעֲשֶׂה אָדָם לִי:

12. In God I have put my trust; I will not fear, for what can man do to me?

B'Elohim batahti lo ira ma ya'ase adam li.

יג עָלַי אֱלֹקִים נְדַרְיֶךָ אֲשַׁלֵּם תּוֹדַת לְךָ:

13. Upon me, God are Your vows I will bring thanksgiving offerings to You.

Alai Elohim nedarecha ashalem todot lach.

יד כִּי הִצַּלְתָּ נַפְשִׁי מִמָּוֶת הֲלֹא רַגְלֵי מִדְּחִי לְהִתְהַלֵּךְ לִפְנֵי אֱלֹקִים בְּאוֹר הַחַיִּים:

14. For You have rescued my soul from death, even my feet from stumbling, so that I may walk before God in the light of life.

Ki hisalta nafshi mi'mavet ha'lo raglai mi'dehi le'hit'halech lifneh Elohim be'or ha'hayim.