

פרק ו - Psalm 006

א לְמִנְצַחַת בְּנִינּוֹת עַל־הַשְּׁמִינִית מִזְמוֹר לְדָוִד:

1. To the Chief Musician, on Neginot, on the eight stringed harp, a Psalm of David.

La'menase'ah bi'nginot al ha'sheminit mizmor le'David.

ב ד' אֵל־בְּאַפְךָ תּוֹכִיחֵנִי וְאֵל־בְּחַמְתְּךָ תִּיַסְרֵנִי:

2. Adoniye, do not with Your anger, rebuke me nor chastise me with Your rage.

Adonai al be'apecha tochiheni ve'al ba'hamatecha teyasereni.

ג חֲנִנֵי ד' כִּי אִמְלַל אֲנִי רְפָאֵנִי ד' כִּי נִבְהַלּוּ עַצְמִי:

3. Be gracious unto me, Adoniye, for I am desolate, heal me Adoniye, for my bones are terrified.

Honeni Adonai ki umlal ani refa'eni Adonai ki nibhalu asamai.

ד וְנַפְשִׁי נִבְהַלָּה מְאֹד וְאַתָּה [וְאַתָּה] ד' עַד־מַתַּי:

4. My soul, [too,] is utterly terrified, and You Adoniye, how long?

Ve'nafshi nibhala me'od ve'Ata Adonai ad matai.

ה שׁוּבָה ד' חֲלֻצָה נַפְשִׁי הוֹשִׁיעֵנִי לְמַעַן חַסְדְּךָ:

5. Return Adoniye, free my soul, deliver me for the sake of Your lovingkindness.

Shuba Adonai halesa nafshi hoshi'eni lema'an hasdecha.

ו כִּי אֵין בַּמָּוֹת זְכוּרְךָ בְּשֵׂאוֹל מִי יוֹדֵה לְךָ:

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

6. For in death there is no mention of You; in the lower world who will thank You?

Ki en ba'mavet zichrecha bi'sh'ol mi yode lach.

ז יגַעַתִּי בְּאַנְחָתִי אֲשַׁחָה בְּכָל־לַיְלָה מִטָּתִי בְּדִמְעָתִי עֲרִשִׁי אֲמַסֶּה:

7. I am worn out with my sighing, every night I cause my bed to float; with my tears, I melt my couch.

Yagati be'anhati ashe be'chol layla mitati be'dim'ati arsi amse.

ח עֲשֵׂשָׁה מִכַּעַס עֵינַי עֲתָקָה בְּכָל־צוֹרָרַי:

8. My eye is dimmed from anger, it has aged because of my tormentors.

Ashesha mi'ka'as eni ateka be'chol sorerai.

ט סוּרוּ מִמֶּנִּי כָּל־פְּעֻלֵי אָוֶן כִּי־שָׁמַע ד' קוֹל בְּכִי:

9. Depart from me, all you evildoers, for Adoniye has heard the voice of weeping.

Suru mimeni kol po'ale aven ki shama Adonai kol bichyi.

י שָׁמַע ד' תְּחִנָּתִי ד' תִּפְלְתִי יִקַּח:

10. Adoniye has heard my supplication, Adoniye will [also] accept my prayer.

Shama Adonai tehinati Adonai tefilati yikah.

יא יִבְשׁוּ וַיִּבְהָלוּ מְאֹד כָּל־אֵיבֵי יִשְׁבּוּ יִבְשׁוּ רָגַע:

11. Ashamed and utterly terrified will all my foes be, they will return and be instantaneously ashamed.

Yeboshu ve'yibahalu me'od kol oyebai yashubu yeboshu raga.