

פרק קב - Psalm 102

א תִּפְלֵה לְעַנִּי כִּי־יִעֲטֹף וּלְפָנַי ד' יִשְׁפֹּךְ שִׁיחוֹ:

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

ב ד' שְׁמַעֵה תִּפְלֵתִי וְשׁוּעָתִי אֱלֹהֵי תְבוּא:

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

ג אַל־תִּסְתֵּר פָּנֶיךָ | מִמֶּנִּי בְיוֹם צָר לִי הִטָּה־אֱלֹהֵי אֲזַנְךָ בְיוֹם אֶקְרָא מִהֵר עֲנֵנִי:

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.

ד כִּי־כָלוּ בְעֵשֶׂן יָמַי וְעֲצָמוֹתַי כְּמוֹקֵד נִחְרוּ:

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

ה הוֹכַה־כַּעֲשָׂב וַיִּבֶשׂ לִבִּי כִּי־שָׁכַחְתִּי מֵאֲכֹל לֶחֶמִי:

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

ו מִקוֹל אֲנַחְתִּי דָבְקָה עַצְמִי לְבִשְׁרִי:

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

ז דְּמִיתִי לְקֶאֱת מִדְּבַר הָיִתִּי כְּכֹס חֲרָבוֹת:

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

ח שְׁקַדְתִּי וְאַהֲיָה כְּצִפּוֹר בְּוַדַּד עַל-גָּג:

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

ט כָּל-הַיּוֹם חֲרַפּוּנִי אוֹיְבֵי מְהוֹלְלֵי בֵּי נִשְׁבְּעוּ:

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

י כִּי אֶפֶר כְּלֶחֶם אֲכַלְתִּי וְשִׁקּוּי בְּבִכֵי מְסַכְתִּי:

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

יא מִפְּנֵי-זַעַמְךָ וְקִצְפֶּךָ כִּי נִשְׂאתַנִּי וַתִּשְׁלִיכֵנִי:

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

יב יָמֵי כְּצֶל נְטוּי וְאֲנִי כְּעֵשֶׂב אֵיבֵשׁ:

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

יג וְאַתָּה ד' לְעוֹלָם תִּשָּׁב וְזִכְרְךָ לְדוֹר וָדוֹר:

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

יד אַתָּה תִּקְוֶה תִּרְחַם צִיּוֹן כִּי עֵת לְחַנּוּנָהּ כִּי בָא מוֹעֵד:

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

טו כִּי־רָצוּ עַבְדֶּיךָ אֶת־אַבְנֵיהָ וְאֶת־עֲפָרָהּ יַחַנּוּ:

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

טז וַיִּירָאוּ גוֹיִם אֶת־שֵׁם ד' וְכָל־מַלְכֵי הָאָרֶץ אֶת־כְּבוֹדֶךָ:

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

יז כִּי־בָנָה ד' צִיּוֹן נִרְאָה בְּכְבוֹדוֹ:

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

יח פָּנָה אֶל־תַּפְּלַת הָעֲרֵעַר וְלֹא־בָזָה אֶת־תַּפְּלָתָם:

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

יט תִּכְתֹּב זֹאת לְדוֹר אַחֲרוֹן וְעַם נִבְרָא יְהַלְלֶיהָ:

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

כ כִּי־הִשְׁקִיף מִמְרוֹם קִדְשׁוֹ ד' מִשְׁמַיִם | אֶל־אֶרֶץ הַבַּיִט:

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

כֹּה לִשְׁמַע אֲנִיקֶת אֶסִיר לְפִתְחֵי בְּנֵי תְּמוּתָהּ:

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

כֹּה לְסַפֵּר בְּצִיּוֹן שֵׁם ד' וְתִהְיֶה לָּהּ בִּירוּשָׁלַם:

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

כֹּג בְּהִקְבֹּץ עַמִּים יִחַדּוּ וּמַמְלָכוֹת לַעֲבֹד אֶת־ד':

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

כֹּד עֲנָה בְּדַרְךְ כָּחוֹ [כֹּחִי] קִצַּר יָמַי:

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

כֹּה אֲמַר קִלִּי אֶל־תִּעַלְנִי בְּחַצֵּי יָמַי בְּדוֹר דּוֹרִים 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.

כֹּו לְפָנַי הָאָרֶץ יִסְדַּתְּ וּמַעֲשֵׂה יָדֶיךָ שָׁמַיִם:

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

כֹּז הָמָה | יֵאבְדוּ וְאַתָּה תִּעֲמַד וְכֹלֶם כִּפְגַּד יִבְלוּ כָּל־בּוֹשׁ תִּחְלִיפֶם וְיִחְלַפוּ:

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

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.

כח וְאַתָּה־הוּא וְשָׁנוּתֶיךָ לֹא יִתְמוּ:

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

כט בְּנֵי־עַבְדֶּיךָ יִשְׁכּוּנוּ וְזֶרְעָם לִפְנֶיךָ יִכּוֹן:

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