

פרק מ - Psalm 40

א לְמַנְצֵחַ לְדָוִד מִזְמוֹר:

1. To the chief Musician, a Psalm of David.

ב קוֹה קוֹיְתִי ד' וַיִּטְ אֱלֹהִים וַיִּשְׁמַע שׁוֹעֲתִי:

2. I have hoped continually for Adonyie, and He inclined [his ear] to me and heard my cry.

ג וַיַּעֲלֵנִי | מִבּוֹר שְׁאוֹן מְטִיט הַיִּנּוֹן וַיִּקַּם עַל-סַלַּע רְגְלִי כִּוְנוֹן אֲשֶׁרִי:

3. And He raised me from the turbulent pit, out of the miry mud; and He set my feet upon a rock, He firmly established my steps.

ד וַיִּתֵּן בְּפִי | שִׁיר חֲדָשׁ תְּהַלֵּה לְאֱלֹהֵינוּ יִרְאוּ רַבִּים וַיִּירָאוּ וַיִּבְטְחוּ בְּד':

4. And He put in my mouth a new song, praised to out God; many will see and fear and will trust in Adonyie.

ה אֲשֶׁר־יִהְיֶה הַגֹּבֵר אֲשֶׁר-שָׁם ד' מִבְּטָחוֹ וְלֹא-פָנָה אֶל-רְהָבִים וְשָׁטִי כֶּזֶב:

5. Fortunate is the man who has made Adonyie his trust, and has not turned to the arrogant and to those who stray after falsehood.

ו רַבּוֹת עֲשִׂיתָ | אֶתְּהָ ד' אֱלֹהֵי נִפְלְאוֹתֶיךָ וּמַחְשַׁבְתֶּיךָ אֵלֵינוּ אֵין | עֲרֹךְ אֱלֹהֵיךָ אֲנִידָה וְאֲדַבְרָה לְעֲצָמוֹ מִסַּפֵּר:

6. Many things have You done, You Adonyie, my God, Your wondrous works and Your thoughts are for us, there is none that can compare to you; to

declare and speak of them [is impossible] [for] they are too numerous to be told.

ז זבח ומנחה | לא חפצת אֲזִנִים כְּרִית לִי עוֹלָה וְחֹטְאָה לֹא שָׁאַלְתָּ:

7. Sacrifice and meal offering You did not desire, my ears You have opened; [for] burnt offering and sin offering You have not asked.

ח אֲזָאמְרָתִי הִנֵּה-בְּאָזְנֵי בְּמִגְלַת-סֵפֶר כָּתוּב עָלַי:

8. Then I said, "Hear I have come; in the Scroll of a Book is written of me.

ט לַעֲשׂוֹת רְצוֹנְךָ אֱלֹקֵי חֲפָצֵי וְתוֹרָתְךָ בְּתוֹךְ מְעֵי:

9. To fulfill Your will, my God, I desired, and Your Torah is in my innermost parts."

י בְּשִׁרְתִּי צֶדֶק | בְּקֹהֶל רַב הִנֵּה שִׁפְתֵי לֹא אֶכְלָא ד' אֵתָה יְדַעְתָּ:

10. I have proclaimed [Your] righteousness in the great congregation, behold, my lips I will not refrain; Adonyie, You know.

יא צִדְקָתְךָ לֹא-כִסִּיתִי | בְּתוֹךְ לְבִי אֲמוֹנָתְךָ וְתִשׁוּעָתְךָ אֲמַרְתִּי לֹא-כִחַדְתִּי חֲסִדְךָ וְאַמְתָּךְ לְקֹהֶל רַב:

11. Your righteousness I have not concealed within my heart; Your faithfulness and Your deliverance I have declared; I have not hidden Your kindness and Your truth from the great congregation.

יב אֵתָה ד' לֹא-תִכְלָא כְּחֶמֶד מִמֶּנִּי חֲסִדְךָ וְאַמְתָּךְ תִּמְיֵד יִצְרוּנִי:

12. You, Adonyie, withhold not Your mercy from me; may Your kindness and Your truth always protect me.

יג כִּי אֶפְפוּ עָלַי רָעוֹת עַד-אֵין מִסְפָּר הַשִּׁיגוֹנֵי עֲוֹנֹתַי וְלֹא-יִכְלָתַי לְרִאוֹת עֲצָמוֹ  
מִשְׁעָרוֹת רֹאשִׁי וְלִבִּי עֲזָבוֹנִי:

13. For encompassed about me are evils too many to enumerate, my iniquities have overtaken me and I was unable to see; they were more numerous than the hairs of my head, and my heart has failed me.

יד רָצָה-ד' לְהַצִּילֵנִי ד' לְעֲזָרְתִּי חוֹשָׁה:

14. May it please You, Adonyie, to rescue me; Adonyie, to my help, hasten.

טו יִבְשׁוּ וְיִחְפְּרוּ | יַחַד מִבְּקִשֵׁי נַפְשִׁי לְסַפּוֹתֶיהָ יִסְגּוּ אַחֲוֹר וְיִכְלָמוּ חֲפָצֵי רַעְתִּי:

15. Let them be ashamed and humiliated together, those who seek my soul to remove it; let them fall back and be disgraced those who desire my hurt.

טז יִשְׁמוּ עַל-עֵקֶב בְּשִׁתְּם הָאֹמְרִים לִי הָאֵח | הָאֵח:

16. Let them be appalled at the extent of their shame, those who say to me, "Aha, aha."

יז שְׂשִׂישׁוּ וְיִשְׂמְחוּ | בְּךָ כָּל-מִבְּקִשֵׁיךָ יֹאמְרוּ תָמִיד יִגְדַּל ד' אֱהִי תְשׁוּעָתְךָ:

17. Let them exult and rejoice in you, all those who seek You; let them say continually, "Be magnified, Adonyie," those who love Your deliverance.

יח וְאֲנִי | עָנִי וְאֲבִיוֹן אֲדֹנֵי יִחְשַׁב לִי עֲזָרְתִּי וּמִפְּלִטֵי אֶתְּהָ אֶלְקֵי אֵל-תְּאַחֵר:

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

18. As for me, being poor and needy, my Master, be aware of me; my help and my rescuer are You, my God, tarry not.