

Psalm 20

לְמַנְצֵחַ מִזְמֹר לְדָוֹד

To the lead player, a David psalm.

יְעַנְּךָ יְיָ בַּיּוֹם צְרָה
יְשַׁגְּבָךְ שֵׁם | אֱלֹהִי יַעֲקֹב

May the Lord answer you on the day of distress,
the name of Jacob's God make you safe.

יְשַׁלַּח־עֹזָרְךָ מִקְדָּשׁ
וּמִצְיוֹן יַסְעַדְךָ

May God send help to you from the sanctum,
and from Zion may God sustain you.

יִזְכֵּר פָּלָמָנְחָתֶךָ
וּעֹזָלָתֶךָ יַדְשָׁנָה סָלָה

May God recall all your grain-offerings,
and your burnt-offerings may God relish.

יִתְּזַלֵּךְ כָּלְבָבֶךָ
וּכָלָעַצְתָּךְ יָמָלָא

May God grant you what your heart would want,
and all your counsels may God fulfill.

נְרָנָנָה בִּישְׁוּעָתֶךָ
וּבְשֵׁם־אֱלֹהֵינוּ נְדָגֵל
יָמָלָא יְיָ כָּלָמְשָׁאַלּוֹתֶךָ

Let us sing gladly for Your rescue,
and in our God's name our banner raise.
May יְיָ fulfill all your desires.

עַתָּה יְדַעְתִּי
כִּי הַוְשִׁיעָה יְיָ מְשִׁיחָה
יְעַנְּהוּ מִשְׁמֵי קָדְשׁוֹ
בְּגָבְרוֹת יְשֻׁעָה יְמִינָה

Now do I know
that יְיָ has rescued God's anointed.

God has answered him from God's holy heavens
in the might of God's right hand's rescue.

אֱלֹהָה בְּרָכָב וְאֱלֹהָה בְּסֹסִים
וְאֶנְחָנוּ בְּשֵׁם־יְיָ אֱלֹהֵינוּ נְזִקִיר

They - the chariots, and they - the horses,
but we - the name of יְיָ, our God invoke.

הַמָּה כְּרָעָו וְנִפְלָו
וְאֶנְחָנוּ קָמָנוּ וְנִתְעָזָד

They have tumbled and fallen
but we arose and took heart.

יְיָ הַוְשִׁיעָה הַמֶּלֶךְ
יְעַנְּנוּ בַּיּוֹם־קָרָאנוּ

O יְיָ, rescue the king,
May God answer us on the day we call.

Psalm 30

מִזְמֹר שִׁיר חִנְכָת הַבַּיִת לְדָוֹד
אָרוּמָמָךְ יְיָ כִּי דָלִיתָנִי
וְלֹא־שְׁמַחַת אִיבִּי לִי
יְיָ אֱלֹהִי
שְׁנוּעָתִי אֶלְיךָ וְתִרְפָּאָנִי
יְיָ הַעֲלִית מִן־שָׁאוֹל נֶפֶשִׁי
חִיָּתָנִי מִירָדִי בָּרוֹר
זָמָרָה לִי חִסְדָּיו
וְהַזְּדוֹןָ זָמֵר קָדְשָׁו
כִּי רָגַע בָּאָפֹן חַיִים בְּרָצָנוּנוּ
בְּעֶרֶב יָלִין בְּכִי וְלִבְקָרָ רָפָה
וְאַנְיָ אָמַרְתִּי בְּשָׁלָרִי
בְּלִאָמָרָת לְעוֹלָם
יְיָ בְּרָצָנוּךְ הַעֲמַדָּתָה לְהַרְדֵּי עָז
הַסְּתָרָתָ פְּנֵיךְ הִיִּתִי נְבָהֵל
אֶלְיךָ יְיָ אָקָרָא
וְאֶל־אָדָנִי אָתְחָנֵן
מַה־בְּצָע בְּדָמִי בְּרִדְתִּי אֶל שְׁחָת
הַיּוֹדֵךְ עַפְרָה הִגְיָד אַמְתָּח
שְׁמַע־יְיָ וְחִנְנִי
יְיָ הִיה עֹזֵר לִי
הַפְּכָתָ מִסְפָּדִי לְמַחְזָלֵלִי
פְּתַחַת שָׁקֵי וְתִאֵזְרָנִי שְׁמַחָה
לְמַעַן יְזִמְרָה בְּבָודֵן וְלֹא יָדֵם
יְיָ אֱלֹהִי לְעוֹלָם אָזְדָּךְ

Psalm, song for the dedication of the house,
for David.

I shall exalt you, **יְיָ**, for You drew me up,
and You gave no joy to my enemies.

יְיָ, my God,
I cried to You and You healed me.

יְיָ, You brought me up from Sheol,
gave me life from those gone down to the Pit.

Hymn to **יְיָ**, O God's faithful,
acclaim God's holy name.

But a moment in God's wrath,
life in God's pleasure.

At evening one beds down weeping
and in the morning, glad song.

As for me, I though in my quiet days,
“Never will I stumble.”

יְיָ, in Your pleasure You made me stand
mountain-strong.
When You hid your face, I was stricken.

To You, **יְיָ**, I call,
and to the Master I plead.

“What profit in my blood, in my going down
deathward?”
Will dust acclaim You, will it tell Your truth?”

Hear, **יְיָ**, and grant me grace.
יְיָ, become helper to me.

You have turned my dirge to a dance for me,
undone my sackcloth and bound me with joy.

O, let my heart hymn You and be not still,
יְיָ, my God, for all time I acclaim you.

Psalm 121

שִׁיר לְמַעֲלוֹת A song of ascents.

אָשָׁא עַיִּנִי אֶל-הַהֲרִים
מַאֲין יָבָא עַזְרִי I lift up my eyes to the mountains:
from where will my help come?

עַזְרִי מַעַם יְיָ
עָשָׂה שְׁמִים וְאָרֶץ My help is from יְיָ,
maker of heaven and earth.

אֶל-יִתְּנוּ לְמֹות רַגְלֶךָ God does not let your foot stumble.
אֶל-יִנוֹם שְׁמָרֶךָ Your guard does not slumber.

הָבָה לֹא יִנוֹם וְלֹא יִשְׁן Look, God does not slumber or sleep,
שׁוֹמֵר יִשְׂרָאֵל Israel's guard.

יְיָ שְׁמָרֶךָ יְיָ is your guard,
יְיָ אֶלְךָ עַל-יָד יִמְינֶךָ יְיָ is your shade at your right hand.

יּוֹם הַשְׁמֶשׁ לְאֶלְּפָכָה By day the sun does not strike you,
וַיְרֵחַ בְּלִילָה nor the moon by night.

יְיָ יִשְׁמָר מִכְלָרֶעֶת
יִשְׁמָר אֶת-נְפָשֶׁךָ يְיָ guards you from all harm,
God guards your life.

יְיָ יִשְׁמָר צְאתֶךָ וּבָאֵךְ יְיָ guards your going and your coming,
מַעֲתָה וְעַד-עוֹלָם now and forevermore.

Psalm 130

שִׁיר הַמְּעֻלּוֹת

מִמְעַמְקִים קָרָאתִיךְ יְיָ

אָדָנִי שְׁמַעָה בְּקֹלִי

תְּהִיָּנָה אָזְנִיךְ קָשְׁבֹות לְקֹל תְּחִנּוּנִי

אָמָעָנוֹת תְּשִׁמְרִיךְ

אָדָנִי מַי יִעַמֵּד

כִּי־עַמְקָה הַסְּלִיחָה

לְמַעַן תִּרְאָה

קָוִיתִי יְיָ קָוְתָה נְפָשִׁי

וְלֹדֶבֶרְוּ הַזְּהִלְתִּי

נְפָשִׁי לְאָדָנִי

מִשְׁמְרִים לְבָקָר שִׁמְרִים לְבָקָר

יְחִיל יִשְׂרָאֵל אַל־יְיָ

כִּי־עַמְדִי הַחֲסֵד

וְהַרְבָּה עַמּוֹ פְּדוּת

וְהִוָּא יִפְדָּה אֶת־יִשְׂרָאֵל

מִכָּל עָוֹנְתִיו

A song of ascents.

From the depths I called to You, ^{יְיָ}.

Master, hear my voice.

May Your ears listen close to the voice
of my plea.

Were You, O Yah, to watch for wrongs,
Master, who could endure?

For forgiveness is Yours,
so that You may be feared.

I hoped for ^{יְיָ}, my being hoped,
and for God's word I waited.

My being for the Master -
more than the dawn-watchers wait for
the dawn.

Wait, O Israel, for ^{יְיָ},
for with ^{יְיָ} is steadfast kindness,
and great redemption is with God.

And God will redeem Israel
from all its wrongs.

Psalm 142

מְשֻׁכֵּל לְדוֹד בְּהִיוֹתָו בְּמִעֵדָה
תְּפִלָּה

A David maskil, when he was in the cave,
a prayer.

קֹלִי אֶל-יְיָ אָזַעַק
קֹלִי אֶל-יְיָ אַתְּחַפֵּן

With my voice I shout to יְיָ,
With my voice I plead to יְיָ.

אָשָׁפֵךְ לְפָנָיו שִׁיחֵי
צָרָתִי לְפָנָיו אָגִיד

I pour out my speech before God,
my distress before God I tell,

בְּהַתְּעֵטֵף עַלְיִ רֹוחִי
וְאַתָּה יְדַעַת נָתִיבָתִי
בְּאֶרֶחֶד-זֹעַ אַהֲלָךְ
טָמֵנוּ פָּחַלְיִ

when my spirit faints within me,
You, You know my path.
On the path on which I walk
they have laid a trap for me.

הַבַּיִת יָמִין וְרֹאָה
וְאַיִן-לִי מַכִּיר
אָבֵד מְנוֹסָמָנִי
אֵין דּוֹרֵשׁ לְנַפְשִׁי

Look on the right and see -
there is no one who knows me.
Escape is gone for me,
no one inquires for me.

זָעַקְתִּי אֶלְיךָ יְיָ
אַמְرָתִי אַתָּה מְחַסֵּי
חַלְקִי בָּאָרֶץ הַחַיִם

I shouted to You, O יְיָ,
I said you are my shelter,
my lot in the land of the living.

הַקְשִׁיבָה אֶל-רָבָתִי
כִּי-דָלָותִי מָאֵד
הַצִּילָנִי מַרְדָּפִי
כִּי אָמֵן מִמְּנִי

Listen close to my song of prayer,
for I have sunk very low.
Save me from my pursuers,
for they are too strong for me.

הַוֹּצִיאָה מִמְּסָגֵר נַפְשִׁי
לְהַזּוֹדָת אֶת-שְׁמָךְ
בְּיַכְתָּרוּ צְדִיקִים
כִּי תָגַמֵּל עֲלֵיכָם

Bring me out from the prison,
to acclaim Your name.
For the righteous will draw round me
when You requite me.