

Psalm 20

לְמַנְצֵחַ מִזְמוֹר לְדָוִד

To the lead player, a David psalm.

יַעֲנֶךָ יי בַּיּוֹם צָרָה
יִשְׁגְּבֶךָ שֵׁם | אֱלֹהֵי יַעֲקֹב

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

יִשְׁלַח-עֲזָרָךְ מִקֹּדֶשׁ
וּמִצִּיּוֹן יִסְעָדֶךָ

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

יִזְכֹּר כָּל-מִנְחֹתֶךָ
וְעוֹלֹתֶיךָ יִדְשֶׁנָּה סֵלָה

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

יִתֶּן-לְךָ כָּל-בִּבְיָךְ
וְכָל-עֲצָתְךָ יִמְלֵא

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

נִרְנְנָה בִּישׁוּעָתְךָ
וּבְשֵׁם-אֱלֹהֵינוּ נִדְגֹל
יִמְלֵא יי כָּל-מִשְׁאֲלוֹתֶיךָ

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

עַתָּה יָדַעְתִּי
כִּי הוֹשִׁיעַ יי מְשִׁיחוֹ
יַעֲנֵהוּ מִשְׁמֵי קֹדֶשׁ
בְּגִבּוֹרֹת יִשַׁע יְמִינוֹ

Now do I know
that יי has rescued God's anointed.
God has answered him from God's holy heavens
in the might of God's right hand's rescue.

אֱלֹהִים בָּרֶכֶב וְאֱלֹהִים בְּסוּסִים
וְאַנְחֵנוּ בְּשֵׁם-יי אֱלֹהֵינוּ נִזְכִּיר

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

הֵמָּה כָּרְעוּ וַנִּפְּלוּ
וְאַנְחֵנוּ קָמְנוּ וַנִּתְעוֹדָד

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

יי הוֹשִׁיעָה הַמֶּלֶךְ
יַעֲנֵנוּ בַּיּוֹם-קִרְאָנוּ

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

Psalm 30

מִזְמוֹר שִׁיר חֲנֻכַּת הַבַּיִת לְדָוִד

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

אֲרוּמְמֶךָ יְיָ כִּי דָלִיתָנִי
וְלֹא-שִׁמַּחַת אִיְבֵי לִי

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

יְיָ אֱלֹהֵי
שׁוּעָתִי אֵלֶיךָ וַתִּרְפָּאֵנִי

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

יְיָ הָעֲלִיתָ מִן-שְׁאוֹל נַפְשִׁי
חַיִּיתָנִי מִיַּרְדֵּי כּוֹר

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

זַמְּרוּ לַיְיָ חֲסִידָיו
וְהוֹדּוּ לִזְכוֹר קִדְשׁוֹ

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

כִּי רָגַע בְּאַפּוֹ חַיִּים בְּרָצוֹנוֹ
בַּעֲרֵב יַלִּין בְּכִי וּלְבָקָר רִנָּה

But a moment in God's wrath,
life in God's pleasure.
At evening one beds down weeping
and in the morning, glad song.

וְאֲנִי אִמַּרְתִּי בְשִׁלּוֹי
בִּלְ-אֲמוּט לְעוֹלָם

As for me, I thought in my quiet days,
"Never will I stumble."

יְיָ בְּרָצוֹנֶךָ הָעֲמַדְתָּה לְהִרְרֵי עֵז
הַסְתַּרְתָּ פָנֶיךָ הֵייתִי נִבְהָל

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

אֵלֶיךָ יְיָ אֶקְרָא
וְאֶל-אֲדֹנָי אֶתְחַנֵּן

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

מִה-בִּצֵּעַ בְּדָמִי בִּרְדֹתִי אֵל שַׁחַת
הַיּוֹדֵךְ עֹפֹר הַיִּגִּיד אֱמֻנָךְ

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

שְׁמַע-יְיָ וְחַנּוּנִי
יְיָ הִיָּה עֹזֶר לִי

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

הַפַּכְתָּ מִסִּפְדִּי לְמַחֹל לִי
פָתַחְתָּ שִׁקִּי וַתֹּאזְרֵנִי שִׂמְחָה

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

לְמַעַן יִזְמְרְךָ כְּבוֹד וְלֹא יִדָּם
יְיָ אֱלֹהֵי לְעוֹלָם אֲוֹדְךָ:

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

Psalm 121

שִׁיר לַמַּעֲלוֹת A song of ascents.

אֲשָׁא עֵינַי אֶל-הַהָרִים
מֵאֵין יָבֹא עֲזָרִי I lift up my eyes to the mountains:
from where will my help come?

עֲזָרִי מֵעַם יי
עֹשֶׂה שָׁמַיִם וָאָרֶץ My help is from יי,
maker of heaven and earth.

אֵל-יִתֵּן לְמוֹט רַגְלְךָ
אֵל-יִנּוּם שֹׁמְרְךָ God does not let your foot stumble.
Your guard does not slumber.

הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן
שׁוֹמֵר יִשְׂרָאֵל Look, God does not slumber or sleep,
Israel's guard.

יי שֹׁמְרְךָ יי is your guard,
יי צִלְךָ עַל-יָד יְמִינְךָ יי is your shade at your right hand.

יוֹמָם הַשֶּׁמֶשׁ לֹא-יִכָּכֶה
וַיָּרַח בַּלַּיְלָה By day the sun does not strike you,
nor the moon by night.

יי יִשְׁמְרֶךָ מִכָּל-רָע
יִשְׁמֹר אֶת-נַפְשְׁךָ יי guards you from all harm,
God guards your life.

יי יִשְׁמַר-צֵאתְךָ וּבֹאֶךָ
מֵעַתָּה וְעַד-עוֹלָם יי guards your going and your coming,
now and forevermore.

Psalm 130

שִׁיר הַמַּעֲלֹת מִמַּעַמְקִים קָרָאתִיךָ יְיָ אֲדֹנָי שְׁמָעָה בְּקוֹלִי תְּהִינָה אָזְנוֹךָ קְשׁוּבוֹת לְקוֹל תַּחֲנוּנֵי אִם-עֲוֹנוֹת תִּשְׁמַר-יְהוָה אֲדֹנָי מִי יַעֲמֹד כִּי-עֲמֹךָ הַסְּלִיחָה לְמַעַן תִּוָּרָא קִנִּיתִי יְיָ קִוְיָה נַפְשִׁי וּלְדַבְּרוֹ הִוָּחֵלֵתִי נַפְשִׁי לְאֲדֹנָי מִשְׁמָרִים לְבֹקֶר שְׁמָרִים לְבֹקֶר יַחַל יִשְׂרָאֵל אֶל-יְיָ כִּי-עִם-יְיָ הַחֲסֹד וְהַרְבֵּה עֲמוֹ פְדוּת וְהוּא יַפְדֶּה אֶת-יִשְׂרָאֵל מִכָּל עֲוֹנוֹתָיו	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.
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מִשְׁכִּיל לְדָוִד בְּהִיּוֹתוֹ בַּמְעָרָה
תְּפִלָּה

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

קוֹלִי אֶל־יְיָ אֶזְעַק
קוֹלִי אֶל־יְיָ אֶתְחַנֵּן

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

אֶשְׁפֹּךְ לִפְנֵי שִׁיחִי
צָרָתִי לִפְנֵי אֱגִיד

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

בְּהִתְעַטֵּף עָלַי רוּחִי
וְאַתָּה יָדַעְתָּ נִתִּיבָתִי
בְּאַרְח־נִי אֶהְלֵךְ
טָמְנוּ פֶּח לִי

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.

הַבֵּיט יְמִין וּרְאֵה
וְאִין־לִי מְכִיר
אֶבֶד מִנוֹס מִמֶּנִּי
אִין 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.

זַעֲקָתִי אֶלֶיךָ יְיָ
אִמַּרְתִּי אַתָּה מַחְסִי
חֲלָקִי בְּאַרְץ הַחַיִּים

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

הִקְשִׁיבָה אֶל־רִנָּתִי
כִּי־דָלוּתִי מְאֹד
הַצִּילֵנִי מִרְדְּפֵי
כִּי אֲמָצוּ מִמֶּנִּי

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.

הוֹצִיאָה מִמִּסְגָּר נַפְשִׁי
לְהוֹדוֹת אֶת־שִׁמְךָ
בִּי יִכְתְּרוּ צַדִּיקִים
כִּי תִגְמַל עָלַי

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