

Chapter 20

(1) For the leader. A Psalm of David.

(2) May Hashem answer you on the day of trouble; may the name of the God of Jacob exalt you.

(3) May He send forth your help from the sanctuary and support you out of Zion;

(4) May He receive the memorial of all your meal-offerings and accept the fat of your burnt-sacrifice. Selah.

(5) May He grant your heart's desire and fulfill all your counsel.

(6) We will shout for joy in your victory, and in the name of our God we will set up our standards. May Hashem fulfill all your requests.

(7) Now know I that Hashem saves His anointed. He will answer him from His holy heaven with the mighty acts of His saving right hand.

א. לַמְנַצֵּחַ מִזְמוֹר לְדָוִד:

ב. יַעֲנֶנְךָ יְהוָה בְּיוֹם צָרָה יִשְׁגְּבֶךָ שֵׁם אֱלֹהֵי יַעֲקֹב:

ג. יִשְׁלַח-עֲזָרְךָ מִקְדָּשׁ אִמְצִיּוֹן יִסְעֶדְךָ:

ד. יִזְכֹּר כָּל-מִנְחֹתֶךָ וְעוֹלֹתֶךָ יִדְשָׁנָה סֵלָה:

ה. יִתֵּן-לְךָ כָּל-בִּלְבָבְךָ וְכָל-עֲצָתְךָ יִמְלֵא:

ו. נִרְנְנָה אֲנִי וְבָנֵי שׁוֹעֲתֶךָ וּבְשֵׁם-אֱלֹהֵינוּ נִדְגַל יִמְלֵא

יְהוָה כָּל-מִשְׁאֲלוֹתֶיךָ:

ז. עֲתָה יִדְעֵתִי כִּי הוֹשִׁיעַ אֱלֹהֵי מִנְשִׁיחוֹ יַעֲנֵהוּ

מִשְׁמֵי קִדְשׁוֹ בְּגִבּוֹרֹת יִשַׁע יִמִּינוּ:

(8) Some trust in chariots, and some in horses; but we will swear in the name of Hashem our God.

(9) They have knelt and fallen; but we have risen and stand upright.

(10) Save, Hashem! May the King answer us on the day that we call.

ח. אֱלֹהִים בְּרִכְבֵּךְ וְאֱלֹהִים בְּסוּסִים וְאֶנְחִנוּ |

ט. בְּשֵׁם־יְהוָה אֲלֵהֶינוּ נִזְכִּיר:

י. הִמָּה פָרְעוֹ וְנִפְלוּ וְאֶנְחִנוּ לְקִמּוֹ וְנִתְעוֹדֵד:

יְהוָה הוֹשִׁיעָה הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם־קִרְאָנוּ:

Chapter 79

פרק עט

1A song of Asaph. O God! Nations have come into Your heritage, they have defiled Your Holy Temple, they have made Jerusalem into heaps.

אֲמַזְמוֹר לְאַסָּף אֱלֹהִים בָּאוּ גוֹיִם |
בְּנַחֲלֹתְךָ טִמְאוּ אֶת־הַיְכָל קִדְּשְׁךָ שָׁמוּ
אֶת־יְרוּשָׁלַם לְעֵיִם:

2They have given the corpses of Your servants as food to the birds of the heaven, the flesh of Your pious ones to the beasts of the earth.

בְּנִתְּנוֹ אֶת־נַבְלֹת עַבְדֶיךָ מִן אֲכָל לְעוֹף
הַשָּׁמַיִם בְּשָׂר חֲסִידֶיךָ לְחֵיתוֹ־אָרֶץ:

3They have spilt their blood like water around Jerusalem, and no one buries [them].

גִּשְׁפָּכוּ דַמָם | כַּמַּיִם סְבִיבוֹת יְרוּשָׁלַם וְאִין
קוֹבֵר:

4We were a disgrace to our neighbors, ridicule and derision to those around us.

דַּהֲיִינוּ חֲרָפָה לְשַׁכְנֵינוּ לַעַג וְלִקְלָס
לְסְבִיבוֹתֵינוּ:

5How long, O Lord? Will You be wroth forever? Will Your jealousy burn like fire?

הַעַד־מָה יְהוָה תִּתְאַנֶּף לְנֶצַח תִּבְעֵר
כְּמוֹ־אֵשׁ קִנְאֶתְךָ:

6Pour out Your wrath upon the nations that do not know You and upon the kingdoms that did not call out in Your name.

וְשִׁפְךָ חֲמַתְךָ אֶל־הַגּוֹיִם אֲשֶׁר לֹא־יָדְעוּךָ
וְעַל־מַמְלָכוֹת אֲשֶׁר בְּשִׁמְךָ לֹא קָרְאוּ:

7For they devoured Jacob and made his dwelling desolate.

זָכִי-אֶכֶל אֶת-יַעֲקֹב וְאֶת-בֵּיתוֹ הַשָּׁמוּי:

8Do not remember for us the early iniquities; may Your mercies quickly come before us for we have become very poor.

חַל-תִּזְכֹּר-לָנוּ עֲוֹנוֹת רַאשֵׁינוּ מִהֵרָה יִקְדָּמוּנוּ
רַחֲמֶיךָ כִּי דַלּוֹנוּ מְאֹד:

9Help us, O God of our salvation, on account of the glory of Your name, and save us and atone for our sins for Your name's sake.

טַעֲזָרְנוּ | אֱלֹהֵי יִשְׁעֵנוּ עַל-דְּבַר כְּבוֹד-שְׁמֶךָ
וְהִצִּילָנוּ וְכִפֵּר עַל-חַטֹּאתֵינוּ לְמַעַן שְׁמֶךָ:

10Why should the nations say, "Where is their God?" Let it be known among the nations before our eyes the revenge of the spilt blood of Your servants.

יִלְמָה | יֵאמְרוּ הַגּוֹיִם אֵיךְ אֱלֹהֵיהֶם יִוָּדַע
בַּגּוֹיִם (כְּתִיב בַּגִּיטִים) לְעֵינֵינוּ נִקְמַת דַּם-עַבְדֶּיךָ
הַשְּׁפוּף:

11May the cry of the prisoner come before You; according to the greatness of Your arm, set free the children of the mother who died.

יֵאֲתָבוּא לְפָנֶיךָ אֲנָקַת אֲסִיר כְּגֹדֶל זְרוּעֶךָ הַיּוֹתֵר
בְּנֵי תַמּוּתָהּ:

12And return to our neighbors sevenfold into their bosom, their reproach with which they reproached You, O Lord.

יְבוֹהֶשֶׁב לְשִׁכְנֵינוּ שִׁבְעָתַיִם אֶל-חִיקָם חֲרָפָתָם
אֲשֶׁר חֲרָפוּךָ אֲדֹנָי:

13But we, Your people and the flock of Your pasture, shall thank You forever; to all generations we shall recite Your praise.

יְגוּאֲנַחֲנוּ עִמָּךְ | וְצֵאן מִרְעִיתֶךָ נוֹדָה לְךָ לְעוֹלָם
לְדוֹר וָדוֹר וְנִסְפָּר תְּהִלָּתֶךָ:

Chapter 121

פרק קכא

(1) A Song of Ascents. I will lift up my eyes to the mountains. From where shall my help come?

(2) My help comes from Hashem, who made heaven and earth.

(3) He will not suffer your foot to be shaken. He that keeps you will not slumber. (4) Behold, He that keeps Israel does not slumber or sleep.

(5) Hashem is your keeper. Hashem is your shade upon your right hand.

(6) The sun shall not smite you by day, or the moon by night.

(7) Hashem shall keep you from all evil; He shall keep your soul.

(8) Hashem shall guard your going out and your coming in, from this time forth and forever.

א. נִשִּׁיר לַמַּעְלוֹת אֲשֶׁר עֵינַי אֶל-הַהָרִים מֵאֵין יבֹא עֲזָרִי:

ב. עֲזָרִי מֵעַם יְהוָה לַעֲשֵׂה שָׁמַיִם וָאָרֶץ:

ג. אֶל-יִתֵּן לַמּוֹט רַגְלְךָ אֶל-יָנוּם שִׁמְרֶךָ:

ד. הִנֵּה לֹא-יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:

ה. יְהוָה שִׁמְרֶךָ יְהוָה צִלְּךָ עַל-יַד יְמִינְךָ:

ו. יוֹמָם הַשֶּׁשֶׁשׁ לֹא-יַכְּכָה וַיְרַח בַּלַּיְלָה:

ז. יְהוָה יִשְׁמְרֶךָ מִכָּל-רָע יִשְׁמֹר אֶת-נַפְשְׁךָ:

ח. יְהוָה יִשְׁמֹר-צֵאתְךָ וּבֹאֶךָ מֵעַתָּה וְעַד-עוֹלָם:

Chapter 130

פרק קל

(1) A Song of Ascents. Out of the depths have I called You, Hashem.

(2) Hashem, listen to my voice. Let Your ears be attentive to the voice of my supplications.

(3) If You, Hashem, should mark iniquities, Adonai, who could stand?

(4) For with You there is forgiveness, that You may be feared.

(5) I wait for Hashem, my soul waits, and in His word do I hope.

(6) My soul waits for Adonai, more than watchmen for the morning; yes, more than watchmen for the morning.

(7) O Israel, hope in Hashem; for with Hashem there is mercy and with Him is plentiful redemption.

(8) And He will redeem Israel from all his iniquities.

א. נְשִׁיר הַמַּעֲלוֹת מִמַּעַמְקִים קָרָאתִיךָ יְהוָה:

ב. אֲדַנּוּ נְשִׁמְעָה בְּקוֹלִי תִהְיֶינָה אַזְנוֹתֶיךָ קְשׁוּבוֹת לְקוֹל תַּחֲנוּנָי:

ג. אִם-עֲוֹנוֹת תִּשְׁמַר-יְהוָה אֲדַנּוּ מִי יַעֲמֹד:

ד. כִּי-עִמָּךְ הַסְּלִיחָה לְמַעַן תִּוָּרָא:

ה. קִנִּיתִי יְהוָה קִוִּיתָה נַפְשִׁי וְלִדְבַר הוֹחֵלְתִּי:

ו. נַפְשִׁי לֹאדַנּוּ מִשְׁמֵרִים לְבָקֵר שְׁמֵרִים לְבָקֵר:

ז. יַחַל יִשְׂרָאֵל אֶל-יְהוָה כִּי-עַם-יְהוָה הַחֲסֵד וְהַרְבֵּה עֲמּוֹ פְדוֹת:

ח. וְהוּא יַפְדֶּה אֶת-יִשְׂרָאֵל מִכָּל עֲוֹנוֹתָיו:

Chapter 137

פרק קלז

1By the rivers of Babylon, there we sat, we also wept when we remembered Zion.

אֶעֱלֶנָה־רוֹת | בְּכֹל שָׁם יִשְׁבּוּ גַם־בְּכִינוּ בְּזַכָּרְנוּ
אֶת־צִיּוֹן:

2On willows in its midst we hung our harps.

בְּעַל־עֲרָבִים בְּתוֹכָהּ תָּלִינוּ כְּנִרוֹתֵינוּ:

3For there our captors asked us for words of song and our tormentors [asked of us] mirth, "Sing for us of the song of Zion."

גַּכִּי שָׁם שְׁאַלּוּנוּ שׁוֹבֵינוּ דְּבַר־יִשִׁיר וְתוֹלְלֵינוּ שְׂמִיחָה
נְשִׁירוּ לָנוּ מִיִּשִׁיר צִיּוֹן:

4"How shall we sing the song of the Lord on foreign soil?"

דְּאֵיךְ נִשִׁיר אֶת־יִשִׁיר יְהוָה עַל אֲדָמַת נָכָר:

5If I forget you, O Jerusalem, may my right hand forget [its skill].

הֲאִם־אֶשְׁכַּח יְרוּשָׁלַם תִּשְׁכַּח יְמִינִי:

6May my tongue cling to my palate, if I do not remember you, if I do not bring up Jerusalem at the beginning of my joy.

וְתִדְבַק לְשׁוֹנִי | לְחַפִּי אִם־לֹא אֶזְכְּרֶכִי אִם־לֹא אֶעֱלֶה
אֶת־יְרוּשָׁלַם עַל רֵאשׁ שְׂמִיחָתִי:

7Remember, O Lord, for the sons of Edom, the day of Jerusalem, those who say, "Raze it, raze it, down to its foundation!"

זָכֹר יְהוָה | לְבָנֵי אֱדוֹם אַתְּ יוֹם יְרוּשָׁלַם הָאֹמְרִים
עָרוּ | עָרוּ עַד הִסּוֹד בָּהּ:

8O Daughter of Babylon, who is destined to be plundered, praiseworthy is he who repays you your recompense that you have done to us.

חַבַּת־בְּכֹל הַשְּׂדוּדָה אֲשֶׁר־י שִׁשְׁלֵם־לָךְ אֶת־גְּמוּלָךְ
שְׂגַמְלַת לָנוּ:

9Praiseworthy is he who will take and dash your infants against the rock.

טֹאשֶׁר־י | שִׂיאֲחַז וְנָפֵץ אֶת־עַלְלֵיךְ אֶל־הַסֶּלַע:

Chapter 142

פרק קמב

1A maskil of David, when he was in the cave, a prayer.

אֲמַשְׁכִּיל לְדָוִד בְּהֵיאוֹתוֹ בַּמְעָרָה תְּפִלָּה:

2[With] my voice, I cry out to the Lord; [with] my voice, I supplicate the Lord.

בְּקוֹלִי אֶל־יְהוָה אֶזְעַק קוֹלִי אֶל־יְהוָה אֶתְחַנֵּן:

3I pour out before Him my speech; my distress I recite before Him.

גִּאֲשָׁפָה לְפָנָיו שִׁיחֵי צָרָתִי לְפָנָיו אֶגִּיד:

4When my spirit enwraps itself upon me, and You know my path. In whichever way I go, they have hidden a snare for me.

דַּבְּהַתְּעֹטֶף עָלַי | רוּחִי וְאַתָּה יַדְעַת נְתִיבָתִי
בְּאֶרְח־זוֹ אֶהְלֵךְ טָמְנוּ פֶחַל לִי:

5Looking to the right, I see that no one recognizes me; escape is lost from me; no one seeks my soul.

הִהָבִיט יְמִין | וַרְאֵה וְאִין־לִי מְכִיר אֶבְד מְנוֹס מִמֶּנִּי
אִין דוֹרֵשׁ לְנַפְשִׁי:

6I cried out to You, O Lord; I said, "You are my refuge, my lot in the land of the living."

וַזְעַקְתִּי אֵלֶיךָ יְהוָה אֶמְרָתִי אַתָּה מַחְסֵי חֻלְקִי
בְּאֶרֶץ חַיִּים:

7Hearken to my cry for I have become very low; save me from my pursuers for they have overpowered me.

זַהֲקִשִׁיבָה | אֶל־רִנְתִּי כִּי־דָלוֹתִי מְאֹד הִצִּילְנִי
מִרְדְּפֵי כִּי אֶמְצֹו מִמֶּנִּי:

8Take my soul out of confinement to give thanks to Your name; because of me the righteous will crown You, because You will recompense me.

חַהֲוֹצִיאַה מִמִּסְגָּר | נַפְשִׁי לְהוֹדוֹת אֶת־שִׁמְךָ בְּי
יְכַתְרוּ צְדִיקִים כִּי תִגְמַל עָלַי:

אֲחֵינוּ כָּל בֵּית יִשְׂרָאֵל
הַנְּתוּנִים בַּצָּרָה וּבַשְּׁבִיָּה
הָעוֹמְדִים בֵּין בָּיִם וּבֵין בַּיַּבְשָׁה
הַמְּקוּם יְרַחֵם עֲלֵיהֶם
וְיוֹצִיאֵם מִצָּרָה לְרוּחָה
וּמִאֲפֵלָה לְאוֹרָה
וּמִשְׁעֶבֶד לְגֵאֻלָּה
הַשְּׂתָא בְּעֵגְלָא וּבְזִמְן קָרִיב
וְנֹאמַר אָמֵן

As for our brothers, the whole house of Israel, who are given over to trouble or captivity,
whether they abide on the sea or on the dry land:

May the All-present have mercy upon them, and bring them forth from trouble to enlargement, from darkness to light, and from
subjection to redemption, now speedily and at a near time.