

A NEW
TEHILLIM
EXPERIENCE

תהלים

*A selection for these times taken from
the complete sefer Tehillim entitled:*

PSALMS THAT SPEAK TO YOU

A New Meaningful Interlinear Translation

Yitzchok Leib Bell

The *Tehillim* contained in this work are reproduced from the Interlinear Edition of the sefer *Psalms that Speak to You*, published by *Tehillim Today*, an organization dedicated to the translation of *Tehillim* as a meaningful conversation with God.

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APPROBATIONS

RABBI MOSHE WEINBERGER CONGREGATION AISH KODESH

Woodmere, New York

4th June 2018/21 Sivan 5778

Dovid HaMelech said ואני תפילה - I am *Tefillah*. He defined his entire being by the words that poured forth from his heart. These words, thoughts and feelings are always lingering deep within us, forever seeking a means of sincere expression. Our entire lives we have been reciting *Tehillim*.

My dear friend R Yitzchok Leib Bell, through his magnificent translation, is offering each one of us the exciting opportunity to get a glimpse of the king's heart and to join him on his journey to *kirvas Hashem*.

We will no longer merely recite *Tehillim*. We will be able to have a taste of ואני תפילה

For this I am eternally grateful.

May the *zechus* of every word uttered by every Jew using "*Psalms That Speak To You*" accompany R. Yitzchok Leib throughout his own journey until 120.



APPROBATIONS

RABBI EYTAN FEINER

CONGREGATION KNESETH ISRAEL – THE WHITE SHUL

Far Rockaway, New York
January 11, 2016/1 Sh'vat, 5776

Providing us with a fresh, clear, and contemporary translation of Dovid's Sefer *Tehillim*, R' Yitzchok Bell *Shlit"u*, has undertaken a most admirable yet daunting task – and has succeeded beautifully with his "*Psalms that Speak to You*."

Weaving the commentaries of *Rashi* and other classic *meforshim* into his fluid and lucid translation, R' Yitzchok Bell has facilitated a connection to the text that draws us immediately close to Dovid's heart.

The layout is an aesthetic treat, the choice and concise wording unmatched, the ease of use a true pleasure. And through his wonderful translation, R' Yitzchok has shared his heart with us as well. The reader senses instantly that the translation's author is a unique individual, who warmly invites the reader to join him on his quest for spiritual growth.

Thank you, R' Yitzchok, for your excellent and groundbreaking work. And thank you for opening up the world of our greatest king and master poet to readers the world over, forever changing the way we recite our daily *Tehillim* with your masterful "*Psalms that Speak to You*."

Yi'yasher ko'chacha and best wishes for continued abundant *Siyata Dishmaya* with all of your remarkable *Avodas ha'kodesh*!

Tizkeh Li'mitzvos u'li'Kol Tuv selah.

Bi'hokra rabba u'b'yedidus ne'emana,



20 ~ כ

לְמַנְצִיחַ מְזִמּוֹר לְדָוִד: א

¹ *For the conductor, a psalm by David.*

בִּיעֲנֵה יְהוָה בְּיָוֶם צָרָה

² *Israel, may God answer in time of trouble.*

יִשְׁגְּבֶה שֵׁם אֱלֹהֵי יַעֲקֹב:

May the Name of the God of Jacob shield you.

גִּישְׁלַח־עֲזָרָה מִקֹּדֶשׁ

³ *May He send you help from His holy place*

וּמִצִּיּוֹן יִסְעָדֶךָ:

and support you from Zion.

דִּיִּזְכֹּר כָּל־מִנְחֹתֶיךָ

⁴ *May He remember all that you offered to Him,*

וְעוֹלֹתֶיךָ יִדְשָׁנָה סָלָה:

accept your prayers like burnt sacrifices.

הִיִּתֵן־לְךָ כְּלִבְבְּךָ

⁵ *May He give you what your heart desires*

וְכָל-עֲצָתְךָ יְמַלֵּא:

and fulfill all your plans.

וְנִרְנְנָה בִישׁוּעָתְךָ^ו

⁶*Let us sing praises when He rescues you,*

וּבְשֵׁם-אֱלֹהֵינוּ נִדְגַל

and gather together in God's Name.

יְמַלֵּא יְהוָה כָּל-מְשָׁאֲלוֹתֶיךָ:

May God fulfill all that you ask.

זְעִתָּה יִדְעָתִי^ז

⁷*Then Israel will say, "Now I know*

כִּי הוֹשִׁיעַ יְהוָה מְשִׁיחוֹ

that God saves His anointed king.

יַעֲנֶהוּ מִשָּׁמַי קֹדֶשׁוֹ

He answers him from His holy heaven

בְּגִבּוֹרוֹת יֵשַׁע יְמִינוֹ:

with the mighty redemption of His right arm.

חֲאֵלָה בָּרֶכֶב וְאֵלָה בַסּוּסִים^ח

⁸*Some trust in chariots, others in horses,*

וְאֶנְחָנוּ בְּשֵׁם־יְהוָה אֱלֹהֵינוּ נִזְכִּיר:
but we call out in the Name of our God.

ט הִמָּה כָּרְעוּ וְנָפְלוּ
9 They fall and stay down,

וְאֶנְחָנוּ קָמְנוּ וְנִתְעוֹדֵד:
but we rise up and overcome.

י יְהוָה הוֹשִׁיעָה
10 Save us, God.

הַמֶּלֶךְ יַעֲנֵנוּ בְּיוֹם־קְרָאֵנוּ:
Answer us, our King, on the day we call."

כג ~ 23

מְזִמּוֹר לְדָוִד א

¹A psalm by David.

יהוה רעי

God is my shepherd,

לא אֶחְסָר:

I will lack nothing.

בַּבְּנְאוֹת דְּשֵׂא יִרְבֵּיצֵנִי

²He lays me down in green pastures.

עַל־מֵי מְנַחוֹת יְנַהֲלֵנִי:

He leads me beside calm waters.

גַּנְפְּשִׁי יִשׁוּב

³He restores my soul.

יְנַחֵנִי בְּמַעְגְּלֵי־צֶדֶק

He guides me along righteous paths

לְמַעַן שְׁמוֹ:

for the sake of the glory of His Name.

ד גם כִּי־אֵלֶּךָ בְּגִיּוֹת צִלְמוֹת
4 Even though I walk in the darkest valley,

לֹא־אִירָא רָע כִּי־אַתָּה עִמָּדִי
I will not fear evil, for You are with me.

שִׁבְטְךָ וּמִשְׁעֶנְתְּךָ הִמָּה יִנְחֲמֵנִי:
Both Your rod and Your staff comfort me.

ה תִּפְעֹרֵךְ לְפָנַי שֻׁלְחָן
5 You spread out a table before me

נֶגְדַת צִרְרֵי
in full view of my enemies.

דִּשְׁנָתָךְ בְּשֶׁמֶן רֹאשִׁי
You anoint my head with oil.

כּוֹסֵי רִנָּה:
My cup overflows.

ו אֵדָּ טוֹב וְחֶסֶד יִרְדְּפוּנִי
6 May only goodness and love follow me

כָּל־יְמֵי חַיִּי
all the days of my life,

וְשִׁבְתִּי בְּבַיַת־יְהוָה
and may I dwell in the house of God

לְאָרְךָ יָמִים:
for many years to come.

כט ~ 29

מְזִמּוֹר לְדָוִד א

1 A psalm by David.

הָבוּ לַיהוָה בְּנֵי אֲלִים

Prepare to serve God, you sons of princes.

הָבוּ לַיהוָה

Get ready for God

כְּבוֹד וְעֹז:

with words of His glory and might.

הָבוּ לַיהוָה ב

2 Prepare prayers to God

כְּבוֹד שְׁמוֹ

that glorify His Name.

הִשְׁתַּחֲוּוּ לַיהוָה בְּהַדְרַת־קִדְשׁ:

Bow to God in the splendor of His holiness.

קוֹל יְהוָה עַל־הַמַּיִם ג

3 God's voice is upon the waters,

אֱלֹהֵי הַכְּבוֹד הִרְעִים
the God of glory thunders.

יְהוָה עַל־מַיִם רַבִּים:
God is upon vast waters.

ד קוֹל־יְהוָה בַּכֹּחַ
⁴ *The voice of God is spoken with power,*

קוֹל יְהוָה בְּהַדָּר:
the sound of God is majestic.

ה קוֹל יְהוָה שֹׁבֵר אֲרָזִים
⁵ *God's voice shatters the cedar trees,*

וַיִּשְׁבֵּר יְהוָה אֶת־אֲרָזֵי הַלְּבָנוֹן:
God smashes the cedars of Lebanon.

ו וַיִּרְקִידֵם כְּמוֹ־עֵגֶל
⁶ *He makes them skip like a calf.*

לְבָנוֹן וְשֵׁרְיוֹן
The mountains of Lebanon and Hermon

כְּמוֹ בָּרִאֲמִים:
prance like wild young oxen.

ז קול־יהוה חִצַּב לַהֲבוֹת אֵשׁ:

⁷ *The voice of God cuts with flames of fire.*

ח קול יהוה יִחִיל מִדְּבַר

⁸ *The voice of God makes the deserts quake,*

יִחִיל יהוה מִדְּבַר קִידֵשׁ:

God makes the wilderness of Sinai tremble.

ט קול יהוה יְחוֹלֵל אֵילוֹת

⁹ *God's voice alarms the doe*

וַיִּחַשֵּׁף יַעֲרוֹת

and lays bare the forests.

וּבְהִיכָלוֹ כָּלוּ אִמֵּר כְּבוֹד:

All in His Temple will proclaim His glory.

י יהוה לַמַּבּוּל יֵשֵׁב

¹⁰ *God sat alone above the flood,*

וַיֵּשֶׁב יהוה מֶלֶךְ לְעוֹלָם:

and God will sit as King forever.

יא יהוה עֲזָ לְעַמּוֹ יִתֵּן

¹¹ *God will give strength to His people.*

יהוה יְבָרֵךְ אֶת־עַמּוֹ בְּשָׁלוֹם:
God will bless His nation with peace.

ל ~ 30

א מְזִמּוֹר שִׁיר־הַנְּקִיטָה הַבַּיִת
¹*A song for the dedication of the Temple,*

לְדָוִד:
by David.

ב אֲרוֹמְמָהּ יְהוָה
²*God, I will exalt You.*

ג כִּי דָלִיתָנִי
For You picked me up

ד וְלֹא־שִׂמְחָתָ אֹיְבֵי לִי:
and did not let my enemies gloat over me.

ה יְהוָה אֱלֹהֵי שׁוֹעֲתֵי אֵלַי
³*I cried out to You, my God,*

ו וַתִּרְפְּאֵנִי:
and You forgave me.

ז יְהוָה הִעֲלִיתָ מִן־שְׂאוֹל נַפְשִׁי
⁴*God, You raised my soul when I was low.*

חַיִּיתָנִי

You sustained me

מִיִּרְדֵי־בֹר:

so I did not fall to the depths.

ה זָמְרוּ לַיהוָה חֲסִידָיו

Devoted ones, sing out to God.

וְהוֹדוּ לְזִכְרֵ קְדְשׁוֹ:

Give thanks to His holy Name.

י כִּי רָגַע בְּאַפּוֹ

For His anger lasts only a moment

חַיִּים בְּרִצּוֹנוֹ

while His kindness is for life.

בְּעָרֵב יָלִין בְּכִי

In the evening, sleep may come with tears,

וּלְבֹקֶר רִנָּה:

but joy will be there in the morning.

ז וְאָנִי אָמַרְתִּי בְשִׁלּוּי

In my composure I said

בַּל־אֶמוּט לְעוֹלָם:

I would never stumble.

יְהוָה בְּרִצּוֹנְךָ

⁸ *But God, it was Your will*

הַעֲמַדְתָּה לְהִרְרִי עִז

that made me stand strong.

הִסְתַּרְתָּ פְּנֵיךָ הִיִּיתִי גְּבָהֶל:

When You hid Your face, I was terrified.

ט אֵלֶיךָ יְהוָה אֶקְרָא

⁹ *I called out to You, my God,*

וְאֶל־אֲדֹנָי אֶתְחַנֵּן:

and begged for Your favor:

י מַה־בְּצֵעַ בְּדָמַי

¹⁰ *“What benefit is there from my death,*

בְּרִדְתִּי אֶל שְׁחַת

from my descent to the abyss?”

הַיּוֹדֵה עָפָר

Does the dust thank You

הַיְגִיד אֶמְתָּךְ:
or proclaim Your truth?"

י^א שְׁמַע־יְהוָה וְחַנּוּנִי
¹¹ *God, please listen and be gracious to me.*

יְהוָה הִיְהֵ-עֵזֶר לִי:
God, be my help.

י^ב הִפְכָּתָּ מִסִּפְדִּי לְמַחּוֹל לִי
¹² *You turned my mourning into dancing.*

בִּפְתַּחַתָּ שִׁקְי
You undid my sackcloth

וּבְתֹאזְרֵנִי שִׂמְחָה:
and, with joy, gave me strength.

י^ג לְמַעַן יִזְמְרָךְ כְּבוֹד
¹³ *My soul will sing out to You*

וְלֹא יִדָּם
and will not be silenced.

יְהוָה אֱלֹהֵי לְעוֹלָם אוֹדְךָ:
I give thanks to You, my God, forever.

67 ~ 10

לְמַנְצֵחַ בְּנִגִּינֹת א

¹ *For the conductor, with instrumental music,*

מְזֻמּוֹר שִׁיר:

a psalm, a song.

ב אֱלֹהִים יְחַנְּנוּ וַיְבָרְכֵנוּ

² *May God be gracious to us and bless us.*

יָאֵר פָּנָיו אֶתְנוּ סֵלָה:

May His face shine upon us.

ג לְדַעַת בְּאָרֶץ

³ *Then the world will appreciate*

דְּרַכֶּךָ

that Your way is kindness.

ד בְּכָל-גּוֹיִם יְשׁוּעָתֶךָ:

All nations will recognize Your salvation.

ד יוֹדוּךָ עַמִּים אֱלֹהִים

⁴ *Peoples will thank You, God,*

יודוּהַ עַמִּים בְּלָם:

all countries will give You thanks.

הַ יְשִׂמְחוּ וַיִּרְנְנוּ לְאֲמִים

⁵ *Nations will celebrate and sing with joy,*

בֵּית־תְּשַׁפֵּט עַמִּים מִיֶּשֶׁר

as You judge them all fairly

וּלְאֲמִים בְּאָרֶץ תַּנְחִים סֶלָה:

and lead the nations of the earth.

וַיִּודוּהַ עַמִּים אֱלֹהִים

⁶ *Peoples will thank You, God,*

יודוּהַ עַמִּים בְּלָם:

all countries will give You thanks.

זֶ אֶרֶץ גְּתִנָּה יְבוּלָהּ

⁷ *The land will produce its crops;*

יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ:

God, our God, will bless us.

הַ יְבָרְכֵנוּ אֱלֹהִים

⁸ *God will surely bless us.*

וַיִּרְאוּ אוֹתוֹ

All will hold Him in awe,

כָּל-אַפְסֵי-אָרֶץ:

even at the ends of the earth.

א יֵשֵׁב בְּסִתְּר עֲלִיוֹן

¹ *He who shelters in God, Most High,*

בְּצֵל שֵׁדֵי יִתְלוֹנֵן:

dwells secure in the Almighty's shade.

ב אֵמַר לַיהוָה מִחֲסִי וּמְצוּדָתִי

² *I will say that God is my refuge and fortress,*

אֱלֹהֵי אֲבֹטְחָבוֹ:

my God in whom I trust.

ג כִּי הוּא יִצִּילְךָ מִפֶּח יִקוּשׁ

³ *He will rescue you from the snare that traps,*

מִדְּבַר הַהוּת:

from the deadly plague.

ד בְּאַבְרָתוֹ יִסֶּה לְךָ

⁴ *He will cover you with His plumage*

וְתַחַת־כַּנְפָּיו תִּחְסֶה

and under His wings you will take refuge.

צָנָה וְסִחָרָה אֲמֹתָו:

His truth is a shield and an armor.

ה' לֹא־תִירָא מִפֶּחַד לַיְלָה

⁵ *You will not fear the terror of night*

מִיַּחַץ יַעֲוֹף יוֹמָם:

or the arrow that flies by day,

וְיִמְדָּבֵר בְּאֶפְלַיִם יְהִלֵּךְ:

⁶ *neither the spirits that go in darkness,*

מִקְטָב יִשׁוּד צָהָרִים:

nor evil forces that destroy at noon.

ז' יִפֹּל מִצִּדְּךָ אֶלֶף

⁷ *A thousand may encamp at your left*

וְרִבְבָה מִיְמִינֶךָ

and ten thousand at your right,

אֲלֵיךָ לֹא יִגָּשׁ:

but none will come near and harm you.

ה' רַק בְּעֵינֶיךָ תִּבְיֵט

⁸ *You will just gaze with your eyes*

וְשַׁלְמַת רְשָׁעִים תִּרְאֶה:
and watch the destruction of the wicked.

ט בִּי־אַתָּה יְהוָה מִחְסִי
 9 *For you said, "God is my refuge."*

עֲלִיוֹן שְׁמַתָּ מְעוֹנָה:
You made the Supreme God your home.

י לֹא־תֵאָנֶה אֵלַיָּה רָעָה
 10 *No evil will come upon you,*

וְנִגַּע לֹא־יִקְרַב בְּאֵהָלָה:
no disease will reach your dwelling.

יא כִּי מִלְאָכָיו יִצְוֶה־לָּךְ
 11 *He will direct His angels for you,*

לְשָׁמְרָהּ בְּכָל־דְּרָכֶיהָ:
to guard you in all your ways.

יב עַל־כַּפַּיִם יִשְׂאוּנָהּ
 12 *On their palms they will carry you*

פֶּן־תִּתְגַּף בְּאֶבֶן רַגְלָהּ:
in case your foot might stumble on a stone.

יג על־שַׁחַל וּפְתָן תִּדְרֹךְ

¹³ *You will tread on the lion and snake,*

תִּרְמַס כְּפִיר וְתַנִּין:

trample underfoot the cub and serpent.

יד כִּי בִי חָשַׁק

¹⁴ *God will say, "Since he yearns for Me,*

וְאֶפְלֹטֵהוּ

I will deliver him.

אֲשַׁגְּבֵהוּ

I will raise him high,

כִּי־יִדַע שְׁמִי:

for He acknowledges My Name.

טו יִקְרָאֵנִי וְאֶעֱנֶהוּ

¹⁵ *When he calls on Me, I will answer him;*

עִמּוֹ־אֲנֹכִי בְצָרָה

I will be with him in any trouble.

אֲחַלְצֵהוּ וְאֶכְבֹּדֵהוּ:

I will rescue him and honor him.

טז אַרְךָ יָמִים אֲשֶׁבִיעֵהוּ

¹⁶*I will give him a long and satisfying life,*

וְאַרְאֶהוּ בִישׁוּעָתִי:

and show him My salvation."

קכא ~ 121

א שִׁיר לַמַּעֲלוֹת

¹*A song for ascending the Temple steps.*

אָשָׂא עֵינַי אֶל־הַהָרִים

I lift up my eyes to the mountains:

מֵאֵין יָבֵא עֲזָרִי:

From where will my help come?

ב עֲזָרִי מֵעַם יְהוָה

²*My help is from God,*

עֹשֶׂה שָׁמַיִם וָאָרֶץ:

who creates heaven and earth.

ג אֶל־יָתֵן לִמּוֹט רַגְלִי

³*He does not let your foot slip;*

אֶל־יָנוּם שֹׁמְרִי:

your guard does not slumber.

ד הֵיאָה לֹא־יָנוּם וְלֹא יִישָׁן

⁴*He neither slumbers nor sleeps,*

שׁוֹמֵר יִשְׂרָאֵל:
the guardian of Israel.

הַ יְהוָה שׁוֹמְרֶךָ
⁵ *God is your protector,*

יְהוָה צִלְּךָ עַל־יַד יְמִינֶךָ:
God is your shade at your right hand.

וַיּוֹמַם הַשֶּׁמֶשׁ לֹא־יִכָּפֶה
⁶ *The sun will not strike you by day,*

וַיָּרַח בַּלַּיְלָה:
nor the moon by night.

זַיְהוָה יִשְׁמְרֶךָ מִכָּל־רָע
⁷ *God will protect you from all harm,*

יִשְׁמֹר אֶת־נַפְשְׁךָ:
He will protect your soul.

הַ יְהוָה יִשְׁמֹר־צֵאתְךָ וּבואְךָ
⁸ *God will guard your going and your coming,*

מֵעַתָּה וְעַד־עוֹלָם:
now and always.

קכו ~ 126

שִׁיר הַמַּעֲלוֹת א

¹ *A song for ascending the Temple steps.*

בְּשׁוּב יְהוָה אֶת־שִׁיבַת צִיּוֹן

When God returns the exiles of Zion,

הָיִינוּ כְּחֹלְמִים:

we will be like dreamers.

אָז יִמְלֵא שְׂחֹק פִּינוּ

² *Then our mouths will be filled with laughter*

וְלִשׁוֹנֵינוּ רִנָּה

and our tongues with songs of joy.

אָז יֹאמְרוּ בַגּוֹיִם

Then the nations will say,

הַגָּדִיל יְהוָה לַעֲשׂוֹת עִם־אֱלֹהֵי:

“God did great things for these people.”

הַגָּדִיל יְהוָה לַעֲשׂוֹת עִמָּנוּ

³ *God did great things for us,*

הַיִּינוּ שְׂמֵחִים:
and so we rejoiced.

ד שׁוֹבֵה יְהוּה אֶת־שְׁבִיתָנוּ
⁴ *God, bring back our exiles;*

כַּאֲפִיקִים בְּנֶגֶב:
like parched land watered by a stream, we will be renewed.

ה הַזֹּרְעִים בְּדִמְעָה
⁵ *Those who sow with tears*

בְּרֵנָה יִקְצְרוּ:
will reap with joy.

ו הַלֹּוֹךְ יֵלֵךְ וּבְכָה
⁶ *The one who went out weeping,*

נִשָּׂא מִשָּׂדֶה־הַזֶּרַע
carrying his sack of seed,

בֹּא־יָבֹא בְרֵנָה
will return home with songs of delight,

נִשָּׂא אֲלֻמֹּתָיו:
carrying his sheaves.

קל ~ 130

א שִׁיר הַמַּעֲלוֹת

¹ *A song for ascending the Temple steps.*

בְּמַמְעַמְקִים קָרָאתִיךָ יְהוָה:
From the depths I call to You, God.

ב אֲדַנִּי שְׁמָעָה בְּקוֹלִי
² *O God, hear my voice,*

תְּהִינָה אַזְנוֹתֶיךָ קִשְׁבוֹת לְקוֹל תְּחִנוּנָי:
listen closely to the sound of my pleas.

ג אִם-עֲוֹנוֹת תִּשְׁמָרֶנּוּ
³ *God, if You keep our sins in mind,*

אֲדַנִּי מִי יַעֲמֹד:
who, dear God, can survive?

ד כִּי-עֲמֶיךָ הַסְּלִיחָה
⁴ *Forgiveness is Yours alone,*

לְמַעַן תִּתְּרָא:
so that we fear only You.

ה קוֹיִתִּי יְהוָה קוֹתָה נַפְשִׁי
⁵I put my hope in God; my soul has hope.

וּלְדַבְּרוֹ הוֹחֵלְתִּי:
I wait for His word.

וּנַפְשִׁי לְאֲדֹנָי
⁶My soul looks to God.

מִשֹּׁמְרִים לְבֹקֶר
I am with those who watch for the morning,

שֹּׁמְרִים לְבֹקֶר:
those who watch for the dawn.

ז יַחַל יִשְׂרָאֵל אֶל־יְהוָה
⁷Israel, keep waiting for God,

כִּי־עִם־יְהוָה הַחֶסֶד
for with God is abundant love

וְהַרְבֵּה עֲמוֹ פְּדוּת:
and with Him is great salvation.

ח וְהוּא יַפְדֶּה אֶת־יִשְׂרָאֵל מִכָּל עֲוֹנוֹתָיו:
⁸He will surely redeem Israel from all their sins.

קמב ~ 142

א מִשְׁפִּיל לְדָוִד

¹ *By David, a song with good advice,*

בְּהִיּוֹתוֹ בַּמְעָרָה תְּפִלָּה:

when he was in the cave – a prayer.

ב קוֹלִי אֶל־יְהוָה אֶזְעַק

² *With my voice I cry aloud to God,*

קוֹלִי אֶל־יְהוָה אֶתְחַנֵּן:

with my voice I appeal to God.

ג אֶשְׁפֹּךְ לְפָנָיו שִׁיחִי

³ *I pour out my speech to Him*

צָרָתִי לְפָנָיו אֶגִּיד:

and tell Him of my troubles.

ד בְּהִתְעַטֵּף עָלַי רוּחִי

⁴ *When my spirit collapses,*

וְאַתָּה יָדַעְתָּ נְתִיבָתִי

You know the difficulties I face.

בְּאַרְחֻזוֹ אֶהְיֶה׃

Wherever I go,

טָמְנוּ פֶּחַ לִי׃

they have hidden traps for me.

הַיְבִיט יָמִין וְרָאָה׃

I look to the right, but see

וְאִי־לִי מִכִּיר׃

nobody protesting on my behalf.

אֲבַד מְנוּס מִמּוֹנֵי

I have nowhere to flee;

אֵין דּוֹרֵשׁ לְנַפְשִׁי׃

there is no one concerned for me.

וְזָעַקְתִּי אֵלֶיךָ יְהוָה׃

I cried to You, God.

אָמַרְתִּי אֶתָּה מְחֻסִּי

I said, "You are my shelter!"

חֶלְקִי בְּאֶרֶץ הַחַיִּים׃

You are all I have in the land of the living."

ז הַקְשִׁיבָה אֶל־רִנָּתִי

7 Listen to my cry,

כִּי־דָלוּתִי מְאֹד

for I have lost all that I had.

הַצִּילֵנִי מִרְדָּפָי

Rescue me from those who hound me,

כִּי אֲמָצוּ מִמּוֹנֵי:

for they are stronger than me.

ח הוֹצִיאָה מִמִּסְגֵּר נַפְשִׁי

8 Release me from this prison

לְהוֹדוֹת אֶת־שִׁמְךָ

so that I can thank Your Name.

בִּי יִכְתְּרוּ צַדִּיקִים

May the righteous crown You because of me,

כִּי תִגְמַל עָלַי:

when You show me Your kindness.