

A NEW  
TEHILLIM  
EXPERIENCE

# תהלים

Selected Psalms

ארץ  
ישראל

*for*  
Our Beloved  
Homeland

*A Meaningful  
Interlinear Translation  
with Hebrew Text*

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.

*For further information:*

- [www.tehillimtoday.com](http://www.tehillimtoday.com)
- email: [ylbell@tehillimtoday.com](mailto:ylbell@tehillimtoday.com)
- [www.facebook.com/tehillimtoday](http://www.facebook.com/tehillimtoday)
- instagram: [@tehillimtoday](https://www.instagram.com/tehillimtoday)

Copyright © Yitzchok Leib Bell  
2016 Hardback Hebrew/English Facing Edition  
2018 Softback Hebrew/English Interlinear Edition

---

No part of this publication (including, but without limitation, the English translation, the design, layout, artwork and cover) may be reproduced, stored in any retrieval system or transmitted, in any form or by any means, and no part of the English may be translated without the prior written permission of the copyright owner.

*Design:* Ben Gasner Studio, Jerusalem

*Printed in Israel*

APPROBATIONS FOR THE SEFER TEHILLIM

“PSALMS THAT SPEAK TO YOU”

A magnificent translation! I am eternally grateful.

Rabbi Moshe Weinberger,  
New York

I am confident that it will become the standard translation of the English speaking world.

Dayan Yitzchok Berger,  
Manchester

We can now really embrace the treasured words of King David.

Rabbi Gil Bashe,  
New York

This beautiful book enhances our saying of *Tehillim*. We savor each thought and feel like we finally understand certain passages for the first time in our lives.

Rabbi and Mrs Y Katz,  
Lakewood

This translation has opened up my eyes and heart to the real *Tehillim*.

Rebbetzin B Silberstein,  
Jerusalem

A ground-breaking work, forever changing the way we recite our *Tehillim*.

Rabbi Eytan Feiner,  
New York

This unique translation returns *Tehillim* to its original intent - an intimate conversation with the Almighty. Start reading and experience a new heartfelt relationship with God.

Rabbi Jonathan Rietti,  
Monsey

This translation, as far as allowing the reader to connect his/her heart with the message, is head and shoulders above the rest.

Rabbi Yitzchok Adlerstein,  
Jerusalem / Los Angeles

The lucid fresh translation plus remarkable graphics combine to allow the *Tehillim* to simply flow from within me.

Rabbi Moshe Rabinowitz,  
Jerusalem

## מו

א לַמְנַצֵּחַ לְבְנֵי-קֹרַח

For the conductor, by the sons of Korach,

ב עַל-עֲלָמוֹת שִׁיר:

a song with musical accompaniment.

ב אֱלֹהִים לָנוּ מַחְסֵה וְעֹז

God is our shelter and our strength,

עֲזָרָה בְּצָרוֹת נִמְצָא מְאֹד:

an enduring help in time of trouble.

## מו

ג עַל-כֵּן לֹא-נִירָא

So we will not fear,

בְּהִמִּיר אֲרֶץ

even if the earth were to change

וּבְמוֹט הַרִים

and mountains drop

בְּלֵב יַמַּיִם:

to the center of the sea;

## מו

ד יִהְיוּ יַחְמְרוּ מִיָּמָיו

if its waters were to rage and throw up mud,

וְיִרְעֶשׂוּ הַרִים בְּגֵאוֹתָו סְלָה:

and mountains thunder before His majesty.

ה נָהָר פִּלְגֵיו יִשְׂמְחוּ עִיר-אֱלֹהִים

But streams from Eden will bring joy to God's city,

קֹדֶשׁ מְשֻׁכְּנֵי עֲלִיוֹן:

the sacred dwelling of the Most High.

## מו

ו אֱלֹהִים בְּקִרְבָּהּ

God is there within Jerusalem;

בַּל־תִּמּוֹט

it will not fall.

יַעֲזֹרָהּ אֱלֹהִים

God will come to its aid

לְפָנֹת בְּקָר:

on the morning of redemption.

## מו

זְהִמוּ גוֹיִם

Nations will be in uproar,

מִטּוֹ מַמְלָכוֹת

kingdoms will fall.

נִתֵּן בְּקוֹלוֹ

As He raises His voice,

תִּמְוֶג אֶרֶץ:

the earth will melt.



## מו

ח יהוה צְבָאוֹת עִמָּנוּ

God, who rules the angels, is with us.

ט מְשׁוּבָּב־לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה:

The God of Jacob is our refuge.

י לָכוּ-חֲזוּ מַפְעָלוֹת יְהוָה

Come and see the works of God

יְאִשֶׁר-שָׁם שָׁמוֹת בְּאֶרֶץ:

and how He destroyed the lands of the nations.

## מו

מִשְׁבִּית מְלַחֲמוֹת

He will put an end to war

עַד-קֵצָה הָאָרֶץ

across the world,

קֶשֶׁת יִשְׁבֵּר וְקִצֵּץ חֲנִית

smash the bows and break the spears.

עֲגָלוֹת יִשְׂרֹף בָּאֵשׁ:

He will set the chariots on fire.

מו

א' הַרְפוּ

He tells the nations, "Leave Jerusalem alone.

וְדַעוּ כִּי-אֲנֹכִי אֱלֹהִים

Know that I am God;

אֲרוֹם בְּגוֹיִם

I will rise among the peoples

אֲרוֹם בְּאֶרֶץ:

and be exalted upon the earth."

מו

יְבִי הוּא צְבָאוֹת

God, who rules the angels,

עִמָּנוּ

is with us;

מִשׁוּגְבֵי-לָנוּ

our refuge,

אֱלֹהֵי יַעֲקֹב סֵלָה:

the God of Jacob

מז

לְמַנְצִיחַ א

For the conductor,

לְבָנֵי-קֶרַח מְזִמּוֹר:

a psalm by the sons of Korach.

כָּל-הָעַמִּים תִּקְעוּ-כַף ב

Nations, clap hands,

הֲרִיעוּ יְיָ לְאֱלֹהִים בְּקוֹל רִנָּה:

agree to call out to God with sounds of joy.

## מז

ג כִּי־יְהוָה עֲלִיוֹן נוֹרָא

For God, Most High, is awesome,

מֶלֶךְ גָּדוֹל עַל־כָּל־הָאָרֶץ:

a great King over all the earth.

ד יִדְבַר עַמִּים תַּחֲתֵינוּ

He subdues peoples under our rule

וְלְאֻמִּים תַּחַת רַגְלֵינוּ:

and nations under our feet.

## מז

ה יבַחַר-לָנוּ אֶת-נַחֲלָתֵנוּ

He selects as our portion,

אֶת גְּאוֹן יַעֲקֹב אֲשֶׁר-אֱהָב סְלָה:

as the pride of Jacob, His beloved land of Israel.

ו עֲלָה אֱלֹהִים בְּתִרְוָעָה

God is exalted with the trumpet blast —

יְהוָה בְּקוֹל שׁוֹפָר:

Almighty God, with the shofar sound.

## מז

זִמְרוּ אֱלֹהִים זִמְרוּ

Sing to God, sing out!

זִמְרוּ לְמַלְכֵנוּ זִמְרוּ:

Sing to our King, sing out!

כִּי מֶלֶךְ כָּל-הָאָרֶץ אֱלֹהִים

For God is King over all the earth.

זִמְרוּ מִשְׁכִּיל:

Wise people, come and sing.



מז

ט מַלְךְ אֱלֹהִים

All will say that God rules

עַל-גּוֹיִם

over the nations,

אֱלֹהִים יֹשֵׁב

that God sits

עַל-בֵּסֵא קִדְשׁוֹ:

on His holy throne;

## מז

נְדִיבֵי עַמִּים נֶאֱסָפוּ ,

that martyrs among the nations are gathered in,

עַם אֱלֹהֵי אַבְרָהָם

people of the God of Abraham.

כִּי לֵאלֹהִים מְגִינֵי-אָרֶץ

God shields those on earth who trust in Him.

מֵאֵד נֶעְלָה:

He is Supreme.

## מח

א שִׁיר מְזֻמֹּר לְבְנֵי-קֹרַח:

A song, a psalm by the sons of Korach.

ב גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד

God is great, and abundantly praised,

בְּעִיר אֱלֹהֵינוּ

when He builds the Godly city

הַר-קֹדֶשׁוֹ:

on His holy mountain.

מח

ג יפה נוף

Most beautiful,

משׁוֹשׁ כָּל־הָאָרֶץ

joy of the earth,

הַר־צִיּוֹן יִרְכָּתִי צֶפֶן

is Mount Zion, the northern aspect

קִרְיַת מֶלֶךְ רַב:

of the King's great city.

## מח

ד אֱלֹהִים בְּאַרְמְנוֹתֶיהָ

When God will dwell in Jerusalem's palaces,

נֹדַע לְמִשְׁגָּב:

He will be seen as its stronghold

ה כִּי־הֵינָה הַמְּלָכִים נוֹעְדוּ

For kings will assemble

עֲבְרוּ יַחְדָּו:

to attack the city together.

## מח

וְהֵמָּה רְאוּ בֵּן תַּמָּהוּ

But they will see Him and be confused;

נִבְהָלוּ נִחְפְּזוּ:

in fright, they will run in panic.

זָרְעָה אֲחֻזָּתָם שָׁם

There they will be gripped by trembling,

חֵיל בְּיֹלְדָה:

with pains, like a woman in labor.

מח

ה בְּרוּחַ קָדִים

They will face an eastern gale

תִּשְׁבֵּר

that smashes to pieces

אֲנִיּוֹת

ships

תַּרְשִׁישׁ:

in Tarshish port.

## מח

ט כֹּאֲשֶׁר שָׁמַעְנוּ כִּן רְאִינוּ

All that we heard from the prophets,

בְּעִיר-יְהוָה צְבָאוֹת

we will see in the city of the God of the angels.

בְּעִיר אֱלֹהֵינוּ

It is God's city;

אֱלֹהִים יְכוֹנְנָה עַד-עוֹלָם סְלָה:

He will preserve it forever.



## מח

דְּמִינוּ אֱלֹהִים חֶסֶדְךָ בְּקֶרֶב הַיְכָלְךָ:

God, we picture Your love from Your Temple's heart.

כִּי בְשִׁמְךָ אֱלֹהִים

Just as Your Name is great,

כֵּן תְּהִלָּתְךָ עַל-קְצוֹי-אָרֶץ

so too is Your praise from all the world.

צְדָק מְלֵאָה יְמִינְךָ:

Goodness fills Your right hand.

מח

יִבְּשִׂמַח

Rejoice

הַר-צִיּוֹן

Mount Zion,

תִּגְלֶנָּה בְּנֹת יְהוּדָה

the nearby cities of Judah delight,

לְמַעַן מִשְׁפֹּטֶיךָ:

when You come to judge the nations.

מח

יג סבו

Walk around

ציון

Zion, all who will build it.

והקיפוהּ

Go around the outside

ספרו מגדליהּ:

and count the towers it will need.

## מח

יִדְּ שִׁיתוּ לְבַבְכֶם לְחִילָהּ

Regard its walls

פִּסְגוּ אֲרָמְנוֹתֶיהָ

and build high its palaces,

לְמַעַן תִּסְפְּרוּ

to then tell of its beauty

לְדוֹר אַחֲרוֹן:

to later generations.

# מח

טו כִּי זֶה אֱלֹהִים

For this is God,

אֱלֹהֵינוּ עוֹלָם וָעֶד

our God forever.

הוּא יִנְהַגֵּנוּ

He goes before us

עַל-מֹת:

always.

עו

לְמַנְצֵחַ א

For the conductor,

בְּנִגִּינָה

with instrumental music,

מִזְמוֹר לְאַסָּף

a psalm by Asaph,

שִׁיר:

a song.

עו

ב נודע ביהודה

Famed in Judah

אלהים

is God.

בישראל

In Israel,

גדול שמו:

His Name is great.

עו

ג וַיְהִי בְּשָׁלֹם

In Jerusalem

סוּכּוֹ

is His Sanctuary;

וּמְעוֹנָתוֹ

His dwelling

בְּצִיּוֹן:

in Zion.



עו

ד שִׁמָּה שִׁבַּר

There He smashed arrows

רִשְׁפֵי-קֶשֶׁת

that flew from the bow,

מִגֵּן וְחֶרֶב

shields, swords

וּמִלְחָמָה סֵלָה:

and weapons of war.

עו

ה נֶאֱזַר אֶתְּךָ

You swept away Your enemies.

אֶדְוֶר

displayed more power

מֵהַגִּידִים

than giants

טָרַף:

that maul.

עו

אֶשְׁתוּלְלוּ אַבְיָרֵי לֵב ו

Strong-willed men became crazed,

נִמוּ שִׁנְתֶם

then fell into a faint;

וְלֹא-מָצְאוּ כָל-אֲנָשֵׁי-חַיִל

no warrior could find

יְדֵיהֶם:

his strength.

עו

ז מִגְעַרְתָּךְ אֱלֹהֵי יַעֲקֹב

God of Jacob, You denounced them;

ח נִרְדָּם וְרֶכֶב וְסוּסִים:

their chariots and horses were stunned.

ח אַתָּה נֹרָא אַתָּה

You are awesome!

וּמִי־יַעֲמֹד לְפָנֶיךָ מֵאִז אַפָּךְ:

Who can stand before You when You are furious?

עו

ט מִשְׁמַיִם

From the heavens

הַשְּׁמַעַתְּ דִּין

came Your verdict,

אֶרֶץ יְרֵאָה

and a frightened land

וְשָׁקֵטָה:

became calm,

עו

בְּקוּם-לְמַשְׁפֵּט

As You arose to carry out Your judgment,

אֱלֹהִים

O God,

לְהוֹשִׁיעַ

and save

כָּל-עֲנִי-אֶרֶץ סֵלָה:

the humble in the land.

עו

כִּי־חַמַּת אָדָם

When man's anger is undone,

תִּוְדָןְךָ

all will praise You;

שְׂאֵרֵי חַמַּת

the temper of others

תִּחְגָּר:

is then restrained.

עו

יְבִיאוּ נְדָרוֹ וְשִׁלְמוּ לַיהוָה אֱלֹהֵיכֶם  
Make a pledge to your God and fulfill it,

כָּל-סְבִיבָיו  
all who know of this deliverance;

יְבִילוּ שֵׁי  
bring gifts

לְמוֹרָא:  
to the One who inspires fear.



עו

ג יבצר

For He cuts down

רוח נגידים

the arrogance of rulers,

נורא

He is fearsome

למלכי-ארץ:

to the kings of the world.

## פז

לְבַגֵּי-קֶרַח מְזִמּוֹר שִׁיר א

A psalm, a song, by the sons of Korach;

יְסוּדָתוֹ בְּהַרְרֵי-קֹדֶשׁ:

its theme, holy Mount Zion and Jerusalem.

אֱהָב יְהוָה שַׁעְרֵי צִיּוֹן ב

God loves the gates of Zion

מִכָּל מִשְׁכְּנֹת יַעֲקֹב:

more than all the other dwellings of Jacob.

פז

ג נְכַבְדוֹת מְדַבֵּר בְּךָ

He says glorious things about you:

עִיר הָאֱלֹהִים סְלָה:

“You are always My city

ד אֶזְכִּיר רַהֵב וּבָבֶל

I will remind arrogant Egypt and Babylon

לִידְעֵי

about those I love.

הִנֵּה פִלְשֵׁת וְצַר עַם-כוּשׁ

Philistia, Tyre and Cush will know too

זֶה יֵלֵד-שָׁם:

who is from Zion, and bring him back.”

ה וְלִצִּיּוֹן יֵאמַר אִישׁ וְאִישׁ יֵלֵד-בָּהּ

They will be told which family comes from Zion,

וְהוּא יְכוֹנֵנָה עָלֵינוּ:

the city God will set above all others.

ו יהוה יספור בכתוב עמים

God will count, when He records the nations,

זֶה יֵלֵד-שָׁם סְלָה:

those whose origins are there.

ז וְשָׂרִים כְּחֹלְלִים

Singers as well as dancers proclaim,

כָּל-מַעֲיָנִי בָךְ:

“All my thoughts are of you.”

# קכב

## שִׁיר הַמַּעֲלוֹת לְדָוִד א

A song by David for ascending the Temple steps.

שִׂמְחֹתִי

I rejoice

בְּאִמְרֵי לִי

when people say to me,

בֵּית יְהוָה נֵלְכָה:

“We will go to the house of God.”

## קכב

ב עִמְדוֹת הַיּוֹ רַגְלֵינוּ

Our feet stood firm in battle

בְּשַׁעֲרֵיךָ יְרוּשָׁלַם:

because of learning in your gates, Jerusalem.

ג יְרוּשָׁלַם הַבְּנוּיָה

Jerusalem built up

כְּעִיר שְׂחֻבְרָה-לָהּ יִחְדּוּ:

will be like a city completely united.

# קכב

דָּ שָׁשֶׁם עָלוּ שְׁבֵטִים

The tribes will again go up there —

שְׁבֵטֵי-יְהוָה

the tribes of God,

עֵדוּת לְיִשְׂרָאֵל

witness for Israel —

לְהִדּוֹת לְשֵׁם יְהוָה:

to give thanks to God's Name.



## קכב

ה כִּי שָׁמָּה יֵשְׁבוּ כְּסֵאוֹת לְמִשְׁפָּט

Thrones to judge the nations will be set up there,

כְּסֵאוֹת לְבֵית דָּוִד:

thrones of royalty for the house of David.

ו שְׂאֵלוֹ שְׁלוֹם יְרוּשָׁלַם

Pray for the peace of Jerusalem:

יִשְׁלִי אֲהַבֶּיךָ:

“May those who love you find serenity.

# קכב

יְהִי-שְׁלוֹם בְּחֵילְךָ ז

May there be peace within your walls

שְׁלוֹה בְּאַרְמְנוֹתֶיךָ:

tranquility within your palaces,

לְמַעַן אַחֵי וְרַעֵי ח

For the sake of Israel, my brothers and friends,

אֲדַבְרָה-נָא שְׁלוֹם בְּךָ:

I say: "May you have peace within.

# קכב

ט לַמַּעַן בֵּית

For the sake of the house

יְהוָה אֱלֹהֵינוּ

of God, our God,

אֲבַקֶּשׂה

I beg

טוֹב לָךְ:

for your good.”

קכה

שִׁיר הַמַּעֲלוֹת א

A song for ascending the Temple steps.

הַבְּטְחִים בִּיהוָה כְּהַר-צִיּוֹן

Those who trust in God are like Mount Zion:

לֹא-יִמוּט

It can never be moved

לְעוֹלָם יֵשֵׁב:

and endures forever.

קכה

ב יְרוּשָׁלַם

Just as Jerusalem

הָרִים סְבִיב לָהּ

has mountains around it,

וַיְהוֶה סְבִיב לְעַמּוֹ

so God surrounds His people,

מֵעַתָּה וְעַד-עוֹלָם:

now and always.

## קכה

ג כִּי לֹא יִנּוּחַ שִׁבְט הָרָשָׁע

The dominion of evil will not settle

עַל גּוֹרֵל הַצְּדִיקִים

on the portion of the righteous,

לְמַעַן לֹא-יִשְׁלַחוּ הַצְּדִיקִים

for the righteous do not extend

בְּעוֹלָתָהּ יְדֵיהֶם:

their hands to sin.

קכה

ד הַיְטִיבָה יְהוָה

God, do good

לְטוֹבִים

to those who are good

וְלִישָׁרִים

and to those with integrity

בְּלִבּוֹתָם:

in their hearts.

## קכה

ה וְהִמָּטִים עַקְלָקְלוֹתָם

As for those who turn to corruption,

יֹולִיכֵם יְהוָה

let God carry them off

אֶת-פְּעֵלֵי הָאֵון

with the sinners.

שְׁלוֹם עַל-יִשְׂרָאֵל:

May peace be upon Israel.



קכו

שִׁיר הַמַּעֲלוֹת א

A song for ascending the Temple steps.

בְּשׁוּב יְהוָה

When God returns

אֶת־שִׁיבַת צִיּוֹן

the exiles of Zion,

הֵיִינוּ כְּחֹלְמִים:

we will be like dreamers.

## קכו

ב אֶז יִמְלֵא שְׂחֹק פִּינוּ

Then our mouths will be filled with laughter

וּלְשׁוֹנֵינוּ רִנָּה

and our tongues with songs of joy.

אֶז יֹאמְרוּ בְּגוֹיִם

Then the nations will say,

הַגְּדִיל יְהוָה לַעֲשׂוֹת עִם-אֱלֹהֵי:

“God did great things for these people.”

## קכו

ג הגדיל יהוה לעשות עִמָּנוּ

God did great things for us,

הֵיִינוּ שְׂמֵחִים:

and so we rejoiced.

ד שׁוּבָה יהוה אֶת־שְׁבִיתָנוּ

God, bring back our exiles;

כְּאֶפְיָקִים בְּנָגַב:

we will be renewed like dry land by a stream.

קכו

ה הזרעים

Those who sow

בדמעה

with tears

ברנה יקצרו:

will reap with joy.

ו הלוח ילך ובכה

The one who went out weeping,

קכו

נִשָּׂא מִשָּׂךְ-הַזֶּרַע

carrying his sack of seed,

בֵּא-יָבֵא

will return home

בְּרִנָּה

with songs of delight,

נִשָּׂא אֶלְמֹתָיו:

carrying his sheaves.

קכח

א שִׁיר הַמַּעֲלוֹת

A song for ascending the Temple steps.

אֲשֵׁרִי

Happy

כָּל-יִרְאֵי יְהוָה

are all who fear God

וְהֵלְכוּ בְּדַרְכָּיו:

and go in His ways.

## קכח

ב יִגִּיעַ כַּפֵּיךָ בִּי תֹאכַל

When you enjoy the fruits of your labor,

אֲשֶׁרֶיךָ וְטוֹב לָךְ:

you are happy, and all is well with you.

ג אִשְׁתְּךָ כְּגִפְנוֹ פְּרִיָּה

Your wife is like a fruitful vine,

בִּירְכֹתַי בֵּיתְךָ

modest even in your private rooms.

## קכח

בְּנֵיךָ כְּשֵׂתְלֵי זֵיתִים

Your children are like olive saplings

סָבִיב לְשֻׁלְחָנְךָ:

planted round your table.

ד הִנֵּה כִּי־כֹן יִבְרַךְ:

So is blessed

גִּבּוֹר יִרָא יְהוָה:

the man who fears God.



## קכח

ה יְבָרְכֶךָ יְהוָה מִצִּיּוֹן

May God bless you from Zion,

וּרְאֵה בְּטוֹב יְרוּשָׁלַם כָּל יְמֵי חַיֶּיךָ:

and see Jerusalem's good all the days of your life.

וּרְאֵה-בְנֵים לְבָנֶיךָ

May you see too your children's children.

שְׁלוֹם עַל-יִשְׂרָאֵל:

May peace be upon Israel.

קלב

שִׁיר הַמַּעֲלוֹת א

A song for ascending the Temple steps.

זְכוֹר

Remember,

יְהוָה לְדָוִד

God, in David's merit,

אֵת כָּל-עֲנֹתָיו:

his many hardships.

# קלב

ב אֲשֶׁר נִשְׁבַּע לַיהוָה

How he swore to God,

גִּדְרָ לְאֲבִיר יַעֲקֹב:

vowed to the God of Jacob:

ג אִם-אֲבֹא בְּאֵהָל בֵּיתִי

“I will not come under the roof of my house,

אִם-אֶעֱלֶה עַל-עֶרְשׂוֹ יְצוּעֵי:

I will not get in the bed prepared for me,

# קלב

ד אִם-אֶתֶן שְׁנַת לְעֵינַי

I will not allow my eyes to sleep,

לְעַפְעַפֵּי תְנוּמָה:

nor my eyelids to slumber,

ה עַד-אֶמְצָא מְקוֹם לַיהוָה

until I find a site for God's house,

מִשְׁכַּנּוֹת לְאַבִּיר יַעֲקֹב:

a dwelling for the God of Jacob.”

# קלב

ו הִנֵּה-שָׁמַעְנוּהָ בְּאַפְרָתָהּ

We heard about it from the Book of Joshua,

מִצְאָנוּהָ בְּשֵׂדֵי-יַעֲרִי:

and found the spot in the region of Benjamin.

ז נְבוֹאָה לְמִשְׁכְּנֹתָיו

Come, let us go to His dwelling

נִשְׁתַּחֲוֶה לְהֵדָם רַגְלָיו:

and bow before His footstool.

# קלב

ח קוֹמָה יְהוָה לְמִנְוַחְתֶּךָ

God, go up to Your residence —

אַתָּה וְאַרְוֹן עֲזָרְךָ:

You and the Ark of Your might.

ט כְּהֹנֵיךָ יִלְבְּשׁוּ-צֶדֶק

Let Your priests be clothed in righteousness,

וְחַסִּידֶיךָ יִרְנְנוּ:

let Your pious ones sing with joy.

קלב

בְּעִבּוֹר דָּוִד עֶבְדְּךָ

For the sake of Your servant David,

אַל-תֵּשֵׁב

do not turn away

פְּנֵי

the request

מִשִּׁיחֶךָ:

of Your anointed.

# קלב

א' נְשַׁבַּע-יְהוָה לְדָוִד אֶמֶת

God made a solemn promise to David;

לֹא-יָשׁוּב מִמֶּנָּה

He will not go back on it:

מִפְּרֵי בְטָנְךָ

“Your descendants will be the ones

אֲשֶׁר אֶפְסֵם לְךָ:

I will place upon your throne.



# קלב

יב אם-ישמרו בְּנֵיךָ בְּרִיתִי

If your sons keep My covenant

וְעֵדוֹתַי זֹאת אֲלַמְּדֵם

and the practices that I teach them,

גִּם-בְּנֵיהֶם עַד־עַד

their sons too will forever

יָשְׁבוּ לְכִסֵּא-לְךָ:

sit on your throne.”

# קלב

ג כִּי־בַחַר יְהוָה בְּצִיּוֹן

For God has chosen Zion

אָוָה לְמוֹשֵׁב לוֹ:

He desired it as His home,

ד זֹאת־מְנוּחָתִי עַד־עַד

saying, "This is my eternal residence.

פֹּה־אֵשֵׁב כִּי אֹתֶיהָ:

I desired it, and here I will dwell.

# קלב

טו צִידָה בָּרַךְ אֲבִירָךְ

I will greatly bless its food,

אֲבִיוֹנִיָּה אֲשַׁבֵּיעַ לֶחֶם:

satisfy its needy with bread.

טז וְכֹהֲנֵיהָ אֲלַבִּישׁ יִשׁוּעַ

I will clothe its priests with salvation,

וְחַסִּידֶיהָ רַגְנוּ יִרְגְּנוּ:

its pious ones will sing loudly with joy.

## קלב

יז שֶׁם אֶצְמִיחַ קֶרֶן לְדָוִד

There I will make David's strength flourish.

יח עָרַכְתִּי נֵר לְמְשִׁיחִי:

I have prepared a lamp for My anointed.

יח אֹיְבָיו אֶלְבִּישׁ בְּשֹׁת

I will clothe his enemies with shame,

וְעָלָיו יִצְיַן נִזְרוֹ:

but upon him, his crown will shine.”

# קלד

שִׁיר הַמַּעֲלוֹת א

A song for ascending the Temple steps.

הֵיָה בְּרָכּוֹ אֶת־יְהוָה

Thank God for His blessings,

כָּל־עַבְדֵי יְהוָה

all you servants of God,

הַעֲמָדִים בְּבַיִת־יְהוָה בַּלַּיְלוֹת:

who stand in God's house at night.

# קלד

ב שְׂאוּ-יְדֵיכֶם קִדְשׁ

Raise your hands in devotion

וּבְרַכּוּ אֶת-יְהוָה:

and give thanks to God.

ג יְבָרְכֶךָ יְהוָה מִצִּיּוֹן

May God bless you from Zion;

עֹשֵׂה שָׁמַיִם וָאָרֶץ:

He is the maker of heaven and earth.

קמז

הַלְלוּ יְהוָה

Praise God!

כִּי-טוֹב זְמִרָה אֱלֹהֵינוּ

It is good to sing to our God,

כִּי-נְעִים נְאוּה

it is delightful and proper

תְּהִלָּה:

to praise Him.

## קמז

ד מוֹנֵה מִסְפָּר לַכּוֹכְבִּים

He counts the number of the stars

וּלְכָל שְׁמוֹת יִקְרָא:

and calls them all by name.

ה גָּדוֹל אֲדוֹנֵינוּ וְרַב-כֹּחַ

Our Master is great, with mighty strength;

וּלְתַבּוּנָתוֹ אֵין מִסְפָּר:

His understanding is without limit.



## קמז

ו מְעוֹדֵד עֲנוּיִם יְהוָה

God encourages the humble,

ז מְשַׁפֵּיל רְשָׁעִים עַד־יֶ-אָרֶץ:

but brings the wicked down to earth.

ז עֲנוּ לַיהוָה בְּתוֹדָה

Lift up your voice to God with thanks,

ז זְמְרוּ לַאלֹהֵינוּ בְּכִנּוֹר:

play to our God on the harp.

קמז

הַמְכֶסֶה שָׁמַיִם

He covers the heavens

בְּעָבִים

with clouds,

הַמְכִין לָאָרֶץ מָטָר

prepares rain for the earth,

הַמְצַמֵּחַ הָרִים חֲצִיר:

makes grass grow on the mountains.

## קמז

ט נֹתֵן לְבַהֲמָה לַחֲמָה

He gives food to the animals,

לְבָנֵי עֹרֵב אֲשֶׁר יִקְרְאוּ:

to the young ravens when they call.

׀ לֹא בְגִבוֹרַת הַסּוּס יַחְפֵּץ

He does not desire the strength of the horse

לֹא-בְשׂוּקֵי הָאִישׁ יִרְצֶה:

or value the speed of man

## קמז

א' רוֹצֵה יְהוָה אֶת-יִרְאַיוֹ

God wants those who hold Him in awe,

אֶת-הַמֵּיַחֲלִים לְחֶסְדּוֹ:

those who trust in His loving care.

ב' שִׁבְּחֵי יְרוּשָׁלַם אֶת-יְהוָה

Jerusalem, praise God!

הַלְלֵי אֱלֹהֶיךָ צִיּוֹן:

Zion, praise your God!

## קמז

ג כִּי־חֲזַק בְּרִיחֵי שְׁעָרֶיךָ:

For He strengthened the bolts on your gates

בְּרַךְ בְּנֵיךָ בְּקִרְבֶּךָ:

and blessed your children within.

ד הַשָּׁם־גְּבוּלְךָ שָׁלוֹם

He brings peace to your borders,

חֶלֶב חֲטִיִּם יִשְׂבִּיעֶךָ:

He satisfies you with the finest wheat.

## קמז

טו השִׁלַּח אִמְרָתוֹ אֶרֶץ

He sends down His word to the earth

עַד-מְהֵרָה יִרְוֶן דְּבָרוֹ:

and His commands are swiftly followed.

טז הַנִּיתָן שֶׁלֶג כַּצֹּמֶר

He brings snow like fleece,

כַּפּוֹר בְּאֶפֶר יַפְזֵר:

scatters the morning frost like gray ash.

## קמז

ז מִשְׁלֵיךְ קָרָחוּ כִּפְתִּים

He hurls down hail like crumbs.

לְפָנַי קָרָתוּ מִי יַעֲמֹד:

Who can withstand His freezing cold?

יח יִשְׁלַח דְּבָרוֹ וַיִּמָּסֶם

But then He sends His word and melts them;

יֹשֵׁב רוּחוֹ יִזְלוּ-מַיִם:

He blows His winds at them, and so the waters flow.

## קמז

יט מַגִּיד דְּבָרָו לְיַעֲקֹב

He announced His words to Jacob,

חֻקָּיו וּמִשְׁפָּטָיו לְיִשְׂרָאֵל:

His statutes and laws to Israel.

כ לא עָשָׂה כֵן לְכָל-גּוֹי

He did not give these to other nations,

וּמִשְׁפָּטִים בְּלֹא-יָדְעוּם הַלְלוּ-יְהוָה:

who do not discern His judgments. Praise God!