

בְּאֹמֹר אֵלַי כָּל־הַיּוֹם
while my enemies keep teasing,

אֵיחָ אֱלֹהֶיךָ:
"Where is your God?"

הֵ אֶלֶּה אֶזְכָּרָה
^s This I remember

וְאֶשְׁפָּכָה עָלַי נַפְשִׁי
and my soul pours out:

כִּי אֶעְבֹּר בַּסֶּף
how I would go with groups

אֶדְדָּם עַד־בַּיִת אֱלֹהִים
and walk in leisure to the house of God.

בְּקוֹל־רִנָּה וְתוֹדָה
With sounds of joy and thanks,

הָמוֹן חוֹגֵג:
I was part of the festive crowd.

יְמַה־תִּשְׁתַּחֲוֶי נַפְשִׁי
⁶ My soul, why are you down

אֶל־מְנַצֵּחַ
¹ For the conductor,

מִשְׁכִּיל
a song with good advice,

לְבָנֵי־קֹרַח:
by the sons of Korach.

בִּכְאֵיל תַּעֲרֹג עַל־אֶפְיֵקֵי־מַיִם
² Just like a deer yearns for streams of water,

כֵּן נַפְשִׁי תַעֲרֹג אֵלֶיךָ אֱלֹהִים:
so, dear God, my soul longs for You.

יְצַמְאָה נַפְשִׁי לֵאלֹהִים לְאֵל חַי
³ My soul thirsts for God, the living God.

מָתַי אָבוֹא וְאֶרְאֶה פְּנֵי אֱלֹהִים:
When will I come and appear before Him?

דִּהְיִתָּה־לִּי דְמַעְתֵּי לֶחֶם יוֹמָם וְלַיְלָה
⁴ My tears have been my food day and night

לְקוֹל צְנוּרִיָּה

with roaring torrents,

כָּל־מִשְׁבְּרֵיהָ וְגִלְיָהָ עָלַי עֲבְרוּ:

until Your breakers and waves engulf me.

ט יוֹמָם יִצְוֶה יְהוָה חֲסֵדוֹ

9 With daybreak let God show us His love,

וּבַלַּיְלָה שְׁיִרְהָ עִמָּי

and at night let Him rest with us.

תְּפִלָּה לְאֵל חַיִּי:

This is my prayer to God, who gives life.

י אֹמְרָה לְאֵל סִלְעִי

10 I call to God, my rock,

לָמָּה שָׁכַחְתָּנִי

“Why do you forget me?”

לָמָּה־קִּדְרֵי אֵלֶיךָ

Why must I go in gloom,

בְּלַחֲץ אוֹיְבֵי:

hounded by enemies?”

וּתְהַמֵּי עָלַי

and sigh within me?

הוֹחֲלִי לֵאלֹהִים

Be confident in God,

כִּי־עוֹד אֹדְנֹו

for I will yet thank Him –

יְשׁוּעוֹת פָּגִיו:

as salvation will come with His presence.

ז אֵלֶי עָלַי נַפְשִׁי תִשְׁתַּחֲוֶה

7 God, my soul inside me is downcast.

עַל־כֵּן אֶזְכְּרֶךָ

So I remember how You forgave us

מֵאֶרֶץ יַרְדֵּן

in the land of the Jordan river,

וְחֶרְמוֹנִים מֵהַר מְצָעֶר:

on the hills of Hermon and at Sinai.

ח תְּהוֹם־אֶל־תְּהוֹם קוֹרָא

8 Troubles, like deep waters, call to each other