

Linear Edition

תהלים אהל יוסף יצחק

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Tehillim
Ohel Yosef Yitzchak
with a linear English translation

Selected Chapters for Recitation



For time immemorial, whenever Jews found themselves in difficult situations, whether individually or communally, they would open up the Book of Psalms and use King David's ageless poetic praises and supplications to beseech G-d for mercy.

The Midrash tells us that when King David compiled the Psalms, he had in mind himself, as well as every Jew of every generation and every circumstance. No matter who you are and what the situation, the words of the Psalms speak the words of your heart and are heard On High.

The third Lubavitcher Rebbe once said that if we only knew the power of Psalms and the effects of its recitation, we would recite them constantly. "Know that the chapters of Psalms shatter all barriers, they ascend higher and still higher with no interference; they prostrate themselves in supplication before the Master of all worlds, and they effect and accomplish with kindness and compassion."

קנ.

בזה המזמור יש בו י"ג הלולים רמו לשלש עשרה מדות שבהם מנהיג הקב"ה את העולם:
This psalm contains thirteen praises, alluding to the Thirteen Attributes (of Mercy) with which God conducts the world.

1 Praise the Lord! א תללויה |

Praise God in His holiness; תללוהו אל בקדשו

praise Him תללוהו

in the firmament of His strength. ברכו עזו:

2 Praise Him for His mighty acts; ב תללוהו בגבורותיו

praise Him תללוהו

according to His abundant greatness. ברכו גודלו:

3 Praise Him with the call of the *shofar*; ג תללוהו בתקע שופר

praise Him with harp and lyre. תללוהו בגיטל ובנזר:

4 Praise Him with timbrel and dance; ד תללוהו בתוף ומחול

praise Him תללוהו

with stringed instruments and flute. במננים וענב:

5 Praise Him with resounding cymbals; ה תללוהו בצלצלי-שמע

praise Him with clanging cymbals. תללוהו בצלצלי תרועה:

6 Let every soul praise the Lord. ו כל הנשמה תהלל יה

Praise the Lord! תללויה:

ב.

מי שיש לו אוהב או קרוב באיזה צרה אף שהוא רחוק ממנו ולא יכול לעזור לו יעשה זו
התפלה בכוונה עליו:

If a loved one or relative is suffering—even in a distant place, where one is
unable to help—offer this prayer on their behalf.

1 For the Conductor, a psalm by David. א לְמַנְצֵחַ מְזֻמָּר לְדָוִד:

2 May the Lord answer you ב יַעֲנֶךָ יְהוָה

on the day of distress; בַּיּוֹם צָרָה

may you be fortified יִשְׁׁבְּרָךְ

by the Name of the God of Jacob. שֵׁם | אֱלֹהֵי יַעֲקֹב:

3 May He send your help from the Sanctuary, ג יִשְׁלַח עֲזָרְךָ מִקֹּדֶשׁ

and support you from Zion. וּמִצִּיּוֹן יִסְעָדְךָ:

4 May He remember all your offerings, ד יִזְכֹּר כָּל־מִנְחֹתֶיךָ

and always accept favorably your sacrifices. וְעוֹלֹתֶיךָ יִדְשָׁנָה־סֶלֶחַ:

5 May He grant you your heart's desire, ה יִתֶּן־לְךָ כָּל־בְּקָשׁ

and fulfill your every counsel. וְכָל־־עֲצָתְךָ יַמְלֵא:

6 We will rejoice in your deliverance, ו נִרְנֶנָּה | בִּישׁוּעֹתֶיךָ

and in the name of our God וּבְשֵׁם־אֱלֹהֵינוּ

raise our banners; נִדְגֵּל

may the Lord fulfill all your wishes. יַמְלֵא יְהוָה כָּל־מִשְׁאֲלוֹתֶיךָ:

7 Now I know ז עַתָּה יָדַעְתִּי

that the Lord has delivered His anointed one, בִּי הוֹשִׁיעַ | יְהוָה מְשִׁיחוֹ

answering him from His holy heavens יַעֲנֵהוּ מִשְׁמַיִם קָדְשׁ

with the mighty saving power בְּגִבּוֹרוֹת יֵשַׁע

of His right hand. יְמִינוֹ:

8 Some [rely] upon chariots **ה אלה ברכב**
 and some upon horses, **ואלה בסוסים**
 but we [rely upon and] **ואנחנו**
 invoke the Name of the Lord our God. **בשם־יהוה אלהינו נזכיר:**
 9 They bend and fall, **הימה פצעו ונפלו**
 but we rise and stand firm. **ואנחנו קמנו ונתעורר:**
 10 Lord, deliver us; **י יהוה חושיעה**
 may the King answer us **המלך יענה**
 on the day we call. **ביום־קראנו:**

כב.

יתפלל כל יחיד על אריכת הגלות מענמת הלב מה שהיינו מקדם במעלה עליונה ועכשיו בשפלות, ולגדור נדרים בצרותיו:

Every person should pray in agony over the length of the exile, and our fall from prestige to lowliness. One should also take vows (for self-improvement) in his distress.

1 For the Conductor, **א למנצח**
 on the *ayelet hashachar*,¹ **על־אילת־השחר**
 a psalm by David. **מזמור לדוד:**
 2 My God, my God, **ב אלהי אלהי**
 why have You forsaken me! **למה עזבתני**
 So far from saving me, **רחוק מישועתי**
 from the words of my outcry? **דברי שאנתי:**
 3 My God, I call out by day, **ג אלהי אקרא יומם**

like a city **כְּעִיר**
 in which [all Israel] is united together. **שְׁחִבְרֶה־לָּהּ יִחְדּוּ:**
 4 For there the tribes went up, **ד שָׁשָׁם עָלוּ שְׁבָטִים**
 the tribes of God **שְׁבִטֵי־יהוה**
 —as enjoined upon Israel— **עֲדוֹת לְיִשְׂרָאֵל**
 to offer praise to the Name of the Lord. **לְהוֹדוֹת לְשֵׁם יְהוָה:**
 5 For there **ה כִּי שָׁמָּה**
 stood the seats of justice, **יִשְׁבוּ כְּסֵאוֹת לְמִשְׁפָּט**
 the thrones of the house of David. **כְּסֵאוֹת לְבֵית דָּוִד:**
 6 Pray for the peace of Jerusalem; **ו שְׂאֵלוּ שְׁלוֹם יְרוּשָׁלַם**
 may those who love you have peace. **יִשְׁלְוּ אֹהֲבֶיךָ:**
 7 May there be peace within your walls, **ז יְהִי־שְׁלוֹם בְּחִילֶךָ**
 serenity within your mansions. **שְׁלוֹה בְּאַרְמְנוֹתֶיךָ:**
 8 For the sake of my brethren and friends, **ח לְמַעַן אֶתִּי וְרַעִי**
 I ask that there be peace within you. **אֲדַבְּרֶה־נָּא שְׁלוֹם בְּךָ:**
 9 For the sake of **ט לְמַעַן**
 the House of the Lord our God, **בֵּית־יְהוָה אֱלֹהֵינוּ**
 I seek your well-being. **אֲבַקֶּשֶׁה טוֹב לְךָ:**

1. A musical instrument (*Metzudot*).

- 3 He will not let your foot falter;
your guardian does not slumber.
- 4 Indeed, neither slumbers nor sleeps
the Guardian of Israel.
- 5 The Lord is your guardian;
the Lord is your protective shade
at your right hand.
- 6 The sun will not harm you by day,
nor the moon by night.
- 7 The Lord will guard you from all evil;
He will guard your soul.
- 8 The Lord will guard
your going and your coming
from now and for all time.

קכב.

מספר המשורר משבח ירושלים והניסים שנעשו בירושלים:

The psalmist sings the praises of Jerusalem and tells of the miracles that happened there.

- 1 A song of ascents by David.
I rejoiced when they said to me,
“Let us go to the House of the Lord.”
- 2 Our feet were standing
within your gates, O Jerusalem;
- 3 Jerusalem that is built

- and You do not answer;
at night— but there is no respite for me.
- 4 Yet You, Holy One,
are enthroned upon the praises of Israel.
- 5 In You our fathers trusted;
they trusted and You saved them.
- 6 They cried to You and were rescued;
they trusted in You and were not shamed.
- 7 And I am a worm and not a man;
scorn of men, contempt of nations.
- 8 All who see me mock me;
they open their lips,
they shake their heads.
- 9 But one that casts [his burden]
upon the Lord—
He will save him; He will rescue him,
for He desires him.
- 10 For You took me out of the womb,
and made me secure on my mother's breasts.
- 11 I have been thrown upon You from birth;
from my mother's womb
You have been my God.
- 12 Be not distant from me,
for trouble is near,

for there is none to help. כִּי אֵין עֹזָר:
 13 Many bulls surround me, יֵג סָבְבוּנִי פָּרִים רַבִּים
 the mighty bulls of Bashan encircle me. אַבִּירֵי בָשָׁן בְּתֶרֶוֹנִי:
 14 They open their mouths against me, יָד פָּצוּ עָלַי פִּיהֶם
 like a lion that ravages and roars. אֲרִיֶּה מִרְרָה וְשֹׁאֵג:
 15 I am poured out like water, טו כַּמִּים נִשְׁפָּכְתִּי
 all my bones are disjointed; וְהִתְפָּרְדּוּ כָּל-עֲצָמוֹתַי
 my heart has become like wax, חֵיֶה לִבִּי כַדּוֹנָג
 melted within my innards. נָזַם בְּתוֹךְ מִעֵי:
 16 My strength is dried up like a potsherd, טז יָבֵשׁ כַּהֶרֶשׁ | כְּחִי
 and my tongue cleaves to my palate; וְלִשְׁוֹנִי מִדְּבַק מִלְּקוֹחִי
 You set me in the dust of death. וְלַעֲפָר־מָוֶת תִּשְׁפָּתֵנִי:
 17 For dogs surround me, יז כִּי־סָבְבוּנִי כָּל־בָּיִם
 a pack of evildoers enclose me; עֲדַת מְרַעִים הִקִּיפוּנִי
 my hands and feet are like a lion's prey. כָּאֵרִי יָדַי וְרַגְלָי:
 18 I count all my limbs, יח אֶסְפֹּר כָּל-עֲצָמוֹתַי
 while they watch and gloat over me. תִּמְחָה לְבִיטוֹ יִרְאוּ־בִי:
 19 They divide my garments amongst them; יט יִחְלְקוּ בְּגָדֵי לְהֵם
 they cast lots upon my clothing. וְעַל־לְבוּשִׁי יַפִּילוּ גוֹרָל:
 20 But You, Lord, do not be distant; כ וְאַתָּה יְהוָה אֱלֹהֵי־רַחֵם
 my Strength, hurry to my aid! אֵילֹהֵתִי לְעֹזְרָתִי חוֹשָׁה:
 21 Save my life from the sword, כא הַצִּילָה מִמַּחֲרֵב נַפְשִׁי
 my soul from the grip of dogs. מִיַּד־כָּל־בָּיִם יִחַדְתִּי:
 22 Save me from the lion's mouth, כב הוֹשִׁיעֵנִי מִפִּי אֲרִיֶּה

with horns and hooves. מִקָּרְן מַפְרִים:
 33 The humble will see it and rejoice; לג רָאוּ עֲנָוִים יִשְׂמְחוּ
 you seekers of God, דֹּרְשֵׁי אֱלֹהִים
 [see] and your hearts will come alive. וִיחִי לְבַבְכֶּם:
 34 For [He] listens to the needy לד כִּי־שֹׁמֵעַ אֶל־אֲבִיוֹנִים
 —the Lord, יְהוָה:
 and He does not despise His prisoners. וְאֶת־אֲסִירָיו לֹא בֹזֵה:
 35 Let heaven and earth praise Him, לה יִחְלְלוּהוּ שָׁמַיִם וָאָרֶץ
 the seas and all that moves within them, יָמִים וְכָל־רֹמֵשׁ בָּם:
 36 for God will deliver Zion לו כִּי אֱלֹהִים | וַיִּשְׁעֵה צִיּוֹן
 and build the cities of Judah, וַיְבַנֶּה עָרֵי יְהוּדָה
 and they will settle there and possess it; וַיֵּשְׁבוּ שָׁם וַיִּרְשׁוּהָ:
 37 and the seed of His servants לו וְזֶרַע עֲבָדָיו
 will inherit it, וַיִּנְחֲלוּהָ:
 and those who love His Name will dwell in it. וְאֹהֲבֵי שְׁמוֹ יִשְׁכְּנוּ־בָהּ:

קבא.

היאך יש מעלה בנג עדן התחתון ומשם עולה לנג עדן העליון והיאך הקב"ה משגיח:
 This psalm alludes to the Lower Paradise, from which one ascends to the
 Higher Paradise. It also speaks of how God watches over us.

א נְשִׁיר לַמַּעֲלוֹת. 1 A song of ascents.
 אֲשָׂא עֵינַי אֶל־הָהָרִים I lift my eyes to the mountains
 מֵאֵן יָבוֹא עֹזִי? —from where will my help come?
 ב עֹזִרִי מֵעַם יְהוָה 2 My help will come from the Lord,
 עֹשֵׂה שָׁמַיִם וָאָרֶץ. Maker of heaven and earth.

and let their loins continually falter. וּמִתְנִיחֵם תְּמִיד הַמַּעַד:

25 Pour Your wrath upon them, כֹּה שִׁפְךָ־עֲלֵיהֶם וְעָמָךְ
and let the fierceness of Your anger וַחֲרוֹן אַפְּךָ
overtake them. יִשְׁיגֵם:

26 Let their palace be desolate, כֹּו תִהְיֶי-טִירָתָם נִשְׁמָה
let there be no dweller in their tents, בְּאַהֲלֵיהֶם אֲלֵיהִי יֵשֵׁב:

27 for the one whom You struck כֹּו כִּי־אַתָּה אֲשֶׁר־הִכִּיתָ
they persecute, רֹדְפוּ
and tell of the pain of Your wounded ones. וְאֶל־מִכְאוֹב חֲלָלֶיךָ יִסְפְּרוּ:

28 Add iniquity to their iniquity, כֹּה תִגְדַּח־עוֹן עַל־עוֹנָם
and let them not enter וְאֲלֵי־בָאוּ
into Your righteousness. בְּצִדְקָתְךָ:

29 May they be erased כֹּס וּמָחוּ
from the Book of Life, מִסֵּפֶר חַיִּים
and with the righteous וְעִם צְדִיקִים
let them not be inscribed. אֲלֵי־יִכְתְּבוּ:

30 But I am poor and in pain; לֹא וְאֲנִי עָנִי וְכוֹאֵב
let Your deliverance, O God, יִשׁוּעָתְךָ אֱלֹהִים
strengthen me. תִּשְׁגְּבֵנִי:

31 I will praise the Name of God לֹא אֲחַלֶּלֶה שֵׁם־אֱלֹהִים
with song, בְּשִׁיר
I will extol Him with thanksgiving! וְאֲגַדְּלֵנוּ בְּתוֹדָה:

32 And it will please the Lord לֵב וְתִמְנֹב לַיהוָה
more than [the sacrifice of] a mature bull מִשׁוֹר פָּר

as from the horns of wild beasts וּמִקְרָנֵי רִמִּים
You have answered me. עֲנִיתָנִי:

23 I will recount [the praises of] כֹּה אֲסַפְּרָה
Your Name to my brothers; שִׁמְךָ לְאָחֵי
I will extol You amidst the congregation. בְּתוֹךְ קָהָל אֲחֵלְלֶךָ:

24 You that fear the Lord, praise Him! כֹּד יִרְאֵי יְהוָה | תְּהַלְלוּהוּ
Glorify Him, all you progeny of Jacob! כָּל־זֶרַע יַעֲקֹב בְּבָרוּהוּ
Stand in awe of Him, וְגִדְּרוּ מִמֶּנּוּ
all you progeny of Israel! כָּל־זֶרַע יִשְׂרָאֵל:

25 For He has not despised nor abhorred כֹּה כִּי לֹא־בָזָה | וְלֹא שִׁמָּץ
the entreaty of the poor, עֲגוֹת עָנִי
nor has He concealed His face from him; וְלֹא־הִסְתִּיר פָּנָיו מִמֶּנּוּ
rather He heard when he cried to Him. וּבִשְׁוֹעוֹ אֶלָּו שָׁמָע:

26 My praise comes from You, כֹּו מֵאִתְּךָ תִּהְלָלִי
in the great congregation; בְּקָהָל רָב
I will pay my vows נִדְרֵי אֲשָׁלֵם
before those that fear Him. נִגְדֵי יִרְאִיו:

27 Let the humble eat and be satisfied; כֹּו יֹאכְלוּ עֲנִוִּים | וְיִשְׂבְּעוּ
let those who seek the Lord praise Him— תְּהַלְלוּ יְהוָה דֹּרְשׁוֹ
may your hearts live forever! יְחִי לְבַבְכֶּם לְעֹד:

28 They will remember כֹּה יִזְכְּרוּ |
and return to the Lord וְיָשֻׁבוּ אֶל־יְהוָה
all the ends of the earth; כָּל־אַפְסֵי־אָרֶץ
they will bow down before You וְיִשְׁתַּחֲווּ לְפָנֶיךָ

all families of nations. כָּל־מִשְׁפָּחוֹת גּוֹיִם :
 29 For sovereignty is the Lord's, כִּשְׁ כִּי לַיהוָה הַמְּלוּכָה
 and He rules over the nations. אֲמוֹנֵשׁל בְּגוֹיִם :
 30 They will eat and bow down ל אֲכָלוּ וַיִּשְׁתַּחֲווּ |
 all the fat ones of the earth, כָּל־דֹּשְׁנֵי־אָרֶץ
 they shall kneel before Him לִפְנֵי יִכְרְעוּ
 all who descend to the dust, כָּל־יֹרְדֵי עָפָר
 but He will not revive their soul. אֲנַפְשׁוֹ לֹא חִיָּה :
 31 The progeny of those who serve Him לֹא יֶרֶע יַעֲבֹדֵנוּ
 will tell of the Lord to the latter generations. יִסְפָּר לְאַדְנֵי לְדָוָר :
 32 They will come and relate לֵב יָבֹאוּ וַיַּגִּידוּ
 His righteousness, צְדָקָתוֹ
 to a newborn nation— לְעַם נֹלָד
 all that He has done. כִּי עָשָׂה :

ד.ט.

1 For the Conductor, on the *shoshanim*,¹ א לְמַנְצָח | עַל־שׁוֹשָׁנִים
 by David. לְדָוִד :
 2 Deliver me, O God, ב הוֹשִׁיעֵנִי אֱלֹהִים
 for the waters have reached until my soul! כִּי בָאוּ מַיִם עַד־נַפְשִׁי :
 3 I have sunk in muddy depths ג טָבַעְתִּי | בִּיּוֹן מְצוּלָה
 without foothold; וְאֵין מַעֲמָד
 I have come into deep waters, בָּאתִי בְּמַעַמְקֵי־מַיִם :

1. A musical instrument shaped like a *shoshanah*, a rose (*Metzudot*).

for Your kindness is good; כִּי־טוֹב חַסְדְּךָ
 according to Your abundant mercies, כְּרֹב רַחֲמֶיךָ
 turn to me. פְּנֵה אֵלַי :
 18 Do not hide Your face יִה וְאַל־תִּסְתֵּר פָּנֶיךָ
 from Your servant, מֵעַבְדְּךָ
 for I am in distress—hurry to answer me. כִּי־צָר־לִי מַהֵר עֲנֵנִי :
 19 Draw near to my soul and liberate it; יֵש קְרִבָּה אֶל־נַפְשִׁי גְאֻלָּה
 so that my enemies [not feel triumphant] לְמַעַן אֵיבֵי
 redeem me. פִּדְּנִי :
 20 You know my humiliation, כ אַתָּה יָדַעְתָּ חֲרָפְתִּי
 my shame, and my disgrace; וּבִשְׁתִּי וּבְלִמּוֹתַי
 all my tormentors are before You. נִגְדְּךָ כָּל־צוֹרְרָי :
 21 Humiliation has broken my heart, כֹּא חָרַפָּה | שָׁבַרָה לִבִּי
 and I have become ill. וְאֲנוּשָׁה
 I longed for comfort, but there was none; וְאֶקְנֶה לְנוֹד וְאֵין
 for consolers, but I did not find. וְלִמְנַחֲמִים וְלֹא מַצְאֵתִי :
 22 They put gall into my food, כֹּב וַיִּתְּנוּ בְּכָרוֹתִי רָאֵשׁ
 and for my thirst אֶלְצָמָאִי
 they gave me vinegar to drink. וַיִּשְׁקֹנוּ חֲמִץ :
 23 Let their table בִּג יְהִי־שִׁלְחָנָם
 become a trap before them, לִפְנֵיהֶם לִפְחָ
 and [their] serenity, a snare. וְלִשְׁלוֹמָם לְמוֹקֵשׁ :
 24 Let their eyes be darkened כֹּד תִּחְשַׁכְּנָה עֵינֵיהֶם
 so that they cannot see, מִרְאוֹת

an alien to my mother's sons, **וְנִכְרִי לְבְנֵי אִמִּי:**
 10 for the envy of Your House **י כִּי־קִנְאָת בֵּיתְךָ**
 has consumed me, **אֲכָלָתָנִי**
 and the humiliations of those who scorn You **וְחַרְפוֹת חוֹרְפֶיךָ**
 have fallen upon me. **נָפְלוּ עָלַי:**
 11 And I wept while my soul fasted, **יֵא וְאֶבְכֶּה בְּצוֹם נַפְשִׁי**
 and it was a humiliation to me. **וְתִהְיֶה לְחַרְפוֹת לִי:**
 12 I made sackcloth my garment, **יב וְאַתָּנָה לְבוּשִׁי שֶׁק**
 and became a byword for them. **וְאֵתְחִי לָהֶם לְמִשָּׁל:**
 13 Those who sit by the gate speak of me, **יג וְיֹשְׁבֵי הַיָּמִין יְשַׁעֲרוּ**
 and [of me] are the songs of drunkards. **וְנִגְיִנוֹת שׁוֹתֵי שִׁכָּר:**
 14 May my prayer to You, Lord, **יד וְיִאֲנִי תַפִּלַּתִּי־לָךְ | יְהוָה**
 be at a gracious time; **עֵת רַצוֹן**
 God, in Your abounding kindness, **אֱלֹהִים בְּרַב־חַסְדֶּךָ**
 answer me with Your true deliverance. **עֲנֵנִי בְּאֵמֶת יִשְׁעֶךָ:**
 15 Rescue me from the mire, **טו מִן־הַצִּלְלִי מִמַּיִם**
 so that I not sink; **וְאֶל־אֶטְבַּעַה**
 let me be saved from my enemies **אֶנְצִלָּה מִשְׁנָאֵי**
 and from deep waters. **וּמִמַּעַמְקֵי־מַיִם:**
 16 Let me not be swept away **טז אֶל־תִּשְׁמָפְנִי |**
 by a current of water, **שִׁבְלַת מַיִם**
 nor the deep swallow me; **וְאֶל־תִּבְלָעֵנִי מְצִלָּה**
 and let not the pit close its mouth over me. **וְאֶל־תִּתְּמָרֶר־עָלַי בְּאֵר פִּיתָ:**
 17 Answer me, Lord, **יז עֲנֵנִי יְהוָה**

and the current sweeps me away. **וְשִׁבְלַת שְׁמָפְנִי:**
 4 I am wearied by my crying, **ד יִגְעֵתִי בְּקִרְאִי**
 my throat is parched; **נֹחַר גְּרוֹנִי**
 my eyes pined while waiting for my God. **כָּלוּ עֵינַי מִיַּחַל לֵאלֹהֵי:**
 5 More numerous than the hairs on my head **ה רַבּוֹ | מִשְׁעָרוֹת רֹאשִׁי**
 are those who hate me without reason. **שְׂנְאֵי הָנֶפֶשׁ**
 Mighty are those who would cut me off, **עֲצָמוֹ מִצְמִיתִי**
 those who are my enemies without cause. **אֵיבֵי שָׁמָר**
 What I have not stolen, **אֲשֶׁר לֹא־גָזַלְתִּי**
 I will then have to return. **אָז אָשִׁיב:**
 6 O God, **ו אֱלֹהִים**
 You know my folly, **אַתָּה יָדַעְתָּ לְאִוְלָתִי**
 and my wrongs **וְאֲשָׁמוֹתִי**
 are not hidden from You. **מִמֶּנִּי לֹא־נִכְחְדוּ:**
 7 Let [them] not be shamed through me **ז אֶל־יִבְשׁוּ בִי |**
 —those who hope in You, **קִנְיֶיךָ**
 O my Lord, God of Hosts; **אֲדֹנָי יְהוָה צְבָאוֹת**
 let [them] not be disgraced through me **אֶל־יִכְלָמוּ בִי**
 —those who seek You, O God of Israel, **מִבְקֶשֶׁיךָ אֱלֹהֵי יִשְׂרָאֵל:**
 8 because for Your sake **ח כִּי־עֲלֶיךָ**
 I have borne humiliation, **נִשְׁאָתִי חֶרְפָּה**
 disgrace covers my face. **כִּסְתָּה כְּלָמָה פָּנַי:**
 9 I have become a stranger to my brothers, **ט מוֹזֵר תִּיְיָתִי לְאֶחָי**