

TEHILLIM

Linear Edition

תהלים
אהל יוסף יצחק



Tehillim

Ohel Yosef Yitzchak

with a linear English translation

Selected Chapters for Recitation



כ.

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 קָמַנְצִיחַ מְזֻמָּר לְדָוִד :
- 2 May the Lord answer you ב יַעֲנֶנָּה יְהוָה
on the day of distress; בַּיּוֹם צָרָה
may you be fortified יִשְׁגְּבֶךָ
by the Name of the God of Jacob. שֵׁם | אֱלֹהֵי יַעֲקֹב :
- 3 May He send your help from the Sanctuary, ג יִשְׁלַח עֲזָרָךְ מִקֹּדֶשׁ
and support you from Zion. וּמִצִּיּוֹן יִסְעֶדֶךָ :
- 4 May He remember all your offerings, ד יִזְכֹּר כָּל־מִנְחֹתֶיךָ
and always accept favorably your sacrifices. וְעוֹלֹתֶיךָ יִדְשָׁנָה־סֶלָה :
- 5 May He grant you your heart's desire, ה יִתְּנֶנּוּ־לְךָ כָּל־בְּקָשׁ
and fulfill your every counsel. וְכָל־־עֲצָתְךָ יַמְלֵא :
- 6 We will rejoice in your deliverance, ו נִרְנְנָה | בִּישׁוּעֹתֶיךָ
and in the name of our God וּבְשֵׁם־אֱלֹהֵינוּ
raise our banners; נִדְגַל
may the Lord fulfill all your wishes. יַמְלֵא יְהוָה כָּל־מִשְׁאֵלֹתֶיךָ :
- 7 Now I know ז עֲתָה יָדַעְתִּי
that the Lord has delivered His anointed one, בְּיְהוָה הוֹשִׁיעַ | יְהוָה מְשִׁיחוֹ
answering him from His holy heavens יַעֲנֵהוּ מִשְׁמַיִם קֹדֶשׁ
with the mighty saving power בְּגִבּוֹרוֹת יֵשַׁע
of His right hand. יְמִינוֹ :

8 Some [rely] upon chariots	ח אֱלֹהֵי בְרִכָּב
and some upon horses,	וְאֱלֹהֵי בְסוּסִים
but we [rely upon and]	וְאֶנְחֵנוּ
invoke the Name of the Lord our God.	בְּשֵׁם־יְהוָה אֱלֹהֵינוּ נִזְכִּיר:
9 They bend and fall,	ט הִמָּוֶה כָּרְעוּ וְנָפְלוּ
but we rise and stand firm.	וְאֶנְחֵנוּ קָמְנוּ וְנִתְעוֹדֵד:
10 Lord, deliver us;	י יְהוָה הוֹשִׁיעָה
may the King answer us	הַמֶּלֶךְ יַעֲנֵנוּ
on the day we call.	בְּיוֹם־קִרְאָנוּ:

כ.ב.

תפלל כל יחיד על אריכת הגלות מענמת הלב מה שהיינו מקדם במעלה עליונה ועכשו בשפלות, ולנדור 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 לְמִנְצֵחַ
on the <i>ayelet hashachar</i> , ¹	עַל־אֵילַת הַשַּׁחַר
a psalm by David.	מִזְמוֹר לְדָוִד:
2 My God, my God,	ב אֱלֹהֵי אֱלֹהֵי
why have You forsaken me!	לָמָּה עִזַּבְתָּנִי
So far from saving me,	רְחֹק מִיִּשׁוּעָתִי
from the words of my outcry?	דְּבַר־יִשְׁאָנָתִי:
3 My God, I call out by day,	ג אֱלֹהֵי אֶקְרָא יוֹמָם

1. A musical instrument (*Metzudot*).

- and You do not answer; וְלֹא תַעֲנֶנּוּ
 at night— but there is no respite for me. וְלַיְלָה וְלֹא־דְמִיָּה לִי:
- 4 Yet You, Holy One, וְאַתָּה קָדוֹשׁ
 are enthroned upon the praises of Israel. יוֹשֵׁב תְּהִלּוֹת יִשְׂרָאֵל:
- 5 In You our fathers trusted; הַבָּךְ בְּמַחֲוֹ אֲבֹתֵינוּ
 they trusted and You saved them. בְּמַחֲוֹ וַתַּפְּלֹטֵמוּ:
- 6 They cried to You and were rescued; וְאֵלֶיךָ זָעֲקוּ וְנִמְלָטוּ
 they trusted in You and were not shamed. בָּךְ בְּמַחֲוֹ וְלֹא־בוֹשׁוּ:
- 7 And I am a worm and not a man; ז' וְאֲנֹכִי תוֹלַעַת וְלֹא־אִישׁ
 scorn of men, contempt of nations. חֲרַפַּת אָדָם וּבְזוּי עַם:
- 8 All who see me mock me; ח כָּל־רֹאִי יִלְעָנוּ לִי
 they open their lips, יַפְטִירוּ בְּשִׁפְהָ
 they shake their heads. יִנְעֹוּ רִאשׁוֹ:
- 9 But one that casts [his burden] ט גֹּל
 upon the Lord— אֶל־יְהוָה
 He will save him; He will rescue him, יַפְּדֵם וְיַצִּילֵהוּ
 for He desires him. כִּי חֲפֵץ בּוֹ:
- 10 For You took me out of the womb, י כִּי־אַתָּה גָּחִי מִבֶּטֶן
 and made me secure on my mother's breasts. מִבְּטֹחַי עַל־שְׁדֵי אִמִּי:
- 11 I have been thrown upon You from birth; י"א עָלֶיךָ הִשְׁלַכְתִּי מִרֶחֶם
 from my mother's womb מִבֶּטֶן אִמִּי
 You have been my God. אֱלֹהֵי אֶתָּה:
- 12 Be not distant from me, יב אַל־תִּרְחַק מִמֶּנִּי
 for trouble is near, כִּי־צָרָה קְרוֹבָה

- for there is none to help. כִּי אֵין עֲזָרָה:
- 13 Many bulls surround me, יג סָבְבוּנִי פָּרִים רַבִּים
the mighty bulls of Bashan encircle me. יד אַבְיָרֵי בָשָׁן בְּתָרוּנִי:
- 14 They open their mouths against me, יד פָּצוּ עַלִי פִיהֶם
like a lion that ravages and roars. טו אֲרִיֶה מִזְרָף וְשֹׁאֵג:
- 15 I am poured out like water, טו כַּמַּיִם נִשְׁפַּכְתִּי
all my bones are disjointed; וְהִתְפָּרְדוּ כָּל-עַצְמוֹתַי
my heart has become like wax, טז חֵיֶה לִבִּי כַדְוֶנֶג
melted within my innards. טז נָפִים בְּתוֹךְ יַמְעִי:
- 16 My strength is dried up like a potsherd, טז מִזֶּבֶשׁ כִּהְרַשׁ אֶבְחִי
and my tongue cleaves to my palate; וְלִשׁוֹנִי מִדְּבַק מִלְקוֹחִי
You set me in the dust of death. יז וְלַעֲפָר־מֹוֹת תִּשְׁפָּתֵנִי:
- 17 For dogs surround me, יז כִּי-סָבְבוּנִי בְּלָבָיִם
a pack of evildoers enclose me; יח עֲדַת מְרָעִים הִקִּיפוּנִי
my hands and feet are like a lion's prey. יח כַּאֲרֵי יָדָי וְרַגְלָי:
- 18 I count all my limbs, יח יָה אִסְפַּר כָּל-עַצְמוֹתַי
while they watch and gloat over me. יט תִּמְהָה לְבִישׁוֹ וְרֹאֵי-בִי:
- 19 They divide my garments amongst them; יט יֵשׁ יִחְלְקוּ בְגָדֵי לָהֶם
they cast lots upon my clothing. יז עַל-לְבוּשָׁי יַפִּילוּ גוֹרָל:
- 20 But You, Lord, do not be distant; כ וְאַתָּה יְהוָה אַל-תִּרְחַק
my Strength, hurry to my aid! כ אֵילוֹתַי לְעֲזֹרָתִי חוֹשָׁה:
- 21 Save my life from the sword, כא הַצִּילָה מִחֶרֶב נַפְשִׁי
my soul from the grip of dogs. כב מִיַּד-לֵב יַחֲדֵתַי:
- 22 Save me from the lion's mouth, כב הוֹשִׁיעֵנִי מִפִּי אֲרִיֶה

as from the horns of wild beasts	וּמִקְרָנֵי רִמִּים
You have answered me.	עֲנִיתָנִי:
23 I will recount [the praises of]	כִּנְיֹמֵי פִרְיָהּ
Your Name to my brothers;	שְׁמֹךָ לְאָחֵי
I will extol You amidst the congregation.	בְּתוֹךְ קְהִלַּת אֲחֵלֵלֶיךָ:
24 You that fear the Lord, praise Him!	כִּדְרֹאֵי יְהוָה תְּהַלְלוּהוּ
Glorify Him, all you progeny of Jacob!	כָּל־זֶרַע יַעֲקֹב כִּבְדּוּהוּ
Stand in awe of Him,	וְגִדְדוּ מִפְּנֵי
all you progeny of Israel!	כָּל־זֶרַע יִשְׂרָאֵל:
25 For He has not despised nor abhorred	כִּי כִּי לֹא־בִזָּה וְלֹא שְׂמָן
the entreaty of the poor,	עֲזוֹת עֲבִי
nor has He concealed His face from him;	וְלֹא־הִסְתִּיר פְּנֵיו מִמֶּנּוּ
rather He heard when he cried to Him.	וּבְשׁוֹעוֹ אֱלֹהֵי שָׁמַע:
26 My praise comes from You,	כִּי מֵאֵתֶךָ תִּהְלָלְתִּי
in the great congregation;	בְּקְהִלַּת רַב
I will pay my vows	נְדָרֵי אֲשַׁלֵּם
before those that fear Him.	נִגְדַד יִרְאוּ:
27 Let the humble eat and be satisfied;	כִּי יֹאכְלוּ עֲנָוִים וְיִשְׂבְּעוּ
let those who seek the Lord praise Him—	יִתְהַלְלוּ יְהוָה דְּרֹשָׁיו
may your hearts live forever!	יְחִי לְבַבְכֶם לְעַד:
28 They will remember	כִּי יִזְכְּרוּ
and return to the Lord	וְיָשׁוּבוּ אֶל־יְהוָה
all the ends of the earth;	כָּל־אֲפְסוֹי־אָרֶץ
they will bow down before You	וְיִשְׁתַּחֲווּ לְפָנֶיךָ

all families of nations.	: כָּל־מְשֻׁפְּחוֹת גּוֹיִם
29 For sovereignty is the Lord's,	כִּסְ כִּי לַיהוָה הַמְּלוּכָה
and He rules over the nations.	: וּמֹשִׁיל בְּגוֹיִם
30 They will eat and bow down	לֹא אֲכָלוּ וַיִּשְׁתַּחֲוּוּ
all the fat ones of the earth,	כָּל־דְּשֵׁי־אָרֶץ
they shall kneel before Him	לְפָנָיו יִכְרְעוּ
all who descend to the dust,	כָּל־יֹרְדֵי עָפָר
but He will not revive their soul.	: וְנִפְשׁוּ לֹא חַיָּה
31 The progeny of those who serve Him	לֹא יִרְעוּ יַעֲבֹדֵנוּ
will tell of the Lord to the latter generations.	: יִסְפָּר לְאַדְנֵי לְדָוָר
32 They will come and relate	לֵב יִבְאוּ וַיְגִידוּ
His righteousness,	צְדִקְתּוֹ
to a newborn nation—	לְעַם נֹלָד
all that He has done.	: כִּי עָשָׂה

כט.

1 For the Conductor, on the <i>shoshanim</i> , ¹	א לְמַנְצַח 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 מְבַעַתִּי בִּיּוֹן מְצוּלָה
without foothold;	: וְאֵין מְעַמָּד
I have come into deep waters,	בְּמַעַמְקֵי־מַיִם

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

- and the current sweeps me away. : וּשְׂבַלְתַּת שְׂמִפְתָּנִי :
- 4 I am wearied by my crying, ד יַגִּיעַתִּי בְּקִרְאִי
 my throat is parched; גַּחַר גְּרוֹנִי
 my eyes pined while waiting for my God. : כְּלוּ עֵינַי מִיַּחַל לַאֱלֹהֵי :
- 5 More numerous than the hairs on my head ה רַבּוֹ | מִשְׁעֵרוֹת רֹאשִׁי
 are those who hate me without reason. שְׂנְאָי הָנֶפֶס
 Mighty are those who would cut me off, עֲצָמוֹ מִצְמִיתֵי
 those who are my enemies without cause. אֵיבֵי שֹׁמֵר
 What I have not stolen, אֲשֶׁר לֹא־גָזַלְתִּי
 I will then have to return. אֲזוֹ אָשִׁיב :
- 6 O God, ו אֱלֹהִים
 You know my folly, אַתָּה יָדַעְתָּ לְאֹלְתִי
 and my wrongs אֲשָׁמוֹתִי
 are not hidden from You. מִמֶּנִּי לֹא־נִכְחַדוּ :
- 7 Let [them] not be shamed through me ז אֲלֵי־בָשׂוּ בִי |
 —those who hope in You, קִנְיָךְ
 O my Lord, God of Hosts; אֲדַנִּי יְהוָה צְבָאוֹת
 let [them] not be disgraced through me אֲלֵי־פָלְמוֹ בִּי
 —those who seek You, O God of Israel, מִבְּקִשְׁיךָ אֱלֹהֵי יִשְׂרָאֵל :
- 8 because for Your sake ח כִּי־עֲלֶיךָ
 I have borne humiliation, נִשְׁאַתִּי חֲרָפָה
 disgrace covers my face. כְּסֻתָּה כְּלָמָה פָּנָי :
- 9 I have become a stranger to my brothers, ט מוֹזֵר הָיִיתִי לְאֶחָי

- an alien to my mother's sons, אֲנֹכְרִי לְבָנֵי אִמִּי :
 10 for the envy of Your House י כִּי־קִנְאָת בֵּיתֶךָ
 has consumed me, אֲכָלְתָּנִי
 and the humiliations of those who scorn You וְחַרְפוֹת חוֹרְפֶיךָ
 have fallen upon me. נָפְלוּ עָלַי :
- 11 And I wept while my soul fasted,
 and it was a humiliation to me. יא וְאָכַכָּה בְצוֹם נַפְשִׁי
 וַתְּהִי לְחַרְפוֹת לִי :
- 12 I made sackcloth my garment,
 and became a byword for them. יב וְאָתַנְתָּה לְבוּשִׁי שֶׁקַּ
 וַאֲחִי לָהֶם לְמִשְׁלָל :
- 13 Those who sit by the gate speak of me,
 and [of me] are the songs of drunkards.
 יג וְשִׁירָחוּ בִי יוֹשְׁבֵי שַׁעַר
 וְנִגְיָנוֹת שׁוֹרְתֵי שִׁכְרָה :
- 14 May my prayer to You, Lord,
 be at a gracious time;
 God, in Your abounding kindness,
 answer me with Your true deliverance.
 יד וְאֲנִי תַפְלְתִּי־יְהוָה | יְהוָה
 עַתָּה רַצוֹן
 אֱלֹהִים בְּרַב־חַסְדֶּךָ
 עֲנֵנִי בְּאֵמֶת יִשְׁעֶךָ :
- 15 Rescue me from the mire,
 so that I not sink;
 let me be saved from my enemies
 and from deep waters.
 טו תַּצִּילֵנִי מִמַּיִט
 וְאַל־אֶטְבַּעַה
 אֲנַצִּלֶנְךָ מִשְׁנָאֵי
 וּמִמַּעַמְקֵי־מַיִם :
- 16 Let me not be swept away
 by a current of water,
 nor the deep swallow me;
 and let not the pit close its mouth over me.
 טז אַל־תִּשְׁמָפְנֵנִי |
 שִׁבְלַת מַיִם
 וְאַל־תִּבְלַעַנִי מְצוּלָה
 וְאַל־תִּתְּאֶמֶר־עָלַי בְּאֵר פִּיתָה :
 יז עֲנֵנִי יְהוָה
- 17 Answer me, Lord,

- 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 יִחַ וְאַל תִּסְתֵּר פְּנֵיךָ
 from Your servant, מֵעַבְדְּךָ
 for I am in distress—hurry to answer me. כִּי צָרָה לִי מִתֵּר עֲנֵנִי:
- 19 Draw near to my soul and liberate it; יֵשׁ קִרְבָּה אֶל־נַפְשִׁי גְּאֹלָהּ
 so that my enemies [not feel triumphant] לְמַעַן אֵיבֵי
 redeem me. פְּדֵנִי:
- 20 You know my humiliation, כִּי אַתָּה יָדַעְתָּ חַרְפְּתִי
 my shame, and my disgrace; וּבִשְׁתִּי וּבְלִמּוֹתִי
 all my tormentors are before You. נִגְדְּךָ כָּל־צוֹרְרָי:
- 21 Humiliation has broken my heart, כִּי חָרַפְתָּ אֶת לְבָבִי
 and I have become ill. וְאֲנִי נֹשֵׂה
 I longed for comfort, but there was none; וְאֶקְוֶה לְנֹד וְאֵין
 for consolers, but I did not find. וְלִמְנַחֲמִים וְלֹא מִצְאֵתִי:
- 22 They put gall into my food, כִּי וַיִּתְּנוּ בְּכֹרֹתַי רָאֵשׁ
 and for my thirst וְלִצְמָאִי
 they gave me vinegar to drink. וַיִּשְׁקֹנֵי חֶמְצָן:
- 23 Let their table כִּי יִהְיֶה שֻׁלְחָנָם
 become a trap before them, לְפִנְיָהֶם לְפֶחַח
 and [their] serenity, a snare. וְלִשְׁלוֹמָם לְמוֹקֵשׁ:
- 24 Let their eyes be darkened כִּי תִחְשַׁכְּנָה עֵינֵיהֶם
 so that they cannot see, מִרְאוֹת

- and let their loins continually falter. וְמִתְנִיחֵם תְּמִיד הַמַּעַד:
- 25 Pour Your wrath upon them, כֹּה שִׁפְדֵּם עַל־יְהוָה וְעַמֶּךָ
- and let the fierceness of Your anger וַחֲרוֹן אַפְּךָ
- overtake them. יִשְׁגְּגוּ:
- 26 Let their palace be desolate, כֹּה תִהְיֶינָה מִיִּרְתָּם נִשְׁמָה
- let there be no dweller in their tents, בְּאַהֲלֵיהֶם אֲלֵיהֶי יֵשֵׁב:
- 27 for the one whom You struck כֹּה כִּי־אַתָּה אֲנַשְׂרֵה־כַּבִּית
- they persecute, רָדְפוּ
- and tell of the pain of Your wounded ones. וְאֵל־מִכְאוֹב חֲלָלֶיךָ יִסְפְּרוּ:
- 28 Add iniquity to their iniquity, כֹּה תִגְדַּח־עוֹן עַל־עוֹנָם
- and let them not enter וְאֲלֵי־בָאוּ
- into Your righteousness. בְּצַדִּיקְתָּךְ:
- 29 May they be erased כֹּס וּמָחוּ
- from the Book of Life, מִסֵּפֶר חַיִּים
- and with the righteous וְעִם צַדִּיקִים
- let them not be inscribed. אֲלֵי־יִכְתְּבוּ:
- 30 But I am poor and in pain; לֹא אֲנִי עָנִי וְכֹאֲב
- let Your deliverance, O God, יִשׁוּעַתְּךָ אֱלֹהִים
- strengthen me. תִּשְׁׁנְנֵנִי:
- 31 I will praise the Name of God לֹא אֶחְלֶלֶת שֵׁם־אֱלֹהִים
- with song, בְּשִׁיר
- I will extol Him with thanksgiving! וְאֲגַדְּלֶנּוּ בְתוֹדָה:
- 32 And it will please the Lord לֵב וְתִמְנֹב לַיהוָה
- more than [the sacrifice of] a mature bull מִשׁוֹר פָּר

with horns and hooves. מִקְרָן מִפְּרָיִם:

33 The humble will see it and rejoice; לֹג רָאוּ עֵינָיו יִשְׂמְחוּ
you seekers of God, דְּרֹשֵׁי אֱלֹהִים
[see] and your hearts will come alive. וַיְחִי לְבַבְכֶם:

34 For [He] listens to the needy לֹד כִּי־שֹׁמֵעַ אֶל־אֲבִיּוֹנִים
—the Lord, יְהוָה:
and He does not despise His prisoners. וְאֶת־אֲסִירָיו לֹא בִזָּה:

35 Let heaven and earth praise Him, לֵה יִתְלַלְוּהוּ שָׁמַיִם וָאָרֶץ
the seas and all that moves within them, יַמִּים וְכָל־דָּמָשׁ בָּם:

36 for God will deliver Zion לוֹ כִּי אֱלֹהִים | וַיִּשְׁעֵה צִיּוֹן
and build the cities of Judah, וַיִּבְנֶנָּה עָרֵי יְהוּדָה
and they will settle there and possess it; וַיֵּשְׁבוּ שָׁם וַיִּרְשׁוּהָ:

37 and the seed of His servants לוֹ וְזָרַע עֲבָדָיו
will inherit it, יִנְחֲלֶנָּה:
and those who love His Name will dwell in it. וְאֶהְבֵי שְׁמוֹ יִשְׁכְּנוּ־בָהּ:

קבא.

היאך יש מעלה בנג ערן התחתון ומשם עולה לנג ערן 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.

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

- 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.

ג אֱלֹהֵינוּ לִמּוֹט רַגְלֵךָ

אֱלֹהֵינוּ שֹׁמְרֵךָ:

ד הַתְּנִיחַ לְאֵינּוֹם וְלֹא יִישָׁן

שׁוֹמֵר יִשְׂרָאֵל:

ה יְהוָה שׁוֹמְרֵךָ

יְהוָה צִלְיֵךָ:

עַל־יַד יְמִינֵךָ:

ו יוֹזֵם הַשֶּׁמֶשׁ לֹא־יִזְכֵּךָ

וַיָּרֶחַ בַּלַּיְלָה:

ז יְהוָה יִשְׁמְרֵךָ מִכָּל־רָע

יִשְׁמֹר אֶת־נַפְשֶׁךָ:

ח יְהוָה יִשְׁמֹר־

צֵאתְךָ וּבֹאֵךָ

מִזֶּעֶתָה וְעַד־עוֹלָם:

קנב.

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

א שִׁיר הַמַּעֲלוֹת לְדָוִד

שִׂמְחֵתִי בְּאִמְרֵיהֶם לִי

בַּיִת יְהוָה נִלְבָּד:

ב עַמְדוֹת תַּיִן רַגְלֵינוּ

בְּשַׁעְרֵיךָ יְרוּשָׁלַם:

ג יְרוּשָׁלַם הַבְּנוּיָה

like a city כְּעִיר
in which [all Israel] is united together. : נִשְׁחַבְּרַתְּלָהּ יְהוָה
4 For there the tribes went up, ד וְשֵׁשׁ עָלוּ שְׁבָטַיִם
the tribes of God שְׁבַט־יִשְׂרָאֵל
—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, יֵשְׁבוּ כְּסֵאוֹת לְמִשְׁפַּט
the thrones of the house of David. : כְּסֵאוֹת לְבַיִת דָּוִד
6 Pray for the peace of Jerusalem; ו שְׂאֵלוּ שְׁלוֹם יְרוּשָׁלַם
may those who love you have peace. : יִשְׁלְוּ אֹהֲבֵיךָ
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. : אֲדַבְּרָה־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. : אֲבַקְּשֶׁה טוֹב לְךָ

קנ.

בוה 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 תְּלַלְוּהָ |
Praise God in His holiness; תְּלַלְדֹ-אֵל בְּקֹדֶשׁוֹ
praise Him הַלְלוּהוּ
in the firmament of His strength. בְּרִקְיעַ עֲזוֹ:
2 Praise Him for His mighty acts; ב הַלְלוּהוּ בְּגִבּוֹרָתוֹ
praise Him הַלְלוּהוּ
according to His abundant greatness. בְּרֹב גְּדֻלּוֹ:
3 Praise Him with the call of the *shofar*; ג תְּלַלְוּהוּ בְּתִקְעַ שׁוֹפָר
praise Him with harp and lyre. הַלְלוּהוּ בְּנֶבֶל וּבְנֹזֶר:
4 Praise Him with timbrel and dance; ד תְּלַלְוּהוּ בְּתֹף וּמְחֹל
praise Him הַלְלוּהוּ
with stringed instruments and flute. בְּמִנִּים וְעֶגְב:
5 Praise Him with resounding cymbals; ה תְּלַלְוּהוּ בְּצִלְצְלֵי-שִׁמְעַ
praise Him with clanging cymbals. הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:
6 Let every soul praise the Lord. ו כָּל הַנְּשָׁמָה תִתְהַלֵּל יְהוָה
Praise the Lord! תְּלַלְוּהָ:

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."