



the self edition

תהלים זכרון אברהם

ARTSCROLL
TRANSLITERATED LINEAR
TEHILLIM / PSALMS



מזמורים:

כ', פ"ג, קכ"א, ק"ל, קמ"ב

Prepared for daily Tefillah
on behalf of

אחינו בני ישראל בארץ ישראל



*Made available as a public service by the
Mesorah Heritage Foundation*

■ God responds in times of distress.

- 1 **LAM’NATZAY-ACH** mizmōr l’dovid. לְמַנְצַח מְזִמּוֹר לְדָוִד. א
For the Conductor; a psalm by David.
- 2 Ya-ancho Adōnoy b’yōm tzoro; יַעֲנֶה יְהוָה בְּיוֹם צָרָה; ב
*May HASHEM answer you on the day of distress;**
 y’sagevcho, shaym Elōhay ya-akōv. יִשְׁגְּבֶךָ שֵׁם אֱלֹהֵי יַעֲקֹב. ג
may the Name of the God of Jacob make you impregnable.*
- 3 Yishlach ezr’cho mikōdesh, יִשְׁלַח עֲזָרָה מִקְדָּשׁ, ג
*May He dispatch your help from the Sanctuary,**
 u-mitziyōn yis-odeko. וּמִצִּיּוֹן יִסְעָדֶךָ.
and support you from Zion.
- 4 Yizkōr kol minchōsecho, יִזְכֹּר כָּל מִנְחֹתֶיךָ, ד
*May He remember all your offerings,**
 v’ōlos’cho y’dash’ne selo. וְעוֹלֹתֶיךָ יְדַשְּׁנֶה סֵלָה.
and consider your burnt offerings generous, Selah.
- 5 Yiten l’cho chil-vovecho, יִתֵּן לְךָ כְּלִבְבְּךָ, ה
May He grant you your heart’s desire,
 v’chol atzos’cho y’malay. וְכָל עֲצָתְךָ יְמַלֵּא.
and fulfill your every plan.
- 6 N’ran’no bi-shu-osecho, נִרְנְנָה בִּישׁוּעָתְךָ, ו
May we sing for joy at your salvation,
 uv-shaym Elōhaynu nidgōl; וּבְשֵׁם אֱלֹהֵינוּ נִדְגַל;
and raise our banner in the Name of our God;

כ / 20

2. בְּיוֹם צָרָה — *On the day of distress; before it is too late (Malbim).*

אֱלֹהֵי יַעֲקֹב — *The God of Jacob.* Of all the Patriarchs, Jacob had the hardest life — the threats from Esau, exile under Laban and Pharaoh, the death of Rachel, the kidnapping of Dinah, the loss of Joseph — but God protected him. Therefore, in time of distress we call upon *the God of Jacob (Kad HaKemach).*

3. יִשְׁלַח עֲזָרָה מִקְדָּשׁ — *May He dispatch your help from the Sanctuary, from the Holy of*

Holies inside the Temple where the Holy Ark rests and where God’s spirit dwells. From there will go forth Divine aid in battle (Radak). We pray that our aid comes from the Sanctuary, based in holiness, and not from unholy sources such as the hands of gentile kings and armies which may fight on our side. It is the holiness of the Jewish people themselves, their sacred deeds and words, that is their main ally in battle.

4. מִנְחֹתֶיךָ — *Your offerings, Israel’s offerings in the Temple (Ibn Ezra); or the prayers offered in time of danger (Rashi).*

- ב אֱלֹהִים, אַל דַּמִּי לָהּ; Elōhim al domi loch,
O God, do not hold Yourself silent;
 אַל תִּחְרַשׁ וְאַל תִּשְׁקֵט, אֵל. al techerash v'al tish-kōt Ayl.
be not deaf and be not still, O God.
- ג כִּי הִנֵּה אוֹיְבֵיךָ יִהְיִימוּ, Ki hinay ōy'vecho yehemo-yun,
For behold, Your foes are in uproar
 וּמִשְׁנֵאֵיךָ נִשְׂאוּ רֹאשׁ. um-san-echo nos'u rōsh.
and those who hate You have raised their head.
- ד עַל עַמֶּךָ יַעֲרִימוּ סוֹד, Al am'cho ya-arimu sōd,
Against Your nation they plot deviously,
 וַיִּתְיַעְצוּ עַל צְפוּנֶיךָ. v'yisyo-atzu al tz'fu-necho.
they take counsel against those sheltered by You.
- ה אָמְרוּ: לָכוּ וְנִכְחֲדִים מִגּוֹי, Om'ru: l'chu v'nach-chidaym
*They said, "Come, let us cut them off from nationhood,"**
 וְלֹא יִזְכָּר שֵׁם יִשְׂרָאֵל עוֹד. v'lō yizochayr shaym yisro-ayl ōd.
so Israel's name will not be remembered any more!"
- ו כִּי נוֹעֲצוּ יָב יַחְדָּו, Ki nō-atzu layv yachdov,
For they take counsel together unanimously,
 עֲלֶיךָ בְּרִית יִכְרְתוּ. olecho b'ris yich-rōsu.
*they strike a covenant against You — **
- ז אֶהְיֶה אֲדוֹם וְיִשְׁמְעֵאֲלִים, Oholay edōm v'yishm'aylim,
 מוֹאָב וְהַגְּרִים. mō-ov v'hagrim.
the tents of Edom and Ishmaelites, of Moab and Hagrites,
- ח גְּבַל וְעַמּוֹן וְעַמְלֶק, G'vol v'amōn va-amolayk,
Geval and Ammon, and Amalek,
 פְּלִשְׁתִּים עִם יִשְׁבֵי צוֹר. p'leshes im yōsh'vay tzōr.
Philistia and the inhabitants of Tyre.
- ט גַּם אַשּׁוּר נִלְוָה עִמָּם, Gam a-shur nilvo i-mom,
Even Assyria joined with them,

5. וְנִכְחֲדִים מִגּוֹי — *Let us cut them off from nationhood.* Jewish nationhood is predicated upon reliance on God rather than reliance upon political, economic, and military dictates. The nations wish to destroy this nation-

hood because it contradicts their basic premise of the supremacy of human power and independence (*R' Hirsch*).

6. עֲלֶיךָ בְּרִית יִכְרְתוּ — *They strike a covenant against You.* Nations hostile to one another unite to oppose God and Israel (*R' Hirsch*).

- ho-yu z'rō-a livnay lōt selo. הָיוּ זְרוּעַ לְבָנֵי לוֹט סֵלָה.
they became the strong arm of Lot's sons, Selah.
- 10 A-say lohem k'mid-yon, עָשָׂה לָהֶם כְּמִדְיָן,
Do to them as to Midian,
 k'sis'ro ch'yovin בְּסִיסְרָא כִּיבִין
 b'nachal kishōn. בְּנַחַל קִישׁוֹן.
*as to Sisera and as to Yavin at Kishon Brook,**
- 11 Nishm'du v'ayn dōr, נִשְׁמְדוּ בְעֵין דָּאר,
who were destroyed at Ein-dor;
 ho-yu dōmen lo-ado. הָיוּ דָמֵן לְאֲדָמָה.
they became dung for the earth.
- 12 Shisaymō n'divaymō שִׁיתָמוּ נְדִיבָמוּ יב
 k'ōrayv v'chiz-ayv, כְּעָרֵב וְכֹזָאב,
*Make their nobles like Orev and Ze'ev;**
 uch-zevach uch-tzalmuno וְכֹזְבָח וְכִצְלָמְנֻעַ
 kol n'sichaymō. כָּל נְסִיכָמוּ.
*and all their princes like Zevach and Tzalmuna.**
- 13 A-sher om'ru: nir'sho lonu, אֲשֶׁר אָמְרוּ: נִירְשָׁה לָנוּ, יג
Who said, "We will conquer for ourselves
 ays n'ōs Elōhim. אֵת נְאוֹת אֱלֹהִים.
*the pleasant habitations of God."**
- 14 Elōhai, shisaymō chagalgal, אֱלֹהֵי, שִׁיתָמוּ כְּגִלְגָּל, יד
O my God, make them like the whirling chaff,
 k'kash lifnay ru-ach. כְּקַשׁ לְפָנֵי רוּחַ.
like stubble before the wind.
- 15 K'aysh tiv-ar yo-ar, כְּאֵשׁ תִּבְעַר יַעַר, טו
Like a fire burning the forest,
 uch-lehovo t'lahayt horim. וְכִלְהָבָה תִּלְהֵט הָרִים.
and like a flame that sets mountains ablaze.
- 16 Kayn tird'faym b'sa-arecho, כֵּן תִּרְדְּפֵם בְּסַעֲרֶךָ, טז
So pursue them with Your tempest

10. בְּנַחַל קִישׁוֹן — At Kishon Brook. See Judges ch. 4.

12. כְּעָרֵב וְכֹזָאב וְכֹזְבָח וְכִצְלָמְנֻעַ — Like Orev and Zeev ... like Zevach and Tzalmuna. These were Midianite rulers defeated by

Gideon (see Judges 7:25; 8:12,21).

13. נְאוֹת אֱלֹהִים — The pleasant habitations of God. The Land of Israel and the Holy Temple (Meiri).

uv-sufos'cho s'vahalaym. וּבְסוּפוֹתֶךָ תִּבְהַלֵּם.

and terrify them with Your storm.

17 Malay f'nayhem kolōn, יו מִלֵּא פְנֵיהֶם קִלּוֹן,

Fill their faces with shame,

vivakshu shimcho Adōnoy. וַיִּבְקְשׂוּ שִׁמְךָ יְהוָה.

then they will seek Your Name, HASHEM.*

18 Yayvōshu v'yibohalu aday ad, יח יִבְשׂוּ וַיִּבְהָלוּ עַד עַד,

Let them be shamed and terrified forever,

v'yachp'ru v'yōvaydu. וַיִּחַפְּרוּ וַיִּאֲבָדוּ.

*then they will be disgraced and they will perish.**

19 V'yayd'u ki ato יט וַיֵּדְעוּ כִּי אַתָּה

Then they will know that You,

shimcho Adōnoy l'vadecho, שִׁמְךָ יְהוָה לְבַדְּךָ,

Whose Name is HASHEM, are alone,

elyōn al kol ho-oretz. עלִיוֹן עַל כָּל הָאָרֶץ.

Most High over all the earth.

121 / קבא

■ A declaration of faith and a prayer for God's constant protection.

1 SHIR lama-alōs; א שִׁיר לַמַּעֲלוֹת;

A song to the ascents.

eso aynai el he-horim אֵשָׂא עֵינַי אֶל הַהָרִים,

may-a-yin yovō ezri. מֵאֵין יָבֵא עֲזָרִי.

I raise my eyes to the mountains; whence will come my help?*

2 Ezri may-im Adōnoy, ב עֲזָרִי מֵעַם יְהוָה,

ōsay shoma-yim vo-oretz. עֲשֵׂה שְׁמִים וְאָרֶץ.

My help is from HASHEM, Maker of heaven and earth.

3 Al yitayn lamōt raglecho, ג אֵל יִתֵּן לַמּוֹט רַגְלֶךָ,

17. וַיִּבְקְשׂוּ שִׁמְךָ. — *Then they will seek Your Name.* When God executes this devastating judgment against the nations, they will finally realize the futility of opposing His will.

18. וַיִּאֲבָדוּ. — *And they will perish.* God will not accept their repentance (*Metzudos; Malbim*). *R' Hirsch*, however, renders: *they will sense that they are about to perish.*

They will realize that their past has been worthless and that their only hope for the future lies in accepting God's mastery without reservations.

121 / קבא

1. אֵל הַהָרִים. — *To the mountains.* The besieged person climbs to the highest vantage point and scans the distant horizon for signs of any approaching rescuers (*Radak*).

- al yonum shōm'recho. אֵל יָנוּם שְׁמֶרְךָ.
He will not allow your foot to falter; your Guardian will not slumber.
- 4 Hinay lō yonum v'lō yi-shon, הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן, ד
 shōmayr yisro-ayl. שׁוֹמֵר יִשְׂרָאֵל.
Behold, He neither slumbers nor sleeps — the Guardian of Israel.
- 5 Adōnoy shōm'recho, הַיְהוָה שְׁמֶרְךָ, ה
HASHEM is your Guardian;
 Adōnoy tzil'cho al yad y'mi-necho. יְהוָה צִלָּךְ עַל יַד יְמִינֶךָ.
HASHEM is your Shade at your right hand.
- 6 Yōmom ha-shemesh lō yakeko, יוֹמָם הַשֶּׁמֶשׁ לֹא יַכְּכָה, ו
 v'yoray-ach baloylo. וַיָּרַח בַּלַּיְלָה.
By day the sun will not harm you, nor the moon by night.
- 7 Adōnoy yishmor'cho mikol ro, הַיְהוָה יִשְׁמְרֶךָ מִכָּל רָע, ז
 yishmōr es nafshecho. יִשְׁמֹר אֶת נַפְשֶׁךָ.
HASHEM will protect you from every evil; He will guard your soul.*
- 8 Adōnoy yishmor הַיְהוָה יִשְׁמֹר ח
 tzays'cho u-vō-e-cho, צִאֲתְךָ וּבּוֹאֲךָ,
*HASHEM will guard your departure and your arrival,**
 may-ato v'ad ōlom. מֵעַתָּה וְעַד עוֹלָם.
from this time and forever.

קל / 130

- A person in distress prays to God from the depths of his heart.

- 1 SHIR hama-alōs, שִׁיר הַמַּעְלוֹת; א
A song of ascents.
 mima-amakim k'rosicho מִמַּעַמְקִים קְרָאתֶיךָ
 Adōnoy. יְהוָה.
From the depths I called You, HASHEM.
- 2 Adōnoy shim-o v'kōli, אֲדֹנָי שְׁמָעָה בְּקוֹלִי, ב
*O Lord, hear my voice,**

7. ה' יִשְׁמְרֶךָ מִכָּל רָע — *HASHEM will protect you from every evil*, both physical and spiritual.

8. צִאֲתְךָ וּבּוֹאֲךָ — *Your departure and your arrival*. Upon your departure from the House of Torah Study in order to pursue your business affairs, God will guard you; and He will continue to do so until your return to the

House of Torah Study (*Targum*).

קל / 130

2. אֲדֹנָי שְׁמָעָה בְּקוֹלִי — *O Lord, hear my voice*. Although I am extremely distant from You, and I have sunk to the most remote depths, please hear my voice (*Ibn Ezra*).

- ti-yeno oznecho kashuvōs תְּהִינָה אָזְנֶיךָ קְשׁוּבוֹת
l'kōl tachanunoy. לְקוֹל תַּחֲנוּנָי.
may Your ears be attentive to the sound of my pleas.
- 3 Im avōnōs tishmor Yoh; אִם עֲוֹנוֹת תִּשְׁמַר, יְהוָה; ג
Adōnoy, mi ya-amōd. אֲדַרְנִי, מִי יַעֲמֹד.
If You preserve iniquities, O God, O Lord, who could survive?*
- 4 Ki im'cho has'lichō, כִּי עִמָּךְ הִסְלִיחָה, ד
l'ma-an tivo-ray. לְמַעַן תִּנְרָא.
For with You is forgiveness, that You may be feared.
- 5 Kivisi Adōnoy, kiv'so nafshi, קִוִּיתִי יְהוָה, קִנְיָתָה נַפְשִׁי, ה
I put confidence in HASHEM, my soul put confidence,
v'lidvorō hōchol-ti. וְלִדְבַר הוֹחֵלְתִּי.
and I hoped for His word.
- 6 Nafshi La-dōnoy, נַפְשִׁי לְאֲדֹנָי, ו
mishōm'rim la-bōker, מִשְׁמָרִים לְבֹקֵר, ז
*My soul [yearns] for the Lord, among those longing for the dawn,**
shōm'rim la-bōker. שְׁמָרִים לְבֹקֵר.
those longing for the dawn.
- 7 Ya-chayl yisro-ayl el Adōnoy; יַחַל יִשְׂרָאֵל אֶל יְהוָה; ז
Let Israel hope for HASHEM,
ki im Adōnoy ha-chesed, כִּי עִם יְהוָה הַחֶסֶד, ח
v'harbay imō f'dus. וְהִרְבָּה עִמּוֹ פְדוּת.
for with HASHEM is kindness, and with Him is abundant redemption.
- 8 V'hu yifde es yisro-ayl, וְהוּא יַפְדֶּה אֶת יִשְׂרָאֵל, ט
mikōl avōnōsov. מִכֹּל עֲוֹנוֹתָיו.
And He shall redeem Israel from all its iniquities.

3. אִם עֲוֹנוֹת תִּשְׁמַר יְהוָה — *If You preserve iniquities, O God.* We cannot deny that we have sinned abundantly, but if God preserves our sins and refuses to forgive them unless we are totally deserving, we could not survive (*Ibn Ezra*).

5. קִוִּיתִי ה' קִנְיָתָה נַפְשִׁי — *I put confidence in HASHEM, my soul put confidence.* My body put confidence in Hashem for physical security in this world, and *my soul placed confidence* in Him to merit the glory and spiritual

bliss of the World to Come (*Radak*).

6. נַפְשִׁי לְאֲדֹנָי מִשְׁמָרִים לְבֹקֵר — *My soul [yearns] for the Lord, among those longing for the dawn.* I am among those who constantly look out for the first signs of the dawn of redemption. The phrase שְׁמָרִים לְבֹקֵר is repeated for emphasis: I have not been discouraged by hopeful signs which proved to be unfounded. Rather, I persistently watched for the morning, time and time again (*Rashi*).

- Utterly trapped, one places oneself completely at God's mercy. But even when the road ahead seems unobstructed, it is only God Who has cleared the way.

- 1 **MAS-KIL** l'dovid, **מִשְׁכִּיל לְדָוִד,** א
 bi-yōsō vam'oro s'filo. **בְּהִיּוֹתוֹ בַּמְעָרָה תִּפְלָה.**
A maskil by David, when he was in the cave – a prayer.*
- 2 Kōli el Adōnoy ez-ok, **קוֹלִי אֶל יְהוָה אֲזַעֵק,** ב
With my voice I cry out to HASHEM,
 kōli el Adōnoy es-chanon. **קוֹלִי אֶל יְהוָה אֶתְחַנֵּן.**
with my voice I plead with HASHEM.
- 3 Eshpōch l'fonov sichi, **אֶשְׁפֹּךְ לְפָנָיו שִׁיחִי,** ג
 tzorosi l'fonov agid. **צָרָתִי לְפָנָיו אֲגִיד.**
I pour out my complaint before Him, my distress I declare before Him.
- 4 b'his-atayf olai ruchy, **בְּהִתְעַטֵּף עָלַי רוּחִי,** ד
When my spirit faints within me –
 v'ato yodato n'sivosi; **וְאַתָּה יָדַעְתָּ נְתִיבָתִי;**
for You know my [perilous] path;
 b'ōrach zu a-halaych **בְּאֶרְחַח זֹו אֶהְלֵךְ**
 tom'nu fach li. **טָמְנוּ פֶּחַ לִי.**
on this road that I walk they have laid a snare for me.
- 5 Habayt yomin ur-ay **הִבֵּיט יָמִין וְרֵאֵה** ה
 v'ayn li makir; **וְאֵין לִי מַכִּיר;**
Look to the right and see that I have no friend;
 ovad monōs mi-meni, **אֲבַד מְנוּס מִמֶּנִּי,**
 ayn dōraysh l'nafshi. **אֵין דּוֹרֵשׁ לְנַפְשִׁי.**
every escape is lost to me, no one seeks to save my life.
- 6 Zo-akti ay-lecho Adōnoy; **זַעֲקֵתִי אֵלֶיךָ יְהוָה;** ו
I have cried out to You, HASHEM;
 o-marti ato mach-si, **אָמַרְתִּי אֶתָּה מַחְסִי,**
I have said, "You are my refuge,
 chelki b'erezt hacha-yim. **חֶלְקִי בְּאֶרֶץ הַחַיִּים.**
*my portion in the land of the living."**

קמב / 142

1. בַּמְעָרָה – In the cave. David, hiding in a cave, was virtually trapped by Saul and his army, who hunted him relentlessly.

6. חֶלְקִי בְּאֶרֶץ הַחַיִּים – My portion in the land of the living. Even in this world, it is only in closeness to God that life has any significance and meaning.

