

תרלים זכרון אברחם

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



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■ God responds in times of distress.

- 1 LAM'NATZAY-ACH mizmor l'dovid. אַ לַמְנַצְיָה מִוְמוֹר לְדָוִר.

 For the Conductor; a psalm by David.
- 2 Ya-ancho Adōnoy b'yōm tzoro; בְּעַבְּךְ יהוֹה בְּיוֹם צָרָה;

 May Hashem answer you on the day of distress;*

y'sagevcho, shaym Elōhay ya-akōv. יְשַׂגֶּבְךְ שֵׁם אֱלֹהֵי יַצְקֹב.
may the Name of the God of Jacob* make you impregnable.

3 Yishlach ezr'cho mikōdesh, ג יִשְׁלַח עֶזְרָך מִקְּרֶשׁ,

May He dispatch your help from the Sanctuary,*

u-mitziyōn yis-odeko נמציון יִסְעָדֶרָ.

and support you from Zion.

4 Yizkōr kol minchōsecho,

ר יוֹכּר כַּל מִנְחֹתֶיךּ,

May He remember all your offerings,*

v'ōlos'cho y'dash'ne selo. אָעוֹלָתְּךְ יְדַשְּׁנֶה סֶלָה. and consider your burnt offerings generous, Selah.

5 Yiten l'cho chil-vovecho,

ַ יְתֶּן לְךָּ כִלְבָבֶּךְּ,

May He grant you your heart's desire,

v'chol atzos'cho y'malay.

וֹכָל עֲצָתְרְ יְמַלֵּא.

and fulfill your every plan.

6 N'ran'no bi-shu-osecho,

ָנְרַנְּנָה בִּישוּעָתֶךְ,

May we sing for joy at your salvation,

uv-shaym Elōhaynu nidgōl;

וּבְשֵׁם אֱלֹהֵינוּ נִדְגּלּ,

and raise our banner in the Name of our God;

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

אַל יִי יַעְקב — The God of Jacob. Of all the Partriachs, 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 עֶזְרְךְּ מִקְרָשׁי — 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. מְּחֹתֶּיךְ — Your offerings, Israel's offerings in the Temple (Ibn Ezra); or the prayers offered in time of danger (Rashi).

y'malay Adōnoy kol mish-alōsecho. יְמַלֵּא יהוה בָּל מִשְׁאֲלוֹתֶיךָ.

may Hashem fulfill all your requests.

7 Ato yodati

עתה יַדֶעתִי

Now I know*

ki hōshi-a Adōnoy m'shichō; בִּי הוֹשִׁיעַ יהוה מְשִׁיחוֹ;
that Hashem has saved His anointed one;

ya-anayhu mish'may kod-shō, יָעַבֶּהוּ מִשְּׁמֵי קָרְשׁוֹ,

He will answer him from His sacred heaven,

bigvurōs yay-sha y'minō. בְּגְבוּרוֹת יְשֵׁע יְמִינוֹ. with the omnipotent victories of His right arm.

8 Ay-le vorechev v'ay-le vasusim, אֵלֶה בָּהֶבֶב וְאֵלֶּה בַסוּסִים, ה Some with chariots.* and some with horses.

va-anachnu b'shaym

וַאַנַחנוּ בִּשֵׁם

Adōnoy Elōhaynu nazkir.

יהוה אֱלֹהֵינוּ נַזְכִּיר.

but we — in the Name of Hashem, our God — call out.

9 Haymo kor'u v'nofolu,

They* slumped and fell,

ַט הַמָּה כָּרְעוּ וְנָפְּלוּ,

va-anachnu kamnu vanis-ōdod. וַאֲנַחְנוֹ קַמְנוֹ וַנְּתְעוֹדֶד.

but we arose and were invigorated.

10 Adonoy hoshi-o,

יהוה הוֹשֵׁיעַה,

Hashem save!

hamelech ya-anaynu v'yōm kor-aynu.

הַמֶּלֶךְ יַעֲנֵנוּ בִיוֹם קַרִאֵנוּ.

May the King answer us on the day we call.

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■ The historical enmity of the nations against Israel is an outgrowth of hatred for that which Israel represents:

the complete subordination of all human striving to God's will.

1 SHIR mizmor l'osof.

א **שִׁיר** מִזְמוֹר לְאָסָף.

A song, a psalm of Asaf.

7. עְתָה יָדְעָתִי — Now I know. After God grants salvation, I will know that He is the Source of help and triumph (Radak).

8. אֵלֶה בָּרֶכֶב — Some with chariots. Some of our foes rely on chariots and others on

cavalry, but we trust in God (*Rashi*).

9. תַּמְה — They. Our seemingly invincible enemies fell in defeat, but we, who had been losing, arose and overwhelmed them when we called out in God's Name (Radak).

ב אַלהִים, אַל דַמִי לַרְי, 2 Elōhim al domi loch, O God, do not hold Yourself silent; al techerash v'al tish-kōt Ayl. אַל תַחַרַשׁ וָאַל תַשָּקט, אֱל be not deaf and be not still, O God. 3 Ki hinay oy'vecho yehemo-yun, ג כִּי הַנָּה אוֹיָבֵיך יָהֵכְיוּוְ, For behold, Your foes are in uproar וּמשַנְאֵיךְ נַשַּׁאוּ ראש. um-san-echo nos'u rōsh. and those who hate You have raised their head. ּ עַל עַמָּך יַעֲרֵימוּ סוד, -4 Al am'cho ya-arimu sod, Against Your nation they plot deviously, וַיִתְיַעֲצוּ עַל צְפוּנֵיךָ. v'yisyo-atzu al tz'fu-necho. they take counsel against those sheltered by You. ה אַמַּרוּ: לְכוּ וְנַכְחִידֵם ה 5 Om'ru: l'chu v'nach-chidaym מגוי migōy, They said, "Come, let us cut them off from nationhood," v'lō yizochayr shaym yisro-ayl ōd. .ולא יזכר שם ישראל עוד so Israel's name will not be remembered any more!" ו כִּי נוֹעֲצוּ לֵב יַחִדָּוֹ, 6 Ki no-atzu layv yachdov, For they take counsel together unanimously, עַלֵיך בָּרִית יִכְרְתוּ. olecho b'ris yich-rōsu. they strike a covenant against You -* 7 Oholay edom v'yishm'aylim, אַהַלִּים וִיִּשְׁמִּעֵאלִים, מואָב והַגרים. mō-ov v'hagrim. the tents of Edom and Ishmaelites, of Moab and Hagrites, ּ גָּבָל וִעַמוֹן וַעַמָּלֵק, 8 G'vol v'amon va-amolayk, Geval and Ammon, and Amalek, פַּלֵשֵׁת עם ישַׁבֵי צור. p'leshes im yōsh'vay tzōr. Philistia and the inhabitants of Tyre. י גַם אַשור נִלְוַה עַמַם, 9 Gam a-shur nilvo i-mom, Even Assyria joined with them, פג/83 hood because it contradicts their basic premise of the supremacy of human power 5. ווַכְחִידֶם מגוֹי – 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 nationand independence (R' Hirsch).

6. עליך ברית יכרתו — They strike a covenant against You. Nations hostile to one another unite to oppose God and Israel (R' Hirsch).

הֵיוּ זָרָוֹעַ לִבָנֵי לוֹט סלה. ho-yu z'rō-a livnay lōt selo. they became the strong arm of Lot's sons, Selah. עשה לַהֶם כִּמִרָיַן, יּ 10 A-say lohem k'mid-yon, Do to them as to Midian. כַּסִיסָֿרַא כַיַבִין k'sis'ro ch'yovin בְּנַחַל קִישׁוֹן. b'nachal kishōn. as to Sisera and as to Yavin at Kishon Brook,* 11 Nishm'du v'ayn dor, ּיא נִשְׁמַדוּ בָעֵין דֹאר, who were destroyed at Ein-dor; היו דמן לאדמה. ho-yu domen lo-adomo. they became dung for the earth. יב שיתמו נדיבמו 12 Shisaymō n'divaymō כערב וכואב, k'ōrayv v'chiz-ayv, Make their nobles like Orev and Ze'ev;* וּכְזֵבַח וּכְצַלְמֻנָּע uch-zevach uch-tzalmuno כל נסיבמו. kol n'sichaymō. and all their princes like Zevach and Tzalmuna.* ַגּיַרְשַׁה לַנוּ, גִירְשַׁה לַנוּ, 13 A-sher om'ru: nir'sho lonu, Who said, "We will conquer for ourselves אָת נָאוֹת אֱלֹהִים. avs n'os Elohim. the pleasant habitations of God."* יי אַלהַי, שִיתֵמוּ בַגַּלְגַל, 14 Elōhai, shisaymō chagalgal, O my God, make them like the whirling chaff, כקש לפני רוח. k'kash lifnay ru-ach. like stubble before the wind. טו כָאֵש תִבְעַר יַעַר, 15 K'aysh tiv-ar yo-ar, Like a fire burning the forest, וּכְלֵהַבָּה תִּלַהֵט הָרִים. uch-lehovo t'lahayt horim. and like a flame that sets mountains ablaze. 16 Kayn tird'faym b'sa-arecho, יז כֵּן תִּרְדַּפֵם בִּסַעַרֶּךְ, So pursue them with Your tempest 10. בְּנַחֵל קִישׁוֹן — At Kishon Brook. See Judges Gideon (see Judges 7:25; 8:12,21). ch. 4. 13. נאות אלהים — The pleasant habitations

12. בְּעַרֶב וּכְזָאֵב וּכְזֵבֶח וּכְצַלְמִנַּע — Like Orev and Zeev ... like Zevach and Tzalmuna. These were Midianite rulers defeated by

of God. The Land of Israel and the Holy Temple (Meiri).

uv-sufos'cho s'vahalaym.

וּבְסוּפַתַּךְ תִבַהֵלֵם.

and terrify them with Your storm.

17 Malay f'nayhem kolon,

יו מלא פניהם קלון,

Fill their faces with shame,

vivakshu shimcho Adōnov.

וִיבַקשוּ שִמְרָ יהוה.

then they will seek Your Name,* Hashem.

יח יֵבְשׁוּ וִיבַּהַלוּ עֲדֵי עַד, 18 Yayvoshu v'yibohalu aday ad, Let them be shamed and terrified forever,

v'yachp'ru v'yōvaydu.

וִיַחִפָּרוּ וִיֹאבֶדוּ.

then they will be disgraced and they will perish.*

19 V'yayd'u ki ato

יט וָיֵדָעוּ כִּי אַתַּה

Then they will know that You,

shimcho Adōnoy l'vadecho,

שמק יהוה לבדך,

Whose Name is HASHEM, are alone,

elyōn al kol ho-oretz.

עליון על כַל הַאָרֵץ.

Most High over all the earth.

לכא / 121

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

1 **SHIR** lama-alōs;

א **שיר** למעלות; א

A song to the ascents.

eso aynai el he-horim

may-a-yin yovō ezri.

אָשַא עֵינַי אֵל הֶהַרִים, מַאַין יַבֹא עוָרי.

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

2 Ezri may-im Adōnoy,

ב עַזְרָי מֵעָם יהוה,

ōsay shoma-yim vo-oretz.

עשה שָמַיִם נָאָרֵץ.

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

3 Al vitayn lamot raglecho,

ג אַל יִתֶן לַמוֹט רַגְּלֶךְ,

17. ויבַקשוּ שִמְף — 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.

worthless and that their only hope for the future lies in accepting God's mastery without reservations.

18. ויאברו – 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.

קבא / 121

They will realize that their past has been

1. אַל הַהַרִים — 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. אַל יָנוּם שֹׁמְּהֶרָ He will not allow your foot to falter; your Guardian will not slumber.

4 Hinay lō yonum v'lō yi-shon, הַנֵּה לֹא יָנוּם וְלֹא יִישָׁן, shōmayr yisro-ayl. שוֹמֵר יִשְׂרָאֵל.

Behold, He neither slumbers nor sleeps - the Guardian of Israel.

5 Adonoy shom'recho,

ה יהוה שֹׁמַרֶּך,

Hashem is your Guardian;

Adōnoy tzil'cho al yad y'mi-necho. יהוה צִלְּךְ עַל יַד יְמִינֶּךְ.

HASHEM is your Shade at your right hand.

6 Yōmom ha-shemesh lō yakeko, יוֹמָם הַשֶּׁמֶשׁ לֹא יַבֶּבָה, v'yoray-ach baloylo.
By day the sun will not harm you, nor the moon by night.

7 Adōnoy yishmor'cho mikol ro, יהוה יִשְמַרְךּ מִבֶּל רָע,
yishmōr es nafshecho.
אַת בַּפְשֶׁך.
HASHEM will protect you from every evil;* He will guard your soul.

8 Adonoy yishmor

יהוה ישמר

tzays'cho u-vō-e-cho,

צאתָר ובואָר,

Hashem will guard your departure and your arrival,*

may-ato v'ad olom.

מֵעַתָּה וְעַר עוּלָם.

from this time and forever.

קל / 130

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

1 SHIR hama-alos,

א **שיר** הַמַּצַלות; 🛚

A song of ascents.

mima-amakim k'rosicho Adōnoy.

מִמְעֲמִקּים קְרָאתִיךְ

From the depths I called You, HASHEM.

2 Adōnoy shim-o v'kōli,

ַ אֲדֹנָי שִׁמְעָה בְקוֹלִי,

O Lord, hear my voice,*

7. ה' יִשְמֶרְהְ מַבֶּל רָע — HASHEM will protect you from every evil, both physical and spiritual.

8. צַאַהְךְּ וּבוֹאֶדְ — 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. אָרנִי שׁמְעָה בְּקוּלִי — 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 l'kōl tachanunoy.

תִּהְיֶינָה אָזְנֵיךּ קַשְּׁבוֹת לְקוֹל תַּחֲנוּנִי.

may Your ears be attentive to the sound of my pleas.

3 Im avōnōs tishmor Yoh; Adōnov, mi ya-amōd. ג אָם עֲונות תִשְמָר, יָה; אַדנַי, מִי יַעֲמד.

If You preserve iniquities, O God,* O Lord, who could survive?

4 Ki im'cho has'licho, l'ma-an tivo-ray.

ר כִּי עִמְּךָ הַסְּלִיחָה, למען תּוּרא.

For with You is forgiveness, that You may be feared.

5 Kivisi Adonoy, kiv'so nafshi, קּוְּיתִה נַפְשִׁי,

I put confidence in HASHEM, my soul put confidence,

v'lidvoro hochol-ti.

ילדברו הוחלתי.

and I hoped for His word.

1 נַפְשִׁי לַאדנָי, mishōm'rim la-bōker, My soul [yearns] for the Lord, among those longing for the dawn,* shōm'rim la-bōker.

those longing for the dawn.

7 Ya-chayl yisro-ayl el Adōnoy; יַחֵל יִשְׂרָאֵל אֶל יהוה; בַּחֵל יִשְׂרָאֵל אֶל יהוה; Let Israel hope for HASHEM,

ki im Adōnoy ha-chesed, v'harbay imō f'dus. בִּי עִם יהוה הַחֶּסֶר, וִהַרְבֵּה עִמוֹ פִרוּת.

for with Hashem is kindness, and with Him is abundant redemption.

8 V'hu yifde es yisro-ayl, mikōl avōnōsov. ּ וְהוּא יִפְּדֶּה אֶת יִשְׂרָאֵל, מִכּל עֲונוֹתָיו.

And He shall redeem Israel from all its iniquities.

3. אם עונות תְּשְׁמֶר וָה - 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 (lbn Ezra).

5. קניתי ה' קּנְתָה וַפְּשׁי – 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. בַּפְשׁי לַארנָי משׁמְרים לַבּקֵּר — 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 שַׁמְרִים לַבּקֵר 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).

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■ 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. א **משׂביל** לדוד, κ 1 MAS-KIL l'dovid, bi-vōsō vam'oro s'filo. בָּהִיוֹתוֹ בַמִּעַרָה תִפְּלֵּה. A maskil by David, when he was in the cave* - a prayer. ַ קוֹלִי אֶל יהוה אֶוְעָק, 2 Köli el Adönoy ez-ok, With my voice I cry out to HASHEM, קוֹלִי אֵל יהוה אֵתְחַנַּן. kōli el Adōnov es-chanon. with my voice I plead with HASHEM. ג אַשִּפּרָ לִפַנַיו שִׁיחִי, 3 Eshpōch l'fonov sichi, צרתי לפניו אגיד. tzorosi l'fonov agid. I pour out my plaint before Him, my distress I declare before Him. ר בהתעטף עלי רוחי, 4 b'his-atayf olai ruchi, When my spirit faints within me v'ato yodato n'sivosi; וָאַתַה יַדַעַתַּ נַתִּיבַתִּי; for You know my [perilous] path; בַּאַרַח זוּ אַהַלֶּרְ b'orach zu a-halaych טמנו פח לי. tom'nu fach li. on this road that I walk they have laid a snare for me. ה הַבֵּיט יַמִין וּרָאֵה ה 5 Habayt yomin ur-ay ואין לי מכּיר; v'ayn li makir; Look to the right and see that I have no friend; ovad monos mi-meni, אבד מנוס ממני, אַין דּוֹרֵשׁ לְנַפִּשִׁי. ayn doraysh l'nafshi. every escape is lost to me, no one seeks to save my life. ו זַעַקתִּי אֱלֵיךְ יהוה; 6 Zo-akti ay-lecho Adōnoy; I have cried out to You, HASHEM; אַמַרִתִּי אַתַה מַחְסִי, o-marti ato mach-si, I have said, "You are my refuge, חֶלְקִי בְּאֶבֶץ הַחַיִּים. chelki b'eretz hacha-yim. my portion in the land of the living."*

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

6. הַחַּיִּם 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.

הַקְשִיבָה אֵל רַנַּתִי 7 Hak-shiyo el rinosi כי דלותי מאד, ki dalōsi m'ōd, Attend my cry, for I have been brought very low; הַצִּילַנִי מַרדַפי ha-tzilavni mavrod'fai בִי אַמִצוּ מִמֵנִי. ki om'tzu mi-meni. rescue me from my pursuers, for they are stronger than I. 8 Hōtzi-o mi-masgayr nafshi, רוֹצֵיאַה מִמַּסְגֵּר נַפִּשִׁי, 🗖 Release my soul from confinement לָהוֹדוֹת אֶת שְׁמֵּךְּ; l'hōdōs es sh'mecho; to acknowledge* Your Name; בי יַבִתרוּ צַדִּיקים, bi yach-tiru tzadikim, the righteous will crown themselves with me,* בי תגמל עלי. ki sigmol oloy. when You bestow kindness upon me. אחינו כַּל בֵּית ישַרֵאֵל, **ACHAYNU** kol bays yisro-ayl, Our brothers, the entire family of Israel, הַנָּתוּנִים בִּצַרַה וּבִשְׁבִיה, han'sunim b'tzoro uv-shivyo, who are delivered into distress and captivity, הַעומִדים בֵּין בַּיַם ho-ōm'dim bayn ba-yom u-vayn ba-yabosho, וֹבֵין בַיַּבַשַה, whether they are on sea or dry land -הַמַּקוֹם יָרַחֶם עֵלֵיהֵם hamokom y'rachaym alayhem, may the Omnipresent One have mercy on them וִיוֹצִיאֵם מִצַּרָה לִרְוַחַה, v'yōtzi-aym mitzoro lirvocho, and remove them from distress to relief, u-may-afaylo l'oro, u-mishibud ligulo, from darkness to light, from subjugation to redemption, הַשְׁתַא בַעַגַלַא ובוִמַן קַריב. hashto ba-agolo u-vizman koriv, now, speedily, and soon v'nōmar: Omayn. ונאמר: אמן. and let us say: Amen.

8. au הדורות — To acknowledge publicly that You have rescued from overwhelming odds the one who truly places his trust solely in You.

בִּי יַכְתָּרוּ צַדִּיקִים — The righteous will crown

themselves with me. The righteous, whose lives are predicated upon absolute trust in God, glory in every instance of miraculous deliverance that vindicates such trust in the eyes of the world.