

- (1) For the conductor. A psalm of David.
- (2) May Hashem answer you on the day of distress; may the name of the God of Yaakov secure you.
- (3) May He send you help from the sanctuary, and from Zion may He support you.
- (4) May He remember all your grain offerings, and find your burnt offering succulent. Selah.
- (5) May He grant you what your heart desires; and all your counsel may He fulfill.
- (6) May we sing at your salvation; and in the name of our God, raise our banner. May Hashem fulfill all your requests.
- (7) Now I know that Hashem has saved His anointed one; He will answer him from His holy heavens with the might of the salvation of His right hand.
- (8) These with chariots, and those with horses; but we, the name of Hashem our God, we invoke.
- (9) They crumpled and fell, but we rose and were uplifted.
- (10) Hashem, save! The King will answer us on the day that we call!

#### 'פרק כ

- (א) לַמְנַצֵּיחַ מִזְמִוֹר לְדָוְד:
- (ב) יַעַנְךָ ה' בְּיוַם צָרֵה יְשַׁגֶּבְרָ שֵׁם| אֱלֹהֵי יַעַקֹב:
  - (ג) יִשְׁלָח־עֶזְרְרָ מִקֹּדֶשׁ וֹמִצִּיּוֹן יִסְעָדֶרָ
- (ד) יִזְכֹּרָ כָּל־מִנְחֹתֶךָ וְעוֹלָתְרָ יְדַשְׁנֶהַ סֶּלָה:
  - (ה) יְתֶּן־לְךָ כִלְבָבֶרְ וְכָל־עֲצָתְרָ יְמַלָּא:
  - (ו) נְרַנְּנָהְ בִּּישׁוְעָתֶרְ וּבְשֵׁם־אֱלֹהֵינוּ נִדְגֹּל יִמַלֵּא ה' כָּל־מִשָּׁאֵלוֹתֵיךְ:
- (ז) עַתָּה יָדַעְתִּי כִּי הוֹשִּיע | ה' מְשִּׁיחוָ יַעֲנֵהוּ מִשִּׁמֵי קָדִשָּׁוֹ בִּגִּבָרוֹת יֵשַׁע יִמִינוֹ:
  - (ח) אֵלֶה בָרֶכֶב וְאֵלֶה בַסּוּסִיִם וַאֲנַֿחְנוּ| בִּשֵׁם־ה' אֵלֹהֵינוּ נַזְכֵּיר:
    - (ט) הֻמָּה כָּרְעוּ וְנָפֶלוּ וַאֲנַחְנוּ קַּׂמְנוּ וַנִּתְעוֹדֶד:
  - (י) ה' הוֹשָׁיִעָה הַּמֶּלֶךְ יַעֲנֵנָוּ בְיוֹם־קָרְאֵנוּ:



(1) For the conductor, on Ayelet HaShachar.A psalm of David (2) My God, my God, why have you abandoned me, far from my salvation, from the words of my roaring? (3) God, I call out by day, but You do not answer, by night, and there is no quiet for me!(4) But, You are holy, enthroned in the praises of Israel. (5) In You our fathers trusted; they trusted and You rescued them.(6) They cried to You and escaped; they trusted in You and were not put to shame.(7) But I am a worm, and not a man, a disgrace of man, and scorned by peoples.(8) All who see me, mock me. They curl their lip; they shake their head.(9) One who casts himself upon Hashem, He shall rescue him. He shall deliver him, for He delights in him.(10) For You, Hashem, drew me out of the womb; You secured me on my mother's breasts.(11) Upon you I was cast from birth; 10 from my mother's womb, You were my God.(12) Do not distance Yourself from me, for distress is near; for there is none to help.(13) Many bulls surrounded me; the mighty of Bashan encircled me.(14) They opened their mouths against me, a ravening and roaring lion.(15) Like water, I was spilled out, and all my bones were disjointed; my heart was like wax, melting in my innards.(16) My strength has dried up like a pottery shard, and my tongue cleaves to my jaw. You have set me in the dust of death.

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#### פרק כב

(א) לַמְנַצֵּחַ עַל־אַיֵּלֵת הַשַּׂחַר מִזְמוֹר לְדָוֶד:(ב) קַלִי קַלִי לָמָה עֲזַבְתָּנִי רָחוֹק ַמִּישׁוּעָתִי דִּבְרֵי שַׁאֲגָתִי:(ג) אֱלֹקַי אֶקְרָא יַוֹמָם ּוְלָא תַעֲנֶה וְׁלַיְּלָה וְלֹא־דֻמִיָּה לִי:(ד) וְאַתָּה קַדָוֹשׁ יוֹשֵׁב תִּהָלָוֹת יִשְׂרָאֵל:(ה) בֶּךְ בָּטְחוּ אַבתִינוּ בָּטָחוֹ וַתִּפַּלְטֵמוֹ:(וּ) אֱלֵיךְ זָעַקוּ וְנָמַלָּטוֹ בָּךָ בָּטָחוֹ וִלֹא־בוֹשׁוּ:(ז) וְאָנֹכִי תוֹלַעַת וִלֹא־אָישׁ חֵרְפַּת אָׁדָם וּבְזוָי עָם:(ח) ָּכָל־רָאַי יַלְעָגוּ לִי יַפְטָיִרוּ בִּשָּׁפָּה יָנִיִעוּ ראש:(ט) גֹּל אֶל־ה' יְפַלְטֻהוּ יַצִּילֵהוּ כִּי חָפֵץ בַּוֹ:(י) כִּי־אַתָּה גֹחִי מִבָּטֵן מַבְטִיחִי עַל־שָׁדֵי אָמִי:(יא) עַלֵיך הָשָׁלָכִתִּי מֵרֶחֵם מִבֵּטֵן אִׁמִי 8קֵלִי אֶתָּה:(יב) אַל־תִּרְחַק מֻמֶּנִּי כִּי־צָרָה קָרוֹבָה כִּי־אֵין עוֹזֵר:(יג) סָבָבוּנִי פָּרִים רַבִּים אַבִּירֵי בָשָׁן כִּתִּרְוּנִי:(יד) פָּצוּ עָלַי פִּיהֵם אַֿרְיֵה ָטֹרֶף וִשֹאֵג:(טו) כַּמַיָם נִשְׁפַּכְתִי וִהְתְפֶּרְדוֹ ּכֵל־עַצְמֿוֹתָי הָיֵה לְבִּי כַּדּוֹנָג נָֿמֵס בִּתוֹךְ מַעֵי:(טז) יָבשׁ כַּחֵרָשׁ | כֹּחִי וּלְשׁוֹנִי מֻדְבָּק מַלקוֹחָי וַלַעֲפַר־מָוֵת תִּשִּׁפְּתֵנִי:



1(7) For dogs have surrounded me, a congregation of evildoers has encompassed me, my hands and my feet, like a lion.(18) I tally my bones; they look and stare at me.(19) They divide up my garments among them; and they cast lots for my clothing. (20) Hashem, do not be distant; mu Strength, hasten to my aid!!(21) Deliver my soul from the sword, my being from the dog.(22) Save me from the mouth of the lion, and from the horns of the wild oxen, answer me!(23) I will recount Your name to my brothers; in the midst of the assembly, I will praise You.(24) Those who fear Hashem, praise Him; all the offspring of Yaakov, honor Him; and dread Him all the offspring of Israel.(25) For He has not scorned or abhorred the prayer of the poor; and He has not hidden His face from him. Rather, when he cried out, He listened to him.(26) From You is my praise in the great assembly; I will pay my vows before those who fear Him.(27) The humble shall eat and be sated; those who seek Him shall praise Hashem. May you heart live forever. (28) All the ends of the earth shall remember and return to Hashem; and all the families of the nations shall bow down before You.(29) For the kingship is Hashem's and He rules over the nations.(30) All the fat of the earth ate, and shall bow down.26 Before Him shall kneel all those who descend to the dust, whose soul He did not keep alive.27(31) The offspring that serve Him will be counted to Hashem28 for the generations.(32) They will come and tell of His righteousness to a people born, for so He has done.

#### פרק כ'ב

(יז) כֵּי סָבָבוֹנִי כָּלָבִים עֲדֵת מֵרֵעִים הָקִּיפּוּנִי בָּאַרִי יָדֵי וְרַגְּלָי:(יח) אֱסַפֵּר כָּל־עַצְמוֹתָי הֵמָּה יַחַלְקוּ בִגָּדֵי לָהֵם וְעַל־ יַחַלְקוּ בִגָּדֵי לָהֵם וְעַל־ לְבוּשִׂי יַפִּיִלוּ גוֹרֶל:(כ) וְאַתָּה ה' אַל־תִּרְחָק אַיָלוּתִי לְעֵזְרָתִי חְוּשָׁה:(כא) הַצִּילָה מֶחֲרֵב ַנַפָּשָׁי מְיַד־כֻּלֵב יִחִידָתִי:(כב) הְוֹשִׁיעֵנִי מִפֶּי אַרַיָה וּמִקַּרְנֵי רֵמִים עֲנִיתָנִי:(כג) אַסַפְּרָה שִׁמְרָ לְאֶחֶי בְּתַוֹרְ קָהָל אֲהַלְלֵבְּ:(כד) יִראֵי ה'| הַלְלוֹהוּ כָּל־זֶרֵע יַעַקב כַּבְּדָוּהוּ וְגוִרוּ מִמַנוּ כַּל־זָרַע יִשְרָאֵל:(כה) כִּי לְא־בַזַּה וְלֵא שָׁקַץ עֲנוּת עַנִּי וָלֹא־הָסְתִּיר פַּנַיו מְמֵנוּ וֹבַשַּוֹעוֹ אֶלַיו שָׁמֵעַ:(כו) מֵאָתְּרְ תָּהְלַּתִי בִּקָהָל רָב נִדְרָי אַשַׁלֵּם נֵגֵד יִראַיו:(כז) יאכלוּ עַנָוֹים | וִישִּבָּעו יִהַלְלוּ ה' דְּרְשָׁיו יִחִי לְבַבְּכֵם לָעַד:(כח) יִזִּכָּרָוּ וְוָשֶׁבוּ אֱל־ה' כָּל־אַפְּסֵי־ אָבץ וִיֶשִׁתַּחַווּ לְּפָנֵיךְ כֵּל־מִשִּׁפִּחוֹת גּוֹיֶם:(כט) ּכִי לָה' הַמִּלוּכָה וֹמֹשֵׁל בַּגוֹיֵם:(ל) אָכְלוּ וַיֵּשִׁתַחַוֹוּ | כֶּל־דִשִּׁנִי־אֵבֵץ לִפָּנָיו יַכִּרְעוּ כָּל־ יוֹרְדֵי עַפֶּר וְנַפְשוֹ לֹא חִיַה:(לא) זֵרַע יַעַבְדֵנוּ יִסְפַּר לָאדנָי לַדּוֹר:(לב) יָבאו וְיַגִּידוּ צִדְקָתוֹ לָעם נוֹלָדׁ כִּי עשַה:



- (1) A psalm of David. Hashem is my shepherd; I shall not lack.
- (2) In grassy meadows, He has me lie; by restful waters, He leads me.
- (3) He revives my soul; He guides me on paths of righteousness for the sake of His name.
- (4) Though I walk in the valley of the shadow of death, I fear no harm for You are with me. Your staff and Your rod, they comfort me.
- (5) You set for me a table in front of my adversaries. You saturate my head with oil; my cup is full.
- (6) May only good and kindness pursue me all the days of my life that I may dwell in the house of Hashem for many days.

# פרק כ'ג

- (א) מִזְמוֹר לְדָוֹד ה' רֹעִי לָא אֶחְסָר:
- (ב) בּּנְאוֹת דֶּשֶׁא יַרְבִּיצֵנִי עַל־מֵי מְנַחוֹת ינהלני:
- (ג) נַפְשָׁי יְשׁוֹבֵב יַנְחֵנִי בְמַעְגְּלֵי־צֶּׂדֶק לְמַעַן שׁמוֹ:
- ד) גַּם כִּי־אֵלֵךְ בְּגֵיא צַלְמָׁוֶת לֹא־אִּירָא רָעׁ כִּי־אַתָּה עִמָּדֵי שִׁבְטְךְ ַוֹּמִשְׁעַנְתֶּרָ הֵמָּה יִנֵחַמֵנִי:
- (ה) תַּעֲרֹךְ לְפָנַיֹ| שֻׁלְחָוֹ נֶגֶד צֹרְרֶיִ דִּשַּׁנְתָּ בַשֶּׁמֶן רֹאשִׁי כּוֹסִי רְוָיֵה:
  - (ו) אַךְ| טוֹב וָחֶסֶד יֶרְדְּפוּנִי כָּל־יְמֵי חַיֵּיֵּ וְשַׁבְתִּיִ בְּבֵית־ה לְאֹרֶרְ יָמִים:



- (1) A Song, a Psalm of Asaph.
- (2) O God, do not keep silent; do not hold Your peace, and do not be still, O God.
- (3) For, lo, Your enemies are in an uproar; and those that hate You have lifted up their head.
- (4) They conspire with cunning against Your people and take counsel against Your treasured ones.
- (5) They have said, "Come, and let us cut them off from being a nation, that the name of Israel may no longer be remembered."
- (6) For they have conspired together with one mind; they make a covenant against You.
- (7) The tents of Edom and the Ishmaelites; Moab, and the Hagrites;
- (8) Gebal, and Ammon, and Amalek; Philistia with the inhabitants of Tyre.
- (9) Assyria also has joined with them. They have been an arm to the children of Lot. Selah.
- (10) Do to them as to Midian, as to Sisera, as to Jabin at the brook Kishon;
- (11) who were destroyed at En-dor. They became as dung for the earth.

#### פרק פ'ג

- (א) שַּׁיר מִזְמוֹר לְאָסָף:
- (ב) אֱלֹהִיִם אַל־דֵּמִי־לֶּךְ אַל־תֶּחֱרַשׁ

ָוְאַל־תִּשְׁקֹט אֵל:

- (ג) כֵּי־הִנֵּהַ אָוֹיְבֶיךָ יֶהֱמָיוִן וֹמְשַׂנְאֶיׁךָ נָשְׂאוּ רְאשׁ:
  - (ד) עֵל־עַמְּךָ יַעֲרָימוּ סוֹד וְּיִתְיָעֲצוּ עַל־צִפוּנֵיךָ:
  - (ה) אָמְרוֹּ לְכוּ וְנַכְחִידֵם מִגֹּוִי וְלְא־יִזָּכֶּר שֵׁם־יִשְׂרָאֵל עוֹד:
  - (ו) כִּי נוֹעַצוּ לֶב יַחְדֶּו עָׁלֵיֹךְ בְּרִית יִכְרְתוּ:
    - (ז) אָהֱלֵי אֱדוֹם וְיִשְׁמְעֵאלִים מוֹאָב וָהַגָּרֵים:
  - (ח) גְּבָל וָעַמּוֹן וַעֲמָלֶק פְּלֶשֶׁת עִם־יֹשְׁבֵי צוֹר:
    - (ט) גַּם־אַשׁוּר נִלְוָה עִמָּם הָיְוּ זְרָוֹעַ לִבְנֵי־לָוֹט סֶלָה:
    - (י) עֲשֵׂה־לָהֶם כְּמִדְיֵן כְּסִיסְרָא כְֿיָבִיוּ בִּנַחַל קִישִׁוֹן:
  - (יא) נִשְׁמְדִוּ בְעֵין־דָּאר הָיוּ דֹמֵן לָאַדָמָה:



- (12) Make their nobles like Oreb and Zeeb, and like Zebah and Zalmunna all their princes;
- (13) who said, "Let us take to ourselves in possession the habitations of God."
- (14) O my God, make them like the whirling dust, as stubble before the wind.
- (15) As the fire that burns the forest, and as the flame that set the mountains ablaze;
- (16) So pursue them with Your tempest, and frighten them with Your storm.
- (17) Fill their faces with shame, that they may seek Your name, Hashem.
- (18) Let them be ashamed and terrified forever. Yes, let them be abashed and perish,
- (19) that they may know that it is You alone whose name is Hashem, the Most High over all the earth.

- (יב) שִׁיתֵמוֹ נֶדִיבֵימוֹ כְּעֹרֵב וְכִזְאֵב וּכְזֶאֵב וּכְזֶבֶח וֹּכְצַלְמֻנָּע כָּל־נְסִיכֵימוֹ:
  - (יג) אֲשֶׁר אֶמְרוּ נִיְרְשָׁה לָנוּ אֵׂת נְאוֹת אֱלֹהִים:
- (יד) אֱלֹהַי שִׁיתֵּמוֹ כַגַּלְגַּל כְּׁלַשׁ לִפְנֵי־רְוּחַ:
  - (טו) כְּאֵשׁ תִּבְעַר־יֻעַר וֹכְלֶהָבָּה תְּלַהֵּט הַרֵּים:
    - ָטז) כֵּן תִּרְדְּפֵם בְּסַעֲרֶרָ וּבְסוּפָתְרָ תְבַהֲלֶם:
  - (יז) מַלָּא פְנֵיהֶם קָלֶוֹן וִיבַקְשׁוּ שִׁמְךָ ה':
- (יח) יֵבָשׁוּ וְיִבָּהֲלָוּ עֲדִי־עַד וְיַחְפְּרָוּ וְיֹאבֵדוּ:
- (יט) וְיִדְעוֹּ כִּי־אַתָּה שִׁמְךְ ה' לְבַדֶּךְ עֶׁלְיוֹן עַל־כָּל־הָאָרֵץ:



- (1) A song for ascents. I lift up my eyes to the mountains; from where will my help come?
- (2) My help is from Hashem, maker of heaven and earth.
- (3) He will not let your foot stumble. He that guards you will not nap.
- (4) Behold, He that guards Israel does not nap and does not sleep.
- (5) Hashem is your guardian; Hashem is your shade, upon your right hand.
- (6) By day the sun will not strike you, nor the moon by night.
- (7) Hashem shall guard you from all harm; He shall guard your soul.
- (8) Hashem shall guard your going and your coming, from now and forevermore.

#### פרק קכ'א

- (א) שִּׁיר לְמַּעֲלְוֹת אֶשָּׂוֹא עֵינַי אֶל־הֶהָרֵים מַאֹיָן יבֹא עַזְרַי:
  - (ב) עֶזְרִי מֵעָם ה' עֹשֵׂה שָׁמַיָם וָאָרֶץ:
  - (ג) אַל־יִתֵּן לַמּוֹט רַגִּלֶבְ אַל־יָנוֹם שֹׁמְרֶבְ:
- (ד) הִנֵּהַ לְא־יָנוּם וְלָא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:
  - (ה) ה' שֹׁמְרֶךָ ה' צִּׁלְּרָ עַל־יַד יִמִינֵךְ:
  - (ו) יוֹמָם הַשַּׁמֵשׁ לְא־יַכֵּכָּה וְיָרֵחַ בַּלְּיְלָה:
- (ז) ה' יִשְׁמַרְךָ מִכָּל־רֻע יִשְׁמֹר אֵת־נַפִּשֵּׁךְ:
  - (ח) ה' יִשְׁמָר־צֵאתְרָ וּבּוֹאֶךָ מֵעַתָּה וְעַד־עוֹלֵם:



- (1) A song for ascents. I lift up my eyes to the mountains; from where will my help come?
- (2) My help is from Hashem, maker of heaven and earth.
- (3) He will not let your foot stumble. He that guards you will not nap.
- (4) Behold, He that guards Israel does not nap and does not sleep.
- (5) Hashem is your guardian; Hashem is your shade, upon your right hand.
- (6) By day the sun will not strike you, nor the moon by night.
- (7) Hashem shall guard you from all harm; He shall guard your soul.
- (8) Hashem shall guard your going and your coming, from now and forevermore.

# פרק קל

- (א) שִּׁיר לָמַּעְלָוֹת אֶשָּׂא עֵינַי אֶל־הֶהָרֵים מֵאַיִן יָבֹא עַזְרִי:
  - (ב) עֶזְרִי מֵעִם ה' עֹשֵׂה שָׁמַיִם וָאָרֶץ:
  - (ג) אַל־יִתֵּן לַמּוֹט רַגִּלֶבְ אַל־יָנוֹם שֹׁמְרֶבְ:
- (ד) הִנֵּהַ לְא־יָנוּם וְלָא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:
  - (ה) ה' שֹׁמְרֶךָ ה' צִּׁלְּרָ עַל־יַד יִמִינֵךְ:
  - (ו) יוֹמָם הַשַּׁמֵשׁ לְא־יַכֵּכָּה וְיָרֵחַ בַּלְּיְלָה:
- (ז) ה' יִשְׁמַרְךָ מִכָּל־רֻע יִשְׁמֹר אֵת־נַפִּשֵּׁךְ:
  - (ח) ה' יִשְׁמָר־צֵאתְרָ וּבּוֹאֶךָ מֵעַתָּה וְעַד־עוֹלֵם: