

תהילים 70 Psalms 70

לְמִנְצֵחַס לְדָוִד לְהַזְכִּיר:

*Lemenatzeakh Le'David Lehazkir*

For the leader. Of David. *Lehazkir*.

אֱלֹהִים הַצִּילֵנִי יְהוָה לְעֲזָרְתִּי הוֹשֵׁה:

*Elohim lehatzileni Adonai le'ezrati husha*

Hasten, O God, to save me; O LORD, to aid me!

יְבֹשׁוּ וַיִּחְפְּרוּ מִבְּקִשֵׁי נַפְשִׁי יִסְגּוּ אַחֲזֹר וַיִּכְלְמוּ חֲפָצָי רַעְתִּי:

*Yevshu ve'yakhperu mevakshei nafshi yisogu akhor ve'yicalemu hofzei ra'ati*

Let those who seek my life be frustrated and disgraced; let those who wish me harm, fall back in shame.

יָשׁוּבוּ עַל-עַקֵּב בְּשִׂתְמָם הָאֲמָרִים הֵאָחָה | הָאָחָה:

*Yeshuvu al eikev bashtam haomrim he'akh he'akh*

Let those who say, "Aha! Aha!" turn back because of their frustration.

יִשְׂשׂוּ וַיִּשְׂמְחוּ | בָּךְ כָּל-מְבַקְשֵׁיךָ וַיִּאֲמְרוּ תָמִיד יִגְדַּל אֱלֹהִים אֱהִי יְשׁוּעָתְךָ:

*Yasisu ve'yismekhu bekha kol mevaksheikha ve'yomeru tamid yigdal Elohim ohavei yeshuatekha*

But let all who seek You be glad and rejoice in You; let those who are eager for Your deliverance always say, "Extolled be God!"

וַאֲנִי | עָנִי וְאֲבִיוֹן אֱלֹהִים חוֹשֶׁה-לִּי עֲזָרִי וּמְפַלְטִי אַתָּה יְהוָה אֱלֹהֵינוּ:

*Va'ani ani ve'evyon Elohim husha li ezri u'mefalti atah Adonai al teakhar*

But I am poor and needy; O God, hasten to me! You are my help and my rescuer;  
O LORD, do not delay.

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שִׁיר הַמַּעֲלוֹת מִמַּעַמְקִים קָרָאתִיךָ יְהוָה:

*Shir hama'alot mima'amakim kera'atikha Adonai*

A song of ascents. Out of the depths I call You, O LORD.

אֲדֹנָי שְׁמַעְנָה בְּקוֹלִי תְהַיְיבֵנָה אָזְנוֹיךָ קַשְׁבוֹת לְקוֹל תְּחִנּוּנָי:

*Adonai shima'ah be'koli tihiyenah ozneikha kashuvot le'kol takhanunai*

O Lord, listen to my cry; let Your ears be attentive to my plea for mercy.

אִם-עֲוֹנוֹת תִּשְׁמְרֵנָה אֲדֹנָי מִי יִעֲמֹד:

*Im avonot tishmor ya Adonai mi ya'amod*

If You keep account of sins, O LORD, Lord, who will survive?

כִּי-עֲמֹךָ הַסְּלִיחָה לְמַעַן תִּנָּרֵא:

*Ki imkha haslikhah lema'an tivareit*

Yours is the power to forgive so that You may be held in awe.

קִנִּיתִי יְהוָה קִוְיָה נִפְשִׁי וְלִדְבָרוֹ הוֹחֵלְתִּי:

*Kiviti Adonai kivtah nafshi ve'lidvaro hokhalti*

I look to the LORD; I look to Him; I await His word.

נַפְשִׁי לְאֲדֹנָי מִשְׁמֹרִים לְבֹקֶר שְׁמֹרִים לְבֹקֶר:

*Nafshi la'Adonai mishomrim laboker shomrim laboker*

I am more eager for the Lord than watchmen for the morning, watchmen for the morning.

יִתְחַל יִשְׂרָאֵל אֶל־יְהוָה כִּי־עַם־יְהוָה הַתְּסֹד וְהַרְבֵּה עֲמוֹ פְּדוּת:

*Yakheil yisrael el Adonai ki im Adonai ha'khesed ve'harbeh imo phdut*

O Israel, wait for the LORD; for with the LORD is steadfast love and great power to redeem.

וְהוּא יִפְדֶּה אֶת־יִשְׂרָאֵל מִכָּל עֲוֹנוֹתָיו:

*Vehu yifdeh et yisrael mi'kol avonotav*

It is He who will redeem Israel from all their iniquities.