

תהלים ג

TEHILIM 3

Absalom, David's son, attempted to overthrow him. David wrote this psalm reflecting on his trust in Hashem, which filled him with peace. Whenever others rise up against us, this psalm can instill serenity within us and reaffirm our trust in the Creator.

Mizmor l'David,

A song by David,

b'varcho mip'nei Avshalom b'no.

as he fled from Absalom his son.

Adonai mah rabu tzarai,

Adonai how numerous are my tormentors,

rabim kamim alai.

the great rise up against me.

Rabim omrim l'nafshi,

The great say of my soul,

ein y'shu-atah lo

there is no salvation for him

Velohim selah.

from Elohim, selah!

V'atah Adonai magen ba-adi,

But You Adonai are a shield for me,

k'vodo umerim roshi.

for my soul and the One Who raises my head.

Koli el Adonai ekra,

With my voice I call out to Adonai,

vaya-aneni mehar kodsho selah.

and from Whose holy mountain the One answers me, selah.

Ani shachavti va-ishanah,

I lay down and slept,

hekitzoti ki

yet I awoke for

Adonai yism'cheni.

Adonai supports me.

Lo ira meriv'vot am,

I fear not the myriads of people,

asher saviv shatu alai.

that all around are deployed against me.

Kumah Adonai

Rise up Adonai,

hoshi-eni Elohai,

save me my Elohim,

ki hikita et kol oy'vai lechi,

for You struck all of my enemies on the cheek,

shinei r'sha-im shibarta.

the teeth of the wicked You broke.

מִזְמוֹר לְדָוִד,

בְּבָרְחוֹ מִפְּנֵי אֲבִשְׁלוֹם בְּנוֹ.

יְהוָה יֵאֱהוֹנֵהי מָה רַבּוּ צָרָי,

רַבִּים קָמִים עָלַי.

רַבִּים אֹמְרִים לְנַפְשִׁי,

אֵין יְשׁוּעָתָה לּוֹ

בְּאֱלֹהִים סֵלָה.

וְאַתָּה יְהוָה יֵאֱהוֹנֵהי מִגֵּן בַּעֲדַי,

כְּבוֹדִי וּמְרִים רֹאשִׁי.

קוֹלִי אֶל יְהוָה יֵאֱהוֹנֵהי אֶקְרָא,

וַיַּעֲנֵנִי מֵהַר קֹדְשׁוֹ סֵלָה.

אֲנִי שָׁכַבְתִּי וְאִישָׁנָה,

הֶקִּיצוּתִי כִּי

יְהוָה יֵאֱהוֹנֵהי יְסַמְכֵנִי.

לֹא אִירָא מִרַבְּבוֹת עַם,

אֲשֶׁר סָבִיב שָׁתוֹ עָלַי.

קוּמָה יְהוָה יֵאֱהוֹנֵהי

הוֹשִׁיעֵנִי אֱלֹהֵי,

כִּי הִכִּיתָ אֶת כָּל אֹיְבֵי לְחֵי,

שֵׁנֵי רְשָׁעִים שִׁבַּרְתָּ.

Ladonai hayshu-ah,
To Adonai is salvation,
al am'cha virchatecha selah.
upon Your people is Your blessing, selah.

לִיהוּהָ יִאֲהַדְוֶנְהִי הַיְשׁוּעָה,
עַל עַמֶּךָ בְּרַכְתֶּךָ סֵלָה.