

תהלים ד

TEHILIM 4

The word for "sin" in Hebrew literally means "to miss the mark." Kabbalah teaches that when we "miss the mark" what really occurs is a disconnection from the Creator's Light. This psalm reminds us of the happiness and bliss we find when we are connected to the Light.

Lam'natze-ach binginot

For the conductor in music

mizmor l'David.

a song by David.

B'kori aneni Elohei tzidki,

When I call, answer me my Elohim of my righteousness,

batzar hirschavta li,

in my distress You have relieved me,

choneni ushma t'filati.

be gracious to me and hear my prayer.

B'nei ish,

O children of humanity,

ad meh k'vodi lichlimah,

until when will you put my honor to shame,

te-ehavun rik,

until when will you love futility,

t'vakshu chazav selah.

and seek deception? Selah.

Udu ki hiflah Adonai

Be aware that Adonai has set aside

chasid lo,

the devout one for Himself,

Adonai yishma b'kori elav.

so Adonai will listen when I call to Him.

Rigzu v'al techeta-u,

Tremble and do not miss the mark,

imru vilvavchem al mishkavchem,

reflect in your hearts while upon your beds,

v'domu selah.

and be utterly silent, Selah.

Zivchu zivchei tzedek,

Offer sacrifices of righteousness,

uvitchu el Adonai.

and trust in Adonai.

Rabim om'rim: Mi yarenu tov,

Many say: Who will show us good?

n'sah aleinu

Shine upon us

or panecha Adonai.

the Light of Your face Adonai.

לִמְנַצֵּחַ בְּנִגִּינוֹת

מִזְמוֹר לְדָוִד.

בְּקֹרְאִי עֲנֵנִי אֱלֹהֵי צְדָקָי,

בְּצָר הִרְחַבְתָּ לִּי,

חֲנֹנִי וּשְׁמַע תְּפִלָּתִי.

בְּנֵי אִישׁ,

עַד מָה כְּבוֹדִי לְכִלְמָה,

תִּאָּהָבוּן רִיק,

תִּבְקְשׁוּ כְזָב סֵלָה.

וַדַּעוּ כִּי הִפְלָה יְהוָה יֵאֱהָדוֹנָהי

חֲסִיד לּוֹ,

יְהוָה יֵאֱהָדוֹנָהי יִשְׁמַע בְּקֹרְאִי אֱלֹיוֹ.

רִגְזוּ וְאַל תִּחְטְאוּ,

אִמְרוּ בְּלִבְבְּכֶם עַל מִשְׁכְּבְּכֶם,

וַדְּמוּ סֵלָה.

זָבְחוּ זְבַחֵי צְדָקָה,

וּבִטְחוּ אֶל יְהוָה יֵאֱהָדוֹנָהי.

רַבִּים אֹמְרִים: מִי יִרְאֵנוּ טוֹב,

נִסָּה עָלֵינוּ

אוֹר פָּנֶיךָ יְהוָה יֵאֱהָדוֹנָהי.

Natata simchah v'libi,

You put gladness in my heart,

me-et d'ganam v'tirosham rabu.

which is greater than their grain and wine.

B'shalom yachdav eshk'vah v'ishan,

In peace in harmony I lie down and I sleep,

ki atah Adonai l'vadad,

for You Adonai alone,

lavetach toshiyeni.

will make me dwell in safety.

נִתְּתָה שְׂמֵחָה בְּלִבִּי,

מֵעַתָּה דְגָנָם וְתִירוֹשָׁם רַבּוּ.

בְּשָׁלוֹם יִחַדּוּ אֲשַׁכְּבָה וְאֵישָׁן,

כִּי אַתָּה יְהוָה יֵאֱהָדוּנְהִי לְבַדְּד,

לְבִטָּח תּוֹשִׁיבֵנִי.