

תהלים ו

TEHILIM 6

David's intention for composing this psalm was not only for himself, but to be a prayer for every person or the community who may suffer from sickness and oppression.

Lam'natze-ach binginot

For the conductor with the neginot

al hashminit,

on the eight stringed harp,

mizmor l'David.

a psalm by David.

Adonai al b'ap'cha tochicheni,

Adonai do not rebuke me in Your anger,

v'al bachamat'cha t'yas'reni.

nor in Your wrath chastise me.

Choneni Adonai ki umlal ani,

Favor me Adonai for I am feeble,

r'fa-eni Adonai

heal me Adonai

ki nivhalu atzamai.

for my bones are frightened.

V'nafshi nivhalah m'od,

And my soul is utterly terrified,

v'atah Adonai ad matai.

and You Adonai until when?

Shuvah Adonai chal'tzah nafshi,

Desist Adonai, release my soul,

hoshi-eni l'ma-an chasdecha.

save me for the sake of Your kindness.

Ki ein bamavet zichrecha,

For in death is there mention of You,

bish'ol mi yodeh lach.

in the grave who will praise You?

Yagati b'anchati,

I am wearied with my sigh,

as-cheh b'chol lailah mitati,

I drench my bed every night,

b'dimati arsi amseh.

with my tears I soak my couch.

Ash'shah mika-as eini,

On account of anger is my eye dimmed,

at'kah b'chol tzor'rai.

aged because of all my tormentors.

Suru mimeni kol po-alei aven,

Depart from me all those who do evil,

לְמַנְצָחַ בְּנִגִּינוֹת

עַל הַשְּׁמִינִית,

מִזְמוֹר לְדָוִד.

יְהוָה יֵאֱהָדוֹנֵהי אֶל בְּאַפְּךָ תוֹכִיחֵנִי,

וְאֵל בַּחֲמַתְךָ תִּסְרְנֵי.

חֲנֹנֵי יְהוָה יֵאֱהָדוֹנֵהי כִּי אִמְלֵל אֲנִי,

רַפְּאֵנִי יְהוָה יֵאֱהָדוֹנֵהי

כִּי נִבְהַלּוּ עֲצָמָי.

וְנַפְשִׁי נִבְהַלָּה מְאֹד,

וְאַתָּה יְהוָה יֵאֱהָדוֹנֵהי עַד מָתַי.

שׁוּבָה יְהוָה יֵאֱהָדוֹנֵהי חֲלֹצָה נַפְשִׁי,

הוֹשִׁיעֵנִי לְמַעַן חֲסִדְךָ.

כִּי אֵין בַּמּוֹת זְכָרְךָ,

בְּשֵׂאוֹל מִי יוֹדָה לָךְ.

יִגְעַתִּי בְּאַנְחָתִי,

אֲשַׁחָה בְּכֹל לַיְלָה מִטָּתִי,

בְּדַמְעָתִי עַרְשִׁי אֲמָסָה.

עַשְׂשָׁה מִכְעַס עֵינָי,

עַתְקָה בְּכֹל צוּרְרָי.

סוּרוּ מִמֶּנִּי כֹל פְּעֵלֵי אוֹן,

ki shama Adonai kol bichyi.
for Adonai has heard the sound of my weeping.

Shama Adonai t'chinati,
Adonai has heard my plea,

Adonai t'filati yikach.
Adonai will accept my prayer.

Yevoshu v'yibahalu m'od kol oy'vai,
May my enemies be shamed and utterly confounded,

yashuvu yevoshu raga.
may they regret and be shamed in an instant.

כִּי שָׁמַע יְהוָה יֵאֱהוּנָהּ קוֹל בְּכִיִּי.

שָׁמַע יְהוָה יֵאֱהוּנָהּ תַּחֲנָנֹתִי,

יְהוָה יֵאֱהוּנָהּ תְּפִלָּתִי יִקַּח.

יִבְשׂוּ וַיִּבְהָלוּ מְאֹד כָּל אֹיְבָיִי,

יִשְׁבוּ וַיִּבְשׂוּ רַגְעַם.