

# תהלים ז

## TEHILIM 7

David dedicated this Psalm to King Saul, whom he considered his most difficult enemy (Moed Katan 16b). It is a song of joy over the salvation of the righteous and reminds us that Creator is with us when others seem to be against us. Our Sages taught that this song also served as the Song of The Day for Purim (Sofrim 18:2).

### Shigayon l'David

*A shigayon by David,*

**asher shar Ladonai,**

*which he sang to Adonai,*

**al divrei kush ben y'mini.**

*about Kush ben Yemini.*

**Adonai Elohai b'cha chasiti,**

*Adonai my Elohim, in You I seek refuge,*

**hoshi-eni mikol rod'fai v'hatzileni.**

*save me from all my pursuers and rescue me.*

**Pen yitrof k'aryeh nafshi,**

*Lest they tear my soul to pieces like a lion,*

**porek v'ein matzil.**

*dismembering without any rescuer.*

**Adonai Elohai**

*Adonai my Elohim,*

**im asiti zot,**

*if I have done this,*

**im yesh avel b'chapai.**

*if there is injustice in my hands.*

**Im gamalti shol'mi ra,**

*If I have repaid those who are at peace with me with evil,*

**va-achal'tzah tzor'ri rekam.**

*and I, who rescued my enemies gratuitously.*

**Yirdof oyev nafshi v'yaseg,**

*Then let the adversary pursue my soul and overtake it,*

**v'yirmos la-aretz chayai,**

*and let him trample my life to the ground,*

**uchvodi le-afar yashken selah.**

*and my honor let him lay in the dust, Selah.*

**Kumah Adonai b'apecha,**

*Rise up Adonai in Your anger,*

**hinasei b'avrot tzor'rai,**

*be lifted in fury against my enemies,*

**v'urah elai mishpat tzivita.**

*and awaken on my behalf the judgement You commanded.*

**Va-adat l'umim t'sov'veka,**

*Let the congregation of the peoples surround You,*

שִׁגְיוֹן לְדָוִד  
 אֲשֶׁר שָׁר לַיהוָה יֵאֱהוּנָה,  
 עַל דְּבַרֵי כּוֹשׁ בֶּן יַמִּינִי.  
 יְהוָה יֵאֱהוּנָה אֱלֹהֵי בֶךָ חֲסִיתִי,  
 הוֹשִׁיעֵנִי מִכָּל רֹדְפֵי וְהַצִּילֵנִי.  
 פֶּן יִטְרֹף כְּאַרְיֵה נַפְשִׁי,  
 פֹּרֵק וְאֵין מַצִּיל.  
 יְהוָה יֵאֱהוּנָה אֱלֹהֵי  
 אִם עָשִׂיתִי זֹאת,  
 אִם יֵשׁ עוֹל בְּכַפִּי.  
 אִם גָּמַלְתִּי שׁוֹלְמֵי רַע,  
 וְאַחַלְצָה צוֹרְרֵי רִיקָם.  
 יִרְדֹּף אוֹיֵב נַפְשִׁי וַיִּשָּׂג,  
 וַיִּרְמֹס לְאַרְצֵי חַיֵּי,  
 וּכְבוֹדִי לְעָפָר יִשְׁכֵּן סֶלָה.  
 קוּמָה יְהוָה יֵאֱהוּנָה בְּאַפְךָ,  
 הִנָּשֵׂא בְּעִבְרוֹת צוֹרְרֵי,  
 וְעוֹרָה אֵלַי מִשְׁפַּט צִוִּיתָ.  
 וְעַדֹת לְאֻמִּים תְּסוּבְּבֶךָ,

v'aleha lamarom shuvah.

and then rise above and return on high.

Adonai yadin amim,

Adonai will judge the peoples,

shof'teni Adonai,

judge me Adonai,

k'tzidki uchtumi alai.

according to my righteousness and my integrity within me.

Yigmar na ra r'sha-im,

Put an end now to the evil of the wicked,

utcheonen tzadik,

but You will sustain the righteous one,

uvochen libot uchlayot

for the Searcher of hearts and minds

Elohim tzadik.

is Elohim the righteous.

Magini al Elohim,

My protection lies with Elohim,

moshi-a yishrei lev.

Who saves the upright of heart.

Elohim shofet tzadik,

Elohim is a righteous Judge,

v'El zo-em b'chol yom.

and the Eternal One is indignant every day.

Im lo yashuv,

If one does not return,

charbo yiltosh,

He will whet his sword,

kashto darach vaychon'nehah.

He has his bow bent and aimed.

V'lo hechin k'lei mavet,

And for him He prepared the tools of death,

chitzav l'dol'kim yifal.

he makes arrows for the pursuers.

Hineh y'chabel aven,

Behold he conceives evil,

v'harah amal v'yalad shaker.

and is pregnant with evil schemes but gives birth to failure.

Bor karah vayachp'rehu,

He has dug a pit and has dug it deep,

vayipol b'shachat yifal.

only to fall into a trap which he himself has made.

Yashuv amal v'rosho,

His mischief shall return upon his own head,

v'al kodkodo chamaso yered.

and his violence will descend upon his own skull.

Odeh Adonai k'tzidko,

I will thank Adonai according to His righteousness,

וְעָלֶיהָ לַמָּרוֹם שׁוּבָה.  
 יְהוָה יֵאֱהוֹנֶה יְדֵי־עַמִּים,  
 שֹׁפֵטֵנִי יְהוָה יֵאֱהוֹנֶה,  
 כְּצַדְקִי וְכִתְמִי עָלַי.  
 יִגְמַר נָא רַע רְשָׁעִים,  
 וְתִכּוֹנֵן צַדִּיק,  
 וּבַחֵן לְבוֹת וּכְלִיּוֹת  
 אֱלֹהִים צַדִּיק.  
 מִגְּנִי עַל אֱלֹהִים,  
 מוֹשִׁיעַ יִשְׂרָאֵל.  
 אֱלֹהִים שׁוֹפֵט צַדִּיק,  
 וְאֵל זֶעַם בְּכֹל יוֹם.  
 אִם לֹא יָשׁוּב,  
 חֲרָבוֹ יִלְטוֹשׁ,  
 קִשְׁתּוֹ דֶּרֶךְ וַיִּכּוֹנְנָה.  
 וְלוֹ הִכִּין כְּלֵי מוֹת,  
 חֲצִיּוֹ לְדֹלְקִים יַפְעֵל.  
 הִנֵּה יַחְבֵּל אָוֶן,  
 וְהָרָה עֵמֶל וַיִּלְדֵּ שָׂקֵר.  
 בּוֹר כָּרָה וַיַּחְפְּרֶהוּ,  
 וַיִּפֹּל בְּשַׁחַת יַפְעֵל.  
 יָשׁוּב עֵמֶלוֹ בְּרֹאשׁוֹ,  
 וְעַל קֹדְקָדּוֹ חֲמָסוֹ יֵרֵד.  
 אֹדֶה יְהוָה יֵאֱהוֹנֶה כְּצַדְקוֹ,

va-azam'rah shem  
*and I will sing praises to the Name*  
**Adonai Elyon.**  
*of Adonai Most High.*

וְאֶזְמְרָה שֵׁם  
יְהוָה יֵאֱהוּנָה עֲלֵינוּ.