

תהלים יט

TEHILIM 19

Through the contemplation of nature and study of Torah, we can recognize our Creator. However, only the Torah can guide us on how to attain spiritual fulfillment, as this psalm declares "The Torah of Hashem is perfect, it restores the soul."

Lam'natze-ach mizmor l'David.

For the conductor, a psalm by David.

Hashamayim m'sap'rim k'vod El,

The heavens declare the glory of the Almighty One,

uma-aseh yadav magid haraki-a.

and the firmament tells the work of His hands.

Yom l'yom yabi-a omer,

Day following day utters speech,

v'lailah l'lailah y'chaveh da-at.

and night following night conveys knowledge.

Ein omer v'ein d'varim,

There is no speech and there are no words,

b'li nishma kolam.

unheard is their sound.

B'chol ha-aretz yatza kavam,

But throughout the earth their line goes forth,

uvik-tzeh tevel mileihem,

and their words reach the farthest ends of the world,

lashemesh sham ohel bahem.

He has set up a tent for the sun in their midst.

V'hu k'chatan yotze mechupato,

And it is like a groom coming forth from his bridal chamber,

yasis k'gibor larutz orach.

rejoicing like a warrior to run the course.

Mik-tzeh hashamayim motza-o,

The end of the heavens is its source,

ut-kufato al k'tzotam,

and its circuit is to their other end,

v'ein nistar mechamato.

nothing is hidden from its heat.

Torat Adonai t'mimah,

The Torah of Adonai is perfect,

m'shivat nafesh,

it restores the soul,

edut Adonai ne-emanah,

the testimony of Adonai is trustworthy,

mach-kimat peti.

making wise the simple one.

Pikudei Adonai y'sharim,

The orders of Adonai are upright,

לְמַנְצַח מְזִמּוֹר לְדָוִד.

הַשָּׁמַיִם מְסַפְּרִים כְּבוֹד אֵל,

וּמַעֲשֵׂה יָדָיו מַגִּיד הַרְקִיעַ.

יוֹם לְיוֹם יְבִיעַ אָמַר,

וְלַיְלָה לְלַיְלָה יַחֲוֶה דַעַת.

אֵין אָמַר וְאֵין דְּבָרִים,

בְּלִי נִשְׁמַע קוֹלָם.

בְּכֹל הָאָרֶץ יֵצֵא קוֹם,

וּבְקֶצֶה תִּבֵּל מְלִיָּהֶם,

לְשֶׁמֶשׁ שָׁם אָהֵל בָּהֶם.

וְהוּא כְּחָתָן יֵצֵא מִחֻפָּתוֹ,

יִשְׂשֵׁי כְּגִבּוֹר לָרוּץ אֶרֶח.

מִקְצֵה הַשָּׁמַיִם מוֹצְאוֹ,

וּתְקוּפָתוֹ עַל קְצוֹתָם,

וְאֵין נִסְתָּר מִחֻמָּתוֹ.

תּוֹרַת יְהוָה יֵאֱהוּדוּנְהִי תְּמִימָה,

מְשִׁיבַת נֶפֶשׁ,

עֵדוּת יְהוָה יֵאֱהוּדוּנְהִי נְאֻמָּנָה,

מְחַכֵּמַת פֶּתִי.

פְּקוּדֵי יְהוָה יֵאֱהוּדוּנְהִי יִשְׁרִים,

m'sam'chei lev,

gladdening the heart,

mitzvat Adonai barah,

the precept of Adonai is clear,

m'irat einayim.

enlightening the eyes.

Yirat Adonai t'horah,

The reverential awe of Adonai is pure,

omedet la-ad,

enduring forever,

mishp'tei Adonai emet,

the judgements of Adonai are true,

tzad'ku yachdav.

altogether righteous.

Hanechemadim mizahav umipaz rav,

They're more desirable than gold, than even much fine gold,

um-tukim mid'vash v'nofet tzufim.

and sweeter than honey and drippings from the combs.

Gam avd'cha nizhar bahem,

Even Your servant is careful of them,

b'shomram ekev rav.

for in observing them there is great reward.

Sh'gi-ot mi yavin,

Who can discern mistakes,

ministarot nakeni.

from unperceived faults cleanse me.

Gam mizedim chasoch avdecha,

Also from intentional misdeeds, restrain Your servant,

al yimsh'lu vi,

do not let them rule me,

az eitam,

then I shall be perfect,

v'nikeiti mipesha rav.

and I shall be cleansed of great misdeeds.

Yih-yu l'ratzon imrei fi

May they find favor, the words of my mouth

v'hegyon libi l'fanecha,

and the meditation of my heart, before You,

Adonai tzuri v'go-ali.

Adonai my Rock and my Redeemer.

מְשַׂמְּחֵי לֵב,

מִצְוַת יְהוָה יֵאֱהוֹנֶה בְּרָה,

מְאִירַת עֵינָיִם.

יִרְאַת יְהוָה יֵאֱהוֹנֶה טְהוֹרָה,

עוֹמֶדֶת לְעַד,

מְשַׁפְּטֵי יְהוָה יֵאֱהוֹנֶה אֲמֶת,

צְדָקוֹ יַחְדָּו.

הַנְּחַמָּדִים מְזָהָב וּמִפָּז רָב,

וּמִתּוֹקִים מִדְּבַשׁ וְנֹפֶת צוּפִים.

גַּם עַבְדְּךָ נִזְהָר בָּהֶם,

בְּשׂוֹמְרָם עֵקֶב רָב.

שְׂגִיאוֹת מִי יָבִין,

מִנְסֹתָרוֹת נִקְנִי.

גַּם מִזֵּדִים חֲשׂךְ עַבְדְּךָ,

אֵל יִמְשְׁלוּ בִי,

אֲז אֵיתָם,

וְנִקִּיתִי מִפֶּשַׁע רָב.

יְהִיוּ לְרָצוֹן אִמְרֵי פִי

וְהִגִּיוֹן לִבִּי לְפָנֶיךָ,

יְהוָה יֵאֱהוֹנֶה צוּרִי וְגֹאֲלִי.