

תהילים

TEHILLIM

# פרק קכא

שִׁיר לַמַּעֲלוֹת אֲשָׁא עֵינַי אֶל־הַהָרִים מֵאֵין יבֹא עֲזָרִי: עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ:  
אֲלֵי־יָתֵן לַמּוֹט רַגְלֶךָ אֲלֵי־נֹם שֹׁמְרֶךָ: הֲנֵה לֹא־יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל: יְהוָה שֹׁמְרֶךָ יְהוָה  
צִלְּךָ עַל־יַד יְמִינֶךָ: יוֹמָם הַשֶּׁמֶשׁ לֹא־יִכָּבֵה וַיְרַח בַּלַּיְלָה: יְהוָה יִשְׁמְרֶךָ מִכָּל־רָע יִשְׁמֹר אֶת־נַפְשֶׁךָ:  
יְהוָה יִשְׁמֹר־צֵאתְךָ וּבֹאֶךָ מֵעַתָּה וְעַד־עוֹלָם:

## Chapter 121

A song of ascents. I shall lift my eyes to the mountains. Whence shall my help come? My help is from the Lord, maker of heaven and earth. He will not let your foot slip. Your Keeper will not sleep. Behold, He will not slumber and He will not sleep, the Keeper of Israel. The Lord is your Keeper. The Lord is your shade on your right hand. The sun will not smite you by day, nor the moon at night. The Lord will keep you from all evil. He will keep your soul. The Lord will guard your going out and your coming in from now and forevermore.

# פרק קל

שִׁיר הַמַּעֲלוֹת מִמַּעַמְקִים קָרָאתִיךָ יְהוָה: אֲדַנִּי שְׂמָעָה בְּקוֹלִי תִהְיֶינָה אָזְנוֹיךָ קְשִׁבוּת לְקוֹל  
תַּחֲנוּנָי: אִם־עֲוֹנוֹת תִּשְׁמָר־יְהוָה אֲדַנִּי מִי יַעֲמֵד: כִּי־עָמַד הַסְּלִיחָה לְמַעַן תִּוָּרָא: קוֹיִתִּי יְהוָה קוֹתָה  
נַפְשִׁי וְלִדְבָרוֹ הוֹחֵלְתִּי: נַפְשִׁי לְאֲדַנִּי מִשְׂמָרִים לְבַקֵּר שְׂמָרִים לְבַקֵּר: יַחַל יִשְׂרָאֵל אֶל־יְהוָה  
כִּי־עַם־יְהוָה הַחֶסֶד וְהַרְבֵּה עֲמוֹ פְדוֹת: וְהוּא יַפְדֶּה אֶת־יִשְׂרָאֵל מִכָּל עֲוֹנוֹתָיו:

## Chapter 130

A song of ascents. From the depths [(of the exile)] have I called You, O Lord. O Lord, hear my voice. Let Your ears hearken to the voice of my supplications. If transgressions You heed, O Lord, O Lord, who shall stand? For with You [(and with no other)] is forgiveness, so that You be feared. I have hoped in the Lord; my soul has hoped. And to His word have I aspired. My soul [has yearned] for the Lord. [I am one] of the watchers for the morning [of redemption], of the [continual] watchers for the morning. Hope, O Israel, in the Lord. For with the Lord is lovingkindness and there is much redemption with Him. And He will redeem Israel from all of its transgressions.

# פרק קמב

מִשְׁכִּיל לְדָוִד בְּהִיּוֹתוֹ בַּמְעָרָה תְּפִלָּה: קוֹלִי אֶל יְהוָה אֲזַעַק קוֹלִי אֶל יְהוָה אֶתְחַנֵּן:  
אֲשַׁפֵּךְ לְפָנָיו שִׁיחֵי צָרָתִי לְפָנָיו אֲגִיד:  
בְּהִתְעַטֵּף עָלַי רוּחִי וְאַתָּה יָדַעְתָּ נְתִיבָתִי בְּאַרְחֵי זֶה אֶהְיֶה טָמֵנוּ פֶּח לִי:  
הַבַּיִט יִמִּין וּרְאֵה וְאִין לִי מִכִּיר אָבֵד מָנוֹס מִמְּנֵי אִין דּוֹרֵשׁ לְנַפְשִׁי:  
זַעַקְתִּי אֵלַיךְ יְהוָה אֲמַרְתִּי אַתָּה מַחְסֵי חֶלְקִי בְּאַרְץ הַחַיִּים:  
הִקְשִׁיבָה אֵל רִנָּתִי כִּי דִלּוֹתִי מְאֹד הִצִּילֵנִי מִרְדְּפֵי כִּי אֶמְצֹו מִמְּנֵי:  
הוֹצִיָּאָה מִמַּסְגֵּר נַפְשִׁי לְהוֹדוֹת אֶת שִׁמְךָ בִּי יִכְתְּרוּ צַדִּיקִים כִּי תִגְמַל עָלַי:

## Chapter 142

A Maskil of David; A Prayer when he was in the cave. I cry to the Lord with my voice; with my voice I make my supplication to the Lord. I pour out my complaint before him; I declare my trouble before him. When my spirit is faint inside me, you know my path. In the path where I walk they have secretly laid a snare for me. I look on my right hand, and behold, but there is no man who knows me; no refuge remains to me; no man cares for my soul.

I cry to you, O Lord; I say, You are my refuge and my portion in the land of the living. Attend to my cry; for I am brought very low; save me from my persecutors; for they are too strong for me. Bring my soul out of prison, that

I may give thanks to your name; the righteous shall surround me; for you shall deal bountifully with me.

# פרק צא

יֵשֵׁב בְּסֵתֶר עֲלִיּוֹן בְּצֵל שָׁדַי יִתְלוֹנֵן: אָמַר לַיהוָה מַחְסֵי וּמְצוּדָתַי אֱלֹהֵי אֲבֹטָח בּוֹ: כִּי הוּא יִצִּילֵךְ  
מִפֶּחַ יְקוּשׁ מִדְּבַר הַזּוֹת: בְּאַבְרָתוֹ יֶסֶךְ לְךָ וְתַחַת כְּנָפָיו תִּחְסֶה צְנָה וּסְחָרָה אֲמַתּוֹ: לֹא תִירָא  
מִפֶּחַד לְיָלֵה מִחַיִן יַעֲוֹף יוֹמָם: מִדְּבַר בָּאֵפֶל יִהְיֶה לְךָ מִקְטָב יִשׁוּד צְהָרִים: יִפֹּל מִצִּדְךָ אֶלְף וּרְבָבָה  
מִימִינְךָ אֵלֶיךָ לֹא יִגָּשׁ: רַק בְּעֵינֶיךָ תִּבְיֵט וּשְׁלֵמַת רְשָׁעִים תִּרְאֶה: כִּי אַתָּה יְהוָה מַחְסֵי עֲלִיּוֹן  
שְׁמַת מְעוֹנֶךָ: לֹא תֵאָנָה אֵלֶיךָ רָעָה וְנִגַּע לֹא יִקְרַב בְּאַהֲלֶךָ: כִּי מִלְּאַכְוֵי יִצְוֶה לְךָ לְשִׁמְרֶךָ בְּכָל  
דְּרָכֶיךָ: עַל כַּפַּיִם יִשְׁאוּנֶךָ פֶּן תִּגַּף בְּאַבְן רִגְלֶךָ: עַל שַׁחַל וּפְתָן תִּדְרֹךְ תִּרְמָם כְּפִיר וְתַנִּין: יָד כִּי  
בִי חֶשֶׁק וְאַפְלָטָהוּ אֲשַׁנְּבֶהוּ כִּי יִדַע שְׁמִי: יִקְרָאֵנִי וְאֶעֱנֶהוּ עִמּוֹ אֲנַכִּי בְּצָרָה אֲחַלְצֶהוּ וְאֲכַבְּדֶהוּ:  
אֲרֹךְ יָמִים אֲשַׁבֵּיעֶהוּ וְאַרְאֶהוּ בִישׁוּעָתִי:

## Chapter 91

He who dwells in the secret place of the most High, who abides under the shadow of the Almighty,

Will say to the Lord, My refuge and my fortress, my God, in whom I trust, For he shall save you from the snare of the fowler, and from the noisome pestilence. He shall cover you with his feathers, and under his wings shall you find refuge; his truth shall be your shield and buckler. You shall not be afraid of the terror by night; nor of the arrow that flies by day; Nor of the pestilence that walks in darkness; nor of the destruction that wastes at noonday. A thousand shall fall at your side, and ten thousand at your right hand; but it shall not come near you. Only with your eyes shall you behold and see the reward of the wicked. Because you, O Lord, are my refuge. You have made the most High your habitation; No evil shall befall you, nor shall any plague come near your dwelling. For he shall give his angels charge over you, to keep you in all your ways. They shall carry you up in their hands, lest you dash your foot against a stone.

You shall tread on the lion and on the adder; the young lion and the crocodile shall you trample under foot. Because he has set his love upon me, therefore I will save him; I will set him on high, because he knows my name. He shall call upon me, and I will answer him; I will be with him in trouble; I will save him, and honor him. With long life I will satisfy him, and show him my salvation.