

|9| The voice of Hashem causes the deer to calve, and strips bare the ye'arot (forests); and in His Heikkhal doth everyone say, Kavod!

|10| Hashem sitteth upon the mabbul (flood); yea, Hashem sitteth enthroned as Melech l'olam.

|11| Hashem will give oz (strength) unto His people; Hashem will bless His people with shalom.

30 (Mizmor. Shir Chanukat HaBeis. Of Dovid)

I will exalt Thee, Hashem, for Thou hast lifted me up, and hast not made my foes to gloat over me.

|2 [3]| Hashem Elohai, I cried unto Thee, and Thou hast healed me.

|3 [4]| Hashem, Thou hast brought up my nefesh from Sheol; Thou hast kept me alive, that I should not go down to the pit.

|4 [5]| Sing unto Hashem, O ye chasidim of His, and give thanks to His Zekher Kodesh.

|5 [6]| For His anger endureth but a rega; in His favor is Chayyim; weeping may endure for an erev, but joy cometh in the boker.

|6 [7]| And in my shalvah (security) I said, I shall never be moved.

|7 [8]| Hashem, by Thy favor Thou hast made my mountain to stand firm; Thou didst hide Thy face, and I was troubled.

|8 [9]| I cried to Thee, Hashem; and unto Adonoi I made supplication.

|9 [10]| What profit is there in my dahm, in my going down into the pit? Shall the aphar (dust) praise Thee? Shall it declare Thy emes?

|10 [11]| Shema, Hashem, and channeini; Hashem, be Thou my helper.

|11 [12]| Thou hast turned for me my mourning into dancing; Thou hast put off my sackcloth, and girded me with simcha;

|12 [13]| That kavod (my glory, my soul) may sing praise to Thee, and not be silent. Hashem Elohai, I will give thanks unto Thee l'olam.

31 (For the one directing. Mizmor Dovid)

In Thee, Hashem, do I take refuge; let me never be put to shame; deliver me in Thy tzedakah.

|2(3)| Incline Thine ear to me; deliver me speedily; be Thou for me a Tzur Ma'oz, a Bais Metzudot (fortress) to save me.

|3(4)| For Thou art my Sela (rock) and my Metzudah (fortress); therefore for the sake of Thy Name, lead me, and guide me.

|4(5)| Pull me out of the reshet (trap, net) that they have laid for me; for Thou art my ma'oz (stronghold).

|5(6)| Into Thine yad I commit my ruach; Thou hast redeemed me, Hashem El Emes [*Lk 23:46; Ac 7:59*].

|6(7)| I hate them that are the shomrim of lying vanities [*i.e., idols*]; but I trust in Hashem.

|7(8)| I will be glad and rejoice in Thy chesed; for Thou hast seen my affliction; Thou hast known the tzoros (troubles) of my nefesh;

|8(9)| And hast not shut me up into the yad of the oyev (enemy); Thou hast set my feet in a merkhav (large place, spacious or broad place).

|9(10)| Channeini, Hashem, for I am in tzoros; mine eye is consumed with ka'as (grief), my nefesh and my beten.

|10(11)| For my life is spent with grief, and my years with groaning; my ko'ach failleth

because of mine avon (iniquity), and my atzmot waste away.

|11(12)| I was a cherpah (reproach, scorn, disgrace) among all mine enemies, but especially among my shchenim (neighbors), and a dread to mine acquaintance; they that did see me outside fled from me.

|12(13)| I am forgotten like a dead man out of mind; I am like a keli oved (broken vessel).

|13(14)| For I have heard the dibbah (evil report, slander) of many; terror was on every side; while they conspire against me, they plot to take my nefesh.

|14(15)| But I trust in Thee, Hashem; I said, Thou art Elohai.

|15(16)| My times are in Thy yad; deliver me from the yad of mine oyevim (enemies), and from them that persecute me.

|16(17)| Make Thy face to shine upon Thy eved; hoshi'eini (save me) for the sake of Thy chesed.

|17| Let me not be put to shame, Hashem; for I have called upon Thee; let the resha'im be put to shame, and let them keep silent in Sheol.

|18(19)| Let the siftei sheker (lying lips) be put to silence; which speak insolent things with ga'avah (pride) and contemptuously against the tzaddik.

|19(20)| Oh how great is Thy goodness, which Thou hast stored up for them that fear Thee; which Thou hast wrought for them that take refuge in Thee before the Bnei Adam!

|20(21)| Thou shalt hide them b'seter (in the shelter) of Thy presence from the intrigues of ish; Thou shalt keep them safe in a sukkah from the riv l'shonot (the strife of tongues, contentious lashon hora, backbiting, slander).