(Of Dovid, when he feigned insanity before Avimelech, who drove him away, and he went out) 1 (2) I will make a bracha of praise unto Hashem at all times; His praise shall continually be in my mouth. |2(3)| My nefesh shall make its boast in Hashem; the anavim (humble) shall hear thereof, and be glad. [3(4)] O magnify Hashem with me, and let us exalt Shmo together.

|4 (5)| I sought Hashem, and He heard me, and delivered me from all my fears.

|5(6)| They looked unto Him, and were radiant; and their panim were not ashamed.

|6(7)| The oni (poor man) cried, and Hashem heard him, and saved him out of all his tzoros.

|7 (8)| The Malach Hashem encampeth round about them that fear Him, and delivereth them.

|8 (9)| O taste and see that Hashem is tov; ashrei is the man that taketh refuge in Him.

|9 (10)| O fear Hashem, ye
His kadoshim; for there is no lack to them that fear Him.
|10 (11)| The young lions do lack, and suffer hunger; but they that seek Hashem shall not lack any good thing.
|11 (12)| Come, ye banim, pay heed unto me; I will teach you the fear of Hashem.
|12 (13)| What ish is he that desireth chayyim, and loveth

many days, that he may see toy?

|13 (14)| Keep thy tongue from rah, and thy lips from speaking mirmah (guile, see Isaiah 53:9 where it says Moshiach will lack mirmah).
|14 (15)| Depart from rah, and do tov; seek shalom, and pursue it. |15 (16)| The eyes of Hashem are upon the tzaddikim, and His ears open to their cry.
|16 (17)| The face of Hashem is against them that do rah, to cut off the zekher (remembrance) of them from ha'aretz.
|17 (18)| The tzaddikim cry, and Hashem heareth, and delivereth them out of all their tzoros.

|18 (19)| Hashem is near unto them whose lev is broken; and saveth such whose ruach is contrite.

|19 (20)| Many are the afflictions of the tzaddik; but Hashem delivereth him out of them all.

|20 (21)| He keepeth shomer over all his bones; not one of them is broken [Yn 19:36]. |21 (22)| Evil shall slay the resha'im; and they that hate the tzaddik shall be desolate. |22 (23)| Hashem redeemeth the nefesh of His avadim; and none of them that take refuge in Him shall be condemned [see Ro 5:1; 8:1 OJBC].

(Of Dovid) Contend, Hashem, U with them that contend with me; fight against them that fight against me. 2 Take hold of mogen and tzinnah (large shield) and arise to my aid. [3] Draw out also the khanit (spear), and block the way against them that persecute me; say unto my nefesh, I am Thy Yeshuah (salvation). 4 Let them be put to shame and disgraced that seek after my nefesh; let a rout in retreat be theirs and let them be brought to dismay that plot my ruin.

[5] Let them be like motz (chaff) before the ruach; and let the Malach Hashem drive them away.

|6| Let their derech be choshech and slippery; and let the Malach Hashem pursue them. [7] For without cause have they hid for me their reshet (net) in a shachat (pit), which without cause they dug for my nefesh.

[8] Let sho'ah (disaster) come upon him unawares; and let his own reshet (net) that he hath hid ensnare him; into that very sho'ah let him fall.
[9] And my nefesh shall rejoice in Hashem; it shall be joyful in His Yeshuah (salvation).

|10| All my atzmot shall say, Hashem, mi khamocha (who is like Thee), Who deliverest the oni (poor) from him that is too strong for him,

yes, the oni and the evyon (needy) from him that despoileth him?

|11| Edei chamas (witnesses of violence, false witnesses) rise up; they lay to my charge things, questioning me of that which I have no da'as.

|12| They repay me ra'ah for tovah to the forlornness of my nefesh.

|13| But as for me, when they were choleh (ill), my clothing was sackcloth; I humbled my nefesh with tzom (fasting); and my tefillah (prayer) turned back on mine own kheyk (bosom).

|14| I went about as though he had been my re'a or ach; I bowed in sadness, as one that mourneth for his em.

|15| But at mine stumbling they rejoiced, and gathered themselves together; yes, the attackers gathered themselves together against me, and I had no da'as; they did tear at me [with slander], and ceased not: |16| Like chanef (hypocritical) mockers at cake, they gnashed upon me with their teeth.

|17| Adonoi, how long wilt Thou look on? Rescue my nefesh from their destructions, my