

| 168 | I have kept Thy
pikkudim and Thy edot; for all
my ways are before Thee.

ן TAV

| 169 | Let my cry come near
before Thee, Hashem; give me
understanding according to
Thy Davar.

| 170 | Let my techinnah come
before Thee; deliver me
according to Thy word.

| 171 | My lips shall utter
tehillah, when Thou hast
taught me Thy chukkot.

| 172 | My leshon shall speak
of Thy word; for all Thy
mitzvot are tzedek.

| 173 | Let Thine Yad help me;
for I have chosen Thy
pikkudim.

| 174 | I have longed for Thy
Yeshuah (salvation), Hashem;
and Thy torah is my delight.

| 175 | Let my nefesh live, and
it shall praise Thee; and let
Thy mishpatim sustain me.

| 176 | I have gone astray like a
seh oved (lost sheep); seek Thy
eved; for I do not forget Thy
mitzvot.

120 (Shir HaMa'a-
lot [Song of
Ascents])

In my tzoros I cried unto
Hashem, and He heard me.

| 2 | Save my nefesh, Hashem,
from sefat sheker (lying lips),
and from lashon remiyyah (a
tongue of deceit).

| 3 | What shall be given unto
thee? Or what shall be done
unto thee, thou lashon
remiyyah?

| 4 | Sharp khitzim (arrows) of
the gibbor, with burning
(charcoal) coals of the broom
plant.

| 5 | Woe is me, that I sojourn
in Meshech, that I dwell in the
ohalim of Kedar!

| 6 | My nefesh hath long dwelt
with him that hateth shalom.

| 7 | I am for shalom; but when
I speak, they are for
milchamah (war).

121 (Shir
HaMa'alot)
I will lift up

mine eyes unto the harim
(hills), from whence cometh
ezri (my help).

| 2 | Ezri (my help) cometh
from Hashem, Oseh
Shomayim v'Aretz.

| 3 | He will not allow thy regel
to slip; He that is shomer over
thee will not slumber.

| 4 | Hinei, He that is shomer
over Yisroel shall neither
slumber nor sleep.

| 5 | Hashem is the One
shomer over thee; Hashem is
thy shade upon thy right
hand.

| 6 | The shemesh shall not
strike thee by day, nor the
yarei'ach by night.

| 7 | Hashem shall preserve
thee from kol rah; He shall
preserve thy nefesh.

| 8 | Hashem shall be shomer
over thy going out and thy
coming in from this time
forth, and even v'ad olam.

122 (Shir
HaMa'alot,
[Song of
Ascents]) of Dovid).

I was glad when they said unto
me, Let us go into the Bais
Hashem.

| 2 | Our feet shall stand
within thy she'arim, O
Yerushalayim.

| 3 | Yerushalayim is built as
an Ir bound firmly together;

| 4 | That is where the
Shevatim (tribes) go up, the
Shivtei Hashem, according to
the edut l'Yisroel (the statute
to Yisroel), to give thanks unto
the Shem of Hashem.

| 5 | For there are set kise'ot
l'mishpat (thrones of
judgment), the kise'ot of the
Bais Dovid.

| 6 | Sha'alu shalom
Yerushalayim (pray for the
peace of Jerusalem); they shall
prosper that love thee.

| 7 | Shalom be within thy
wall, and security within thy
citadels.

| 8 | L'ma'an (for the sake of)
my achim and companions, I
will now say, Shalom be
within thee.

| 9 | L'ma'an the Bais Hashem
Eloheinu I will seek thy tov.

123 (Shir
HaMa'alot,
[Song of

Ascents]) Unto Thee lift I up
mine eyes, O Thou that
dwellest in Shomayim.

| 2 | Hinei, as the eyes of
avadim look unto the yad
adoneihem, and as the eyes of
a shifchah (maiden) unto the
yad of her gevirah; so our eyes
wait upon Hashem Eloheinu,
until He have channun (favor,
grace) upon us.

| 3 | Channenu Hashem,
channenu; for we are more
than sated with buz
(contempt).

| 4 | Nafsheinu (our nefesh) is
more than sated with the
scorn of those that are at ease,
and with the buz (contempt) of
the g'eiyonim (proud ones,
arrogant ones).

124 (Shir
HaMa'alot,
[Song of
Ascents]) of Dovid).

If it had not been Hashem
Who was lanu (for us, on our
side), now may Yisroel say;

| 2 | If it had not been Hashem
Who was lanu, when adam
(man) rose up against us;

| 3 | Then they had swallowed
us up chayyim (alive); when
their wrath was kindled
against us;

| 4 | Then the mayim would
have overwhelmed us, the
torrent would have swept over
nafsheinu (our nefesh);