

146

Praise Hashem.
Praise

Hashem, O my nefesh.

|2| While I live will I praise Hashem: I will sing praise unto Elohai while I have any being.

|3| Put not your trust in princes, nor in the ben adam, in whom there is no teshuah (salvation).

|4| His ruach departs, he returneth to his adamah; in yom hahu his plans come to nothing.

|5| Ashrei is he that hath El Ya'akov for his ezer, whose hope is in Hashem Elohav:

|6| Oseh Shomayim vaAretz, the yam, and all that therein is: HaShomer Emes l'olam (Who keepeth Truth forever):

|7| Oseh mishpat for the oppressed; Who giveth lechem to the hungry. Hashem mattir asurim (sets free the prisoners):

|8| Hashem openeth the eyes of the ivrim: Hashem raiseth them that are bowed down:

Hashem loveth the tzaddikim:

|9| Hashem shomer over the gerim; He relieveth the yatom (fatherless, orphan) and almanah; but the Derech Resha'im He frustrates.

|10| Hashem shall reign l'olam, even thy G-d, O Tziyon, l'dor vador. Praise Hashem.

147

Praise ye Hashem: for it is tov to

sing praises unto Eloheinu; for it is na'im (pleasant); and tehillah is fitting.

|2| Hashem is the Boneh Yerushalayim (builder of Jerusalem): He gathereth together the nidkhei Yisroel (the outcasts Of Israel, those of the Golus).

|3| He is the Rofeh (healer) of the Shevurei-lev (broken in heart), binds up their wounds.

|4| He determines the mispar of the kokhavim; He calleth them all by their shemot.

|5| Gadol is Adoneinu, and of rav ko'ach; to His tevunah (understanding, intelligence) there is no mispar (number, limit).

|6| Hashem lifteth up the anavim (meek ones, humble ones); He casteth the resha'im down to the ground.

|7| Sing unto Hashem with todah; make music upon the kinnor (harp) unto Eloheinu:

|8| Who covereth Shomayim with clouds, Who prepareth matar (rainfall) for ha'aretz, HaMatzemi'ach (Who maketh to spring up) the khatzir (grass) upon the harim (hills, mountains).

|9| He giveth to the behemah her lechem, and to the bnei orev (young ravens) when they cry out.

|10| He delighteth not in the gevurat hasus: He taketh not pleasure in the shokayim of an ish (legs of a man).

|11| Hashem taketh pleasure in them that fear Him, in those that hope in His chesed.

|12| Praise Hashem, O Yerushalayim; praise thy G-d, O Tziyon.

|13| For He hath strengthened the bars of thy she'arim (gates); He hath blessed thy banim within thee.

|14| He granteth shalom within thy borders, and filleth thee with the chelev chittim (the finest of wheat).

|15| He sendeth forth His imrah (command) upon eretz: His Devar runneth swiftly.

|16| He giveth sheleg (snow) like tzemer (wool); He scattereth the kfor (frost) like ashes.

|17| He casteth down His kerach (ice) like crumbs: who can stand before His cold?

|18| He sendeth out His Devar, and melteth them:

He causeth His ruach to blow, and the mayim to flow.

|19| He declareth His Devar unto Ya'akov, His chukkot and His mishpatim unto Yisroel.

|20| He hath not dealt so with any Goy (nation): and as for His mishpatim, they have not known them. Praise ye Hashem.

148

Praise Hashem.
Praise

Hashem from HaShomayim: praise Him in the heights above.

|2| Praise ye Him, all His malachim: praise ye Him, all Tzivos Hashem.

|3| Praise ye Him, shemesh and yarei'ach: praise Him, all ye kokhavim of ohr.

|4| Praise Him, ye heavens of heavens, and ye waters that be above HaShomayim.

|5| Let them praise the Shem of Hashem: for He commanded, and they were created.

|6| He hath also established them forever and ever: He hath made a Chok (decree) which shall not pass away.

|7| Hallelu Hashem from ha'aretz, ye sea creatures, and all tehomot:

|8| Eish, and barad; snow, and cloud; stormy wind fulfilling His Devar:

|9| Mountains, and all hills; etz pri (fruitful trees), and all cedars:

|10| Beasts, and all cattle; remesh (creeping things), and flying fowl:

|11| Malchei eretz, and all people; sarim (princes), and all shoftei aretz:

|12| Both bochorim, and betulot; zekenim, and ne'arim:

|13| Let them praise the Shem of Hashem: for Shmo alone is excellent; His hod is above Eretz and Shomayim.