

| 11 (12)| Withhold not Thou thy rachamim from me, O Hashem; let Thy chesed and Thy emes continually preserve me.

| 12 (13)| For innumerable evils have compassed me about; mine avonot (iniquities) have overtaken me, so that I am not able to look up; they are more than the hairs of mine head; therefore my lev faileth me.

| 13 (14)| Be pleased, O Hashem, to deliver me; O Hashem, make haste to help me.

| 14 (15)| Let them be ashamed and mutually confounded that seek after my nefesh to destroy it; let them be driven backward and put to shame that wish me evil.

| 15 (16)| Let them be appalled because of their boshet (shame) that say unto me, Aha, aha.

| 16 (17)| Let all those that seek Thee rejoice and be glad in Thee; let such as love Thy teshuah say continually, Hashem be magnified.

| 17 (18)| But I am poor and needy; yet Adonoi thinketh upon me; Thou art my ezer and my deliverer; make no tarrying, O Elohai.

41 (For the one directing, Mizmor of Dovid).

[2(1) Blessed is he that considereth the helpless; Hashem will deliver him in time of ra'ah (evil, trouble).

| 3(2)| Hashem will be shomer over him, and keep him alive; and he shall be blessed in ha'aretz; and Thou wilt not surrender him unto the desire of his enemies.

| 4(3)| Hashem will support him upon the sickbed; in his illness, all his bedridden languishing Thou wilt change (*i.e., toward recovery*).

| 5(4)| I said, Hashem, channeni (be gracious unto

me); heal my nefesh; for I have sinned against Thee.

| 6(5)| Mine enemies speak rah (evil) of me: When will he die, and shmo (his name) perish?

| 7(6)| And if one cometh to see me, he speaketh falsely; his lev gathereth wickedness to itself; when he goeth lachutz (outside, around) he telleth it.

| 8(7)| All that hate me whisper together against me; against me do they devise my hurt.

| 9(8)| A thing of beliya'al (a wicked fate, *i.e., a terminal illness*), say they, cleaveth fast unto him, that when he lieth he shall rise up no more.

| 10(9)| Yea, mine own ish shalom (familiar friend, close friend), in whom I trusted, which did eat of my lechem, hath lifted up his heel (*i.e., deceitfully showed enmity*) against me [*see Yn 13:18*].

| 11(10)| But Thou, O Hashem, channeni (be gracious, merciful unto me), and raise me up, that I may repay them.

| 12(11)| By this I know that Thou favorest me, because mine enemy doth not triumph over me.

| 13(12)| And as for me, Thou upholdest me in mine integrity, and settest me before Thy face lolam (forever).

| 14(13)| Baruch Hashem Elohei Yisroel m'haolam v'ad haolam. Omein and Omein.

42 (For the one directing, Maskil, for the Bnei Korah).

As the deer panteth after the water brooks, so panteth my nefesh after Thee, O Elohim.

| 2 (3)| My nefesh thirsteth for Elohim, for El Chai. When shall I come and appear before Elohim [*in the Beis Hamikdash*]?

| 3 (4)| My tears have been my lechem yomam valailah, while they continually say unto me, Where is Eloheicha?

| 4 (5)| When I remember these things, I pour out my nefesh within me; for I had gone with the multitude, I went with them to the Beis Elohim with the voice of rinnah and todah, with the multitude keeping Chag (holy day, pilgrim feast).

| 5 (6)| Why art thou cast down, O my nefesh? And why groanest thou (*i.e., murmuring in discouragement*) within me? Hope thou in (*i.e., wait for*) Elohim; for I shall yet give Him thanks, for He is the yeshuah (salvation) of my countenance and Elohai.

| 6 (7)| My nefesh is cast down within me; therefore will I remember Thee from Eretz Yarden, and from Chermon's peaks, from Har Mitzar [mountain near Mt Chermon].

| 7 (8)| Tehom el Tehom ([*oceanic*] deep unto [*oceanic*] deep) calleth at the noise of Thy waterfalls; all Thy breakers and Thy billows are passed over me.

| 8 (9)| Yet Hashem will command His chesed by day, and in the night His shir (song) shall be with me, my tefillah (prayer) unto the El Chayyai (G-d of my life).

| 9 (10)| I will say unto El Sali (G-d my Rock), Why hast Thou forgotten me? Why go I mourning because of the oppression of the oyev (enemy)? [*Mt 27:46*]

| 10 (11)| As with the crushing of my atzamot (bones), mine tzorer (vexers, harassers) reproach me; while they say all day long unto me, Where is Eloheicha?

| 11 (12)| Why art thou cast down, O my nefesh? And why art thou disquieted within me?