

Psalms with Align With Zion

Psalm 30: Hebrew

א מִזְמוֹר, שִׁיר-תְּהִלָּת הַבַּיִת לְדָוִד.
ב אֲרוּמְמָהּ יְיָ, כִּי דָלִיתָנִי; וְלֹא-שָׂמַחַת אֵיבֵי לִי.
ג יְיָ אֵל-הִי שְׁוַעַתִּי אֱלֹהִי, וַתִּרְפְּאֵנִי.
ד יְיָ הֶעֱלִיתָ מִן שְׁאוֹל נַפְשִׁי; חִייתָנִי, מִיָּרְדֵי בּוֹר.
ה זָמְרוּ לַיְיָ חֲסִידָיו; וְהוֹדוּ, לְזִכָּר קִדְשׁוֹ.
ו כִּי רָגַע, בְּאֶפֶס, חַיִּים בְּרָצוֹנוֹ
 בְּעָרָב, יָלִין בְּכִי; וְלִבְקָר רָנָה.
ז וְאֲנִי, אֶמְרָתִי בְשִׁלּוֹי בַל-אֶמוּט לְעוֹלָם.
ח יְיָ בְּרָצוֹנָה, הֶעֱמַדְתָּה לְהַרְרֵי עֵז
 הַסְתַּרְתָּ פָנָי; הִיִּיתִי נְבֻהָל.
ט אֱלֹהִי יְיָ אֶקְרָא; וְאֵל-אֲדֹנָי, אֶתְחַנֵּן.
י מֵה-בָּצַע בְּדַמִּי, בְּרַדְתִּי אֶל שַׁחַת:
 הַיּוֹדֵךְ עֶפֶר; הַיִּגִּיד אֶמְתָּךְ.
יא שְׁמַע-יְיָ וְחַנּוּנִי; יְיָ הִיָּה-עֵזֶר לִי.
יב הַפְּכֶת מִסַּפְדִּי, לְמַחֹל לִי: פְּתַחַת שִׁקִּי; וַתִּאֲזַרְנִי
 שְׂמַחָה.
יג לְמַעַן, יִזְמְרָךְ כְּבוֹד-- וְלֹא יָדָם
 יְיָ אֵל-הִי, לְעוֹלָם אֲוֹדְךָ.

English

- 1) A Psalm; a dedication song for the House; of David.
- 2) I will extol You, O L-RD, for You raised me up, and You did not let my enemies rejoice over me.
- 3) O L-RD my G-d, I cried out to You, and You healed me,
- 4) O L-RD, You brought up my soul from Sheol; You kept me alive, from going down to the pit.
- 5) Sing praise unto the L-RD, His devoted ones, and give thanks to His holy Name.

6) For His anger is but for a moment, but life is in His favour (a Moment in His wrath grants life in His favour)¹, weeping may lodge for the night, but for (ascribed to) the morning there is joy!

7) And I, I said in my secure tranquillity: 'I shall never be moved.'

8) O L-RD, it is only through your favour that you made my mighty mountain stand (endure). When you hid Your face, I became terrified.

9) Unto You, O L-RD, I will call, and unto the L-RD I will make my supplication.

10) What profit is there in my blood, in my going down to the pit? Can the dust praise You? Can it declare Your truth?

11) Hear, O L-RD, and be gracious to me; L-RD, be my helper.

12) You turned my mourning into dancing; loosened my sackcloth, and You will gird me with gladness.

13) In order that all that is glorious may sing to You and not be silent; O L-RD my G-d, I will give thanks to You for ever.

Transliteration

1) Meezmor, Shir (sheer), Khanukat HaBayit LeDaveed

2) Aromeem-kha A-donai, kee deeleetahnee, ve-lo samkhtah oyvai lee.

3) A-donai, E-loh-hai, sheeveetee eh-leh-kha, va-teerpah-aynee

4) A-donai, He-eh-leetah meen she-ohl nafshee, khee-yee-tah-nee, mee-yahr-dee bohr.

5) Zamroo la-A-donai khasidav, ve-hohdoo le-zeh-kher kadsho.

6) Kee Reh-gah be-ah-poh, khayeem beer-tzoh-noh. Bah-Erev yah-leen beh-khee, ve-lah-boker reenah

7) Va-anee amahrtee be-shalvee, bahl emot le-ohlahm.

8) A-donai, beer-tzon-kha, He-eh-mah-de-tah le-ha-ra-ree ohz, hee-startah pah-nekha, hahee-tee neev-hahl.

¹ Translation according to Rav SR Hirsch

- 9) Eh-lekah A-donai ekrah, v'el A-donai Et-khanan.
10) Mah betzah be-dahmee? Be-ree-deh-tee el shakhat. Ha-yodkah afar? Ha-yah-geed ahmeeteh-kha?
11) Shema A-donai ve-khaney-nee. A-donai heh-yeh ozer lee.
12) Hafakh-tah mees-pahdee lemakhol lee, peetakh-tah sahkee vaht-az-rey-nee seemkha.
13) Le-mah-ahn yeezar-meh-kha kavod veloh yeedohm. A-donai E-loh-hai le-oh-lahm o-de-kah

This page contains sacred text. Do not take it to the bathroom or toilet or any place that can desecrate the text!

A recording of this Psalm can be found on our website, to assist you in your learning.

www.alignwithzion.com

