

תהלים א

PSALM 1

We were made in the image of the Creator and created us that we should enjoy great happiness in this world and the next. We do not need to search for our happiness, for we are created with everything we need within ourselves. There are external forces that plot to rob us of our happiness if we give in to their designs. The Torah offers us protection from these external forces. This psalm reminds us that we need to rely on the Creator's Light and seek that happiness within ourselves.

Ashrei ha-ish asher lo halach

Happy is the person who did not walk

ba-atzat r'sha-im,

in the advice of the wicked,

uvderech chata-im lo amad,

and did not stand in the path of the evildoer,

uvmoshav leitzim lo yashav.

and did not sit in the session of the skeptics.

Ki im b'Torat Adonai cheftzo,

Because their desire is in the Torah of Hashem,

uvtorato yehgeh yomam valailah.

and in Whose Torah they meditate day and night.

V'hayah k'eitz shatul

They shall be like a tree firmly planted

al palgei mayim,

alongside brooks of water,

asher piryo yitein b'ito,

that yields its fruit in its season,

v'aleihu lo yibol,

and whose leaf never withers,

v'chol asher ya-aseh yatzli-ach.

and everything that they do will succeed.

Lo chein har'sha-im,

Not so the wicked,

ki im kamotz asher

because they are like the chaff that

tid'fenu ru-ach.

is driven away by the wind.

Al kein lo yakumu

Therefore will not be avenged

r'sha-im bamishpat,

the wicked in judgement,

v'chata-im ba-adat tzadikim.

nor evildoers in the community of the righteous.

Ki yodej-a Adonai derech tzadikim,

For Hashem knows the way of the righteous,

אֲשֶׁר־י הָאִישׁ אֲשֶׁר לֹא הִלֵּךְ
בְּעֵצַת רְשָׁעִים,
וּבְדֶרֶךְ חַטָּאִים לֹא עָמַד,
וּבְמוֹשָׁב לֵצִים לֹא יָשָׁב.
כִּי אִם בְּתוֹרַת יְהוָה חִפְּצוּ,
וּבְתוֹרָתוֹ יִהְיֶה יוֹמָם וּלְיָלֵּה.
וְהָיָה כְּעֵץ שָׁתוּל
עַל פְּלֵגֵי מַיִם,
אֲשֶׁר פְּרִיּוֹ יִתֵּן בְּעֵתוֹ,
וְעָלְהוּ לֹא יִבּוֹל,
וְכֹל אֲשֶׁר יַעֲשֶׂה יִצְלִיחַ.
לֹא כֵן הָרְשָׁעִים,
כִּי אִם כַּמּוֹץ אֲשֶׁר
תִּדְפְּנוּ רוּחַ.
עַל כֵּן לֹא יִקְמוּ
רְשָׁעִים בַּמִּשְׁפָּט,
וְחַטָּאִים בְּעֵדַת צַדִּיקִים.
כִּי יוֹדֵעַ יְהוָה דֶּרֶךְ צַדִּיקִים,

v'derech r'sha-im toveid.
and the way of the wicked will be lost.

וְדֶרֶךְ רְשָׁעִים תֵּאבֵד.