

תהלים ג

PSALM 3

Absalom, David's son, attempted to overthrow him. David wrote this psalm reflecting on his trust in Hashem, which filled him with peace. Whenever others rise up against us, this psalm can instill serenity within us and reaffirm our trust in the Creator.

Mizmor l'David,

A song by David,

b'varcho mip'nei Avshalom b'no.

as he fled from Absalom his son.

Adonai mah rabu tzarai,

Hashem how numerous are my tormentors,

rabim kamim alai.

the great rise up against me.

Rabim om'rim l'nafshi,

The great say of my soul,

ein y'shu-atah lo

there is no salvation for him

Veilohim selah.

from Elohim, selah!

V'atah Adonai magein ba-adi,

But You Hashem are a shield for me,

k'vodo umeirim roshi.

for my soul and the One Who raises my head.

Koli el Adonai ekra,

With my voice I call out to Hashem,

vaya-aneini meihar kodsho selah.

and from Whose holy mountain the One answers me, selah.

Ani shachavti va-ishanah,

I lay down and slept,

hekitzoti ki Adonai yism'cheini.

yet I awoke for Hashem supports me.

Lo ira meiriv'vot am,

I fear not the myriads of people,

asher saviv shatu alai.

that all around are deployed against me.

Kumah Adonai hoshi-eini Elohai,

Rise up Hashem, save me my Elohim,

ki hikita et kol oy'vai lechi,

for You struck all of my enemies on the cheek,

shinei r'sha-im shibarta.

the teeth of the wicked You broke.

L'Adonai hayshu-ah,

To Hashem is salvation,

al am'cha virchatecha selah.

upon Your people is Your blessing, selah.

מִזְמוֹר לְדָוִד,
בְּבָרְחוֹ מִפְּנֵי אֲבִשְׁלוֹם בְּנוֹ.
יְהוָה מָה רַבּוּ צָרָי,
רַבִּים קָמִים עָלַי.
רַבִּים אֹמְרִים לְנַפְשִׁי,
אֵין יְשׁוּעָתָה לּוֹ
בְּאֱלֹהִים סֵלָה.
וְאַתָּה יְהוָה מָגֵן בְּעַדִּי,
כְּבוֹדִי וּמְרִים רֹאשִׁי.
קוֹלִי אֶל יְהוָה אֶקְרָא,
וַיַּעֲנֵנִי מֵהַר קֹדֶשׁוֹ סֵלָה.
אֲנִי שָׁכַבְתִּי וַאֲישָׁנָה,
הֶקִּיצוּתִי כִּי יְהוָה יִסְמְכֵנִי.
לֹא אִירָא מִרַבְּבוֹת עַם,
אֲשֶׁר סָבִיב שָׁתוֹ עָלַי.
קוּמָה יְהוָה הוֹשִׁיעֵנִי אֱלֹהֵי,
כִּי הִכִּיתָ אֶת כָּל אֹיְבֵי לְחֵי,
שִׁנֵּי רָשָׁעִים שִׁבַּרְתָּ.
לִיהוָה הִישׁוּעָה,
עַל עַמֶּךָ בְּרַכְתָּךְ סֵלָה.