

תהלים ו

PSALM 6

David's intention for composing this psalm was not only for himself, but to be a prayer for every person or the community who may suffer from sickness and oppression.

Lam'natzei-ach binginot

For the conductor with the neginot

al hash'minit,

on the eight stringed harp,

mizmor l'David.

a psalm by David.

Adonai al b'ap'cha tochicheini,

Hashem do not rebuke me in Your anger,

v'al bachamat'cha t'yas'reini.

nor in Your wrath chastise me.

Chaneini Adonai ki umlal ani,

Favor me Hashem for I am feeble,

r'fa-eini Adonai ki nivhalu atzamai.

heal me Hashem for my bones are frightened.

V'nafshi nivhalah m'od,

And my soul is utterly terrified,

v'atah Adonai ad matai.

and You Hashem until when?

Shuvah Adonai chal'tzah nafshi,

Desist Hashem, release my soul,

hoshi-eini l'ma-an chasdecha.

save me for the sake of Your kindness.

Ki ein bamavet zichrecha,

For in death is there mention of You,

bishol mi yodeh lach.

in the grave who will praise You?

Yagati b'anchati,

I am wearied with my sigh,

as-cheh b'chol lailah mitati,

I drench my bed every night,

b'dimati arsi amseh.

with my tears I soak my couch.

Ash'shah mika-as eini,

On account of anger is my eye dimmed,

at'kah b'chol tzor'rai.

aged because of all my tormentors.

Suru mimeni kol po-alei aven,

Depart from me all those who do evil,

ki shama Adonai kol bichyi.

for Hashem has heard the sound of my weeping.

לְמַנְצֵחַ בְּנִגִּינוֹת
עַל הַשְּׁמִינִית,
מִזְמוֹר לְדָוִד.
יְהוָה אֵל בְּאַפְּךָ תוֹכִיחֵנִי,
וְאֵל בַּחֲמַתְךָ תִּסְרְנֵנִי.
חַנּוּנֵי יְהוָה כִּי אִמְלֵל אֲנִי,
רַפְּאֵנִי יְהוָה כִּי נִבְהָלוּ עַצְמֵי.
וְנַפְשִׁי נִבְהָלָה מְאֹד,
וְאַתָּה יְהוָה עַד מָתַי.
שׁוּבָה יְהוָה חַלְצֵה נַפְשִׁי,
הוֹשִׁיעֵנִי לְמַעַן חַסְדְּךָ.
כִּי אֵין בַּמָּוֹת זְכָרְךָ,
בְּשֹׂאוֹל מִי יוֹדֵה לָךְ.
יִגְעַתִּי בְּאַנְחָתִי,
אֲשַׁחֶה בְּכֹל לַיְלָה מִטָּתִי,
בְּדַמְעֹתַי עַרְשִׁי אֲמָסֶה.
עַשְׂשָׂה מִכַּעַס עֵינַי,
עַתְקָה בְּכֹל צוֹרָרַי.
סוּרוּ מִמֶּנִּי כֹל פְּעֻלֵי אָוֶן,
כִּי שָׁמַע יְהוָה קוֹל בְּכִי.

Shama Adonai t'chinati,

Hashem has heard my plea,

Adonai t'filati yikach.

Hashem will accept my prayer.

Yeivoshu v'yibahalu m'od kol oy'vai,

May my enemies be shamed and utterly confounded,

yashuvu yeivoshu raga.

may they regret and be shamed in an instant.

שִׁמַע יְהוָה תְּחִנָּתִי,

יְהוָה תִּפְלֹתַי יִקַּח.

יִבְשׁוּ וַיִּבְהָלוּ מְאֹד כָּל אֹיְבָי,

יָשׁוּבוּ יִבְשׁוּ רַגְעַ.