

תהלים ז

PSALM 7

David dedicated this Psalm to King Saul, whom he considered his most difficult enemy (Moed Katan 16b). It is a song of joy over the salvation of the righteous and reminds us that Creator is with us when others seem to be against us. Our Sages taught that this song also served as the Song of The Day for Purim (Sofrim 18:2).

Shigayon l'David asher shar l'Adonai,

A shigayon by David, which he sang to Hashem,

al divrei kush ben y'mini.

about Kush ben Yemini.

Adonai Elohai b'cha chasiti,

Hashem my Elohim, in You I seek refuge,

hoshi-eini mikol rod'fai v'hatzileini.

save me from all my pursuers and rescue me.

Pen yitrof k'aryeih nafshi,

Lest they tear my soul to pieces like a lion,

poreik v'ein matzil.

dismembering without any rescuer.

Adonai Elohai im asiti zot,

Hashem my Elohim, if I have done this,

im yesh avel b'chapai.

if there is injustice in my hands.

Im gamalti shol'mi ra,

If I have repaid those who are at peace with me with evil,

va-achal'tzah tzor'ri reikam.

and I, who rescued my enemies gratuitously.

Yirdof oyeiv nafshi v'yaseig,

Then let the adversary pursue my soul and overtake it,

v'yirmos la-aretz chayai,

and let him trample my life to the ground,

uchvodi le-afar yashkein selah.

and my honor let him lay in the dust, Selah.

Kumah Adonai b'apecha,

Rise up Hashem in Your anger,

hinasei b'avrot tzor'rai,

be lifted in fury against my enemies,

v'urah eilai mishpat tzivita.

and awaken on my behalf the judgement You commanded.

Va-adat l'umim t'sov'veka,

Let the congregation of the peoples surround You,

v'aleha lamarom shuvah.

and then rise above and return on high.

Adonai yadin amim,

Hashem will judges the peoples,

shafteini Adonai,

judge me Hashem,

שִׁגְיוֹן לְדָוִד אֲשֶׁר שָׁר לַיהוָה,

עַל דְּבַרֵי כּוֹשׁ בֶּן יַמִּינִי.

יְהוָה אֱלֹהֵי בְךָ חָסִיתִי,

הוֹשִׁיעֵנִי מִכָּל רֹדְפֵי וְהַצִּילֵנִי.

פֶּן יִטְרֹף כְּאַרְיֵה נַפְשִׁי,

פָּרַק וְאַיִן מַצִּיל.

יְהוָה אֱלֹהֵי אִם עָשִׂיתִי זֹאת,

אִם יֵשׁ עוֹל בְּכַפִּי.

אִם גָּמַלְתִּי שׁוֹלְמֵי רַע,

וְאַחֲלָצָה צוֹרְרֵי רִיקָם.

יִרְדֹּף אוֹיֵב נַפְשִׁי וַיִּשָּׂג,

וַיִּרְמֹס לְאַרְץ חַיִּי,

וּכְבוֹדִי לְעַפָּר יִשְׁכַּן סֵלָה.

קוּמָה יְהוָה בְּאַפְּךָ,

הַנָּשָׂא בְּעִבְרוֹת צוֹרְרֵי,

וְעוֹרָה אֵלַי מִשֹּׁפֵט צוֹיֵת.

וְעַדֹּת לְאֻמִּים תְּסוּבְּבֶךָ,

וְעֲלֶיהָ לְמָרוֹם שׁוּבָה.

יְהוָה יִדִּין עַמִּים,

שִׁפְטֵנִי יְהוָה,

k'tzidki uchtumi alai.

according to my righteousness and my integrity within me.

Yigmar na ra r'sha-im,

Put an end now to the evil of the wicked,

utchonein tzadik, uvchein

but You will sustain the righteous one, for the Searcher

libot uchlayot Elohim tzadik.

of hearts and minds is Elohim the righteous.

Magini al Elohim,

My protection lies with Elohim,

moshi-a yishrei leiv.

Who saves the upright of heart.

Elohim shofeit tzadik,

Elohim is a righteous Judge,

v'Eil zo-eim b'chol yom.

and the Eternal One is indignant every day.

Im lo yashuv,

If one does not return,

charbo yiltosh,

He will whet his sword,

kashto darach vaychon'nehah.

He has his bow bent and aimed.

V'lo heichin k'lei mavet,

And for him He prepared the tools of death,

chitzav l'dol'kim yifal.

he makes arrows for the pursuers.

Hineih y'chabel aven,

Behold he conceives evil,

v'harah amal v'yalad shaker.

and is pregnant with evil schemes but gives birth to failure.

Bor karah vayachp'reihu,

He has dug a pit and has dug it deep,

vayipol b'shachat yifal.

only to fall into a trap which he himself has made.

Yashuv amal v'rosho,

His mischief shall return upon his own head,

v'al kidkado chamaso yeireid.

and his violence will descend upon his own skull.

Odeh Adonai k'tzidko,

I will thank Hashem according to His righteousness,

va-azam'rah sheim Adonai Elyon.

and I will sing praises to the Name of Hashem Most High.

כְּצִדְקִי וּכְתַמִּי עָלַי.
 יִגְמַר נָא רַע רְשָׁעִים,
 וּתְכוּנֵן צַדִּיק, וּבְחֵן
 לְבוֹת וּכְלִיּוֹת אֱלֹהִים צַדִּיק.
 מִגְּנִי עַל אֱלֹהִים,
 מוֹשִׁיעַ יִשְׂרָאֵל.
 אֱלֹהִים שׁוֹפֵט צַדִּיק,
 וְאֵל זֵעַם בְּכָל יוֹם.
 אִם לֹא יָשׁוּב,
 חֲרְבוֹ יִלְטֹשׁ,
 קִשְׁתּוֹ דָּרַךְ וַיְכוּנֶנָּה.
 וְלוֹ הֵכִין כְּלֵי מוֹת,
 חֲצִיו לְדֹלְקִים יַפְעֵל.
 הִנֵּה יַחְבֵּל אָוֶן,
 וְהָרָה עֵמֶל וַיֵּלֶד שָׂקֵר.
 בּוֹר כָּרָה וַיַּחְפְּרֶהוּ,
 וַיִּפֹּל בְּשַׁחַת יַפְעֵל.
 יָשׁוּב עֵמֶלוֹ בְּרֹאשׁוֹ,
 וְעַל קִדְקָדוֹ חֲמָסוֹ יֵרֵד.
 אֹדֶה יְהוָה כְּצִדְקוֹ,
 וְאֶזְמְרָה שֵׁם יְהוָה עֲלִיּוֹן.