

# תהלים כג

## PSALM 23

This Psalm is probably the most well known of all. It helps us to rest in the knowledge that the Creator provides for our every need and cares for us as a shepherd cares for their flock.

Mizmor l'David.

*A psalm by David.*

Adonai ro-i lo echsar.

*Hashem is my shepherd, I shall not lack.*

Binot deshe yarbitzeini,

*In lush meadows You lay me down,*

al mei m'nuchot y'nahaleini.

*beside peaceful waters You lead me.*

Nafshi y'shoveiv,

*My soul You restore,*

yancheini b'mag'lei tzedek

*You lead me on paths of righteousness*

l'ma-an sh'mo.

*for the sake of Your Name.*

Gam ki eileich b'gei tzalmavet,

*Even though I walk in the valley overshadowed by death,*

lo ira ra ki atah imadi.

*I will not fear evil for You are with me;*

Shivt'cha umishantecha

*Your rod and Your staff*

heimah y'nachamuni.

*they comfort me.*

Ta-aroch l'fanai shulchan

*You prepare a table before me*

neged tzor'rai.

*in view of my tormentors.*

Dishanta vashemen roshi,

*You anointed my head with oil,*

kosi r'vayah.

*my cup overflows.*

Ach tov vachessed yird'funi

*May only goodness and kindness follow me*

kol y'mei chayai,

*all the days of my life,*

v'shavti b'veit Adonai

*and I will dwell in the House of Hashem*

l'orech yamim.

*for the length of days.*

מִזְמוֹר לְדָוִד.

יְהוָה רֹעִי לֹא אֶחְסָר.

בְּנְאוֹת דְּשָׁא יְרַבֵּיצָנִי,

עַל מֵי מְנוּחֹת יְנַהֲלֵנִי.

נַפְשִׁי יִשׁוּבָב,

יְנַחֲנֵי בְּמַעְגְּלֵי צְדָק

לְמַעַן שְׁמוֹ.

גַּם כִּי יֵאלֶךְ בְּגִיא צַלְמוֹת,

לֹא אִירָא רָע כִּי אַתָּה עִמָּדִי.

שִׁבְטְךָ וּמִשְׁעֲנֵתְךָ

הִמָּה יְנַחֲמֵנִי.

תַּעֲרֹךְ לְפָנַי שֻׁלְחָן

נֶגֶד צָרָרִי.

דִּשַׁנְתָּ בְּשֶׁמֶן רֹאשִׁי,

כּוֹסִי יִרְוֶיהָ.

אֶךְ טוֹב וַחֲסֵד יִרְדְּפוּנִי

כָּל יְמֵי חַיִּי,

וְשִׁבְתִּי בְּבַיִת יְהוָה

לְאֹרֶךְ יָמִים.