

## תהלים ל

## PSALM 30

Just as the darkness comes before the dawn, so it is necessary to endure hardship before experiencing the bliss of blessing. This psalm is a prayer for success and a confident declaration of eternal gratitude.

## Mizmor shir chanukat

*A psalm a song for the dedication of*

## habayit l'David.

*the Temple by David.*

**Aromimcha Adonai ki dilitani,**

*I will exalt You Hashem for You have raised me up,*

**v'lo simachta oy'vai li.**

*and not let my foes rejoice over me.*

**Adonai Elohai shivati,**

*Hashem my Elohim I cried out,*

**Eilecha vatirpa-eini.**

*to You and You healed me.*

**Adonai he-elita min sh'ol nafshi,**

*Hashem You have raised up from the lower world my soul,*

**chiyitani miyardi vor.**

*You have preserved me from my descent to the grave.*

**Zam'ru l'Adonai chasidav,**

*Sing to Hashem devout ones,*

**v'hodu l'zeicher kodsho.**

*and give thanks the Holy Name.*

**Ki rega b'apo,**

*For but a moment endures Your anger,*

**chayim birtzono.**

*Your will is life.*

**Ba-erev yalin bechi**

*At evening one lies down weeping,*

**v'laboker rinah.**

*but with dawn a cry of joy.*

**Va-ani amarti b'shalvi**

*I had said in my serenity*

**bal emot l'olam.**

*I would not falter ever.*

**Adonai birzton'cha**

*Hashem through Your favor*

**he-emadtah l'har'ri oz,**

*You supported my mountain to be mighty,*

**histaarta fanecha hayiti nivhal.**

*when You concealed Your face I was confounded.*

**Eilecha Adonai ekra,**

*To You Hashem I would call,*

מְזִמּוֹר שִׁיר חֲנֻכַּת

הַבַּיִת לְדָוִד.

אֲרוֹמְמֶךָ יְהוָה כִּי דָלִיתַנִּי

וְלֹא שִׂמַּחְתָּ אֵיבֵי לִי.

יְהוָה אֱלֹהֵי שׁוֹעֲתִי

אֵלַיךָ וַתִּרְפָּאֵנִי.

יְהוָה הֶעֱלִיתָ מִן שְׂאוֹל נַפְשִׁי,

חֵייתַנִּי מִיַּרְדֵי בּוֹר.

זָמְרוּ לַיהוָה חֲסִידָיו

וְהוֹדוּ לְזֵכֶר קֹדְשׁוֹ.

כִּי רַגַע בָּאָפוֹ,

חַיִּים בְּרִצּוֹנּוֹ.

בְּעֶרֶב יִלֵּן בְּכִי,

וּלְבֹקֶר רִנָּה.

וְאָנִי אָמַרְתִּי בְשִׁלְוִי

בְּלֹא אָמוּט לְעוֹלָם.

יְהוָה בְּרִצּוֹנְךָ

הֶעֱמַדְתָּה לְהַרְרֵי עֹז,

הִסְתַּרְתָּ פָנֶיךָ הַיִּיתִי נִבְהָל.

אֵלַיךָ יְהוָה אֶקְרָא,

v'el Adonai etchanan.

*and to You I would appeal.*

Mah betza b'dami

*What gain is there in my death*

b'ridti el shachat,

*in my descent to the pit,*

hayod'cha afar hayagid amitecha.

*will the dust acknowlege You, will it declare Your truth?*

Sh'ma Adonai v'choneini

*Hear O Hashem and favor me*

Adonai he-yeih ozeir li.

*Hashem; be my Helper.*

Hafachta misp'di l'machol li,

*You have transformed my lament into dancing for me,*

pitachta saki vat'az'reini simchah.

*You undid my sackcloth and You girded me with gladness.*

L'ma-an y'zamercha chavod v'lo yidom,

*So that I may sing to You my glory and not be silenced,*

Adonai Elohai l'olam odecha.

*Hashem my Elohim I will thank You.*

וְאֵל אֲדֹנָי אֶתְחַנֵּן.

מַה בְּצֵעַ בְּדַמִּי

בְּרִדְתִּי אֶל שַׁחַת,

הֲיֹדֵךְ עֶפְרַי הִיגִיד אֱמֶתְךָ.

שְׁמַע יְהוָה וְחַנּוּנִי

יְהוָה הִיָּה עֹזֵר לִי.

הִפַּכְתָּ מִסִּפְדִּי לְמַחֹל לִי,

פִּתַּחְתָּ שָׂקִי וּתְאַרְנֵנִי שִׂמְחָה.

לְמַעַן יִזְמְרֶךָ כְּבוֹד וְלֹא יִדָּם,

יְהוָה אֱלֹהֵי לְעוֹלָם אֲדַכֶּךָ.

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