

תהלים לב

PSALM 32

When we seek forgiveness with sincerity it will truly be granted to us. Gladness comes to us as a result of being forgiven and we are able to cry out in joy.

L'David maskil.

By David, a maskil.

Ashrei n'shu-i pesha,

Happy is the one who is forgiven their transgression,

k'su-i chata-ah.

whose sin is covered.

Ashrei adam lo yachshov Adonai

Happy is the person to whom Hashem does not account

lo avon,

iniquity to them,

v'ein b'rucho r'miyah.

and in whose spirit there is no deceit.

Ki hecherashti balu atzamai,

When I kept silent my bones wasted away,

b'sha-agati kol hayom.

because of my anguished roar all day long.

Ki yomam valailah tichbad

For day and night heavily

alai yadecha,

was Your hand upon me,

neh-pach l'shadi b'charvonei

my freshness was transformed by the drought

kayitz selah.

of summer, Selah.

Chatati odi-acha,

My sin I make known to You,

va-avoni lo chisiti,

and my iniquity I do not hide,

amarti odeh alei

I said I will confess for

f'sha-ai l'Adonai,

my transgressions to Hashem,

v'atah nasata avon chatati

and You have always forgiven the iniquity of my sin

selah.

Selah.

Al zot yitpaleil kol chasid

For this shall every one who is pious pray

eilecha l'eit m'tzo,

to You at a time when You may be found,

לְדוֹד מִשְׁכִּיל.

אֲשֵׁרִי נְשׁוּי פֶשַׁע,

כְּסוּי חַטָּאָה.

אֲשֵׁרִי אָדָם לֹא יַחְשֵׁב יְהוָה

לוֹ עוֹן,

וְאֵין בְּרוּחוֹ רְמִיָּה.

כִּי הֶחֱרַשְׁתִּי בְלוּ עַצְמִי,

בְּשִׁאֲגַתִּי כָּל הַיּוֹם.

כִּי יוֹמָם וְלַיְלָה תִכְבַּד

עָלַי יְדָךְ,

נִהְפַךְ לְשִׁדִּי בְּחַרְבֵי בְּנֵי

קִיץ סֵלָה.

חַטָּאתִי אֹדִיעֶךָ,

וְעוֹנִי לֹא כִסִּיתִי,

אִמַּרְתִּי אֹדָה עָלַי

פֶּשַׁעַי לַיהוָה,

וְאַתָּה נָשִׂאתָ עוֹן חַטָּאתִי

סֵלָה.

עַל זֹאת יִתְפַּלֵּל כָּל חֲסִיד

אַלֶּיךָ לְעֵת מְצֹא,

rak l'sheitef mayim rabim

only that the flooding mighty waters

eilav lo yagi-u.

not overtake them.

Atah seiter li,

You are a shelter for me,

mitzar titz'reini,

from distress You preserve me,

ranei faleit t'sov'veini selah.

with glad song of deliverance You envelop me, Selah.

Aski-l'cha v'or'cha

I will make you wise and enlighten you

b'derech zu teileich,

in the path which you shall go,

iyatzah alecha eini.

I will counsel you with my eye.

Al tih-yu k'sus

Be not like a horse

k'fered ein havin,

or like a mule uncomprehending,

b'meteg varesen edyo livlom,

restrained with bit and bridle when being adorned,

bal k'rov eilecha.

so to keep them from approaching you.

Rabim machovim larasha,

Many are the afflictions of the wicked,

v'habotei-ach Badonai

but the one who trusts in Hashem

chesed y'sov'venu.

kindness surrounds them.

Simchu Badonai v'gilu tzadikim,

Be glad in Hashem and rejoice O righteous,

v'harninu kol yishrei leiv.

and shout for joy, all upright of heart.

רַק לְשִׁטְף מַיִם רַבִּים

אֲלֵיו לֹא יִגִּיעוּ.

אַתָּה סִתָּר לִי,

מִצָּר תִּצְרֵנִי,

רַנֵּי פִלַט תְּסוּבְּבֵנִי סֵלָה.

אַשְׁכִּילְךָ וְאוֹרְךָ

בְּדַרְךָ זֶה תֵּלֶךְ,

אִיעֲצָה עֲלֶיךָ עֵינִי.

אַל תִּהְיוּ כְּסוֹס

כְּפֶרֶד אֵין הָבִין,

בְּמַתָּג וְרֶסֶן עֲדִיו לְבָלוֹם,

בַּל קָרֹב אֵלֶיךָ.

רַבִּים מַכְאוּבִים לְרָשָׁע,

וְהַבּוֹטָח בִּיהוָה

חֶסֶד יְסוּבְּבֵנוּ.

שִׂמְחוּ בִיהוָה וְגִילוּ צְדִיקִים,

וְהִרְנִינוּ כָּל יֹשְׁרֵי לֵב.