

תהלים מא

PSALM 41

The Creator heals our soul through the illnesses of the body. Sickness is brought upon us because of our selfishness and negative thoughts and actions. When we recognize this and strive to transform ourselves, then healing occurs and we can join with King David in expressing our gratitude to Hashem.

Lam'natzei-ach mizmor l'David.

To the chief Musician, a psalm by David.

Ashrei maskil el dal,

Praiseworthy is the one who cares wisely for the sick,

b'yom ra-ah y'mal'teihu Adonai.

on the day of evil Hashem will liberate them.

Adonai yishm'reihu vicha-yeihu,

Hashem will preserve them and restore them to life,

v'ushar ba-aretz,

and they will be happy on earth,

v'al ti-t'neihev b'nefesh oy'vav.

and You will not deliver them to the desire of their enemies.

Adonai yisadenu al eres d'vai,

Hashem will fortify them on their bed of misery,

kol mishkavo chafachta v'chalyo.

all their restfulness has been upset by their illness.

Ani amarti: Adonai chaneini,

As for me I said: O Hashem show me favor,

r'fa-ah nafshi,

heal my soul,

ki chatati lach.

for I have done negative things against You.

Oy'vai yom'ru ra li,

My enemies speak evil of me:

matai yamut v'avad sh'mo.

When will they die and their name perish?

V'im ba lirot shav y'dabeir,

And if one comes to see, insincerely do they speak,

libo yikbatz aven lo,

their heart seeks to gather evil for itself,

yeitzei lachutz y'dabeir.

upon going out they speak it.

Yachad alai yit-lachashu kol son'ai,

Together against me all my enemies whisper,

alai yach-sh'vu ra-ah li.

against me they plot my harm.

D'var b'li-ya-al yatzuk bo,

The result of their wickedness is poured over them,

va-asher shachav lo yosif lakum.

and now that they lie ill may they rise no more.

לְמַנְצֵחַ מִזְמוֹר לְדָוִד.
אֲשֶׁרִי מִשְׁכִּיל אֶל דָּל,
בְּיוֹם רָעָה יִמְלֹטְהוּ יְהוָה.
יְהוָה יִשְׁמְרֵהוּ וְיַחְיֵהוּ,
וְאֲשֶׁר בְּאֶרֶץ,
וְאֵל תִּתְּנֵהוּ בְּנַפְשׁ אֹיְבָיו.
יְהוָה יִסְעֲדֵנוּ עַל עֵרֶשׁ דָּוִי,
כֹּל מִשְׁכָּבוֹ הִפְכָת בְּחַלְיוֹ.
אֲנִי אָמַרְתִּי: יְהוָה חַנּוּנִי,
רַפְּאֵה נַפְשִׁי,
כִּי חָטָאתִי לָךְ.
אֹיְבֵי יֵאמְרוּ רַע לִי,
מַתִּי יָמוֹת וְאָבַד שְׁמוֹ.
וְאִם בָּא לִרְאוֹת שׂוֹא יִדְבֹר,
לְבוֹ יִקְבֹץ אָוֶן לוֹ,
יֵצֵא לְחוּץ יִדְבֹר.
יַחַד עָלַי יִתְלַחֲשׁוּ כָּל שֹׂנְאָי,
עָלַי יַחְשְׁבוּ רָעָה לִי.
דְּבַר בְּלִיעַל יִצּוֹק בּוֹ,
וְאֲשֶׁר שָׁכַב לֹא יוֹסִיף לָקוּם.

Gam ish sh'lomi

Even my ally

asher bata^uchti vo,

in whom I put my trust,

ocheil lachmi,

who ate my bread,

higdil alai akeiv.

has lifted up his heel against me.

V'atah Adonai chaneini vahakimeini,

But You, O Hashem, show me favor and raise me up,

va-ashal'mah lahem.

then I shall repay them.

B'zot yadati ki chafatzta bi,

By this I shall know that you favor me,

ki lo yari-a oy'vi alai.

that You will not let my enemy shout in triumph over me.

Va-ani b'tumi tamachta bi,

And I because of my integrity You have supported me,

vatatziveini l'fanecha l'olam.

and let me stand erect before You forever.

Baruch Adonai Elohei Yisra-eil

Blessed be Hashem Elohim of Israel

meiha-olam v'ad ha-olam,

from this world and the world to come,

amein v'amein.

amen and amen.

גַּם אִישׁ שְׁלוֹמִי
 אֲשֶׁר בְּטַחְתִּי בּוֹ,
 אוֹכֵל לֶחְמִי,
 הִגְדִּיל עָלַי עֶקֶב.
 וְאַתָּה יְהוָה חַנּוּנִי וְהַקִּימְנִי,
 וְאַשְׁלֵמָה לָהֶם.
 בְּזֹאת יֵדַעְתִּי כִּי חִפְצָתָּ בִּי,
 כִּי לֹא יָרִיעַ אֹיְבֵי עָלַי.
 וְאַנִּי בְּתוֹמִי תָמַכְתָּ בִּי,
 וְתַצִּיבֵנִי לְפָנֶיךָ לְעוֹלָם.
 בָּרוּךְ יְהוָה אֱלֹהֵי יִשְׂרָאֵל
 מִהָעוֹלָם וְעַד הָעוֹלָם,
 אָמֵן וְאָמֵן.

