

תהלים קכד

PSALM 124

This psalm reminds us that we continue to exist only because the Creator watches over us. Keeping this in mind gives us the strength to go out into the world and face its challenges.

Shir hama-alot I'David.

A song of ascents by David.

Lulei Adonai shehayah lanu,

Had not Hashem been with us,

yomar na Yisra-eil.

declare it now Israel.

Lulei Adonai shehayah lanu,

Had not Hashem been with us,

b'kum aleinu adam.

when people rose up against us.

Azai chayim b'la-unu,

Then they would have swallowed us up alive,

b'charot apam banu.

when their anger flared up against us.

Azai hamayim sh'tafunu,

Then the waters would have inundated us,

nachlah avar al nafsheinu.

the current would have surged across our soul.

Azai avar al nafsheinu,

Then they would have surged across our soul,

hamayim hazeidonim.

the treacherous waters.

Baruch Adonai,

Blessed is Hashem,

shelo n'tanenu teref l'shineihem.

Who did not present us as prey for their teeth.

Nafsheinu k'tzipor niml'tah

Our soul is like a bird that escaped

mipach yok'shim,

from the snare of the hunters,

hapach nishbar,

the snare broke,

va-anachnu nimlatnu.

and we escaped.

Ezreinu b'sheim Adonai,

Our help is in the Name of Hashem,

oseih shamayim va-aretz.

Who made heaven and earth.

שִׁיר הַמַּעֲלוֹת לְדָוִד.

לוֹלֵי יְהוָה שְׁהִיָּה לָנוּ,

יֹאמַר נָא יִשְׂרָאֵל.

לוֹלֵי יְהוָה שְׁהִיָּה לָנוּ,

בְּקוֹם עָלֵינוּ אָדָם.

אֲזִי חַיִּים בְּלָעוֹנוּ,

בְּחַרוֹת אַפָּם בָּנוּ.

אֲזִי הַמַּיִם שִׁטְפוּנוּ,

נַחֲלָה עָבַר עַל נַפְשֵׁנוּ.

אֲזִי עָבַר עַל נַפְשֵׁנוּ,

הַמַּיִם הַזֵּידוֹנִים.

בָּרוּךְ יְהוָה,

שֶׁלֹּא נִתְּנָנוּ טָרֶף לְשִׁנֵּיהֶם.

נַפְשֵׁנוּ כְּצִפּוֹר נִמְלְטָה

מִפַּח יוֹקְשִׁים,

הַפַּח נִשְׁבַּר,

וְאֲנַחְנוּ נִמְלְטָנוּ.

עֲזָרְנוּ בְּשֵׁם יְהוָה,

עֲשֵׂה שָׁמַיִם וָאָרֶץ.