

Sepher Tehillim (Psalms)

Chapter 103

Shavua Reading Schedule (34th sidrah) - Ps 103 - 104

פְּסַלְמֵי דָּוִד אֶת־יְהוָה וְכָל־קְרָבֵי אֶת־שְׁמֵי קְדֹשׁוֹ׃ Ps103:1

אֶל־לְדוֹד בְּרַכֵּי נַפְשִׁי אֶת־יְהוָה וְכָל־קְרָבֵי אֶת־שְׁמֵי קְדֹשׁוֹ׃

1. P'Dawid baraki naph'shi 'eth-Yahúwah w'kal-q'rabay 'eth-shem qad'sho.

Praise for the Mercies of אָרְאָה.

A Psalm of Dawid.

Ps103:1 Bless אָרְאָה, O my soul, and all within me His holy name.

<102:1> Τῷ Δαυιδ.

Εὐλόγει, ἡ ψυχὴ μου, τὸν κύριον καί, πάντα τὰ ἐντός μου, τὸ ὄνομα τὸ ἅγιον αὐτοῦ·

1 Tō Dawid.

A psalm to David.

Eulogei, hē psychē mou, ton kyrion kai, panta ta entos mou, to onoma to hagion autou;

Bless O my soul YHWH, and all the things within me, bless name his holy!

בְּרַכֵּי נַפְשִׁי אֶת־יְהוָה וְאַל־תִּשְׁכַּחֵי כָּל־גְּמוּלָיו׃ 2

בְּרַכֵּי נַפְשִׁי אֶת־יְהוָה וְאַל־תִּשְׁכַּחֵי כָּל־גְּמוּלָיו׃

2. baraki naph'shi 'eth-Yahúwah w'al-tish'k'chi kal-g'mulayu.

Ps103:2 Bless אָרְאָה, O my soul, and do not forget all His benefits;

<2> εὐλόγει, ἡ ψυχὴ μου, τὸν κύριον

καὶ μὴ ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις αὐτοῦ·

2 eulogei, hē psychē mou, ton kyrion kai mē epilanthanou pasas tas antapodoseis autou;

Bless O my soul YHWH, and forget not all his recompenses!

גְּהַסִּילֵחַ לְכָל־עֲוֹנוֹתַי הַרְפֵּא לְכָל־תַּחֲלָאוֹתַי׃ 3

גְּהַסִּילֵחַ לְכָל־עֲוֹנוֹתַי הַרְפֵּא לְכָל־תַּחֲלָאוֹתַי׃

3. hasoleach l'kal-'awoneki harophe' l'kal-tachalu'ay'ki.

Ps103:3 Who pardons all your iniquities, who heals all your diseases;

<3> τὸν εὐλατεύοντα πάσαις ταῖς ἀνομίαις σου, τὸν ἰώμενον πάσας τὰς νόσους σου·

3 ton euilateuonta pasais tais anomiais sou, ton iōmenon pasas tas nosous sou;

the one propitiating all your lawlessnesses; the one healing all your diseases;

דְּהַגּוֹאֵל מִשַּׁחַת חַיִּיכִי הַמְעַטְרֵכִי חֶסֶד וְרַחֲמִים׃ 4

דְּהַגּוֹאֵל מִשַּׁחַת חַיִּיכִי הַמְעַטְרֵכִי חֶסֶד וְרַחֲמִים׃

4. hago'el mishachath chayay'ki ham'at'reki chesed w'rachamim.

Ps103:4 Who redeems your life from the pit,

who crowns you with lovingkindness and compassion;

<4> τὸν λυτρούμενον ἐκ φθορᾶς τὴν ζωὴν σου,

τὸν στεφανοῦντά σε ἐν ἐλέει καὶ οἰκτιρμοῖς·

4 ton lytroumenon ek phthoras tēn zōēn sou,
the one ransoming from out of corruption your life;
ton stephanounta se en eleei kai oiktirmois;
the one crowning you with mercy and compassions;

הַמְשַׁבֵּיעַ בְּטוֹב עֲדִיךָ תִתְּחַדֵּשׁ כִּנְשֹׁר נְעוּרֶיכִי:
:כַּעֲשֶׂה אֱלֹהִים אֶת־עֲדֶיךָ וְאֶת־חַסְדֵּיךָ

5. hamas'bia` batob `ed'yek tith'chadesh kanesher n`uray'ki.

Ps103:5 Who satisfies your desire with good things,
so that your youth is renewed like the eagle.

<5> τὸν ἐμπιπλῶντα ἐν ἀγαθοῖς τὴν ἐπιθυμίαν σου,
ἀνακαινισθήσεται ὡς ἀετοῦ ἡ νεότης σου.

5 ton empiplōnta en agathois tēn epithymian sou,
the one filling with good things your desire.

anakainisthēsetai hōs aetou hē neotēs sou.

shall be renewed as an eagle Your youth.

וְעֲשִׂיהַ צְדָקוֹת יְהוָה וּמִשְׁפָּטִים לְכֹל-עֲשׂוּקִים:
:אֶת־חַסְדֵּיךָ אֱלֹהִים אֶת־עֲדֶיךָ

6. `oseh ts'daqoth Yahúwah umish'patim l'kal-`ashuqim.

Ps103:6 אֱלֹהִים performs righteousness and judgments for all who are oppressed.

<6> ποιῶν ἐλεημοσύνας ὁ κύριος καὶ κρίμα πᾶσι τοῖς ἀδικουμένοις.

6 poiōn eleēmosynas ho kyrios
The one doing charity is YHWH,

kai krima pasi tois adikoumenois.

and judgment to all the ones having been wronged.

זִיּוּרְיֵעַ הִרְבֵּי לְמִשְׁחָה לְבָנֵי יִשְׂרָאֵל עַל־לִוְיָתָיו:
:אֶת־חַסְדֵּיךָ אֱלֹהִים אֶת־עֲדֶיךָ

7. yodi`a d'rakayu l'Mosheh lib'ney Yis'ra'El `alilothayu.

Ps103:7 He made known His ways to Mosheh, His acts to the sons of Yisra'El.

<7> ἐγνώρισεν τὰς ὁδοὺς αὐτοῦ τῷ Μωϋσῆ, τοῖς υἱοῖς Ἰσραὴλ τὰ θελήματα αὐτοῦ.

7 egnōrisen tas hodous autou tō Mōusē, tois huiois Israēl ta thelēmata autou.

He made known his ways to Moses; to the sons of Israel his wants.

חַרְחֻמִּים וְחֶסֶד יְהוָה אֶרְבֵּי אַפְיִם וְרַב-חֶסֶד:
:אֶת־חַסְדֵּיךָ אֱלֹהִים אֶת־עֲדֶיךָ

8. rachum w'chanun Yahúwah `erek `apayim w'rab-chased.

Ps103:8 אֱלֹהִים is compassionate and gracious,
slow to anger and abounding in lovingkindness.

<8> οἰκτίρων καὶ ἐλεήμων ὁ κύριος,

μακρόθυμος καὶ πολυέλεος·

8 oiktirmōn kai eleēmōn ho kyrios, makrothymos kai polueleos;
Pitying and merciful is YHWH; lenient and full of mercy.

9:4207 מלץ06 462 9292 חזק-469
ט לא-לנצח יריב ולא לעולם יטור:

9. lo'-lanetsach yarib w'lo' l'olam yitor.

Ps103:9 He shall not always strive, nor shall He keep His anger forever.

<9> οὐκ εἰς τέλος ὀργισθήσεται οὐδὲ εἰς τὸν αἰῶνα μνησεί·

9 ouk eis telos orgisthēsetai

Not unto the end shall He be provoked to anger,
oude eis ton aiōna mēniei;
nor into the eon shall he cherish wrath.

10:4206 מלץ1 מלץ1 462 276 300 276404 4610
י לא כחטאינו עשה לנו ולא כעונתינו גמל עלינו:

10. lo' kachata'eynu `asah lanu w'lo' ka`awonotheynu gamal `aleynu.

Ps103:10 He has not done to us according to our sins,
nor rewarded us according to our iniquities.

<10> οὐ κατὰ τὰς ἀμαρτίας ἡμῶν ἐποίησεν ἡμῖν
οὐδὲ κατὰ τὰς ἀνομίας ἡμῶν ἀνταπέδωκεν ἡμῖν

10 ou kata tas hamartias hēmōn epoiēsen hēmin

Not according to our lawless deeds did He deal with us;
oude kata tas anomias hēmōn antapedōken hēmin
nor according to our sins did he recompense to us.

11:4242-60 2444 991 2443-60 4270 397 276 11
יא כפי כגבהו שמים על-הארץ גבר חסדו על-יראיו:

11. ki kig'boah shamayim `al-ha'arets gabar chas'do `al-y're'ayu.

Ps103:11 For as high as the heavens are above the earth,
so great is His lovingkindness toward those who fear Him.

<11> ὅτι κατὰ τὸ ὕψος τοῦ οὐρανοῦ ἀπὸ τῆς γῆς
ἐκραταίωσεν κύριος τὸ ἔλεος αὐτοῦ ἐπὶ τοὺς φοβουμένους αὐτόν·

11 hoti kata to huuos tou ouranou apo tēs gēs

For as the height of the heavens from the earth,
ekrataiōsen kyrios to eleos autou epi tous phoboumenous auton;
so YHWH fortified His mercy upon the ones fearing him.

12:4204x4 276 4244 900 424 424 12
יב כרחק מזרח ממערב הרחיק ממנו את-פשעינו:

12. kir'choq miz'rach mima`arab hir'chiq mimenu 'eth-p'sha`eynu.

Ps103:12 As far as the east is from the west,
so far has He removed our transgressions from us.

<12> καθ' ὅσον ἀπέχουσιν ἀνατολαὶ ἀπὸ δυσμῶν,
ἐμάκρυνεν ἀφ' ἡμῶν τὰς ἀνομίας ἡμῶν.

12 **kath' hoson** apechousin **anatolai apo dysmōn**,
According to as much as the distance eastwards from westwards,
emakrynen aph' hēmōn tas anomias hēmōn.
He set afar from us our lawlessness.

יג כִּרְחֵם אָב עַל-בְּנֵי רַחֵם יְהוָה עַל-יִרְאַתּוֹ׃
:יִרְאַתּוֹ-לֹא-יִרְחֵם אָב עַל-בְּנֵי רַחֵם יְהוָה עַל-יִרְאַתּוֹ׃

13. **k'rachem 'ab `al-banim richam Yahúwah `al-y're'ayu.**

Ps103:13 As a father has compassion on his sons,
so **YHWH** has compassion on those who fear Him.

<13> καθὼς οἰκτίρει πατὴρ υἱούς, οἰκτίρησεν κύριος τοὺς φοβουμένους αὐτόν,

13 **kathōs oiktirei patēr huious, oiktirēsen kyrios tous phoboumenous auton**,
As pities a father his sons, so YHWH pities the ones fearing him.

יד כִּי-הוּא יָדַע יִצְרָנוּ זְכוּר כִּי-עָפָר אָנַחְנוּ׃
:יָדַע יִצְרָנוּ זְכוּר כִּי-עָפָר אָנַחְנוּ׃

14. **ki-hu' yada` yits'renu zakur ki-`aphar 'anach'nu.**

Ps103:14 For He knows our frame; He remember that we are dust.

<14> ὅτι αὐτὸς ἔγνω τὸ πλάσμα ἡμῶν· μνήσθητι ὅτι χουὶς ἐσμεν.

14 **hoti autos egnō to plasma hēmōn; mnēsthēti hoti chous esmen.**
For he knew our shape, he remembered that we are dust.

טו אָנוֹשׁ כֶּחֶצִיר יָמָיו כְּצִיץ הַשָּׂדֶה כֵּן יִצְיֵץ׃
:יָמָיו-כְּצִיץ הַשָּׂדֶה כֵּן יִצְיֵץ׃

15. **'enosh kechatsir yamayu k'tsits hasadeh ken yatsits.**

Ps103:15 As for man, his days are like grass; as a flower of the field, so he flourishes.

<15> ἄνθρωπος, ὡσεὶ χόρτος αἱ ἡμέραι αὐτοῦ·

ὡσεὶ ἄνθος τοῦ ἀγροῦ, οὕτως ἐξανθήσει·

15 **anthrōpos, hōsei chortos hai hēmerai autou; hōsei anthos tou agrou, houtōs exanthēsei;**
Man, as grass, so are his days; as a flower of the field, so he shall blossom.

טז כִּי רוּחַ עָבְרָה-בּוֹ וְאֵינָנוּ וְלֹא-יִכְרַנּוּ עוֹד מְקוֹמוֹ׃
:וְאֵינָנוּ וְלֹא-יִכְרַנּוּ עוֹד מְקוֹמוֹ׃

16. **ki ruach `ab'rah-bo w'eynenu w'lo'-yakirenu `od m'qomo.**

Ps103:16 When the wind has passed over it, it is not,
and its place acknowledges it no longer.

<16> ὅτι πνεῦμα διήλθεν ἐν αὐτῷ, καὶ οὐχ ὑπάρξει

καὶ οὐκ ἐπιγνώσεται ἔτι τὸν τόπον αὐτοῦ.

16 **hoti pneuma diēlthen en autō, kai ouch hyparxei**
For as wind goes by him, and it no longer exists,

kai **ouk** epignōsetai **eti** ton **topon** autou.
so also **he shall not recognize any longer his place.**

יְצַדִּיקְתוּ לְבָנֵי בָנִים׃
יִזְוָחֶסֶד יְהוָה מֵעוֹלָם וְעַד-עוֹלָם עַל-יִרְאַיוֹ
אֲפָרָז 17
אֲפָרָז אֲפָרָז אֲפָרָז
אֲפָרָז אֲפָרָז אֲפָרָז

17. w'chesed Yahúwah me`olam w`ad-`olam `al-y're'ayu w'tsid'qatho lib'ney banim.

Ps103:17 But the lovingkindness of אֲפָרָז is from everlasting to everlasting on those who fear Him, and His righteousness to sons of sons,

<17> τὸ δὲ ἔλεος τοῦ κυρίου ἀπὸ τοῦ αἰῶνος καὶ ἕως τοῦ αἰῶνος ἐπὶ τοὺς φοβουμένους αὐτόν, καὶ ἡ δικαιοσύνη αὐτοῦ ἐπὶ υἱοὺς υἱῶν

17 to de eleos tou kyriou apo tou aiōnos

But the mercy of YHWH from the eon,

kai heōs **to** aiōnos **epi** tous **phoboumenous** auton,
and unto the eon, is upon the ones fearing him.

kai hē dikaiosynē autou **epi** huious huiōn

And his righteousness is upon the sons of the sons;

יַחַד לְשִׁמְרֵי בְרִיתוֹ וְלִזְכָּרֵי פְקֻדָּיו לַעֲשׂוֹתָם׃
אֲפָרָז 18
אֲפָרָז אֲפָרָז אֲפָרָז
אֲפָרָז אֲפָרָז אֲפָרָז

18. I'shom'rey b'ritho ul'zok'rey phiqudayu la`asotham.

Ps103:18 To those who keep His covenant and remember His precepts to do them.

<18> τοῖς φυλάσσουσιν τὴν διαθήκην αὐτοῦ καὶ μεμνημένοις τῶν ἐντολῶν αὐτοῦ τοῦ ποιῆσαι αὐτάς.

18 tois phylassousin tēn diathēkēn autou

to the ones guarding his covenant,

kai memnēmenois tōn entolōn autou **to** poiēsai autas.

and to the ones remembering his commandments to observe them.

יִטְיַהוּדָה בְּשָׁמַיִם הַכִּיּוֹן כְּסֵאוֹ וּמִלְכוּתוֹ בְּכֹל מַשְׁלָה׃
אֲפָרָז 19
אֲפָרָז אֲפָרָז אֲפָרָז
אֲפָרָז אֲפָרָז אֲפָרָז

19. Yahúwah bashamayim hekin kis'o umal'kutho bakol mashalah.

Ps103:19 אֲפָרָז has established His throne in the heavens, and His kingdom rules over all.

<19> κύριος ἐν τῷ οὐρανῷ ἠτοίμασεν τὸν θρόνον αὐτοῦ, καὶ ἡ βασιλεία αὐτοῦ πάντων δεσπόζει.

19 kyrios en tō ouranō hētoimasen ton thronon autou,

YHWH in the heavens prepared his throne,

kai hē basileia autou **pantōn despozei.**

and his kingdom he is master of all.

אֲפָרָז 20
אֲפָרָז אֲפָרָז אֲפָרָז
אֲפָרָז אֲפָרָז אֲפָרָז

כְּבָרְכוּ יְהוָה מְלֵאכָיו גְּבוּרֵי כַח עֲשֵׂי דְבָרוֹ לְשִׁמְעַ בְּקוֹל דְּבָרוֹ:

20. **baraku Yahúwah mal'akayu giborey koach `osey d'baro lish'mo`a b'qol d'baro.**

Ps103:20 Bless **אֱלֹהִים**, you **His messengers**, **mighty** in strength,
who perform **His word**, **listening to the voice** of **His word**!

<20> εὐλογεῖτε τὸν κύριον, πάντες οἱ ἄγγελοι αὐτοῦ,
δυνατοὶ ἰσχύι ποιοῦντες τὸν λόγον αὐτοῦ
τοῦ ἀκοῦσαι τῆς φωνῆς τῶν λόγων αὐτοῦ·

20 eulogeite ton kyrion, **pantes hoi aggeloi autou**,
Bless YHWH all you his angels,

dynatoi ischui poiountes **ton logon autou** tou akousai **tēs phōnēs tōn logōn autou**;
mighty in strength, **executing his word**, **to hearken to the sound** of **his words**!

אֱלֹהִים יְהוָה כָּל-צְבָאָיו מְשַׁרְתָּיו עֲשֵׂי רְצוֹנוֹ:
:אֱלֹהִים יְהוָה כָּל-צְבָאָיו מְשַׁרְתָּיו עֲשֵׂי רְצוֹנוֹ 21

21. **baraku Yahúwah kal-ts'ba'ayu m'shar'thayu `osey r'tsono.**

Ps103:21 Bless **אֱלֹהִים**, **all you His hosts**, **You who serve Him**, doing **His will**.

<21> εὐλογεῖτε τὸν κύριον, πᾶσαι αἱ δυνάμεις αὐτοῦ,
λειτουργοὶ αὐτοῦ ποιοῦντες τὸ θέλημα αὐτοῦ·

21 eulogeite ton kyrion, **pasai hai dynameis autou**,
Bless YHWH, all you his forces!

leitourgoi autou poiountes **to thelēma autou**;
his ministers performing his will.

אֱלֹהִים יְהוָה כָּל-מְשַׁלְתֵּי מַעְשָׂיו בְּכָל-מְקוֹמוֹת מְשַׁלְתֵּי
:אֱלֹהִים יְהוָה כָּל-מְשַׁלְתֵּי מַעְשָׂיו בְּכָל-מְקוֹמוֹת מְשַׁלְתֵּי 22

כָּל-מְשַׁלְתֵּי מַעְשָׂיו בְּכָל-מְקוֹמוֹת מְשַׁלְתֵּי
בְּרַכֵּי נַפְשִׁי אֶת-יְהוָה:
בְּרַכֵּי נַפְשִׁי אֶת-יְהוָה:

22. **baraku Yahúwah kal-ma`asayu b'kal-m'qomoth mem'shal'to**
baraki naph'shi 'eth-Yahúwah.

Ps103:22 Bless **אֱלֹהִים**, **all His works**, **in all places** of **His dominion**;
bless **אֱלֹהִים**, **O my soul**!

<22> εὐλογεῖτε τὸν κύριον, πάντα τὰ ἔργα αὐτοῦ
ἐν παντὶ τόπῳ τῆς δεσποτείας αὐτοῦ· εὐλόγει, ἡ ψυχὴ μου, τὸν κύριον.

22 eulogeite ton kyrion, **panta ta erga autou en panti topō tēs despoteias autou**;
Bless YHWH, all you his works, in every place of **his dominion**!

eulogei, hē psychē mou, ton kyrion.
Bless O my soul YHWH!