

# Sepher Tehillim (Psalms)

## Chapter 142

Shavua Reading Schedule (47th sidrah) - Ps 142 - 145

בְּלֹעַנִּי יְהֻנָּה כְּבָדָל מֵעַמְּךָ Ps142:1

אֲמַשְׁכֵיל לְדוֹד בְּחִוּתָו בְּמַעַרְךָ תִּפְלָה:

1. (142:1 in Heb.) mas'kil l'Dawid bih'yotho bam'arah th'philah.

Prayer for Help in Trouble.

Contemplation of Dawid, when he was in the cave. A Prayer.

<141:1> Συνέσεως τῷ Δαυιδ ἐν τῷ εἶναι αὐτὸν ἐν τῷ σπηλαίῳ· προσευχή.

1 Syneseōs tō Dauid en tō einai auton en tō spēlaiō; proseuchē.

Of contemplation to David; in his being in the cave praying.

בְּקֹלִי אֶל־יְהֻנָּה אָזַעַק קֹלִי אֶל־יְהֻנָּה אָתְחָנוּ:

בְּקֹלִי אֶל־יְהֻנָּה אָזַעַק קֹלִי אֶל־יְהֻנָּה אָתְחָנוּ:

(142:2 in Heb.) qoli 'el-Yahúwah 'ez'aq qoli 'el-Yahúwah 'eth'chanan.

Ps142:1 I cry aloud with my voice to יְהֻנָּה;  
I make supplication with my voice to יְהֻנָּה.

<2> Φωνῇ μου πρὸς κύριον ἐκέκραξα, φωνῇ μου πρὸς κύριον ἐδεήθην.

2 Phōnē mou pros kyrion ekekraxa, phōnē mou pros kyrion edeēthēn.

with my voice to YHWH I cried out; with my voice to YHWH I beseeched.

גַּאֲשָׁפֵךְ לְפָנָיו שִׁירֵי צְרָתִי לְפָנָיו אֲגִיד:

גַּאֲשָׁפֵךְ לְפָנָיו שִׁירֵי צְרָתִי לְפָנָיו אֲגִיד:

2. (142:3 in Heb.) 'esh'pok l'phanayu sichi tsarathi l'phanayu 'agid.

Ps142:2 I pour out my complaint before Him; I declare my trouble before Him.

<3> ἐκχεῶ ἐναντίον αὐτοῦ τὴν δέησίν μου, τὴν θλῖψίν μου ἐνώπιον αὐτοῦ ἀπαγγελῶ.

3 ekcheō enantion autou tēn deēsin mou,

I shall pour out before him my supplication;

tēn thlipsin mou enōpion autou apaggelō.

my affliction before him I shall report.

דְּבַהֲתַעַטֵּפְךָ עַלְיִ רְוִיחִי

וְאַתָּה יָדַעַת גִּתְּבָתִי בְּאַרְחֵ-זָו אֲהַלְךָ טָמֵנוּ פָּחָלִי:

וְאַתָּה יָדַעַת גִּתְּבָתִי בְּאַרְחֵ-זָו אֲהַלְךָ טָמֵנוּ פָּחָלִי:

3. (142:4 in Heb.) b'hith'ateph alay ruchi

w'atah yada'at n'thibathi b'orach-zu 'ahalek tam'nu phach li.

Ps142:3 When my spirit was overwhelmed within me, You knew my path.

In the very way where I walk they have hidden a trap for me.

«4» ἐν τῷ ἔκλείπειν ἐξ ἐμοῦ τὸ πνεῦμά μου καὶ σὺ ἔγνως τὰς τρύβους μου· ἐν ὁδῷ ταύτῃ, ἢ ἐπορευόμην, ἔκρυψαν παγίδα μοι.

4 en tῷ ekleipein ex emou to pneuma mou kai sy egnōs tas tribous mou;  
In failing from me my spirit, then you knew my paths;  
en hodῷ tautē, hē eporeuomēn, ekruuan pagida moi.  
in this very way that I went, they hid a snare for me.

הַבְּיִת רָמִין וְרָאָה וְאַיִן־לִי מִכִּיר אָבֶד  
מְנוֹס מִפְנֵי אֵין דָוִרְשׁ לְגַפְשָׁי: 5

4. (142:5 in Heb.) habeyt yamin ur'eh w'eyn-li makir 'abad  
 manos mimeni 'eyn doresh l'naph'shi.

Ps142:4 Look to the right and see; for there is no one who regards me;  
every escape is hidden from me; no one cares for my soul.

«5» κατενόουν εἰς τὰ δεξιὰ καὶ ἐπέβλεπον, ὅτι οὐκ ἦν ὁ ἐπιγινώσκων με· ἀπώλετο φυγὴ ἀπ' ἐμοῦ, καὶ οὐκ ἔστιν ὁ ἐκζητῶν τὴν ψυχήν μου.

5 katenououn eis ta dexia kai epeblepon, hoti ouk en ho epiginoskon me;  
I contemplated to the right, and I looked; for there was not one recognizing me.  
apōleto phygē ap' emou, kai ouk estin ho ekzēton tēn psychēn mou.  
perished Flight from me, and there is not one inquiring after my soul.

וְצִעְקָתִי אֲלֵיכָ יְהוָה אָמַרְתִּי אַתָּה מִחְסִי חֶלְקִי בָּאָרֶץ חַחִים: 6

5. (142:6 in Heb.) za`aq'ti 'eleyah Yahúwah 'amar'ti 'atah mach'ssi  
chel'qi b'erets hachayim.

Ps142:5 I cried out to You, O יְהוָה; I said, You are my refuge,  
my portion in the land of the living.

«6» ἐκέκραξα πρὸς σέ, κύριε, εἴπα Σὺ εἰ ἡ ἐλπίς μου, μερίς μου ἐν γῇ ζώντων.

6 ekekraxa pros se, kyrie, eipa Sy ei he elpis mou,  
I cried out to you, O YHWH. I said, You are my hope,  
meris mou en ge zonton.  
my portion you are in the land of the living.

וְהַקְשִׁיבָה אֶל־רָגְתִּי כִּי־דָלוֹתִי מִאַד הַצִּילָנִי מַרְדָּכָי  
כִּי אָמַצָּו מִפְנֵי: 7

6. (142:7 in Heb.) haq'shibah 'el-rinathi ki-dalothi m'od hatsileni merod'phay  
ki 'am'tsu mimeni.

Ps142:6 Give heed to my cry, for I am brought very low;  
Deliver me from my persecutors, for they are too strong for me.

〈7〉 πρόσχεις πρὸς τὴν δέησίν μου, ὅτι ἐταπεινώθην σφόδρα· ρῦσαι με ἐκ τῶν καταδικόντων με, ὅτι ἐκραταιώθησαν ὑπὲρ ἐμέ.

**7 prosches pros tēn deēsin mou, hoti etapeiñōthēn sphodra;**  
**Take heed to my supplication! for I was humbled exceedingly.**

**hrysai me ek tōn katadiōkontōn me, hoti ekrataiōthēsan hyper eme.**  
**Rescue me from the ones pursuing me! for they were strengthened above me.**

אַתְּ-שָׁמֶךְ בֵּי יִכְתְּרוּ צְדִיקִים כִּי תָגַמֵּל עַלְיוֹן  
חַזְצִיאָה מִפְסָגָר נְכֹשֵׁר לְהֻדּוֹת  
בְּאַ-וְעַשְׂעֵד כְּבָעַנְתָּא כְּבָעַנְתָּא עֲלֵיכֶם כְּבָעַנְתָּא

**7. (142:8 in Heb.) hotsi'ah mimas'ger naph'shi l'hodoth  
‘eth-sh'meak bi yak’tiru tsadiqim ki thig’mol `alay.**

**Ps142:7** Bring my soul out of prison, so that I may give thanks to Your name; the righteous shall surround me, for You shall deal bountifully with me.

〈8〉 ἐξάγαγε ἐκ φυλακῆς τὴν ψυχήν μου  
τοῦ ἐξομολογήσασθαι τῷ ὀνόματί σου, κύριε·  
ἐμὲ ὑπομενοῦσιν δίκαιοι ἔως οὗ ἀνταποδώσω μοι.

**8 exage ek phylakēs tēn psychēn mou tou exomologēsasthai tō onomati sou, kyrie;**  
**Lead out of prison my soul! to make acknowledgment to your name, O YHWH.**

eme hypomenousin dikaioi heōs hou antapodōs moi.

**shall wait for me The just, until of which time you should recompense me.**