

Sepher Tehillim (Psalms)

Chapter 142

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

אֶל־מִשְׁכַּל לְדָוִד בְּהִיּוֹתוֹ בְּמַעְרָה תְּפִלָּה׃ Ps142:1

אֶל־מִשְׁכַּל לְדָוִד בְּהִיּוֹתוֹ בְּמַעְרָה תְּפִלָּה׃

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 Dawid en tō einai auton en tō spēlaiō; proseuchē.

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

בְּקוֹלִי אֶל־יְהוָה אֶזְעַק קוֹלִי אֶל־יְהוָה אֶתְחַנֵּן׃

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

Ps142:1 I cry aloud with my voice to אֶזְעַק;

I make supplication with my voice to אֶזְעַק.

<2> Φωνῆ μου πρὸς κύριον ἐκέκραξα, φωνῆ 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.

גִּשְׁפִּי לְפָנָיו שִׁיחֵי צָרָתִי לְפָנָיו אֲגִיד׃

גִּשְׁפִּי לְפָנָיו שִׁיחֵי צָרָתִי 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 θλιψίν μου ἐνώπιον αὐτοῦ ἀπαγγελῶ.

3 ekcheō enantion autou tēn deēsīn mou,

I shall pour out before him my supplication;

tēn thlipsin mou enōpion autou apaggelō.

my affliction before him I shall report.

דָּבַחַתְּ עֵטָף עָלַי רוּחִי

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וְאַתָּה יְדַעְתָּ נְתִיבָתִי בְּאַרְחֵ-זוֹ אֶתְהַלֵּךְ טָמְנוּ פֶּחַ לִי׃

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 ἐκλείπειν ἐξ ἐμοῦ τὸ πνεῦμά μου καὶ σὺ ἔγνως τὰς τρίβους μου·
ἐν ὁδῷ ταύτῃ, ἣ ἔπορευόμην, ἔκρυψαν παγίδα μοι.

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

אָבָד מִמֶּנִּי אֵין דּוֹרֵשׁ לְנַפְשִׁי׃
הַחַבֵּיט יָמִין וּרְאָה וְאֵין-לִי מְכִיר אָבָד
⊗ אָבָד מִמֶּנִּי אֵין דּוֹרֵשׁ לְנַפְשִׁי׃
אָבָד מִמֶּנִּי אֵין דּוֹרֵשׁ לְנַפְשִׁי׃

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 δεξιά καὶ ἐπέβλεπον, ὅτι οὐκ ἦν ὁ ἐπιγινώσκων με·
ἀπόλετο φυγὴ ἀπ' ἐμοῦ, καὶ οὐκ ἔστιν ὁ ἐκζητῶν τὴν ψυχὴν μου.

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

וְזַעֲקוּתִי אֶלְיָךְ יְהוָה אֲמַרְתִּי אַתָּה מַחְסֵי חֶלְקִי בְּאֶרֶץ הַחַיִּים׃
אָבָד מִמֶּנִּי אֵין דּוֹרֵשׁ לְנַפְשִׁי׃
אָבָד מִמֶּנִּי אֵין דּוֹרֵשׁ לְנַפְשִׁי׃

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

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

<6> ἐέκραξα πρὸς σέ, κύριε, εἶπα Σὺ εἶ ἡ ἐλπίς μου, μερίς μου ἐν γῆ ζώντων.

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

זַהֲקִישִׁיבָה אֶל-רַגְלֵי מֵאֹד הַצִּילָנִי מִרְדֵּפָי׃
כִּי אֲמַצּוּ מִמֶּנִּי׃
אָבָד מִמֶּנִּי אֵין דּוֹרֵשׁ לְנַפְשִׁי׃
אָבָד מִמֶּנִּי אֵין דּוֹרֵשׁ לְנַפְשִׁי׃

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.

