

Sepher Tehillim (Psalms)

Chapter 143

בְּאַמְתָּהָךְ עֲגַנִּי בְּצַדְקָתֶךָ
אֵלֶּה מִזְמֹר לְדָוִד יְהוָה שֶׁמֶעֶן תְּפִלָּתִי הָאָזִינָה אֶל־תְּחִנּוּנָי
Ps143:1 עַל־עֲמָלֵךְ עַל־עֲמָלֵךְ עַל־עֲמָלֵךְ עַל־עֲמָלֵךְ עַל־עֲמָלֵךְ

1. miz'mor l'Dawid Yahúwah sh'ma` t'philathi ha'azinah 'el-tachanunay
be'emunath'ak `aneni b'tsid'qatheak.

Prayer for Deliverance and Guidance.

A Psalm of Dawid.

Ps143:1 Hear my prayer, O יְהוָה, give ear to my supplications!

Answer me in Your faithfulness, in Your righteousness!

<142:1> Ψαλμὸς τῷ Δαυὶδ, ὅτε αὐτὸν ὁ νιὸς καταδιώκει.

Κύριε, εἰσάκουσον τῆς προσευχῆς μου, ἐνώπισαι τὴν δέησίν μου ἐν τῇ ἀληθείᾳ σου,
ἐπάκουσόν μου ἐν τῇ δικαιοσύνῃ σου·

1 Psalmos tῷ Dauid, hote auton ho huios katadiōkei.

A psalm to David; when him his son pursued.

Kyrie, eisakouson tēs proseuchēs mou, enōtisai tēn deēsin mou en tē alētheiā sou,

O YHWH, listen to my prayer! Give ear to my supplication in your truth!

epakouson mou en tē dikaiosynē sou;

Hearken to me in your righteousness!

בְּוַאלְ-תָּבוֹא בְּמִשְׁפָט אֶת־עֲבָדֶךָ כִּי לְאַ-יְצַדֵּק לְפָנֶיךָ כָּל־חַי:
2. w'al-tabo' b'mish'pat 'eth-`ab'dek ki lo'-yits'daq l'phaneyak kal-chay.

Ps143:2 And do not enter into judgment with Your servant,
for it shall not be righteous in Your sight anyone living.

<2> καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου,
ὅτι οὐ δικαιωθήσεται ἐνώπιόν σου πᾶς ζῶν.

2 kai mē eiselthēs eis krisin meta tou doulou sou,

And you should not enter into judgment with your servant,

hoti ou dikaiothēsetai enōpion sou pas zōn.

for not shall do justice before you all the living.

גַּם־כִּי־רָדָף אֹיֵב בְּפָשֵׁר דָּקָא לְאָרֶץ חַיָּתי הַוְשִׁיבָנִי
בְּמַחְשָׁכִים כַּמְתִי עֲוָלָם:
3. ki radaph 'oyeb naph'shi dika' la'arets chayathi hoshibani
b'machashakim k'methey `olam.

Ps143:3 For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in darkness, like those who have long been dead.

כִּי־אָתָּה קַדְמֵינוּ וְאֶחֱרֶבֶת תְּמִימֹן מִצְרַיִם
כִּי־אָתָּה קַדְמֵינוּ וְאֶחֱרֶבֶת תְּמִימֹן מִצְרַיִם

3 hoti katediōxen ho echthros tēn psychēn mou, etapeinōsen eis gēn tēn zōēn mou,
For pursued the enemy my soul; he humbled unto the ground my life;
ekathisen me en skoteinois hōs nekroun̄ aiōnos;
he seated me in dark places as the dead of the eon.

ד וְתַתְעַטֵּף עַלְיָהוּ רֹוחֵי בְּתוּכֵי יְשֻׁתּוּמָם לְבִי:

4. watith' ateph `alay ruchi b'thoki yish'tomem libi.

Ps143:4 And my spirit is overwhelmed within me; my heart is appalled within me.

כִּי־אָתָּה קַדְמֵינוּ וְאֶחֱרֶבֶת תְּמִימֹן מִצְרַיִם
כִּי־אָתָּה קַדְמֵינוּ וְאֶחֱרֶבֶת תְּמִימֹן מִצְרַיִם

4 kai ēkēdiasen ep' eme to pneuma mou, en emoi etarachthē hē kardia mou.
And was discouraged within me my spirit; within me was disturbed my heart.

הָזְכָרָתִי יָמִים מִקְדָּם חִגִּיתִי בְּכָל־פָּעָלָךְ בְּמִעְשָׂה יְדֵיכֶךָ אֲשֶׁר־

5. zakar'ti yamim miqedem hagithi b'kal-pa`alek b'ma`aseh yadeyak 'asocheach.

Ps143:5 I remember the days of old; I meditate on all Your doings;
I muse on the work of Your hands.

כִּי־אָתָּה קַדְמֵינוּ וְאֶחֱרֶבֶת תְּמִימֹן מִצְרַיִם
כִּי־אָתָּה קַדְמֵינוּ וְאֶחֱרֶבֶת תְּמִימֹן מִצְרַיִם

5 emnēsthēn hēmerōn archaiōn kai emeletēsa en pasi tois ergois sou,
I remembered days of old. I meditated on all your works.
en poiēmasin tōn cheirōn sou emeletōn.
on the actions of your hands I meditated.

וְפָרַשְׂתִּי יְדֵי אַלְיָהָה נְפָשִׁי כָּאֶרֶץ־עִירָה לְכָלָה:

6. peras'ti yaday 'eleyah naph'shi k'erets-`ayephah l'ak. Selah.

Ps143:6 I stretch out my hands to You; my soul longs for You, as a parched land. Selah.

כִּי־אָתָּה קַדְמֵינוּ וְאֶחֱרֶבֶת תְּמִימֹן מִצְרַיִם
כִּי־אָתָּה קַדְמֵינוּ וְאֶחֱרֶבֶת תְּמִימֹן מִצְרַיִם

6 diepetasa tas cheiras mou pros se,
I opened and spread out to you my hands.
hē psychē mou hōs gē anydros soi. diapsalma.

My soul is as land a waterless to you. PAUSE.

וְמַהְרָה עֲגַנֵּי יְהֹוָה כָּלְתָה רֹוחֵי אַל־תִּסְתַּהַר פְּנֵיךְ מִפְנֵיךְ
וְמַהְרָה עֲגַנֵּי יְהֹוָה כָּלְתָה רֹוחֵי אַל־תִּסְתַּהַר פְּנֵיךְ מִפְנֵיךְ

וְגַם־שָׁלַתִּי עִם־יְהֹהָה בָּרוֹ:

7. maher `aneni Yahúwah kal'thah ruchi 'al-tas'ter paneyak mimeni
w'nim'shal'ti `im-yor'dey bor.

Ps143:7 Answer me quickly, O קָרְבָּנִי, my spirit fails;
do not hide Your face from me, or I shall become like those who go down to the pit.

<7> ταχὺ εἰσάκουσόν μου, κύριε, ἐξέλιπεν τὸ πνεῦμά μου·
μὴ ἀποστρέψῃς τὸ πρόσωπόν σου ἀπ' ἐμοῦ,
καὶ ὅμοιωθήσομαι τοῖς καταβαίνουσιν εἰς λάκκον.

7 tachy eisakouson mou, kyrie, exelipen to pneuma mou;
Quickly listen to me! O YHWH, fails my spirit.
mē apostrepsēs to prosōpon sou ap' emou,
You should not turn your face from me,
kai homoiōthēsomai tois katabainousin eis lakkon.
so that I shall be like the ones going down into the pit.

עֲמָקָם ۹۱۶۶ כְּבוֹד־עֵדָה ۸
כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה
חַשְׁמִיעָנִי בְּבָקָר חַסְדָּךְ
כִּי־בָּךְ בְּטַחְתִּיר הָדוֹדִיעָנִי הַדְּקָדְזָו אַלְךְ כִּי־אַלְיךְ נְשָׁאָתִי נְפָשָׁי:

8. hash'mi`eni baboqer chas'deak
ki-b'ak batach'ti hodī`eni derek-zu 'elek ki-'eleyak nasa'thi naph'shi.

Ps143:8 Let me hear Your lovingkindness in the morning;
for I trust in You; teach me the way in which I should walk; for to You I lift up my soul.

<8> ἀκουστὸν ποίησόν μοι τὸ πρωὶ τὸ ἔλεός σου, ὅτι ἐπὶ σοὶ ἥλπισα·
γνώρισόν μοι, κύριε, ὅδὸν ἐν ᾧ πορεύσομαι, ὅτι πρὸς σὲ ἥρα τὴν ψυχήν μου·

8 akouston poiēson moi to prōi to eleos sou, hoti epi soi ēlpisa;
to be audible Cause to me in the morning your mercy! for upon you I hoped.
gnōrison moi, kyrie, hodon en hē poreusomai,
Make known to me, O YHWH, the way in which I shall go!
hoti pros se ēra tēn psychēn mou;
for to you I lifted my soul.

טַחְצִילָנִי מַאיְבִּי יְהֹוָה אַלְיךְ בְּסָתִיר:

9. hatsileni me'oy'bay Yahúwah 'eleyak kisithi.

Ps143:9 Deliver me, O קָרְבָּנִי, from my enemies; I take refuge in You.

<9> ἐξελοῦ με ἐκ τῶν ἔχθρῶν μου, κύριε, ὅτι πρὸς σὲ κατέφυγον.

9 exelou me ek tōn echthrōn mou, kyrie, hoti pros se katephygon.
Rescue me from my enemies, O YHWH! to you I take refuge.

יְהֹוָה תְּבִרְכֵּנִי כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה ۱۰
כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה כְּבָאָה

יְלֹמַדְנִי לְעֲשָׂות רְצוֹנֶךָ

כִּי־אַתָּה אֱלֹהִי רַوַּחַת טֻבָּה תְּנַחַנִי בָּאָרֶץ מִשּׁוֹר:

10. **Iam'deni la`asoth r'tsoneak ki-'atah 'Elohay ruchak tobah tan'cheni b'erets mishor.**

**Ps143:10 Teach me to do Your will, for You are my El;
let Your good Spirit lead me on level ground.**

<10> δίδαξόν με τοῦ ποιεῦν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ θεός μου·
τὸ πνεῦμά σου τὸ ἀγαθὸν ὁδηγήσει με ἐν γῇ εὐθείᾳ.

10 **didaxon me tou poiein to thelēma sou, hoti sy ei ho theos mou;**
Teach me to do your will! for you are my El.

to pneuma sou to agathon hodēgēsei me en gē eupheiā.

spirit Your good shall guide me in land an upright.

בְּשָׁוְתִי יְהִי עַל־עַמְּךָ שֵׁם־יְהָוָה כִּי־בְּשָׁרֶךָ תְּחִנֵּן בְּצִדְקָתָךְ תָּצִיר אָמֶרֶת נְפָשָׁר:¹¹

11. **I'ma`an-shim'ak Yahūwah t'chayeni b'tsid'qath'ak thotsi' mitsarah naph'shi.**

**Ps143:11 For the sake of Your name, O יהָוָה, revive me.
In Your righteousness bring my soul out of trouble.**

<11> ἔνεκα τοῦ ὀνόματός σου, κύριε, ζήσεις με,
ἐν τῇ δικαιοσύνῃ σου ἔξαξεις ἐκ θλίψεως τὴν ψυχήν μου·

11 **heneka tou onomatos sou, kyrie, zēseis me,**
Because of your name, O YHWH, you shall enliven me.

en tē dikaiosynē sou exaxeis ek thlipseōs tēn psychēn mou;
In your righteousness you shall lead from out of affliction my soul.

בְּרוּךְ תְּהִלָּתְךָ עַל־עַמְּךָ שֵׁם־יְהָוָה כִּי־בְּשָׁרֶךָ תְּחִנֵּן בְּצִדְקָתָךְ תָּצִיר אָמֶרֶת נְפָשָׁר:¹²

**יב וּבְחִסְדְךָ תִּצְמִית אַבְרָהָם
וְהִאֲבְדָת פָּלָצְרָרִי נְפָשָׁר כִּי אַנְיָה עֲבָדָךָ:**

12. **ub'chas'd'ak tats'mith 'oy'bay w'ha'abad'at kal-tstorarey naph'shi ki 'ani `ab'deak.**

**Ps143:12 And in Your lovingkindness, cut off my enemies
and destroy all those who afflict my soul, for I am Your servant.**

<12> καὶ ἐν τῷ ἐλέει σου ἔξολεθρεύσεις τοὺς ἔχθρούς μου
καὶ ἀπολεῖς πάντας τοὺς θλίβοντας τὴν ψυχήν μου· ὅτι δοῦλός σου εἰμι ἐγώ.

12 **kai en tō eleei sou exolethreuseis tous echthrous mou**
And in your mercy you shall utterly destroy my enemies;
kai apoleis pantas tous thlibontas tēn psychēn mou; hoti doulos sou eimi egō.
and you shall destroy all the ones afflicting my soul; for your servant I am.