

# Sepher Tehillim (Psalms)

## Chapter 146

Shavua Reading Schedule (48th sidrah) - Ps 146 - 150

אֶל־יְהוָה יִשְׁבַּח לְבַבִּי כִּי־לֹא־יִשְׁכַּח אֶת־יְהוָה Ps146:1

אֶל־יְהוָה יִשְׁבַּח לְבַבִּי כִּי־לֹא־יִשְׁכַּח אֶת־יְהוָה:

### 1. Hal'lu-Yah hal'li naph'shi 'eth-Yahúwah.

**Ps146:1** HalleluYah! Praise אֶל־יְהוָה, O my soul!

<145:1> Αλληλουια· Αγγαιου και Ζαχαριου.

Aĩnei, ĥ psychĥ mou, ton kýrion.

1 Allĕlouia; Aggaiou kai Zachariou.

Alleluiah, a Psalm of Haggai and Zachariah

Ainei, hĕ psychĕ mou, ton kyrion.

Praise O my soul YHWH!

בְּאַהֲלֵי־יְהוָה בְּחַיִּי אֲזַמְרָה לְאֱלֹהֵי בְּעוֹדֵי:

בְּאַהֲלֵי־יְהוָה בְּחַיִּי אֲזַמְרָה לְאֱלֹהֵי בְּעוֹדֵי:

### 2. 'ahal'lah Yahúwah b'chayay 'azam'rah l'Elohay b'odi.

**Ps146:2** I shall praise אֶל־יְהוָה while I live;

I shall sing praises to my El while I have my being.

<2> αἰνέσω κύριον ἐν ζωῆ μου, ψαλῶ τῷ θεῷ μου, ἕως ὑπάρχω.

2 ainesō kyrion en zōĕ mou, psalō tō theō mou, heōs hyparchō.

I shall praise YHWH in my life. I shall strum to my El as long as I exist.

גַּאֲלֵ־תַבְטְחוּ בְּנְדִיבִים בְּבֶן־אָדָם שְׂאִין לוֹ תִשׁוּעָה:

גַּאֲלֵ־תַבְטְחוּ בְּנְדִיבִים בְּבֶן־אָדָם שְׂאִין לוֹ תִשׁוּעָה:

### 3. 'al-tib't'chu bin'dibim b'ben-'adam she'eyn lo th'shu'ah.

**Ps146:3** Do not trust in princes, in a son of man, in whom there is no salvation in him.

<3> μὴ πεποιθατε ἐπ' ἄρχοντας καὶ ἐφ' υἱοὺς ἀνθρώπων, οἷς οὐκ ἔστιν σωτηρία.

3 mē pepoithate ep' archontas

Do not have reliance upon rulers;

kai eph' huious anthrōpōn, hois ouk estin sōtēria.

upon the sons of men in whom there is no deliverance.

דִּתְצֵא רִיחוֹ וְיָשָׁב לְאֶדְמָתוֹ כִּי־יָמֵם הָהוּא אֶבְדּוֹ עֲשֵׂת־נִתְּיוֹ:

דִּתְצֵא רִיחוֹ וְיָשָׁב לְאֶדְמָתוֹ כִּי־יָמֵם הָהוּא אֶבְדּוֹ עֲשֵׂת־נִתְּיוֹ:

### 4. tetse' rucho yashub l'ad'matho bayom hahu' 'ab'du `esh'tonothayu.

**Ps146:4** His spirit departs, he returns to the earth; in that day his thoughts perish.

<4> ἐξελεύσεται τὸ πνεῦμα αὐτοῦ, καὶ ἐπιστρέψει εἰς τὴν γῆν αὐτοῦ·

ἐν ἐκείνῃ τῇ ἡμέρᾳ ἀπολοῦνται πάντες οἱ διαλογισμοὶ αὐτῶν.

4 exeleusetai to pneuma autou, kai epistrepsei eis tēn gēn autou;  
 shall go forth His breath, and shall return unto his earth.  
 en ekeinē tē hēmera apolountai pantes hoi dialogismoι autōn.  
 In that day shall perish all his devices.

הַאֲשֵׁרֵי שְׂאֵל יַעֲקֹב בְּעֶזְרוֹ שִׁבְרוּ עַל-יְהוָה אֱלֹהֵיוֹ:  
 יְצַדִּיק אֱלֹהֵי יַעֲקֹב וְיָשׁוּב עַד-אֶרְצוֹ וְיָשׁוּב עַד-אֶרְצוֹ וְיָשׁוּב עַד-אֶרְצוֹ 5

5. 'ash'rey she'El Ya`aqob b'ez'ro sib'ro `al-Yahúwah 'Elohayu.

**Ps146:5** Blessed is he who has the El of Yaaqob (Jacob) in his help;  
 his hope is on אֱלֹהָיו his El,

<5> μακάριος οὐ ὁ θεὸς Ἰακωβ βοηθός, ἡ ἐλπίς αὐτοῦ ἐπὶ κύριον τὸν θεὸν αὐτοῦ

5 makarios hou ho theos Iakōb boēthos, hē elpis autou epi kyrion ton theon autou

Blessed is of whom the El of Jacob is his helper; his hope is upon YHWH his El;

וְעָשָׂה שְׁמַיִם וְאָרֶץ וְאֶת-הַיָּם  
 וְאֶת-כָּל-אֲשֶׁר-בָּם הַשֶּׁמֶר אֱמֶת לְעוֹלָם:  
 וְעָשָׂה שְׁמַיִם וְאָרֶץ וְאֶת-הַיָּם וְאֶת-כָּל-אֲשֶׁר-בָּם הַשֶּׁמֶר אֱמֶת לְעוֹלָם 6

6. `oseh shamayim wa'arets 'eth-hayam  
 w'eth-kal-'asher-bam hashomer 'emeth l'olam.

**Ps146:6** Who made the heavens and the earth, the sea  
 and all that is in them; who keeps faith forever;

<6> τὸν ποιήσαντα τὸν οὐρανὸν καὶ τὴν γῆν, τὴν θάλασσαν καὶ πάντα τὰ ἐν αὐτοῖς,  
 τὸν φυλάσσοντα ἀλήθειαν εἰς τὸν αἰῶνα,

6 ton poiēsanta ton ouranon kai tēn gēn, tēn thalassan kai panta ta en autois,

the one making the heavens and the earth, the sea, and all the things in them;

ton phylassonta alētheian eis ton aiōna,

the one guarding truth into the eon;

וְעָשָׂה מִשְׁפָּט לְעַשׂוּקִים נֹתֵן לֶחֶם לְרַעֲבִים יְהוָה מַתִּיר אֲסוּרִים:  
 וְעָשָׂה מִשְׁפָּט לְעַשׂוּקִים נֹתֵן לֶחֶם לְרַעֲבִים יְהוָה מַתִּיר אֲסוּרִים 7

7. `oseh mish'pat la'ashuqim nothen lechem lar`ebim Yahúwah matir 'asurim.

**Ps146:7** Who executes justice for the oppressed; who gives food to the hungry.

אֱלֹהֵינוּ sets the prisoners free.

<7> ποιούντα κρίμα τοῖς ἀδικουμένοις, διδόντα τροφήν τοῖς πεινώσιν·

κύριος λύει πεπεδημένους,

7 poiounta krima tois adikoumenois,

the one executing judgment to the ones being wronged;

didonta trophēn tois peinosin; kyrios luei pepedēmenous,

giving nourishment to the ones hungering. YHWH unties ones being shackled.

וְעָשָׂה מִשְׁפָּט לְעַשׂוּקִים נֹתֵן לֶחֶם לְרַעֲבִים יְהוָה מַתִּיר אֲסוּרִים 8

חַיְהִי הַיְהוָה פְּקֻמָּה עֲוֹרֵים יְהוָה זָקַף כְּפֹפִיִּים יְהוָה אֱהִיב צְדִיקִים:

8. **Yahúwah poqeach** `iw'rim **Yahúwah zoqeph k'phuphim** **Yahúwah 'oheb tsadiqim.**

**Ps146:8** יְהוָה opens the eyes of the blind; יְהוָה raises up those who are bowed down; יְהוָה loves the righteous;

<8> κύριος ἀνορθοῖ κατερραγμένους, κύριος σοφοῖ τυφλοῦς, κύριος ἀγαπᾷ δικαίους·

8 **kyrios anorthoi katerragmenous, kyrios sophoi typhlous,**

**YHWH gives wisdom to the blind. YHWH re-erects ones being broken down.**

**kyrios agapā dikaious;**

**YHWH loves the just.**

טִיהַר יְהוָה שְׂמֵר אֶת-גֵּרִים יְתוֹם  
וְאֶלְמָנָה יַעֲזֹר וְדָרַךְ רְשָׁעִים יַעֲנֹת:  
יְהוָה שְׂמֵר אֶת-גֵּרִים יְתוֹם  
וְאֶלְמָנָה יַעֲזֹר וְדָרַךְ רְשָׁעִים יַעֲנֹת:

9. **Yahúwah shomer 'eth-gerim yathom w'al'manah y'oded w'derek r'sha'im y'aueth.**

**Ps146:9** יְהוָה protects the strangers;

**He supports the fatherless and the widow, but He thwarts the way of the wicked.**

<9> κύριος φυλάσσει τοὺς προσηλύτους, ὀρφανὸν καὶ χήραν ἀναλήμψεται καὶ ὁδὸν ἀμαρτωλῶν ἀφανιεῖ.

9 **kyrios phylassei tous prosēlytous, orphanon kai chēran analēmpsetai**

**YHWH guards the foreigners; orphan and widow he takes up;**

**kai hodon hamartōlōn aphaniei.**

**and the way of sinners he obliterates.**

יְהוָה יִמְלֹךְ לְעוֹלָם לְעוֹלָם אֱלֹהֵינוּ לְדֹר וָדֹר הַלְלוּ-יְהוָה  
יְהוָה יִמְלֹךְ לְעוֹלָם לְעוֹלָם אֱלֹהֵינוּ לְדֹר וָדֹר הַלְלוּ-יְהוָה

10. **yim'lok Yahúwah l'olam 'Elohayik Tsion l'dor wador. Hal'lu-Yah.**

**Ps146:10** יְהוָה shall reign forever, Your El, O Tsion, for generation and generation.

**HalleluYah!**

<10> βασιλεύσει κύριος εἰς τὸν αἰῶνα, ὁ θεός σου, Σιών, εἰς γενεὰν καὶ γενεάν.

10 **basileusei kyrios eis ton aiōna, ho theos sou, Siōn, eis genean kai genean.**

**YHWH shall reign into the eon; your El, O Zion, unto generation and generation.**