

# Sepher Tehillim (Psalms)

## Chapter 30

Ps30:1 אֵלֹהִים אֲדָוָה אֶת־נַפְשִׁי מִיָּד מוֹתֵת

אֵלֹהִים אֲדָוָה אֶת־נַפְשִׁי מִיָּד מוֹתֵת לְדָוִד׃

1. (30:1 in Heb.) **miz'mor shir-Chanukkath habayith l'Dawid.**

**Thanksgiving for Deliverance from Death.**

**A Psalm; a Song at the Dedication of the House.** A Psalm of Dawid.

<29:1> Εἰς τὸ τέλος· ψαλμὸς ὠδῆς τοῦ ἐγκαινισμοῦ τοῦ οἴκου· τῷ Δαυιδ.

29:1 **Eis to telos; psalmos ḡdēs tou egkainismou tou oikou; tḡ Dawid.**

**To the director; A psalm of an ode of the dedication of the house of David.**

בְּאֵרוֹמָהּ יִהְיֶה כִּי דִלִיתָנִי וְלֹא־שִׂמְחָתָ אֹיְבֵי לִי׃

(30:2 in Heb.) **'aromim'ak Yahúwah ki dilithani w'lo'-simach'at 'oy'bay li.**

**Ps30:1** I shall extol You, O אֵלֹהִים, for You have lifted me up, and have not let my enemies rejoice over me.

<2> Ὑψώσω σε, κύριε, ὅτι ὑπέλαβές με καὶ οὐκ ηὐφράνας τοὺς ἐχθροὺς μου ἐπ' ἐμέ.

2 **Huyōsō se, kyrie, hoti hypelabes me**

**I shall exalt you, O YHWH, for you uplifted me,**

kai **ouk** euphranas tous echthrous mou ep' eme. and did not make glad my enemies over me.

גִּיהָנָה אֵלֹהִי שְׁוַעַתִּי אֵלָיִךָ וַתַּרְפְּאֵנִי׃

2. (30:3 in Heb.) **Yahúwah 'Elohay shiua`ti 'eleyak watir'pa'eni.**

**Ps30:2** O אֵלֹהִים my El, I cried to You, and You healed me.

<3> κύριε ὁ θεὸς μου, ἐκέκραξα πρὸς σέ, καὶ ἰάσω με·

3 **kyrie ho theos mou, ekekraxa pros se, kai iasō me;**

**O YHWH my El, I cried out to you, and you did heal me.**

דָּהָנָה הֶעֱלִיתָ מִן־שְׁאוֹל נַפְשִׁי חַיִּיתָנִי מִיּוֹרְדֵי־בוֹר׃

3. (30:4 in Heb.) **Yahúwah he`eliath min-Sh'ol naph'shi chiithani mior'di-bor.**

**Ps30:3** O אֵלֹהִים, You have brought up my soul from Sheol; You have kept me alive, from going down to the pit.

<4> κύριε, ἀνήγαγες ἐξ ᾗδου τὴν ψυχὴν μου, ἔσωσάς με ἀπὸ τῶν καταβαινόντων εἰς λάκκον.

4 **kyrie**, **anēgages** ex **hādou** tēn psychēn mou,  
O **YHWH**, you led from out of **Hades** my soul;  
**esōsas** me apo tōn katabainontōn eis **lakkon**.  
you delivered me from the ones going down into the pit.

יְהוָה יִזְכָּר לְיָהוּוָה חַסִּידָיו וְהוֹדוּ לְזֵכֶר קֹדְשׁוֹ׃  
:יְהוָה יִזְכָּר לְיָהוּוָה חַסִּידָיו וְהוֹדוּ לְזֵכֶר קֹדְשׁוֹ׃

4. (30:5 in Heb.) **zam'ru laYahúwah chasidayu w'hodu l'zeke qad'sho**.

**Ps30:4** Sing praise to **אֱלֹהִים**, you His holy ones,  
and give thanks at the memory of His holiness.

<5> ψάλατε τῷ κυρίῳ, οἱ ὅσιοι αὐτοῦ,  
καὶ ἐξομολογεῖσθε τῇ μνήμῃ τῆς ἀγιωσύνης αὐτοῦ·

5 psalate tō kyriō, hoi hosioi autou,

Let strum to YHWH his sacred ones,

kai **exomologeisthe tē mnēmē tēs hagiōsynēs autou**;

and make acknowledgment to the remembrance of his holiness!

וְכִי הָגַע בְּאַפּוֹ חַיִּים בְּרִצּוֹנוֹ בְּעֶרְבַּי לַיּוֹם וְלִבְקֶרֶת הַבֹּקֶר׃  
:וְכִי הָגַע בְּאַפּוֹ חַיִּים בְּרִצּוֹנוֹ בְּעֶרְבַּי לַיּוֹם וְלִבְקֶרֶת הַבֹּקֶר׃

5. (30:6 in Heb.) **ki rega` b'apo chayim bir'tsono ba`ereb yalin beki w'laboqer rinnah**.

**Ps30:5** For His anger is but for a moment, in His favor is a life;  
weeping may last for the evening, but a joy comes in the morning.

<6> ὅτι ὀργὴ ἐν τῷ θυμῷ αὐτοῦ, καὶ ζωὴ ἐν τῷ θελήματι αὐτοῦ·  
τὸ ἑσπέρας ἀυλισθήσεται κλαυθμὸς καὶ εἰς τὸ πρωὶ ἀγαλλίασις.

6 **hoti orgē en tō thymō autou**, kai **zōē en tō thelēmati autou**;

For wrath is in his rage, but life is in his will.

to hesperas **aulisthēsetai klauthmos** kai eis to **prōi agalliasis**.

the evening shall lodge Weeping, but in the morning, exultation.

וַאֲנִי אָמַרְתִּי בְּשִׁלְוִי בַּל-אֶמּוֹט לְעוֹלָם׃  
:וַאֲנִי אָמַרְתִּי בְּשִׁלְוִי בַּל-אֶמּוֹט לְעוֹלָם׃

6. (30:7 in Heb.) **wa'ani 'amar'ti b'shal'wi bal-'emot l'olam**.

**Ps30:6** Now as for me, I said in my prosperity, I shall not be moved forever.

<7> ἐγὼ δὲ εἶπα ἐν τῇ εὐθηνίᾳ μου Οὐ μὴ σαλευθῶ εἰς τὸν αἰῶνα.

7 **egō de eipa en tē euthēniā mou** **Ou mē saleuthō eis ton aiōna**.

And I said in my prosperity, In no way shall I be shaken into the eon.

חַיְהוּוָה בְּרִצּוֹנְךָ הַעֲמַדְתָּהּ לְהַרְרִי עִז׃  
:חַיְהוּוָה בְּרִצּוֹנְךָ הַעֲמַדְתָּהּ לְהַרְרִי עִז׃  
הַסְתַּרְתָּ פָּנָיִךְ הַיִּיתִי גְבוּהָל׃  
:הַסְתַּרְתָּ פָּנָיִךְ הַיִּיתִי גְבוּהָל׃

7. (30:8 in Heb.) **Yahúwah bir'tson'ak he'emad'tah l'har'ri `oz**



**Ps30:11** You have turned for me my mourning into dancing;  
You have loosed my sackcloth and girded me with gladness,

<12> ἔστρεψας τὸν κοπετόν μου εἰς χορὸν ἐμοί,  
διέρρηξας τὸν σάκκον μου καὶ περιέζωσάς με εὐφροσύνην,

12 estrepsas ton kopeton mou eis choron emoi,

turned The beating of my breast into joy for me.

dierrēxas ton sakkon mou kai periezōsas me euphrosynēn,

You tore up my sackcloth, and girded me with gladness.

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יג לְמַעַן יִזְמְרֶךָ כְּבוֹד יְהוָה לְעוֹלָם וָעֶד  
:יג לְמַעַן יִזְמְרֶךָ כְּבוֹד יְהוָה לְעוֹלָם וָעֶד 13

12. (30:13 in Heb.) l'ma`an y'zamer'ak kabod  
w'lo' yidom Yahúwah 'Elohay l'`olam `odeak.

**Ps30:12** So my glory shall praise You and not be silent.

O אֱלֹהֵי my El, I shall give thanks to You forever.

<13> ὅπως ἂν ψάλῃ σοι ἡ δόξα μου καὶ οὐ μὴ κατανυγῶ·  
κύριε ὁ θεός μου, εἰς τὸν αἰῶνα ἐξομολογήσομαί σοι.

13 hopōs an psalē soi hē doxa mou kai ou mē katanygō;

O how that should strum to you my glory, and in no way should I be vexed,

kyrie ho theos mou, eis ton aiōna exomologēsomai soi.

O YHWH my El. Into the eon I shall acknowledge you.