

Sepher Tehillim (Psalms)

Chapter 30

א מִזְמָרֶת שִׁיר־חֲנֻכָת הַבִּתְהוֹד Ps30:1

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.

ε29:1 Εἰς τὸ τέλος· ψαλμὸς ὡδῆς τοῦ ἐγκαινισμοῦ
τοῦ οἴκου· τῷ Δαυὶδ.

29:1 Eis to telos; psalmos odēs tou egkainismou tou oikou; tō Dawid.

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

ב אֲרוֹמָמָך יְהוָה בָי דְלִיתָנִי וְלֹא־שְׁמַחַת אֵרְבִּי לִי:

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

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

ε2 Υψώσω σε, κύριε, ὅτι ὑπέλαβές με
καὶ οὐκ ἔφρανας τοὺς ἔχθρούς μου ἐπ' ἐμέ.

2 Huyōsō se, kyrie, hoti hypelabes me
I shall exalt you, O YHWH, for you uplifted me,

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

ג יְהוָה אֱלֹהִי שְׁנַעֲתָנִי אֶלְيָךְ וְתִרְפָּאָנִי:

2. (30:3 in Heb.) Yahúwah 'Elohay shiuā'ti 'eleyah watir'pa'eni.

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

ε3 κύριε ὁ θεός μου, ἐκέκραξα πρὸς σέ, καὶ ιάσω 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.

ד יְהוָה הַעֲלִיתָ מִן־שָׂאָל נְפָשִׁי חִיְתָנִי מִיּוֹרְדִּי־בָּורָה:

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

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

ε4 κύριε, ἀνήγαγες ἐξ ἄδου τὴν ψυχήν μου,
ἔσωσάς με ἀπὸ τῶν καταβαινόντων εἰς λάκκον.

4 **kyrie**, anēgagēs 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.

בָּרוּךְ יְהוָה כִּי־בְּרֹא לְזֶכֶר קָדְשׁוֹ
5 הַזָּמֵרִי לִיהְיוֹת חֲסִידָיו וְהַזָּמֵרִי לְזֶכֶר קָדְשׁוֹ:

4. (30:5 in Heb.) zam'ru laYahūwah chasidayu w'hodu l'zeker qad'sho.

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

〈5〉 ψάλατε τῷ κυρίῳ, οἱ ὄστιοι αὐτοῦ,
καὶ ἔξομολογεῖσθε τῇ μνήμῃ τῆς ἀγιωσύνης αὐτοῦ·

5 psalate tῷ kyriῷ, hoi hosioi autou,
 Let strum to YHWH his sacred ones,
kai exomologeisthe tῷ mnēmē tēs hagiōsynēs autou;
 and make acknowledgment to the remembrance of his holiness!

וְכִי רָגֻע בְּאָפֹה חַיִם בְּרַצְנוֹ בְּעֶרֶב יָלִין בְּכִי וּלְבָקָר רָחָה:
6 6 עַנְנָה אֶל־בְּרַצְנוֹ בְּעֶרֶב יָלִין בְּכִי וּלְבָקָר רָחָה:

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 ἐσπέρας αὐλισθήσεται κλαυθμὸς καὶ εἰς τὸ πρωὶ ἀγαλλίασις.

6 hoti orgē en tῷ thymῷ autou, kai zōē en tῷ 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.

וְאָנִי אָמַרְתִּי בְּשַׁלְוִיר בְּלָאָמָות לְעוֹלָם:
7 7 עַנְנָה אֶל־בְּרַצְנוֹ בְּעֶרֶב יָלִין בְּכִי וּלְבָקָר רָחָה:

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 αἰώνα.

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.

חַיָּה בְּרַצְנוֹ חַמְדָתָה לְהָרָרִי עַזְזָתָה
8 8 עַזְזָתָה לְהָרָרִי כְּפִינִיקָה כְּיִירִתִי נְבָחָלָה:

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

his'tar'at phaneyak hayithi nib'hal.

Ps30:7 O יְהוָה, by Your favor You have made my mountain to stand strong;
You hid Your face, I was dismayed.

<8> κύριε, ἐν τῷ θελήματί σου παρέσχου τῷ κάλλει μου δύναμιν·
ἀπέστρεψας δὲ τὸ πρόσωπόν σου, καὶ ἐγενήθην τεταραγμένος.

8 kyrie, en tō thelēmati sou pareschou tō kallei mou dynamin;
O YHWH, in your will you furnished to my beauty power;
apestrepsas de to prosōpon sou, kai egenēthēn tetaragmenos.
but you turned your face, and I became disturbed.

ט אַלְךָ יְהוָה אָקֹרֶא וְאֶל־אָדָנִי אֲתָחֵן:

8. (30:9 in Heb.) 'elejak Yahūwah 'eq'ra' w'el-'Adonai 'eth'chanan.

Ps30:8 To You, O יְהוָה, I called, and to my Adon (Master) I made supplication:

<9> πρὸς σέ, κύριε, κεκράξομαι καὶ πρὸς τὸν θεόν μου δεηθήσομαι

9 pros se, kyrie, kekraxomai kai pros ton theon mou deēthēsomai
To you, O YHWH, I cry out. And to my El I shall beseech.

י מַה־בְּצֻע בְּדָמִי בַּרְדַּתִּי אֶל־שָׁחָת הַיּוֹدֵךְ עַפְר הַיָּגִיד אַמְתָּה:

9. (30:10 in Heb.) mah-betsa` b'dami b'rid'ti 'el-shachath
hayod'ak `aphar hayagid 'amiteak.

Ps30:9 What profit is there in my blood when I go down to the pit?
Shall the dust praise You? Shall it declare Your faithfulness?

<10> Τίς ὡφέλεια ἐν τῷ αἴματί μου, ἐν τῷ καταβῆναι με εἰς διαφθοράν;
μὴ ἔξομολογήσεται σοι χοῦς ἢ ἀναγγελεῖ τὴν ἀλήθειάν σου;

10 Tis ōpheleia en tō haimati mou, en tō katabēnai me eis diaphthoran?
What benefit is there in my blood, in my going down into corruption?
mē exomologēsetai soi chous ē anaggelei tēn alētheian sou?
Shall acknowledge you the dust, or shall it announce your truth?

רָא שְׁמַע־יְהוָה וְחִנְנֵי יְהוָה הַיָּה־עִזָּר לִי:

10. (30:11 in Heb.) Sh'ma`-Yahūwah w'chaneni Yahūwah heyeh-`ozer li.

Ps30:10 Hear, O יְהוָה, and be gracious to me; O יְהוָה, be my helper.

<11> ἥκουσεν κύριος καὶ ἡλέησέν με, κύριος ἐγενήθη βοηθός μου.

11 ēkousen kyrios kai ēleēsen me, kyrios egenēthē boēthos mou.
YHWH heard, and showed mercy on me. YHWH became my helper.

רָב הַפְּכַת מִסְפָּדִי לְמַחְול לִי פִּתְחָת שְׁקֵר וְהַאֲזָרְנֵי שְׁמַחְתָּה:

11. (30:12 in Heb.) haphak'at mis'p'di l'machol li pitach'at saqi wat'az'reni sim'chah.

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.

יג **לְמַעַן** **רִזְמָרָךְ** **כָּבֹוד** **וְלֹא** **יַדֵּם** **יְהִיָּה** **אֶלְחָדִי** **לְעוֹלָם** **אָזְדָּךְ:**

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

Ps30:12 So my glory shall praise You and not be silent.
O ~~犧牲~~ 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 ἔξουσος γένουμαι 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.