

# Sepher Tehillim (Psalms)

## Chapter 31

Shavua Reading Schedule (11th sidrah) - Ps 31 - 33

Ps31:1  
אֲלֶמְנַצֵּחַ מִזְמוֹר לְדָוִד:

1. (31:1 in Heb.) **lam'natseach miz'mor l'Dawid.**

**A Psalm of Complaint and of Praise.**

**For the chief musician. A Psalm of Dawid.**

<30:1> Εἰς τὸ τέλος· ψαλμὸς τῷ Δαυιδ· ἐκστάσεως.

1 **Eis to telos; psalmos tō Dawid; ekstaseōs.**

**To the director; a psalm to David; a change of state.**

בְּיָהוָה יִהְיֶה חֲסִיתִי אֶל-אֲבוֹשָׁה לְעוֹלָם בְּצַדִּיקְתָּהּ בְּפִלְטָנִי  
:אֲלֶמְנַצֵּחַ יְצַדִּיק אֶת-עַמּוֹת אֶרֶץ-יִשְׂרָאֵל וְיִשְׁמַח בְּעַמּוֹתָיו

(31:2 in Heb.) **b'ak Yahúwah chasithi 'al-'eboshah l'olam b'tsid'qath'ak phal'teni.**

**Ps31:1 In You, O יהוה, I have taken refuge; I shall not be ashamed for ever; in Your righteousness deliver me.**

<2> Ἐπὶ σοί, κύριε, ἤλπισα, μὴ καταισχυνθείην εἰς τὸν αἰῶνα·

ἐν τῇ δικαιοσύνῃ σου ῥύσαι με καὶ ἐξελοῦ με.

2 **Epi soi, kyrie, ēlpisa, mē kataischyntheiēn eis ton aiōna;**

**Upon you, O YHWH, I hoped. May I not be disgraced into the eon.**

**en tē dikaiosynē sou hryesai me kai exelou me.**

**In your righteousness rescue me, and take me out!**

גַּחֲטָה אֲלֵי אֲזַנֶּךָ מִחֶרֶק הַצִּילֵנִי  
:אֲלֶמְנַצֵּחַ יְצַדִּיק אֶת-עַמּוֹת אֶרֶץ-יִשְׂרָאֵל וְיִשְׁמַח בְּעַמּוֹתָיו

הִיָּה לִי לְצוּר-מְעוֹז לְבַיִת מְצוּדוֹת לְהוֹשִׁיעֵנִי:

2. (31:3 in Heb.) **hateh 'elay 'az'n'ak m'herah hatsileni**

**heyeh li l'tsur-ma'oz l'beyth m'tsudoth l'hoshi'eni.**

**Ps31:2 Incline Your ear to me, rescue me quickly;**

**be to me a strong Rock, for a house of fortress to save me.**

<3> κλῖνον πρὸς με τὸ οὖς σου, τάχυνον τοῦ ἐξελέσθαι με·

γενοῦ μοι εἰς θεὸν ὑπερασπιστὴν καὶ εἰς οἶκον καταφυγῆς τοῦ σῶσαί με.

3 **klinon pros me to ous sou, tachynon tou exelesthai me;**

**Lean to me your ear! Hasten to take me out!**

**genou moi eis theon hyperaspistēn kai eis oikon kataphygēs tou sōsai me.**

**Become to me as a defending El! and for a house of refuge to deliver me.**

אֲלֶמְנַצֵּחַ יְצַדִּיק אֶת-עַמּוֹת אֶרֶץ-יִשְׂרָאֵל וְיִשְׁמַח בְּעַמּוֹתָיו

ד כִּי־סִלְעֵי וּמְצוּדֹתַי אָתָּה וּלְמַעַן שְׁמִךָ תִּנְחַנְּנִי וּתְנַהַלְנִי:

3. (31:4 in Heb.) **ki-sal`i um'tsudathi 'atah ul'ma`an shim'ak tan'cheni uth'nahaleni.**

**Ps31:3** For You are my Rock and my fortress;  
for the sake of Your name You shall lead me and guide me.

<4> ὅτι κραταίωμά μου καὶ καταφυγή μου εἶ σὺ  
καὶ ἔνεκεν τοῦ ὀνόματός σου ὁδηγήσεις με καὶ διαθρέψεις με·

4 hoti krataiōma mou kai kataphygē mou ei sy

For my fortification and my refuge you are;

kai heneken tou onomatos sou hodēgēseis me kai diathrepseis me;  
and because of your name you shall guide and nourish me.

הַתּוֹצִיאֵנִי מִרְשֵׁת זוֹ טָמְנָה לִּי כִּי־אַתָּה מְעוֹזִי:  
הַתּוֹצִיאֵנִי מִרְשֵׁת זוֹ טָמְנָה לִּי כִּי־אַתָּה מְעוֹזִי:

4. (31:5 in Heb.) **totsi'eni meresheth zu tam'nu li ki-'atah ma`uzi.**

**Ps31:4** You shall pull me out of the net which they have secretly laid for me,  
for You are my strength.

<5> ἐξάξεις με ἐκ παγίδος ταύτης, ἧς ἔκρυψάν μοι, ὅτι σὺ εἶ ὁ ὑπερασπιστής μου,  
κύριε.

5 exaxeis me ek pagidos tautēs, hēs ekruuan moi,

You shall lead me out of the snare which these hid for me;

hoti sy ei ho hyperaspistēs mou, kyrie.

for you are my defender, O YHWH.

וּבְיָדְךָ אֶפְקֹד רוּחִי כְּדִיתָהּ אוֹתִי יְהוָה אֵל אֱמֶת:  
וּבְיָדְךָ אֶפְקֹד רוּחִי כְּדִיתָהּ אוֹתִי יְהוָה אֵל אֱמֶת:

5. (31:6 in Heb.) **b'yad'ak 'aph'qid ruchi padithah 'othi Yahúwah 'el 'emeth.**

**Ps31:5** Into Your hand I commit my spirit; You have ransomed me,  
O Elohey of truth.

<6> εἰς χεῖράς σου παραθήσομαι τὸ πνεῦμά μου·  
ἐλυτρώσω με, κύριε ὁ θεὸς τῆς ἀληθείας.

6 eis cheiras sou parathēsomai to pneuma mou; elytrōsō me, kyrie ho theos tēs alētheias.

Into your hands I shall place my spirit. You ransomed me, O YHWH El of truth.

זִשְׁנֹאתִי הַשְׁמֵרִים הַבְּלִי־שׁוֹא וְאֲנִי אֵל־יְהוָה בְּטַחְתִּי:  
זִשְׁנֹאתִי הַשְׁמֵרִים הַבְּלִי־שׁוֹא וְאֲנִי אֵל־יְהוָה בְּטַחְתִּי:

6. (31:7 in Heb.) **sane'thi hashom'rim hab'ley-shaw' wa'ani 'el-Yahúwah batach'ti.**

**Ps31:6** I hate those who regard vainities of futility, but I trust in Elohey.

<7> ἐμίσησας τοὺς διαφυλάσσοντας ματαιότητας διὰ κενῆς·  
ἐγὼ δὲ ἐπὶ τῷ κυρίῳ ἤλπισα.

7 emisēsas tous diaphylassontas mataiotētas dia kenēs; egō de epi tō kyriō ēlpisa.

You detested the ones guarding follies ineffectual. But I upon YHWH hoped.

יִשְׂמַח אֱלֹהֵי אֲשֶׁר רָאָה וְאֵשְׂמַח בְּחַסְדֶּךָ  
:כַּוְנָה יִשְׂמַח אֱלֹהֵי אֲשֶׁר רָאָה וְאֵשְׂמַח בְּחַסְדֶּךָ  
אֲשֶׁר רָאָה וְאֵשְׂמַח בְּחַסְדֶּךָ

**7. (31:8 in Heb.) 'agilah w'es'm'chah b'chas'deak  
'asher ra'iath 'eth-'an'yi yada`at b'tsaroth naph'shi.**

**Ps31:7** I shall rejoice and be glad in Your lovingkindness,  
because You have seen my affliction; You have known my soul in adversities;

<8> ἀγαλλιάσομαι καὶ εὐφρανθήσομαι ἐπὶ τῷ ἐλέει σου,  
ὅτι ἐπέιδες τὴν ταπείνωσίν μου, ἔσωσας ἐκ τῶν ἀναγκῶν τὴν ψυχὴν μου  
8 agalliasomai kai euphranthēsomai epi tō eleei sou, hoti epeides tēn tapeinōsin mou,  
I shall exult and be glad over your mercy, for you looked upon my humiliation.  
esōsas ek tōn anagkōn tēn psychēn mou  
You delivered from the wants of necessities my soul;

טוֹלֵא הַסִּגְרָתִּי בְיַד-אוֹיֵב הַעֲמָדָה בְּמַרְחָב רַגְלִי:  
:כַּוְנָה יִשְׂמַח אֱלֹהֵי אֲשֶׁר רָאָה וְאֵשְׂמַח בְּחַסְדֶּךָ

**8. (31:9 in Heb.) w'lo' his'gar'tani b'yad-'oyeb he'emad'at bamer'chab rag'lay.**

**Ps31:8** And You have not shut me up into the hand of the enemy;  
You have set my feet in a large place.

<9> καὶ οὐ συνέκλεισάς με εἰς χεῖρας ἐχθροῦ, ἔστησας ἐν εὐρυχώρῳ τοὺς πόδας μου.  
9 kai ou synekleisas me eis cheiras echthrou,  
and you did not close me up by hands of enemies.  
estēsas en eurychōrō tous podas mou.  
You set in a broad space my feet.

יִחַנְנִי יְהוָה כִּי צָר-לִי עֲשֵׂשָׁה בְכַעַס עֵינַי נִפְשִׁי וּבִטְנִי:  
:כַּוְנָה יִשְׂמַח אֱלֹהֵי אֲשֶׁר רָאָה וְאֵשְׂמַח בְּחַסְדֶּךָ

**9. (31:10 in Heb.) chaneni Yahúwah ki tsar-li `ash'shah b'ka`as `eyni naph'shi ubit'ni.**

**Ps31:9** Be gracious to me, O יהוה, for I am in distress;  
my eye is wasted away from grief, my soul and my belly.

<10> ἐλέησόν με, κύριε, ὅτι θλίβομαι.  
ἐταράχθη ἐν θυμῷ ὁ ὀφθαλμός μου, ἡ ψυχὴ μου καὶ ἡ γαστήρ μου.  
10 eleēson me, kyrie, hoti thlibomai;  
Show mercy on me, O YHWH! for I am afflicted.  
etarachthē en thymō ho ophthalmos mou, hē psychē mou kai hē gastēr mou.  
are disturbed in rage My eye my soul and my belly;

יֵאָכְזֵב כָּל־וָיִן בְּיָגוֹן חַיִּי וּשְׁנוֹתַי בְּאֲנָחָה כְּשֶׁל בְּעוֹנֵי כַחֲוִי  
וְעֵצְמִי עֲשֵׂשָׁה:  
:כַּוְנָה יִשְׂמַח אֱלֹהֵי אֲשֶׁר רָאָה וְאֵשְׂמַח בְּחַסְדֶּךָ

10. (31:11 in Heb.) **ki kalu b'yagon chayay ush'nothay ba'anachah kashal ba'awoni kochi wa'atsamay`asheshu.**

**Ps31:10** For my life is consumed with grief and my years with sighing; my strength has failed because of my iniquity, and my bones has wasted away.

<11> ὅτι ἐξέλιπεν ἐν ὀδύνη ἡ ζωὴ μου καὶ τὰ ἔτη μου ἐν στεναγμοῖς· ἠσθένησεν ἐν πτωχείᾳ ἡ ἰσχὺς μου, καὶ τὰ ὀστά μου ἐταράχθησαν.

11 **hoti exelipen en odynē hē zōē mou kai ta etē mou en stenagmois;**  
**for failed in grief my life, and my years in moanings.**

**ēsthenēsen en ptōcheiā hē ischys mou, kai ta osta mou etarachthēsan.**  
**weakened in poorness My strength, and my bones are disturbed.**

אֲכַלְתִּי כֹחִי בְּגִיּוֹן וְשָׁנָי בְּחִיָּה  
:כֹּחִי נִשְׁחָתַתְּ וְעַצְמוֹתַי נִשְׁבַּחְתִּי  
יב מְכַל־צִרְרֵי הָיִיתִי חֶרְפָּה וְלִשְׁכְּנֵי מֵאֵד  
וּפְחַד לְמִיָּדְעֵי רְאִי בַחֲוִץ נִדְרוּ מִמֶּנִּי:

11. (31:12 in Heb.) **mikal-tsor'ray hayithi cher'pah w'lishakenay m'od uphachad lim'yuda`ay ro'ay bachuts nad'du mimeni.**

**Ps31:11** Because of all my adversaries, I have become a reproach, especially to my neighbors, and a fear to my acquaintances; those who see me outside flee from me.

<12> παρὰ πάντας τοὺς ἐχθροὺς μου ἐγενήθην ὄνειδος καὶ τοῖς γείτοσίν μου σφόδρα καὶ φόβος τοῖς γνωστοῖς μου, οἱ θεωροῦντές με ἔξω ἔφυγον ἀπ' ἐμοῦ.

12 **para pantas tous echthrous mou egenēthēn oneidos kai tois geitosisin mou sphodra**  
**By all my enemies I became a scorn, even to my neighbors exceedingly so,**  
**kai phobos tois gnōstois mou, hoi theōrountes me exō ephygon ap' emou.**  
**and a fear to my acquaintances. The ones viewing me outside fled from me.**

יִגְנַשְׁכְּחֹתִי כְּמַת מֵלֵב הָיִיתִי כְּכֶלִי אֲבֵד:  
:אֲגַד כְּעַלְוֶה אֲכַלְתִּי כֹחִי וְשָׁנָי כְּחִיָּה

12. (31:13 in Heb.) **nish'kach'ti k'meth mileb hayithi kik'li 'obed.**

**Ps31:12** I am forgotten as a dead man, out of heart; I am like a broken vessel.

<13> ἐπελήσθην ὡσεὶ νεκρὸς ἀπὸ καρδίας, ἐγενήθην ὡσεὶ σκεῦος ἀπολωλός.

13 **epelēsthēn hōsei nekros apo kardias,**  
**I was forgotten as one dead from the heart;**  
**egenēthēn hōsei skeuos apolōlos.**  
**I am become as a vessel being destroyed.**

יָד כִּי שָׁמַעְתִּי דְבַת רַבִּים מְגוֹר מִסְבִּיב בְּהוֹסְדָם יַחַד  
:עָלִי לְקַחַת נַפְשִׁי זָמָמוּ:

13. (31:14 in Heb.) **ki shama`ti dibath rabbim magor misabib b'hiuas'dam yachad `alay laqachath naph'shi zamamu.**

**Ps31:13** For I have heard the slander of many, terror is on every side; while they took counsel together against me, they schemed to take away my soul.

<14> ὅτι ἤκουσα ψόγον πολλῶν παροικούντων κυκλόθεν· ἐν τῷ ἐπισυναχθῆναι αὐτοὺς ἅμα ἐπ’ ἐμέ τοῦ λαβεῖν τὴν ψυχὴν μου ἐβουλεύσαντο.

14 hoti ēkousa psogon pollōn paroikountōn kyklothen;

For I heard the fault of many sojourning round about.

en tō episynachthēnai autous hama ep’ eme tou labein tēn psychēn mou ebouleusanto.

In their gathering together against me to take my soul they consulted.

ⲁⲭⲦ ⲛⲁⲗⲦ ⲛⲁⲕⲣⲟⲩⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ 15

טו וַאֲנִי עָלְיָךְ בָּטַחְתִּי יְהוָה אֲמַרְתִּי אֲלֵהִי אֲתָהּ:

14. (31:15 in Heb.) wa’ani `aleyak batach’ti Yahúwah ‘amar’ti ‘Elohay ‘atah.

**Ps31:14** But as for me, I trust in You, O יהוה, I say, You are my El.

<15> ἐγὼ δὲ ἐπὶ σὲ ἤλπισα, κύριε· εἶπα Σὺ εἶ ὁ θεός μου.

15 egō de epi se ēlpisa, kyrie; eipa Sy ei ho theos mou.

But I upon you O YHWH hoped. I said, You are my El.

ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ 16

טז בְּיָדְךָ עֲתִיתִי חֲצִילִנִי מִיַּד-אוֹיְבֵי וּמִרְדְּפֵי:

15. (31:16 in Heb.) b’yad’ak `ithay hatsileni miyad-‘oy’bay umerod’phay.

**Ps31:15** My times are in Your hand;

deliver me from the hand of my enemies and from those who persecute me.

<16> ἐν ταῖς χερσίν σου οἱ καιροί μου·

ῥύσαι με ἐκ χειρὸς ἐχθρῶν μου καὶ ἐκ τῶν καταδιωκόντων με.

16 en tais chersin sou hoi kairoi mou; hrysay me ek cheiros echthrōn mou

are in your hands My lots. Rescue me from the hand of my enemies,

kai ek tōn katadiōkontōn me.

and from the ones pursuing me!

ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ 17

יז הָאֵירָה פָּנֶיךָ עַל-עַבְדְּךָ הוֹשִׁיעֵנִי בְּחַסְדְּךָ:

16. (31:17 in Heb.) ha’irah phaneyak `al-`ab’ddeak hoshi`eni b’chas’deak.

**Ps31:16** Make Your face to shine upon Your servant; Save me in Your lovingkindness.

<17> ἐπίφανον τὸ πρόσωπόν σου ἐπὶ τὸν δούλόν σου, σῶσόν με ἐν τῷ ἐλέει σου.

17 epiphanon to prosōpon sou epi ton doulon sou, sōson me en tō eleei sou.

Let appear your face unto your servant! Deliver me in your mercy!

ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ ⲛⲁⲓⲛⲧⲟⲩⲛ 18

יח יְהוָה אֲל-אֲבוֹשָׁה כִּי קָרָאתִיךָ יְבֹשׁוּ רְשָׁעִים יְדָמוּ לְשָׂאוֹל:

17. (31:18 in Heb.) Yahúwah ‘al-‘eboshah ki q’ra’thiak yeboshu r’sha`im yid’mu liSh`ol.

**Ps31:17** Let me not be put to shame, O יהוה, for I call upon You;

let the wicked be put to shame, let them be silent in Sheol.

<18> κύριε, μὴ καταισχυνθείην, ὅτι ἐπεκαλεσάμην σε·  
αἰσχυνθείησαν οἱ ἀσεβεῖς καὶ καταχθείησαν εἰς ᾄδου.

18 **kyrie, mē** kataischyntheiēn, **hoti epekalesamēn se**;

O **YHWH**, may I **not** be disgraced, **for I called upon you**.

**aischyntheiēsan hoi asebeis kai katachtheiēsan eis hadou.**

**May be ashamed the impious, and led down into Hades.**

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יִטְאָלְמָנָה שְׁפָתַי שֶׁקֶר הַדְּבָרוֹת עַל־צְדִיק עָתָק בְּגֹאֲוָה וּבִזּוּז׃

18. (31:19 in Heb.) **te'alam'nah siph'they shaqer hadob'roth `al-tsadiq `athaq b'ga'awah wabuz.**

**Ps31:18** Let the **lying lips** be mute,  
which **speak arrogantly** against the righteous with **pride** and **contempt**.

<19> ἄλαλα γενηθήτω τὰ χεῖλη τὰ δόλια τὰ λαλοῦντα κατὰ τοῦ δικαίου ἀνομίαν  
ἐν ὑπερηφανίᾳ καὶ ἐξουδενώσει.

19 **alala genēthētō ta cheilē ta dolia ta lalounta**

**speechless Let become the lips of the deceitful! even the ones speaking**

**kata tou dikaiou anomian en hyperēphaniā kai exoudenōsei.**

**against the just in lawlessness with pride and contempt.**

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כִּמָּה רַב־טוֹבָךְ אֲשֶׁר־צִפַּנְתָּ לִירֵאָיִךְ  
פְּעֻלָּתְךָ לַחֲסִים בְּךָ נִגְדַּר בְּנֵי אָדָם׃

19. (31:20 in Heb.) **mah rab-tub'ak 'asher-tsaphan'at lire'eyak pa'al'at lachosim bak neged b'ney 'adam.**

**Ps31:19** How great is **Your goodness**, which **You have stored up for those who fear You**,  
which **You have wrought for those who take refuge in You**, **before the sons of men!**

<20> ὡς πολὺ τὸ πλῆθος τῆς χρηστότητός σου, κύριε, ἧς ἔκρυψας τοῖς φοβουμένοις  
σε, ἐξεργάσω τοῖς ἐλπίζουσιν ἐπὶ σέ ἐναντίον τῶν υἱῶν τῶν ἀνθρώπων.

20 **hōs poly to plēthos tēs chrēstotētōs sou, kyrie,**

**How abundant is the multitude of your graciousness, O YHWH,**

**hēs ekruuas tois phoboumenois se, exeirgasō**

**of which you hid to the ones fearing you. You brought it to completion**

**tois elpizousin epi se enantion tōn huiōn tōn anthrōpōn.**

**to the ones hoping upon you, before the sons of men.**

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כֹּאֲתִסְתִּירֶם בְּסֶתֶר פְּנֵיךְ מֵרְכָסֵי אִישׁ תִּצְפָּנָם  
בְּסֶכָּה מְרִיב לְשָׁנוֹת׃

20. (31:21 in Heb.) **tas'tirem b'sether paneyak meruk'sey 'ish tits'p'nem b'sukkah merib l'shonoth.**

**Ps31:20** You hide them in the secret place of Your presence from the conspiracies of man; You keep them secretly in a shelter from the strife of tongues.

<21> κατακρύψεις αὐτοὺς ἐν ἀποκρύφῳ τοῦ προσώπου σου ἀπὸ ταραχῆς ἀνθρώπων, σκεπάσεις αὐτοὺς ἐν σκηנῇ ἀπὸ ἀντιλογίας γλωσσῶν.

21 katakruueis autous en apokryphō tou prosōpou sou apo tarachēs anthrōpōn, You shall hide them in the concealment of your face from the disturbance of men. skepaseis autous en skēnē apo antilogias glōssōn.

You shall shelter them in a tent from the dispute of tongues.

כב בָּרוּךְ יְהוָה כִּי הִפְלִיא חֲסֵדוֹ לִי בְּעִיר מְצוּרָה  
: 22 אֲנִי מְצוּרָה אֲנִי מְצוּרָה אֲנִי מְצוּרָה אֲנִי מְצוּרָה

21. (31:22 in Heb.) **baruk Yahúwah ki hiph'li' chas'do li b'`ir matsor.**

**Ps31:21** Blessed be **YHWH**, for He has made marvelous His lovingkindness to me in a besieged city.

<22> εὐλογητὸς κύριος, ὅτι ἐθαυμάστωσεν τὸ ἔλεος αὐτοῦ ἐν πόλει περιοχῆς.

22 eulogētos kyrios, hoti ethaumastōsen to eleos autou en polei periochēs.

Blessed be YHWH, for caused wonders his mercy in the city encompassed about.

כג וְאָנֹכִי אָמַרְתִּי בְּחַפְזִי נִגְרַזְתִּי מִנֶּגֶד עֵינֶיךָ  
: 23 אֲנִי מְצוּרָה אֲנִי מְצוּרָה אֲנִי מְצוּרָה אֲנִי מְצוּרָה

כג וְאָנֹכִי אָמַרְתִּי בְּחַפְזִי נִגְרַזְתִּי מִנֶּגֶד עֵינֶיךָ  
: 23 אֲנִי מְצוּרָה אֲנִי מְצוּרָה אֲנִי מְצוּרָה אֲנִי מְצוּרָה

22. (31:23 in Heb.) **wa'ani 'amar'ti b'chaph'zi nig'raz'ti mineged `eyneyak 'aken shama`at qol tachanunay b'shau`i 'eleyak.**

**Ps31:22** As for me, I said in my alarm, I am cut off from before Your eyes; nevertheless You heard the voice of my supplications when I cried to You.

<23> ἐγὼ δὲ εἶπα ἐν τῇ ἐκστάσει μου Ἀπέρριμμαι ἄρα ἀπὸ προσώπου τῶν ὀφθαλμῶν σου. διὰ τοῦτο εἰσήκουσας τῆς φωνῆς τῆς δεήσεώς μου ἐν τῷ κεκραγένοι με πρὸς σέ.

23 egō de eipa en tē ekstasei mou

But I said in my change of state,

Aperrimmai ara apo prosōpou tōn ophthalmōn sou.

I am thrown away surely from in front of your eyes.

dia touto eisēkousas tēs phōnēs tēs deēseōs mou

On account of this you heard of the voice of my supplication

en tō kekragenai me pros se.

in my crying out to you.

כד אָהָבוּ אֶת־יְהוָה כָּל־חַסִּידָיו אֲמוּנִים נִצֵּר יְהוָה  
: 24 וּמְשַׁלֵּם עַל־יָתֵר עֲשֵׂה גְאוּהָ

כד אָהָבוּ אֶת־יְהוָה כָּל־חַסִּידָיו אֲמוּנִים נִצֵּר יְהוָה  
: 24 וּמְשַׁלֵּם עַל־יָתֵר עֲשֵׂה גְאוּהָ

23. (31:24 in Heb.) **'ehebu 'eth-Yahúwah kal-chasidayu 'emunim notser Yahúwah um'shalem `al-yether `oseh ga'awah.**

**Ps31:23** O love יהוה, all you His holy ones! יהוה preserves the faithful and abundantly repays the proud doer.

<24> ἀγαπήσατε τὸν κύριον, πάντες οἱ ὅσιοι αὐτοῦ, ὅτι ἀληθείας ἐκζητεῖ κύριος καὶ ἀνταποδίδωσιν τοῖς περισσῶς ποιούσιν ὑπερηφανίαν.

24 agapēsate ton kyrion, pantes hoi hosioi autou, hoti alētheias ekzētei kyrios

Let love YHWH all his sacred ones! For truth requires YHWH;

kai antapodidōsin tois perissōs poiousin hyperēphanian.

and he recompenses to the ones extremely having pride.

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:אָפּאַרעל זיך צו האַלדן אַלע זיך אַרױף אַלע זיך אַרױף אַלע זיך אַרױף 25  
כה תקוה וְאַמֵּץ לְבַבְכֶם לְכָל־הַמְּיַחֲלִים לַיהוָה:

24. (31:25 in Heb.) chiz'qu w'ya'amets l'bab'kem kal-ham'yachalim laYahúwah.

**Ps31:24** Be strong and let your heart take courage, all you who hope in יהוה.

<25> ἀνδρίζεσθε, καὶ κραταιούσθω ἡ καρδία ὑμῶν, πάντες οἱ ἐλπίζοντες ἐπὶ κύριον.

25 andrizesthe, kai krataiousthō hē kardia hymōn, pantes hoi elpizontes epi kyrion.

Let be manly and be fortified in your heart all the ones hoping upon YHWH!