

Sepher Tehillim (Psalms)

Chapter 34

Shavua Reading Schedule (12th sidrah) - Ps 34 - 36

אֱלֹהִים בְּשֶׁנּוּתָו אַתְּ טַעַמְךָ לְפָנֶיךָ אֲבִימֶלֶךְ וַיָּגַר שֵׁהָיו וַיָּלֹךְ:

1. (34:1 in Heb.) I¹Dawid b'shanotho 'eth-ta'mo liph'ney 'Abimelek way'garashehu wayelak.

אֱלֹהִים, a Provider and Deliverer.

A Psalm of Dawid when he feigned his countenance before Abimelech, who drove him away and he departed.

<33:1> Τῷ Δαυιδ, ὁπότε ἡλλοίωσεν τὸ πρόσωπον αὐτοῦ ἐναντίον Αβιμελέχ, καὶ ἀπέλυσεν αὐτόν, καὶ ἀπῆλθεν.

1 Tῷ Dauid, hopote ēlloīōsen to prosōpon autou

A psalm to David, when he changed his countenance enantion Abimelech, kai apelysen auton, kai apēlthen. before Abimelech, and he loosened him, and he went forth.

בְּאֶבְרָכָה אֶת־יְהֻדָּה בְּכָל־עֵת תִּמְיד תְּהִלָּתָו בְּפִי:

(34:2 in Heb.) 'abarakah 'eth-Yahúwah b'kal-'eth tamid t'hilatho b'phi.

Ps34:1 I shall bless אֱלֹהִים at all times; His praise shall continually be in my mouth.

<2> Εὐλογήσω τὸν κύριον ἐν παντὶ καιρῷ, διὰ παντὸς ἡ αἰνεσίς αὐτοῦ ἐν τῷ στόματί μου.

2 Eulogēsō ton kyrion en panti kairō, dia pantos hē ainesis autou en tō stomati mou.
I shall bless YHWH at all time; always his praise is in my mouth.

גְּבִיהִיה תְּהִלָּל נְפָשִׁי רִשְׁמָעָה עֲנוּרִים וַיְשַׁמְּחָה:

2. (34:3 in Heb.) baYahúwah tith'halel naph'shi yish'm^u `anawim w'yis'machu.

Ps34:2 My soul shall make its boast in אֱלֹהִים; the humble shall hear it and rejoice.

<3> ἐν τῷ κυρίῳ ἐπαινεσθήσεται ἡ ψυχή μου· ἀκουσάτωσαν πραεῖς καὶ εὐφρανθήτωσαν.

3 en tō kyriō epainesthēsetai hē psychē mou; akousatōsan praeis kai euphranthētōsan.
in YHWH shall applaud My soul. Let hear the gentle and be glad!

דְּגָדָלָה לִיהְוָה אַתִּי וְנָרְמָמָה שָׁמוֹ יְחִידָה:

3. (34:4 in Heb.) gad'lu laYahúwah 'iti un'rom'mah sh'mo yach'daw.

Ps34:3 O magnify אֱלֹהִים with me, and let us exalt His name together.

«4» μεγαλύνατε τὸν κύριον σὺν ἐμοί, καὶ ὑψώσωμεν τὸ ὄνομα αὐτοῦ ἐπὶ τὸ αὐτό.

4 megalynate ton kyrion syn emoi, kai huyōsōmen to onoma autou epi to auto.

Magnify YHWH with me! for we should raise up high his name together.

הָרַשְׁתִּי אֶת־יְהוָה וְעַבְדִּי וּמִכְלֵדָה תִּזְרַלְנִי:

4. (34:5 in Heb.) darash'ti 'eth-Yahúwah w'anani umikal-m'gurothay hitsilani.

Ps34:4 I sought גָּדוֹלָה, and He answered me, and delivered me from all my fears.

«5» ἐξεζήτησα τὸν κύριον, καὶ ἐπήκουσέν μου
καὶ ἐκ πασῶν τῶν παροικιῶν μου ἐρρύσατό με.

5 exezētēsa ton kyrion, kai epēkousen mou

I sought after YHWH, and he heeded me;

kai ek pasōn tōn paroikiōn mou errysato me.

and out of all my afflictions he rescued me.

וְהִבִּיטוּ אֲלֵיכֶם וְנִחְרְבוּ וּפְגַנְיָהֶם אֶל־יְחִיפָּרוּ:

5. (34:6 in Heb.) hibitu 'elayu w'naharu uph'neyhem 'al-yech'paru.

Ps34:5 They looked to Him and were radiant, And their faces shall never be ashamed.

«6» προσέλθατε πρὸς αὐτὸν καὶ φωτίσθητε,
καὶ τὰ πρόσωπα ὑμῶν οὐ μὴ καταισχυνθῆ.

6 proselthate pros auton kai phōtisthēte,

Come forward to him, and be enlightened!

kai ta prosōpa hymōn ou mē kataischynthē.

and your faces in no way shall be disgraced.

זֶה עָנֵי קָרָא וְיִחְיָה שְׁמַע וּמִכְלֵדָה תִּשְׁרַעַז:

6. (34:7 in Heb.) zeh `ani qara' waYahúwah shame` a umikal-tsarothayu hoshi`o.

Ps34:6 This poor man cried, and גָּדוֹלָה heard him and saved him out of all his troubles.

«7» οὗτος ὁ πτωχὸς ἐκέραξεν, καὶ ὁ κύριος εἰσήκουσεν αὐτοῦ
καὶ ἐκ πασῶν τῶν θλίψεων αὐτοῦ ἔσωσεν αὐτόν.

7 houtos ho ptōchos ekekraxen, kai ho kyrios eisēkousen autou

This poor man cried out, and YHWH heard him;

kai ek pasōn tōn thlipseōn autou esōsen auton.

and from out of all his afflictions he delivered him.

חָנָה מְלָאך־יְהוָה סָבִיב לִירָאָיו וְיִחְלָצָם:

7. (34:8 in Heb.) choneh mal'ak-Yahúwah sabib lire'ayu way'chal'tsem.

Ps34:7 The messenger of גָּדוֹלָה encamps around those who fear Him, and rescues them.

«8» παρεμβαλεῖ ἄγγελος κυρίου κύκλῳ τῶν φοβουμένων αὐτὸν καὶ ῥύσεται αὐτούς.

8 parembalei aggelos kyriou kyklō tōn phoboumenōn auton
shall encamp The angel of YHWH round about the ones fearing him,
kai hrysetai autous.
and he shall rescue them.

ט טעמו וראן כיד-טוֹב ידועה אָשְׁרִי הָגֶבֶר ייחסֵה-בוֹ:

8. (34:9 in Heb.) ta`amu ur'u ki-tob Yahúwah 'ash'rey hageber yecheseh-bo.

Ps34:8 O taste and see that **耶和華** is good; blessed is the man who takes refuge in Him!

¶ 9 γείτονας θει καὶ ἔδει τὸν γονιόν ὁ κύριος: πακάσιος ἀγέρος, ὃς ἐλπίζει ἐπ' α

asthe kai idete hoti chrestos ho kyrios; makarios aner, hos elpizei ep' auton.
 Taste and see that is gracious YHWH! Blessed is the man who hopes upon him

יראָג אַת-יְהֹוָה קָדְשָׁיו כִּי-אֵין מַחְסָר לִירָאָיו:

9. (34:10 in Heb.) **y'r'u 'eth-Yahúwah q'doshayu ki-'eyn mach'sor lire'ayu.**

Ps34:9 O fear , you His holy ones; for to those who fear Him there is no lack.

«**10** φοβήθητε τὸν κύριον, οἱ ἄγιοι αὐτοῦ,
ὅτι οὐκ ἔστιν ὑστέρημα τοῦ φοβουμένοις αὐτόν.

10 phobēthēte ton kyrion, hoi hagioi autou,

Let fear YHWH all his holy ones!

hoti ouk estin hysterēma tois phoboumenois auton.

for there is no deficiency to the ones fearing him.

יא כפירים רשו ורעבו ודרשי יהוה לא-יחסרו כל-טוב:

10. (34:11 in Heb.) k'phirim rashu w'ra`ebu w'dor'shey Yáhúwah lo'-yach'sru kal-tob.

Ps34:10 The young lions do lack and suffer hunger;
but they who seek  shall not lack any good thing.

¶**11** πλούσιοι ἐπτώχευσαν καὶ ἐπείνασαν,
οἵ δὲ ἐκζητοῦντες τὸν κύριον οὐκ ἐλαττωθήσονται παντὸς ἀγαθοῦ. διάψαλμα.

11 plousioi eptōcheusan kai epeinasan,

The rich become poor, and they hunger;

hoi de ekzētountes ton kyrion ouk elattōthēsontai pantos agathou. diapsalma.

but the ones seeking after YHWH shall not lack any good thing. Pause.

11. (34:12 in Heb.) I'ku-banim shim' u-li yir'ath Yahúwah 'alamed'kem.

Ps34:11 Come, you children, listen to me; I shall teach you the fear of .

〈12〉 δεῦτε, τέκνα, ἀκούσατέ μου· φόβον κυρίου διδάξω ὑμᾶς.

12 deute, tekna, akousate mou; phobon kyriou didaxō hymas.

Come children, hear me! a fear of YHWH I shall teach you.

וְאֵת קָדוֹשׁ יְהוָה אֲנַחְנוּ מִצְרָיִם וְאֶתְנָשָׁן כִּי תְּבִיא בְּנֵינוּ לְבָנֶיךָ¹³
יג מִרְדֵּה אִישׁ חַחְפֵּץ חַיִּים אֲהֵב יָמִים לְרֹאָת טֻוב:

12. (34:13 in Heb.) mi-ha'ish hechaphets chayim 'oheb yamim lir'oth tob.

Ps34:12 Who is the man who desires life and loves days that he may see good?

<13> τίς ἐστιν ἄνθρωπος ὃ θέλων ζωὴν ἀγαπῶν ἡμέρας ἵδεῖν ἀγαθά;

13 tis estin anthrōpos ho thelon zōēn agapōn hēmeras idein agathas?

Who is the man wanting life, loving days to behold good?

וְאֵת קָדוֹשׁ יְהוָה אֲנַחְנוּ מִצְרָיִם וְאֶתְנָשָׁן כִּי תְּבִיא בְּנֵינוּ לְבָנֶיךָ¹⁴
יד נָצַר לְשׂוֹנָךְ מֶרֶע וְשִׁפְתִּיחָה מִדְבָּר מֶרֶמֶת:

13. (34:14 in Heb.) n'tsor l'shon'ak mera` us'phatheyak midaber mir'mah.

Ps34:13 Keep your tongue from evil and your lips from speaking deceit.

<14> παῦσον τὴν γλῶσσάν σου ἀπὸ κακοῦ καὶ χεύλη σου τοῦ μὴ λαλῆσαι δόλον.

14 pauson tēn glōssan sou apo kakou kai cheilē sou tou mē lalesai dolon.

Cease your tongue from evil! and your lips, so as to not speak treachery.

טו סָרֵר מֶרֶע וְעַשְׂה־טֻוב בְּקַשׁ שְׁלֹום וְרַדְפָּהּוּ¹⁵
טו סָרֵר מֶרֶע וְעַשְׂה־טֻוב בְּקַשׁ שְׁלֹום וְרַדְפָּהּוּ:

14. (34:15 in Heb.) sur mera` wa`aseh-tob baqesh shalom w'rad'phehu.

Ps34:14 Depart from evil and do good; seek peace and pursue it.

<15> ἔκκλινον ἀπὸ κακοῦ καὶ ποίησον ἀγαθόν, ζήτησον εἰρήνην καὶ δίωξον αὐτήν.

15 ekklinon apo kakou kai poiēson agathon, zētēson eirēnēn kai diōxon autēn.

Turn aside from the bad, and do good! Seek peace, and pursue it!

וְאֵת קָדוֹשׁ יְהוָה אֲלֵיכֶם וְאֶזְנֵיכֶם אֲלֵל־שׁוּעָתֶם:¹⁶
טו עִגְּנֵי יְהִי אֶל־צָדִיקִים וְאֶזְנֵי אֶל־שׁוּעָתֶם:

15. (34:16 in Heb.) `eyney Yahūwah 'el-tsadiqim w'az'nayu 'el-shaw`atham.

Ps34:15 The eyes of Yahūwah are toward the righteous and His ears are open to their cry.

<16> ὁφθαλμοὶ κυρίου ἐπὶ δικαίους, καὶ ὥτα αὐτοῦ εἰς δέησιν αὐτῶν.

16 ophthalmoi kyriou epi dikaious, kai ōta autou eis deēsin autōn.

The eyes of YHWH are upon the just, and his ears are unto their supplication.

וְאֵת קָדוֹשׁ יְהוָה אֲנַחְנוּ מִצְרָיִם וְאֶתְנָשָׁן כִּי תְּבִיא בְּנֵינוּ לְבָנֶיךָ¹⁷
יז פָּנֵי יְהִי בְּעֵשֶׂר רָע לְהַכְרִית מִאָרֶץ זְכָרָם:

16. (34:17 in Heb.) p'ney Yahūwah b'osey ra` l'hak'rith me'erets zik'ram.

Ps34:16 The face of Yahūwah is against evildoers, to cut off their memory from the earth.

<17> πρόσωπον δὲ κυρίου ἐπὶ ποιοῦντας κακὰ

τοῦ ἔξολεθρεύσαι ἐκ γῆς τὸ μνημόσυνον αὐτῶν.

17 prosōpon de kyriou epi poiountas kaka

But the face of YHWH is against the ones committing evils,
tou exolethreusai ek gēs to mnēmosynon autōn.
to utterly destroy from the earth their memorial.

יְהֹוָה תִּשְׁמַע וְמַכְלֵדֶרֶתְם הַצִּילָם: 18

17. (34:18 in Heb.) tsa`aqu waYahúwah shame`a umikal-tsarotham hitsilam.

Ps34:17 The righteous cry, and **יְהֹוָה** hears and delivers them out of all their troubles.

<18> ἐκέραξαν οἱ δίκαιοι, καὶ ὁ κύριος εἰσήκουσεν αὐτῶν
καὶ ἐκ πασῶν τῶν θλίψεων αὐτῶν ἔρρυσατο αὐτούς.

18 ekekrajan hoi dikaioi, kai ho kyrios eisēkousen autōn
cried out The just, and YHWH heard them;
kai ek pasōn tōn thlipseōn autōn errysato autous.
and from out of all their afflictions he rescued them.

יְתִקְרֹב יְהֹוָה לְגַנְשְׁבֵרִידְלָב וְאֶת-פְּאִירְוִיחָ יוֹשִׁיעָ: 19

18. (34:19 in Heb.) qarob Yahúwah l'nish'b'rey-leb w'eth-dak'ey-ruach yoshi'a.

Ps34:18 **יְהֹוָה** is near to the brokenhearted and saves those who have a contrite spirit.

<19> ἐγγὺς κύριος τοῖς συντετριμμένοις τὴν καρδίαν
καὶ τοὺς ταπεινοὺς τῷ πνεύματι σώσει.

19 eggys kyrios tois syntetrimmenois tēn kardian
YHWH is near to the ones being broken in heart;
kai tous tapeinous tō pneumati sōsei.
and the humble in spirit he shall deliver.

כָּרְבּוֹת רֻעֹת צָדִיק וּמַכְלֵם יִצְּרָלֵנוּ יְהֹוָה: 20

19. (34:20 in Heb.) rabboth ra`oth tsadiq umikulam yatsilenu Yahúwah.

Ps34:19 Many are the afflictions of the righteous, but **יְהֹוָה** delivers him out of them all.

<20> πολλαὶ αἱ θλίψεις τῶν δικαίων, καὶ ἐκ πασῶν αὐτῶν ἔρυσεται αὐτούς, ὁ κύριος.

20 pollai hai thlipseis tōn dikaiōn,
Many are the afflictions of the just;
kai ek pasōn autōn hrysetai autous, ho kyrios.
and from out of all of them shall rescue them YHWH.

כָּא-שִׁמְרָכְלָעַצְמוֹתָיו אַחֲת מְהֻנָּה לֹא בְשִׁבְרָה: 21

20. (34:21 in Heb.) shomer kal-`ats'mothayu 'achath mehenah lo' nish'barah.

Ps34:20 He keeps all his bones, not one of them is broken.

<21> κύριος φυλάσσει πάντα τὰ ὄστα αὐτῶν, ἐν ἐξ αὐτῶν οὐ συντριβήσεται.

21 kyrios phylassei panta ta osta autōn, hen ex autōn ou syntribēsetai.

YHWH guards all their bones; one of them not shall be broken.

כְּבָתְמֹתָת רְשֵׁעַ רָעָה וְשָׁנָאֵר צָדִיק רְאַשְׁמָה:
22 בָּעֵבֶר עֲלֵיכֶם כְּבָתְמֹתָת רְשֵׁעַ רָעָה וְשָׁנָאֵר צָדִיק רְאַשְׁמָה:

21. (34:22 in Heb.) t'motheth rasha` ra`ah w'son'ey tsadiq ye'samu.

Ps34:21 Evil shall slay the wicked, and those who hate the righteous shall be condemned.

<22> θάνατος ἀμαρτωλῶν πονηρός, καὶ οἱ μισοῦντες τὸν δίκαιον πλημμελήσουσιν.

22 thanatos hamartōlōn ponēros, kai hoī misountes ton diakaion plēmmelēsousin.

The death of sinners is a sorry state; and the ones detesting the just shall offend.

כְּגָפָדָה יְהוָה נֶפֶשׁ עֲבָדָיו וְלֹא רְאַשְׁמָה קָל־הַחֲסִים בָּו:
23 בָּעֵבֶר עֲלֵיכֶם כְּבָתְמֹתָת רְשֵׁעַ רָעָה וְשָׁנָאֵר צָדִיק רְאַשְׁמָה:

22. (34:23 in Heb.) podeh Yahúwah nephesh `abadayu w'lo' ye'sh'mu kal-hachosim bo.

Ps34:22 יְהוָה redeems the soul of His servants,
and none of those who take refuge in Him shall be condemned.

<23> λυτρώσεται κύριος ψυχὰς δούλων αὐτοῦ,
καὶ οὐ μὴ πλημμελήσωσιν πάντες οἱ ἐλπίζοντες ἐπ' αὐτόν.

23 lytrōsetai kyrios psychas doulōn autou,

YHWH shall ransom the souls of his servants;

kai ou mē plēmmelēsōsin pantes hoī elpizontes ep' auton.

and in no way shall offend all the ones hoping upon him.