

# Sepher Tehillim (Psalms)

## Chapter 38

Shavua Reading Schedule (14th sidrah) - Ps 38 - 41

Ps38:1 מִזְמוֹר לְדָוִד לְהַזְכִּיר:

אֲמִזְמוֹר לְדָוִד לְהַזְכִּיר:

1. (38:1 in Heb.) **miz'mor l'David l'haz'kir.**

**Prayer of a Suffering Penitent.**

**A Psalm of Dawid, for a memorial.**

<37:1> Ψαλμὸς τῷ Δαυιδ· εἰς ἀνάμνησιν περὶ σαββάτου.

1 Psalms tō Dawid; eis anamnēsin peri sabbatou.

**A psalm to David; for remembrance concerning the Shabbat.**

בְּיְהוָה אֱלֹהֵינוּ בְּקִצְפָּךְ תִּכְיֶחַנִּי וּבְחַמְתֶּךָ תִּיסְרֶנִּי:

בְּיְהוָה אֱלֹהֵינוּ בְּקִצְפָּךְ תִּכְיֶחַנִּי וּבְחַמְתֶּךָ תִּיסְרֶנִּי:

(38:2 in Heb.) **Yahúwah 'al-b'qets'p'ak thokicheni ubachamath'ak th'yas'reni.**

**Ps38:1** O יהוה, rebuke me not in Your wrath, and do not chasten me in Your burning anger.

<2> Κύριε, μὴ τῷ θυμῷ σου ἐλέγξῃς με μηδὲ τῇ ὀργῇ σου παιδεύσῃς με.

2 Kyrie, mē tō thymō sou elegxēs me mēde tē orgē sou paideusēs me.

**O YHWH, let not your rage reprove me, nor your anger correct me!**

גְּכִי־חַצְצִיךָ נִחַתִּי בִּי וַתִּנְחַת עָלַי יְהוָה:

גְּכִי־חַצְצִיךָ נִחַתִּי בִּי וַתִּנְחַת עָלַי יְהוָה:

2. (38:3 in Heb.) **ki-chitseyak nichathu bi watin'chath `alay yadeak.**

**Ps38:2** For Your arrows have sunk deep into me, and Your hand has pressed down on me.

<3> ὅτι τὰ βέλη σου ἐνεπάγησάν μοι, καὶ ἐπεστήρισας ἐπ' ἐμέ τὴν χεῖρά σου·

3 hoti ta belē sou enepagēsan moi, kai epestērisas ep' eme tēn cheira sou;

**For your arrows were stuck in me, and stayed upon me your hand.**

דִּאִין־מָתָם בְּבִשְׂרֵי מִפְּנֵי זַעַמְךָ אִין־שְׁלוֹם בְּעַצְמֵי מִפְּנֵי חַטָּאתֵי:

דִּאִין־מָתָם בְּבִשְׂרֵי מִפְּנֵי זַעַמְךָ אִין־שְׁלוֹם בְּעַצְמֵי מִפְּנֵי חַטָּאתֵי:

3. (38:4 in Heb.) **'eyn-m'thom bib'sari mip'ney za'meak**

**'eyn-shalom ba`atsamay mip'ney chata'thi.**

**Ps38:3** There is no soundness in my flesh because of Your indignation; there is no health in my bones because of my sin.

<4> οὐκ ἔστιν ἰασίς ἐν τῇ σαρκί μου ἀπὸ προσώπου τῆς ὀργῆς σου, οὐκ ἔστιν εἰρήνη τοῖς ὀστέοις μου ἀπὸ προσώπου τῶν ἁμαρτιῶν μου.

4 ouk estin iasis en tē sarki mou apo prosōpou tēs orgēs sou,

**There is no healing in my flesh from the face of your anger;**

ouk estin eirēnē tois osteois mou apo prosōpou tōn hamartiōn mou.  
there is no peace in my bones from the face of my sins.

:כַּיִן יָאֵשׁוּב אֶשְׁרֵי כְּבֹדִי מִמִּנִּי  
הַכִּי עֲוֹנֹתַי עָבְרוּ רֹאשִׁי כַּמָּשָׂא כְּבֹד יִקְבְּדוּ מִמִּנִּי

4. (38:5 in Heb.) **ki`awonothay`ab`ru ro`shi k`masa` kabed yik`b`du mimeni.**

**Ps38:4** For my iniquities are gone over my head;  
as a heavy burden they weigh too much for me.

<5> ὅτι αἱ ἀνομίαι μου ὑπερῆραν τὴν κεφαλὴν μου,  
ὥσεί φορτίον βαρὺ ἐβαρύνθησαν ἐπ' ἐμέ.

5 **hoti hai anomiai mou hyperēran tēn kephalēn mou,**  
**For my lawless deeds are elevated above my head;**  
**hōsei phortion bary ebarynthēsan ep` eme.**  
**as load a heavy they were oppressed upon me.**

:כַּיִן יִגְדַּל עָוֹן מִפְּנֵי אֲוִלְתִּי  
וְהַבְּאִישׁוֹ נִמְקוּ חַבּוּרֹתַי מִפְּנֵי אֲוִלְתִּי

5. (38:6 in Heb.) **hib`ishu namaqu chaburothay mip`ney`iual`ti.**

**Ps38:5** My wounds grow foul and fester because of my folly.

<6> προσώζεσαν καὶ ἐσάπησαν οἱ μώλωπές μου ἀπὸ προσώπου τῆς ἀφροσύνης μου·

6 **prosōzesan kai esapēsan hoi mōlōpes mou apo prosōpou tēs aphrosynēs mou;**  
**give out an odor and fester My stripes from the face of my folly.**

:כַּיִן יִגְדַּל עָוֹן מִפְּנֵי אֲוִלְתִּי  
זַבְעוּיֹתַי שָׁחֹתַי עַד-מָאֹד כָּל-הַיּוֹם קִדְרַת הַלְּבָבִי

6. (38:7 in Heb.) **na`aweythi shachothi`ad-m`od kal-hayom qoder hilak`ti.**

**Ps38:6** I am bent over, bowed down; I go mourning all the day long.

<7> ἐταλαιπώρησα καὶ κατεκάμφθην ἕως τέλους,  
ὄλην τὴν ἡμέραν σκυθρωπάζων ἐπορευόμην.

7 **etalaiporēsa kai katekamphthēn heōs telous,**  
**I was in misery and bent down until the end.**  
**holēn tēn hēmeran skythrōpazōn eporeuomēn.**  
**All the day looking downcast I went.**

:כַּיִן יִמְלֵא מַלְאֵוֹ נִקְלָה וְאֵין מְשַׁרְי  
חַכְי-כְּסָלִי מְלֵאוֹ נִקְלָה וְאֵין מְשַׁרְי

7. (38:8 in Heb.) **ki-k`salay mal`u niq`leh w`eyn m`thom bib`sari.**

**Ps38:7** For my loins are filled with burning, and there is no soundness in my flesh.

<8> ὅτι αἱ ψυαὶ μου ἐπλήσθησαν ἐμπαυγμῶν, καὶ οὐκ ἔστιν ἰασίς ἐν τῇ σαρκί μου·

8 **hoti hai psuai mou eplēsthēsan empaigmōn, kai ouk estin iasis en tē sarki mou;**  
**For my flanks were filled of mockeries, and there is no healing in my flesh.**

טנפוגותי ונדכיתי עד-מאד שאגתי מנהמת לבי:  
פגו-אד-מ'וד שאג'טי מינחמאט ליבי

8. (38:9 in Heb.) **n'phugothi w'nid'keythi `ad-m'od sha'ag'ti minahamath libi.**

**Ps38:8** I am benumbed and crushed to excess;  
I groan because of the agitation of my heart.

9) ἐκακώθην καὶ ἐταπεινώθην ἕως σφόδρα,  
ὠρούμην ἀπὸ στεναγμοῦ τῆς καρδίας μου.

9 ekakōthēn kai etapeinōthēn heōs sphodra,  
I was afflicted with evil and humbled, even unto exceedingly.  
ōruomēn apo stenagmou tēs kardias mou.  
I roared from the moaning of my heart.

יאדני נגדה כל-תאותי ואנחתי ממה לא-נסתרה:  
אדנאי נג'ד'אק קל-ת'אואתי ו'אנ'כאטי מימ'אק לו'-ניס'תרה

9. (38:10 in Heb.) **'Adonai neg'd'ak kal-ta'awathi w'an'chathi mim'ak lo'-nis'tarah.**

**Ps38:9** My Adon (Master), all my desire is before You;  
and my sighing is not hidden from You.

10) κύριε, ἐναντίον σου πᾶσα ἡ ἐπιθυμία μου,  
καὶ ὁ στεναγμός μου ἀπὸ σοῦ οὐκ ἐκρύβη.

10 kyrie, enantion sou pasa hē epithymia mou,  
O YHWH, before you is all my desire;  
kai ho stenagmos mou apo sou ouk ekrybē.  
and my moaning from you can not be concealed.

יא לבי סחרחר עזבני כחי ואור-עיני גם-הם אין אתי:  
ליבי ס'כר'כר ע'זבני כ'חי ו'אור-ע'יני ג'ם-ה'ם א'ין א'תי

10. (38:11 in Heb.) **libi s'char'char `azabani kochi w'or-`eynay gam-hem 'eyn 'iti.**

**Ps38:10** My heart throbs, my strength fails me;  
and the light of my eyes, even it is not with me.

11) ἡ καρδία μου ἐταράχθη, ἐγκατέλιπέν με ἡ ἰσχὺς μου,  
καὶ τὸ φῶς τῶν ὀφθαλμῶν μου καὶ αὐτὸ οὐκ ἔστιν μετ' ἐμοῦ.

11 hē kardia mou etarachthē, egkatelipen me hē ischys mou,  
My heart is disturbed; abandoned me my strength;  
kai to phōs tōn ophthalmōn mou kai auto ouk estin met' emou.  
even the light of my eyes, even it is not with me.

יב אהבי ורעי מנגד נגעי יעמדו וקרובי מרחק עמדו:  
א'הב'י ו'רע'י מ'נגד נ'גע'י י'עמ'דו ו'קר'וב'י מ'רח'ק ע'מ'דו

11. (38:12 in Heb.) **'ohabay w're`ay minedeg nig'i ya'amodu uq'robay merachog `amadu.**

**Ps38:11** My loved ones and my friends stand aloof from my plague;  
and my kinsmen stand afar off.

<12> οἱ φίλοι μου καὶ οἱ πλησίον μου ἐξ ἐναντίας μου ἤγγισαν καὶ ἔστησαν,  
καὶ οἱ ἔγγιστα μου ἀπὸ μακρόθεν ἔστησαν·

12 **hoi philoi mou kai hoi plēsion mou ex enantias mou ēggisan kai estēsan,**  
**My friends and my neighbors right opposite me approached and stood;**  
kai **hoi eggista mou apo makrothen estēsan;**  
**and the ones nearest to me from afar off stood.**

יגוֹיִנְקָשׁוּ מִבְּקָשׁוּי נִפְשׁוֹי  
וְדַרְשׁוֹי רָעָתִי הַבְּרוּ הַיּוֹת וּמַרְמוֹת כָּל-הַיּוֹם יְהַגְּוּ:  
כַּוְנָן כַּוְפָּשׁוּ יְוָפְנֵי 13  
:יִרְאֶכּוּ מְיַכְּא-לֹי אֲיִמְיִמְיִ אֲיִיִא יִיִא כַּאֲוִי כַּוְנָאֲי

12. (38:13 in Heb.) **way'naq'shu m'baq'shey naph'shi**  
**w'dor'shey ra'athi dib'ru hauoth umir'moth kal-hayom yeh'gu.**

**Ps38:12** Those who seek my life lay snares for me; and those who seek my hurt speak mischievous things, and they devise treachery all the day.

<13> καὶ ἐξεβιάσαντο οἱ ζητοῦντες τὴν ψυχὴν μου,  
καὶ οἱ ζητοῦντες τὰ κακά μοι ἐλάλησαν ματαιότητας  
καὶ δολιότητας ὅλην τὴν ἡμέραν ἐμελέτησαν.

13 kai **exebiasanto hoi zētountes tēn psychēn mou,**  
**And expelled me the ones seeking my life;**  
kai **hoi zētountes ta kaka moi elalēsan mataiotētās**  
**and the ones seeking bad things for me spoke follies;**  
kai **doliotētās holēn tēn hēmeran emeletēsan.**  
**and on deceits the entire day they meditated.**

יְדוֹאֲנִי כְּחֵרֶשׁ לֹא אֶשְׁמַע וּכְאֵלִים לֹא יִפְתַּח-פִּי:  
יִיִאֲוִיִּי חֵרֶשׁ לֹא אֶשְׁמַע וּכְאֵלִים לֹא יִפְתַּח-פִּי 14  
:יִיִאֲוִיִּי חֵרֶשׁ לֹא אֶשְׁמַע וּכְאֵלִים לֹא יִפְתַּח-פִּי

13. (38:14 in Heb.) **wa'ani k'cheresh lo' 'esh'ma`uk'ilem lo' yiph'tach-piu.**

**Ps38:13** But I, like a deaf man, do not hear;  
and I am like a mute man who does not open his mouth.

<14> ἐγὼ δὲ ὡσεὶ κωφὸς οὐκ ἤκουον καὶ ὡσεὶ ἄλαλος οὐκ ἀνοίγων τὸ στόμα αὐτοῦ

14 **egō de hōsei kōphos ouk ēkouon**  
**But I, as a deaf-mute, did not hear;**  
kai **hōsei alalos ouk anoigōn to stoma autou**  
**and was as one speechless not opening his mouth.**

טוֹאֲהִי כְּאִישׁ אֲשֶׁר לֹא-שִׁמַּע וְאֵין בְּפִיו תּוֹכָחוֹת:  
אֲוִיִּי חֵרֶשׁ לֹא אֶשְׁמַע וּכְאֵלִים לֹא יִפְתַּח-פִּי 15  
:אֲוִיִּי חֵרֶשׁ לֹא אֶשְׁמַע וּכְאֵלִים לֹא יִפְתַּח-פִּי

14. (38:15 in Heb.) **wa'ehi k'ish 'asher lo'-shome`a w'eyn b'phiu tokachoth.**

**Ps38:14** Yes, I am like a man who does not hear, and in whose mouth are no arguments.

<15> καὶ ἐγενόμην ὡσεὶ ἄνθρωπος οὐκ ἀκούων  
καὶ οὐκ ἔχων ἐν τῷ στόματι αὐτοῦ ἐλεγμούς.

15 kai egenomēn hōsei anthrōpos ouk akouōn kai ouk echōn en tō stomati autou elegmous.  
And I became as a man not hearing, and not having in his mouth rebukes.

יִשְׁמַע אֱלֹהֵי אֲדֹנָי אֶת־קוֹלִי וְיִשְׁמַע אֱלֹהֵי אֲדֹנָי אֶת־קוֹלִי  
טז כִּי-לֹא יִחַדּוּ הַיְהוָה הַיְהוָה לִּי אֶת־הַתְּעִנָּה אֲדֹנָי אֶל־הָי:

15. (38:16 in Heb.) **ki-l'ak Yahúwah hochal'ti 'atah tha`aneh 'Adonai 'Elohay.**

**Ps38:15** For I hope in You, O **אֲדֹנָי**; You shall answer, O My Adon (Master) my El.

<16> ὅτι ἐπὶ σοί, κύριε, ἤλπισα· σὺ εἰσακούσῃ, κύριε ὁ θεός μου.

16 hoti **epi soi, kyrie, ēlpisa; sy eisakousē, kyrie ho theos mou.**

For upon you, O YHWH, I hoped. You shall hear, O YHWH my El.

יִזְכֹּר אֱמֹרָתִי פֶן-יִשְׂמְחוּ-לִי בְמוֹט רַגְלִי עָלַי הַגְּדִילוּ:  
יז כִּי-אֶמְרָתִי פֶן-יִשְׂמְחוּ-לִי בְמוֹט רַגְלִי עָלַי הַגְּדִילוּ:

16. (38:17 in Heb.) **ki-'amar'ti pen-yis'm'chu-li b'mot rag'li `alay hig'dilu.**

**Ps38:16** For I said, May they not rejoice over me, who,  
when my foot slips, would magnify themselves against me.

<17> ὅτι εἶπα Μήποτε ἐπιχαρῶσιν μοι οἱ ἐχθροί μου·  
καὶ ἐν τῷ σαλευθῆναι πόδας μου ἐπ' ἐμέ ἐμεγαλορρημόνησαν.

17 hoti **eipa Mēpote epicharōsin moi hoi echthroi mou;**

For I spoke, lest at any time rejoice over me my enemies,

kai en tō saleuthēnai podas mou ep' eme emegalorrhēmōnēsan.

and at the shaking of my feet against me they spoke great words.

יָחַדּוּ אֲנִי לְצַלַע נְכוֹן וּמִכְאוּבֵי נִגְדֵי תָמִיד:  
יח כִּי-אֲנִי לְצַלַע נְכוֹן וּמִכְאוּבֵי נִגְדֵי תָמִיד:

17. (38:18 in Heb.) **ki-'ani l'tsela` nakon umak'obi neg'di thamid.**

**Ps38:17** For I am ready to fall, and my sorrow is continually before me.

<18> ὅτι ἐγὼ εἰς μάστιγας ἔτοιμος, καὶ ἡ ἀλγηδὼν μου ἐνώπιόν μου διὰ παντός.

18 hoti **egō eis mastigas hetoimos, kai hē algēdōn mou enōpion mou dia pantos.**

For I for whips am prepared, and my suffering before me is always.

יִטְעַן עוֹנֵי אֲנִיד אֶדְאָג מִחַטָּאתַי:  
יט כִּי-עוֹנֵי אֲנִיד אֶדְאָג מִחַטָּאתַי:

18. (38:19 in Heb.) **ki-`awoni 'agid 'ed'ag mechata'thi.**

**Ps38:18** For I confess my iniquity; I am full of anxiety because of my sin.

<19> ὅτι τὴν ἀνομίαν μου ἐγὼ ἀναγγεῶ καὶ μεριμνήσω ὑπὲρ τῆς ἁμαρτίας μου.

19 hoti **tēn anomian mou egō anaggelō kai merimnēsō hyper tēs hamartias mou.**

For my lawlessness I shall announce; and I shall be anxious concerning my sin.

כִּוְאִיבֵי חַיִּים עֲצִמוּ וְרַבּוֹ שְׁנֵאֵי שְׁקָר:  
יז כִּוְאִיבֵי חַיִּים עֲצִמוּ וְרַבּוֹ שְׁנֵאֵי שְׁקָר:

19. (38:20 in Heb.) **w'oy'bay chayim `atsemu w'rabbu son'ay shaqer.**

**Ps38:19** But my enemies are lively and they are strong,  
and many are those who hate me wrongfully.

<20> οἱ δὲ ἐχθροί μου ζῶσιν καὶ κεκραταίνονται ὑπὲρ ἐμέ,  
καὶ ἐπληθύνθησαν οἱ μισοῦντές με ἀδίκως·

20 hoi de echthroi mou zōsin kai kekrataiōntai hyper eme,

But my enemies live, and are fortified over me;

kai eplēthynthēsan hoi misountes me adikōs;

and multiply the ones detesting me unjustly.

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:950-7749 xhx 77770w7 3950 xhx 309 77770w7 21  
כא ומשלימי רעה תחת טובה ישטנוני תחת רדופי-טוב:

20. (38:21 in Heb.) um'shal'mey ra'ah tachath tobah yis't'nuni tachath r'dophi-tob.

**Ps38:20** And those who repay evil for good, they oppose me, because I follow what is good.

<21> οἱ ἀνταποδιδόντες κακὰ ἀντὶ ἀγαθῶν ἐνδιέβαλλον με, ἐπεὶ κατεδίωκον  
δικαιοσύνην, [καὶ ἀπέρριψάν με τὸν ἀγαπητὸν ὡσεὶ νεκρὸν ἐβδελυγμένον.]

21 hoi antapodidontes kaka anti agathōn

The ones recompensing to me bad for good

endieballon me, epei katediōkon dikaiosynēn,

slandered me when they pursued righteousness.

[kai aperripsan me ton agapēton hōsei nekron ebdelygmenon.]

and forsake me the only one as the dead that they loved.

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:7777 999x-67 7777 3937 77770x-67 22  
כב אל-תעזבני יהוה אל-הי אל-תרחק ממני:

21. (38:22 in Heb.) 'al-ta'az'beni Yahúwah 'Elohay 'al-tir'chaq mimeni.

**Ps38:21** Do not forsake me, O יהוה; O my El, do not be far from me!

<22> μὴ ἐγκαταλίπης με, κύριε· ὁ θεός μου, μὴ ἀποστῆς ἀπ' ἐμοῦ·

22 mē egkatalipēs me, kyrie; ho theos mou, mē apostēs ap' emou;

You should not abandon me, O YHWH my El; you should not separate from me.

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כג חונשה לעזרתתי אדני תשועתי:

22. (38:23 in Heb.) chushah l'ez'rathi 'Adonai t'shu'athi.

**Ps38:22** Make haste to help me, O Adonai, my salvation!

<23> πρόσχες εἰς τὴν βοήθειάν μου, κύριε τῆς σωτηρίας μου.

23 prosches eis tēn boētheian mou, kyrie tēs sōtērias mou.

Take heed for my help, O YHWH of my deliverance!