

Sepher Tehillim (Psalms)

Chapter 39

אֲדַבֵּר אֶת־לִבִּי אֶת־מִצְדֵּקוֹתַי אֶת־מַעֲשֵׂי לִבִּי אֶת־מַעֲשֵׂי יְדָוִתְהוּן Ps39:1

אֶל־מְנַצֵּחַ לַיהוָה לְמִזְמוֹר לְדָוִד׃

1. (39:1 in Heb.) **lam'natseach l'Y'dithun miz'mor l'Dawid.**

The Vanity of Life.

For the chief musician, for Yeduthun. A Psalm of Dawid.

<38:1> Εἰς τὸ τέλος, τῷ Ἰδιθουν· ᾠδὴ τῷ Δαυιδ.

1 Eis to telos, tō Idithoun; ōdē tō Dawid.

To the director; to Jeduthun; an ode to David.

אֶת־מַעֲשֵׂי לִבִּי אֶת־מִצְדֵּקוֹתַי אֶת־מַעֲשֵׂי יְדָוִתְהוּן
אֶת־מַעֲשֵׂי לִבִּי אֶת־מִצְדֵּקוֹתַי אֶת־מַעֲשֵׂי יְדָוִתְהוּן 2

בְּאִמְרָתִי אֲשַׁמְרָה הַרְכִּי מִחַטּוֹא בְּלִשׁוֹנִי
אֲשַׁמְרָה לְפִי מִחֶסֶם בְּעַד רָשָׁע לְנִגְדֵי׃

(39:2 in Heb.) **'amar'ti 'esh'm'rah d'rakay mechato' bil'shoni
'esh'm'rah l'phi mach'som b'`od rasha` l'neg'di.**

Ps39:1 I said, I shall guard my ways from sinning with my tongue;
I shall guard my mouth as with a muzzle while the wicked are in my presence.

<2> Εἶπα Φυλάξω τὰς ὁδοὺς μου τοῦ μὴ ἁμαρτάνειν ἐν γλώσσῃ μου·
ἐθέμην τῷ στόματί μου φυλακὴν
ἐν τῷ συστήναι τὸν ἁμαρτωλὸν ἐναντίον μου.

2 Eipa Phylaxō tas hodous mou tou mē hamartanein en glōssē mou;

I said, I shall guard my ways to not sin for me with my tongue.

ethemēn tō stomati mou phylakēn en tō systēnai ton hamartōlon enantion mou.

I put for my mouth a guard while the stood sinner before me.

אֶת־מַעֲשֵׂי לִבִּי אֶת־מִצְדֵּקוֹתַי אֶת־מַעֲשֵׂי יְדָוִתְהוּן אֶת־מַעֲשֵׂי לִבִּי אֶת־מִצְדֵּקוֹתַי 3

גִּנְאָלְמָתִי דוּמְיָה הַחֲשִׁיתִי מִטוֹב וּכְאֲבִי נֶעְכָּר׃

2. (39:3 in Heb.) **ne'elam'ti dumiah hechesheythi mitob uk'ebi ne`kar.**

Ps39:2 I was mute and silent, I refrained even from good, and my sorrow grew worse.

<3> ἐκωφώθην καὶ ἐταπεινώθην καὶ ἐσίγησα ἐξ ἀγαθῶν,
καὶ τὸ ἄλγημά μου ἀνεκαινίσθη.

3 ekōphōthēn kai etapeinōthēn kai esigēsa ex agathōn, kai to algēma mou anakainisthē.

I was mute and humbled and quiet of good words, and my pain was renewed.

אֶת־מַעֲשֵׂי לִבִּי אֶת־מִצְדֵּקוֹתַי אֶת־מַעֲשֵׂי יְדָוִתְהוּן אֶת־מַעֲשֵׂי לִבִּי אֶת־מִצְדֵּקוֹתַי 4

דַּחֲסֵ-לְבָבִי בְּקִרְבִּי בַּהֲגִיגֵי תְבַעַר-אֵשׁ הַבְּרָתִי בְּלִשׁוֹנִי׃

3. (39:4 in Heb.) **cham-libi b'qir'bi bahagigi thib`ar-'esh dibar'ti bil'shoni.**

Ps39:3 My heart was hot within me, while I was musing the fire burned; then I spoke with my tongue:

<4> ἑθερμάνθη ἡ καρδία μου ἐντός μου,
καὶ ἐν τῇ μελέτῃ μου ἐκκαυθήσεται πῦρ.
ἐλάλησα ἐν γλώσσῃ μου

4 ethermanthē hē kardia mou entos mou,
heated My heart within me;

kai en tē meletē mou ekkauthēsetai pyr. elalēsa en glōssē mou
and in my meditation would burn away a fire; I spoke with my tongue.

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ההודיעני יהנה קצתי ומפת ימי מההיא אדעת מהל אני:

4. (39:5 in Heb.) hodi`eni Yahúwah qitsi
umidath yamay mah-hi' 'ed`ah meh-chadel 'ani.

Ps39:4 אָדָּעָא, make me to know my end and the measure of my days; that I may know how transient I am.

<5> Γνώρισόν μοι, κύριε, τὸ πέρασ μου
καὶ τὸν ἀριθμὸν τῶν ἡμερῶν μου, τίς ἐστίν,
ἵνα γνῶ τί ὑστερῶ ἐγώ.

5 Gnōrison moi, kyrie, to peras mou
Make known to me, O YHWH, my limit!

kai ton arithmon tōn hēmerōn mou, tis estin, hina gnō ti hysterō egō.
and the number of my days, what it is, that I should know what I lack.

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והנה טפחות נתתה ימי וחקלי כאין נגדה אך כל-הבל כל-אדם נצב סלה:

5. (39:6 in Heb.) hinneh t'phachoth nathatah yamay
w'chel'di k'ayin neg'deak 'ak kal-hebel kal-'adam nitsab. Selah.

Ps39:5 Behold, You have made my days as handbreadths, and my lifetime as nothing in Your sight; surely every man standing is all vanity. Selah.

<6> ἰδοὺ παλαιστὰς ἔθου τὰς ἡμέρας μου,
καὶ ἡ ὑπόστασις μου ὡσεὶ οὐθέν ἐνώπιόν σου·
πλὴν τὰ σύμπαντα ματαιότης, πᾶς ἄνθρωπος ζῶν. διάψαλμα.

6 idou palaistas ethou tas hēmeras mou,
Behold, a palm you established for my days;

kai hē hypostasis mou hōsei outhen enōpion sou;
and my essence is as nothing before you.

plēn ta sympanta mataiotēs, pas anthrōpos zōn. diapsalma.
Furthermore, all things are folly for every man living. PAUSE.

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זאך-בצלם יתהלך-איש אך-הכל יהמיון יצבור
ולא-ידע מי-אספם:

6. (39:7 in Heb.) 'ak-b'tselem yith'halek-'ish 'ak-hebel yehemayun yits'bor w'lo'-yeda` mi-'os'pham.

Ps39:6 Surely a man walks about in a shadow; surely their turmoil is in vain; he heaps up and does not know who shall gather them.

<7> μέντοιγε ἐν εἰκόνι διαπορεύεται ἄνθρωπος, πλὴν μάτην ταρασσονται· θησαυρίζει καὶ οὐ γινώσκει τίνοι συνάξει αὐτά.

7 mentoige en eikoni diaporeuetai anthrōpos, plēn matēn tarassontai; However, with an image travels a man, except, in folly he is disturbed. thēsaurizei kai ou ginōskei tini synaxei auta. He treasures up, but does not know why he shall gather them.

חועפתה מה-קויתי אדני תוחלתי לך היא:
:כזא יל כחחזח כגאכ כחכזח-אז אכחז 8

7. (39:8 in Heb.) w`atah mah-quiithi 'Adonai tochal'ti l'ak hi'.

Ps39:7 And now, my Adon (Master), for what do I wait? My hope is in You.

<8> καὶ νῦν τίς ἡ ὑπομονή μου; οὐχὶ ὁ κύριος; καὶ ἡ ὑπόστασις μου παρὰ σοῦ ἐστίν.

8 kai nyn tis hē hypomonē mou? ouchi ho kyrios? kai hē hypostasis mou para sou estin. And now, what of my endurance – is it not YHWH? Even my support from you is.

טמכל-פנעזי הצילני חרפת נבל אל-השימני:
:כזא כחכזח-אז אכחז 9

8. (39:9 in Heb.) mikal-p'sha`ay hatsileni cher'path nabal 'al-t'simeni.

Ps39:8 Deliver me from all my transgressions; make me not the reproach of the foolish.

<9> ἀπὸ πασῶν τῶν ἀνομιῶν μου ῥῦσαί με, ὄνειδος ἀφροني ἔδωκάς με.

9 apo pasōn tōn anomiōn mou hrysai me, oneidos aphroni edōkas me. From all my lawless deeds rescue me! for scorn to the fool You gave me.

ינאלמתי לא אפתח-פי כי אתה עשית:
:כזא אכחז כז כז-חחזח חל כחכזח-אז 10

9. (39:10 in Heb.) ne'elam'ti lo' 'eph'tach-pi ki 'atah `asiath.

Ps39:9 I have become mute, I do not open my mouth, because it is You who have done it.

<10> ἐκωφώθην καὶ οὐκ ἤνοιξα τὸ στόμα μου, ὅτι σὺ εἶ ὁ ποιήσας με.

10 ekōphōthēn kai ouk ēnoixa to stoma mou, hoti sy ei ho poiēsas me. I was made mute, and I did not open my mouth, for you are he that made me.

יא הסר מעלי נגעך מתגרת ידך אני כליתי:
:כזא כחכזח-אז אכחז 11

10. (39:11 in Heb.) haser me`alay nig`eak mitig'rath yad'ak 'ani kalithi.

Ps39:10 Remove Your plague from me;
because of the opposition of Your hand I am perishing.

<11> ἀπόστησον ἀπ’ ἐμοῦ τὰς μάστιγὰς σου·
ἀπὸ τῆς ἰσχύος τῆς χειρὸς σου ἐγὼ ἐξέλιπον.

11 apostēson ap’ emou tas mastigas sou; apo tēs ischuos tēs cheiros sou egō exelipon.
Abstain from me your whips; from the strength of your hand I failed.

וַיִּסְרֹף אֶת-עֵוֹן יִסְרֹף אֱלֹהִים
וַיִּסְרֹף אֶת-עֵוֹן יִסְרֹף אֱלֹהִים
וַיִּסְרֹף אֶת-עֵוֹן יִסְרֹף אֱלֹהִים
וַיִּסְרֹף אֶת-עֵוֹן יִסְרֹף אֱלֹהִים
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וַיִּסְרֹף אֶת-עֵוֹן יִסְרֹף אֱלֹהִים

11. (39:12 in Heb.) b'thokachoth `al-`awon yisar`at `ish
watemes ka`ash chamudo `ak hebel kal-`adam Selah.

Ps39:11 With reproofs You chasten a man for iniquity;
You consume as a moth what he desires; surely every man is vanity. Selah.

<12> ἐν ἐλεγμοῖς ὑπὲρ ἀνομίας ἐπαίδευσας ἄνθρωπον
καὶ ἐξέτηξας ὡς ἀράχνην τὴν ψυχὴν αὐτοῦ·
πλὴν μάτην ταρασσεται πᾶς ἄνθρωπος. διάψαλμα.

12 en elegmois hyper anomias epaideusas anthrōpon
With rebukes for lawlessness you corrected man;

kai exetexas hōs arachnēn tēn psychēn autou;
and wastes away as a spider's his life;
plēn matēn tarassetai pas anthrōpos. diapsalma.
besides – in folly is disquieted every man. PAUSE.

וַיִּשְׁמַע-יְהוָה אֶת-קוֹלִי וְיָחַן אָזְנוֹ
וַיִּשְׁמַע-יְהוָה אֶת-קוֹלִי וְיָחַן אָזְנוֹ
וַיִּשְׁמַע-יְהוָה אֶת-קוֹלִי וְיָחַן אָזְנוֹ
וַיִּשְׁמַע-יְהוָה אֶת-קוֹלִי וְיָחַן אָזְנוֹ
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וַיִּשְׁמַע-יְהוָה אֶת-קוֹלִי וְיָחַן אָזְנוֹ

12. (39:13 in Heb.) shim`ah-th`philathi Yahúwah w`shaw`athi ha`azinah
`el-dim`athi `al-techerash ki ger `anoki `imak toshab k`kal-`abothay.

Ps39:12 Hear my prayer, O יהוה, and give ear to my cry; do not be silent at my tears;
for I am a stranger with You, a sojourner like all my fathers.

<13> εἰσάκουσον τῆς προσευχῆς μου, κύριε, καὶ τῆς δεήσεώς μου ἐνώτισαι·
τῶν δακρύων μου μὴ παρασιωπήσης, ὅτι πάροικος ἐγὼ εἰμι παρὰ σοὶ
καὶ παρεπίδημος καθὼς πάντες οἱ πατέρες μου.

13 eisakouson tēs proseuchēs mou, kyrie, kai tēs deēseōs mou
Hear my prayer, O YHWH, and my supplication!

enōtisai; tōn dakryōn mou mē parasiōpēsēs, hoti paroikos egō eimi para soi
Give ear to my tears! Be not silent! for a sojourner I am with you,
kai parepidēmos kathōs pantes hoi pateres mou.
and an immigrant, as all my fathers.

14 וַיִּנְחַם אֱלֹהִים אֶת־דָּוִד וַיֹּאמֶר אֵלָיו

יְדִי הַשְׁעָה מִמִּנִּי וְאַבְלִיגָה בְּטַרְחִי אֵלֶיךָ וְאֵינֶנִּי:

13. (39:14 in Heb.) **hasa` mimeni w'ab'ligah b'terem 'elek w'eyneni.**

Ps39:13 Look away from me, that I shall refresh before I depart and am no more.

<14> ἄνες μοι, ἵνα ἀναψύξω πρὸ τοῦ με ἀπελθεῖν καὶ οὐκέτι μὴ ὑπάρξω.

14 **anes moi, hina anapsyxō pro tou me apelthein**

Spare me! that I shall refresh before my going forth,

kai ouketi mē hyperxō.

and should no longer in any way exit.