

# Sepher Tehillim (Psalms)

## Chapter 4

אֱלֹהִים מְלֵא כָּל־עַמּוֹת לְזִמְרָה Ps4:1

אֶל מִנְצָח בְּנִגְנוֹת מִזְמָר לְדוֹד:

1. (4:1 in Heb.) **lam'natseach bin'ginoth miz'mor l'Dawid.**

**Evening Prayer of Trust in Elohim.**

For the chief musician; on stringed instruments. A Psalm of Dawid.

«4:1» Εἰς τὸ τέλος, ἐν ψαλμοῖς· ὁδὴ τῷ Δαυιδ.

1 **Eis to telos, en psalmois; ὁδὲ τῷ Dauid.**

For the director in hymns; a psalm to David.

בְּקָרְאִי עֲנָנִי אֱלֹהִי צְדָקִי בְּצָר הַרְחַבָּת לִי חֲנָנִי  
וַיְשִׁמְעָתְפָלָתִי: Ps4:2

(4:2 in Heb.) **b'qar'i `aneni 'Elohey tsid'qi batsar hir'chab'at li chaneni ush'ma` t'philathi.**

**Ps4:1 Answer me when I call, O the El of my righteousness!**

You have relieved me in my distress; be gracious to me and hear my prayer.

«2» Ἐν τῷ ἐπικαλεῖσθαι με εἰσήκουσέν μου ὁ θεὸς τῆς δικαιοσύνης μου·  
ἐν θλίψει ἐπλάτυνάς μοι· οἰκτίρησόν με καὶ εἰσάκουσον τῆς προσευχῆς μου.

2 **En tō epikaleisthai me eisēkousen mou ho theos tēs dikaiosynēs mou;**

In my calling, heard me the El of my righteousness;

en thlipsei eplatynas moi; oiktirēson me kai eisakouson tēs proseuchēs mou.

in affliction he widened me. Pity me, and hear my prayer!

בְּנֵי אִישׁ עַד־מָה כִּבְדִּי  
וְעַל־לִילָּתְךָ תְּבַקֵּשׁ Ps4:3

לְכַלְמָה תָּאַחֲבֹן רַיק תְּבַקֵּשׁ כָּזֶב סָלה:

2. (4:3 in Heb.) **b'ney 'ish `ad-meh k'bodi**

**lik'limah te'ehabun riq t'baq'shu kazab. Selah.**

**Ps4:2 O sons of men, how long shall you turn My glory into shame?**

How long shall you love vanity? Shall you seek a lie? **Selah.**

«3» νίοι ἀνθρώπων, ἔως πότε βαρυκάρδιοι;

ἴνα τί ἀγαπᾶτε ματαιότητα καὶ ζητεῖτε ψεῦδος; διάψαλμα.

3 huioi anthrōpōn, heōs pote barykardioi?

O sons of men, until when shall you ease being heavy hearted?

hina ti agapate mataiotēta kai zēteite pseudos? diapsalma.

Why do you love folly, and you seek a lie? **PAUSE.**

זְבָדֶךָ תִּקְרֹב אֵלֶיךָ וְעַמְּךָ יְשִׁיבָה כִּי־זֶה צְדָקָה 4

ד וְדַעْךְ כִּי־הַפְּלָה יְהוָה חָסִיד לֹא יְהוָה יְשֻׁמַּע בְּקָרְאִי אֶלְיוֹ:

3. (4:4 in Heb.) **ud' u ki-hiph'lah Yahúwah chasid lo Yahúwah yish'ma` b'qar'i elayu.**

**Ps4:3** But know that **יְהוָה** has set apart the holy man for Himself;  
**יְהוָה** hears when I call to Him.

«4» καὶ γνῶτε ὅτι ἐθαυμάστωσεν κύριος τὸν ὄστιν αὐτοῦ·  
κύριος εἰσακούσεται μου ἐν τῷ κεκραγέναι με πρὸς αὐτόν.

4 kai gnōte hoti ethaumastōsen kyrios ton hosion autou;  
And know! that YHWH did a wonder for his sacred one.

kyrios eisakousetai mou en tō kekragenai me pros auton.  
YHWH shall hear me in my crying out to him.

הַגּוֹן וְאֶל־תַּחֲטֹאוֹ אָמַרְתִּי בְּלִבְבָּכֶם עַל־מִשְׁבְּכֶם וְדַמּוֹ סָלָה: 5

4. (4:5 in Heb.) **rig'zu w'al-techeta'u 'im'ru**  
**bil'bab'kem `al-mish'kab'kem w'domu. Selah.**

**Ps4:4** Tremble, and do not sin; meditate in your heart upon your bed, and be still. Selah.

«5» ὀργίζεσθε καὶ μὴ ἀμαρτάνετε· λέγετε ἐν ταῖς καρδίαις ὑμῶν  
καὶ ἐπὶ ταῖς κοίταις ὑμῶν κατανύγητε. διάψαλμα.

5 orgizesthe kai mē hamartanete; legete en tais kardiais hymōn  
Be angry, and do not sin! What you say in your hearts,  
kai epi tais koitais hymōn katanygēte. diapsalma.  
upon your beds Let be vexed! PAUSE.

וְזָכוֹר זָכָרְתָּצְדָּקָה וְבָטָחוּ אֶל־יְהוָה: 6

5. (4:6 in Heb.) **zib'chu zib'chey-tsedeq ubit'chu 'el-Yahúwah.**

**Ps4:5** Offer the sacrifices of righteousness, and trust in **יְהוָה**.

«6» θύσατε θυσίαν δικαιοσύνης καὶ ἐλπίσατε ἐπὶ κύριον.

6 thysate thysian dikaiosynēs kai elpisate epi kyrion.  
Sacrifice a sacrifice of righteousness, and hope on YHWH!

רְבִים אָמְרִים מִי־יְרָאָנוּ טוֹב נְסָח־עַלְיָנוּ אָרוֹן פְּנֵיכָךְ יְהוָה: 7

6. (4:7 in Heb.) **rabim 'om'rim mi-yar'enu tob n'sah-'aleynu 'or paneyak Yahúwah.**

**Ps4:6** Many are saying, Who shall show us any good?  
Lift up the light of Your countenance upon us, O **יְהוָה**!

«7» πολλοὶ λέγοντες Τίς δείξει ἡμῖν τὰ ἀγαθά;  
ἐσημειώθη ἐφ' ἡμᾶς τὸ φῶς τοῦ προσώπου σου, κύριε.

7 polloi legousin Tis deixei hēmin ta agatha?  
Many say, Who shall show to us good things?  
esēmeiōthē eph' hēmas to phōs tou prosōpou sou, kyrie.

was signified to us The light of your face, O YHWH.

חִנְתָּתָה שָׁמֶחֶת בְּלֵבִי מַעַת הַגְּנָם וְתִירוֹשָׁם רַבָּה:  
8 צְאַתְּ וְעַלְיוֹן כְּפָרָה אֲזַנְתָּה כְּפָרָה אֲזַנְתָּה:

7. (4:8 in Heb.) **nathatah sim'chah b'libi me`eth d'ganam w'thirosham rabu.**

**Ps4:7** You have put gladness in my heart,  
From the time their grain and their wine are increased.

<8> ἔδωκας εὐφροσύνην εἰς τὴν καρδίαν μου·  
ἀπὸ καιροῦ σίτου καὶ οἴνου καὶ ἐλαίου αὐτῶν ἐπληθύνθησαν.

8 edōkas euphrosynēn eis tēn kardian mou;  
You put gladness into my heart.  
apo kairou sitou kai oinou kai elaiou autōn eplēthynthēsan.  
of the fruit of the grain, wine and olive oil – of them they were filled.

טְבַשְׁלָוָם יְחִדָּרוּ אֲשֻׁכְּבָה וְאַיְשָׁן  
כִּידְאָתָה יְהִינָה לְבָדָד לְבַטְחָה תּוֹשִׁיבָנִי:  
9 עַל-כְּלָוָם קְרַבְּנָה כְּלָוָם קְרַבְּנָה:

8. (4:9 in Heb.) **b'shalom yach'daw 'esh'k'bah w'ishan**  
**ki-'atah Yahúwah l'badad labetach toshibeni.**

**Ps4:8** In peace together I shall lie down and sleep, for You alone, O אֱלֹהִים,  
Make me to dwell in safety.

<9> ἐν εἰρήνῃ ἐπὶ τὸ αὐτὸν κοιμηθήσομαι καὶ ὑπνώσω,  
ὅτι σύ, κύριε, κατὰ μόνας ἐπ’ ἐλπίδι κατώκισάς με.

9 en eirēnē epi to auto koimēthēsomai kai hypnōsō,  
In peace at the same place I shall go to bed and sleep.  
hoti sy, kyrie, kata monas ep' elpidi katōkisas me.  
For you, O YHWH, alone with hope settled me.