

Sepher Tehillim (Psalms)

Chapter 40

Ps40:1
אֶל־לְמַנְצִיחַ לְדָוִד מְזֻמֹּר:

1. (40:1 in Heb.) lam'natseach l'Dawid miz'mor.

Elohim Sustains His Servant.

For the chief musician. A Psalm of Dawid.

<39:1> Εἰς τὸ τέλος· τῷ Δαυιδ ψαλμός.

1 Eis to telos; tō Dawid psalmos.

To the director; a psalm to David.

בְּקוֹחַ קוֹיֹתַי יְהוָה וַיִּט אֵלַי וַיִּשְׁמַע שְׁוַעֲתִי:
2

(40:2 in Heb.) qauoh qiuthi Yahúwah wayet 'elay wayish'ma`shaw`athi.

Ps40:1 I waited patiently for אֵלֶיךָ; and He inclined to me and heard my cry.

<2> Ὑπομένων ὑπέμεινα τὸν κύριον,
καὶ προσέσχεν μοι καὶ εἰσήκουσεν τῆς δεήσεώς μου

2 Hypomenōn hypemeina ton kyrion,

Enduring, I waited on YHWH,

kai proseschen moi kai eisēkousen tēs deēseōs mou

and he took heed to me, and he heard my supplication.

גַּוְיַעַלְנִי מִבּוֹר שָׁאוֹן מְטִיט הַיָּוִן
וַיִּקָּם עָלַי-סֶלַע רְגְלֵי כוֹנֵן אֲשֶׁר־י:
3

2. (40:3 in Heb.) waya`aleni mibor sha'on mitit hayawen

wayaqem `al-sela`rag'lay konen 'ashuray.

Ps40:2 He brought me up out of the pit of destruction, out of the miry clay,
and He set my feet upon a rock making my footsteps firm.

<3> καὶ ἀνήγαγέν με ἐκ λάκκου τάλαιπωρίας καὶ ἀπὸ πηλοῦ ἰλύος
καὶ ἔστησεν ἐπὶ πέτραν τοὺς πόδας μου καὶ κατήθυνεν τὰ διαβήματά μου

3 kai anēgagen me ek lakkou talaipōrias kai apo pēlou iluos

And he led me from out of the pit of misery, and from the mud of slime.

kai estēsen epi petran tous podas mou kai katēthynen ta diabēmata mou

And he stood upon the rock my feet, and straightened out my footsteps.

דְּוַיִּתֵּן בְּכַף שִׁיר חֲדָשׁ תְּהַלְּךָ לְאַלְהֵינוּ יְהוָה רַבִּים
4

וַיִּתֵּן בְּכַף שִׁיר חֲדָשׁ תְּהַלְּךָ לְאַלְהֵינוּ יְהוָה רַבִּים

and concerning **your devices** there is **not any** that shall be likened to **you**.
apēggeila kai elalēsa, eplēthynthēsan hyper arithmon.

I reported and **spoke** – they were **multiplied** above **number**.

אָלֹתַי כִּי לֹא יִמָּנְסוּן אֲנִי
כִּי לֹא יִמָּנְסוּן אֲנִי
זָבַח וּמִנְחָה לֹא-חָפְצָתָ אֲנִי
וְחַטָּאת לֹא שָׁאַלְתָּ:

6. (40:7 in Heb.) **zebach umin'chah lo'-chaphats'at 'az'nayim kariath li**
`olah wachata'ah lo' sha'al'at.

Ps40:6 Sacrifice and meal offering You have not desired; my ears You have opened to me;
burnt offering and sin offering You have not required.

<7> θυσίαν καὶ προσφορὰν οὐκ ἠθέλησας, ὥτια δὲ κατηρτίσω μοι·
ὄλοκαύτωμα καὶ περὶ ἁμαρτίας οὐκ ἤτησας.

7 thysian kai proshporan ouk ēthelēsas, ōtia de katērtisō moi;

A sacrifice and offering you wanted not, but a body you readied to me;

holokautōma kai peri hamartias ouk ētēsas.

whole burnt-offerings and a sacrifice for sin you did not seek.

אָז אָמַרְתִּי הִנֵּה-בָאֲתִי בְּמִגִּלַּת-סֵפֶר כְּתוּב עָלַי:
כִּי לֹא יִמָּנְסוּן אֲנִי
כִּי לֹא יִמָּנְסוּן אֲנִי

7. (40:8 in Heb.) **'az 'amar'ti hinneh-ba'thi bim'gilath-sepher kathub `alay.**

Ps40:7 Then I said, Behold, I come; in the roll of the scroll it is written of me.

<8> τότε εἶπον Ἴδου ἦκω, ἐν κεφαλίδι βιβλίου γέγραπται περὶ ἐμοῦ·

8 tote eipon Idou hēkō,

Then I said, Behold, I come.

en kephalidi bibliou gegraptai peri emou;

In the chapter of the scroll it is written concerning me.

ט לְעֵשׂוֹת-רְצוֹנִי אֶלְהִי חָפְצָתִי וְתוֹרָתִי בְּתוֹךְ מִעֵי:
כִּי לֹא יִמָּנְסוּן אֲנִי
כִּי לֹא יִמָּנְסוּן אֲנִי

8. (40:9 in Heb.) **la`asoth-r'tson'ak 'Elohay chaphats'ti w'thorath'ak b'thok me'ay.**

Ps40:8 I delight to do Your will, O my El; Your Law is in the middle of my bowels.

<9> τοῦ ποιῆσαι τὸ θέλημά σου, ὁ θεός μου, ἐβουλήθην
καὶ τὸν νόμον σου ἐν μέσῳ τῆς κοιλίας μου.

9 tou poiēsai to thelēma sou, ho theos mou, eboulēthēn

To do your will, O my El I wanted;

kai ton nomon sou en mesō tēs koilias mou.

and your law is in the midst of my belly.

כִּי לֹא יִמָּנְסוּן אֲנִי
כִּי לֹא יִמָּנְסוּן אֲנִי
כִּי לֹא יִמָּנְסוּן אֲנִי

יְבַשְׂרֵתִי צְדָק בְּקָהָל רַב
הִנֵּה שִׁפְתַי לֹא אֶכְלָא יְהוָה אֶתָּה יִדְעָתָּ:

9. (40:10 in Heb.) **bisar'ti tsedeq b'qahal rab**
hinneh s'phathay lo' 'ek'la' Yahúwah 'atah yada`at.

Ps40:9 I have proclaimed glad tidings of righteousness in the great congregation;
behold, I shall not restrain my lips, O אֱלֹהִים, You know.

<10> εὐηγγελισάμην δικαιοσύνην ἐν ἐκκλησίᾳ μεγάλῃ·
ἰδοὺ τὰ χεῖλη μου οὐ μὴ κωλύσω· κύριε, σὺ ἔγνως.

10 euēggelisamēn dikaiosynēn en ekklēsiā megalē;

I announced good news – righteousness in assembly the great.

idou ta cheilē mou ou mē kōlyō; kyrie, sy egnōs.

Behold, my lips in no way should I restrain, O YHWH, you know.

אֲמַרְתִּי לֹא-כִסִּיתִי בְּתוֹךְ לִבִּי אֱמוּנַתְךָ
וְתִשְׁוַעְתְּךָ אֲמַרְתִּי לֹא-כִחַדְתִּי חֶסֶדְךָ וְאֱמַתְךָ לְקָהָל רַב:

10. (40:11 in Heb.) **tsid'qath'ak lo'-kisithi b'thok libi 'emunath'ak**
uth'shu`ath'ak 'amar'ti lo'-kichad'ti chas'd'ak wa'amit'ak l'qahal rab.

Ps40:10 I have not hidden Your righteousness within my heart;
I have spoken of Your faithfulness and Your salvation;
I have not concealed Your lovingkindness and Your truth from the great congregation.

<11> τὴν δικαιοσύνην σου οὐκ ἔκρυψα ἐν τῇ καρδίᾳ μου,
τὴν ἀλήθειάν σου καὶ τὸ σωτήριόν σου εἶπα,
οὐκ ἔκρυψα τὸ ἔλεός σου καὶ τὴν ἀλήθειάν σου ἀπὸ συναγωγῆς πολλῆς.

11 tēn dikaiosynēn sou ouk ekruua en tē kardiā mou, tēn alētheian sou

My righteousness I hid not in my heart; your truth

kai to sōtērion sou eipa, ouk ekruua to eleos sou

and your deliverance I told; I hid not your mercy

kai tēn alētheian sou apo synagōgēs pollēs.

and your truth from the gathering of many.

יְבַשְׂרֵתִי צְדָק בְּקָהָל רַב
יְבַשְׂרֵתִי צְדָק בְּקָהָל רַב
יְבַשְׂרֵתִי צְדָק בְּקָהָל רַב

יְבַשְׂרֵתִי צְדָק בְּקָהָל רַב
יְבַשְׂרֵתִי צְדָק בְּקָהָל רַב
יְבַשְׂרֵתִי צְדָק בְּקָהָל רַב

11. (40:12 in Heb.) **'atah Yahúwah lo'-thik'la' rachameyak mimeni chas'd'ak**
wa'amit'ak tamid yits'runi.

Ps40:11 You, O אֱלֹהִים, shall not withhold Your compassion from me;
Your lovingkindness and Your truth shall continually preserve me.

<12> σὺ δέ, κύριε, μὴ μακρύνῃς τοὺς οἰκτιρμοὺς σου ἀπ' ἐμοῦ·
τὸ ἔλεός σου καὶ ἡ ἀλήθειά σου διὰ παντὸς ἀντελάβοντό μου.

12 sy de, kyrie, mē makrynēs tous oiktirmous sou ap' emou;
 But you, O YHWH, should not be far your compassions from me.
 to eleos sou kai hē alētheia sou dia pantos antelabonto mou.
 Your mercy and your truth, always may they take hold of me.

כַּחֲמַתְּךָ כַּחֲמַתְּךָ וְכַחֲמַתְּךָ אֶת־אֵין מִסְפָּר הַשִּׁיגוֹנִי עֲוֹנוֹתַי
 :כַּחֲמַתְּךָ כַּחֲמַתְּךָ כַּחֲמַתְּךָ אֶת־אֵין מִסְפָּר הַשִּׁיגוֹנִי עֲוֹנוֹתַי
 יג כִּי אֶפְפוּ-עָלַי רָעוֹת עַד-אֵין מִסְפָּר הַשִּׁיגוֹנִי עֲוֹנוֹתַי
 וְלֹא-יִכְלְתִי לְרַאוֹת עֲצָמוֹ מִשְׁעָרוֹת רְאִישֵׁי וְלִבִּי עֲזָבָנִי:

12. (40:13 in Heb.) **ki 'aph'phu-`alay ra`oth `ad-`eyn mis'par hisiguni `awonothay w'lo'-yakol'ti lir'oth `ats'mu misa`aroth ro'shi w'libi `azabani.**

Ps40:12 For evils have surrounded me until there is no number;
 My iniquities have overtaken me, so that I am not able to see;
 they are more numerous than the hairs of my head, and my heart has failed me.

<13> ὅτι περιέσχον με κακά, ὧν οὐκ ἔστιν ἀριθμός,
 κατέλαβόν με αἱ ἀνομίαι μου, καὶ οὐκ ἠδυνήθην τοῦ βλέπειν·
 ἐπληθύνθησαν ὑπὲρ τὰς τρίχας τῆς κεφαλῆς μου,
 καὶ ἡ καρδία μου ἐγκατέλιπέν με.

13 hoti perieschon me kaka, hōn ouk estin arithmos,
 For compass me bad things which there is no number.
 katelabon me hai anomiai mou, kai ouk edynēthēn tou blepein;
 overtook me My lawless deeds, and I was not able to see.
 eplēthynthēsan hyper tas trichas tēs kephalēs mou, kai hē kardia mou egkatelipen me.
 They were multiplied over the hairs of my head; and my heart abandoned me.

יִדְרֹצָה יְהוָה לְהַצִּילֵנִי יְהוָה לְעֲזָרְתִּי חוֹשָׁה:
 :יִדְרֹצָה יְהוָה לְהַצִּילֵנִי יְהוָה לְעֲזָרְתִּי חוֹשָׁה:

13. (40:14 in Heb.) **r'tseh Yahúwah l'hatsileni Yahúwah l'ez'rathi chushah.**

Ps40:13 Be pleased, O יהוה, to deliver me; Make haste, O יהוה, to help me.

<14> εὐδόκησον, κύριε, τοῦ ρύσασθαί με· κύριε, εἰς τὸ βοηθησαί μοι πρόσχες.

14 eudokēson, kyrie, tou hrysasthai me; kyrie, eis to boēthēsai moi prosches.
 Think well, O YHWH, to rescue me! O YHWH, to help me take heed!

טוֹיבִישׁוּ וַיִּחְפְּרוּ יַחַד מִבְּקָשֵׁי נַפְשִׁי לְסִפּוֹתָהּ יִסְגּוּ אַחֲוֹר
 וַיִּכְלְמוּ חֲפְצֵי רַעְתִּי:

14. (40:15 in Heb.) **yeboshu w'yach'p'ru yachad m'baq'shey naph'shi lis'pothah yisogu 'achor w'yikal'mu chaphetsey ra`athi.**

Ps40:14 Let those be ashamed and humiliated together who seek my soul to destroy it;
 let those be turned back and dishonored who delight in my hurt.

<15> καταισχυσθήησαν καὶ ἐντραπήησαν ἅμα οἱ ζητοῦντες τὴν ψυχὴν μου τοῦ

βοηθός μου καὶ ὑπερασπιστής μου σὺ εἶ· ὁ θεός μου, μὴ χρονίσῃς.

18 egō de ptōchos eimi kai penēs; kyrios phrontiei mou.

But I am poor and needy; YHWH shall be thoughtful of me.

boēthos mou kai hyperaspistēs mou sy ei; ho theos mou, mē chronisēs.

my helper and my defender You are, O my El, you should not delay.