

# Sepher Tehillim (Psalms)

## Chapter 42

Shavua Reading Schedule (15th sidrah) - Ps 42 - 44

### BOOK 2

Ps42:1 מִן־מַנְצֵחַ מִשְׁכִּיל לְבִנְי־קֶרַח:

א לְמַנְצֵחַ מִשְׁכִּיל לְבִנְי־קֶרַח:

1. (42:1 in Heb.) lam'natseach mas'kil lib'ney-Qorach.

Thirsting for Elohim in Trouble and Exile.

For the chief musician. A contemplation of the sons of Qorach.

<41:1> Εἰς τὸ τέλος· εἰς σύνεσιν τοῖς υἱοῖς Κορε.

1 Eis to telos; eis synesin tois huiois Kore.

To the director; for contemplation to the sons of Korah.

בְּאֵיִל תַּעֲרוֹג עַל־אֲפִיקַי־מַיִם כִּי־נַפְשִׁי תַּעֲרוֹג אֶל־הָיִים:

(42:2 in Heb.) k'ayal ta'arog `al-'aphiqey-mayim ken naph'shi tha'arog 'eleyak 'Elohim.

Ps42:1 As the deer pants for the water brooks, so my soul pants for You, O Elohim.

<2> Ὅν τρόπον ἐπιποθεῖ ἡ ἔλαφος ἐπὶ τὰς πηγὰς τῶν ὑδάτων, οὕτως ἐπιποθεῖ ἡ ψυχὴ μου πρὸς σέ, ὁ θεός.

2 Hon tropon epipothei hē elaphos epi tas pēgas tōn hydratōn,

In which manner longs the stag after the springs of the waters,

houtōs epipothei hē psychē mou pros se, ho theos.

so longs my soul after you, O Elohim.

גִּצְמָאָה נַפְשִׁי לְאֵל־הָיִים לְאֵל חַי מָתִי אָבוֹא וְאֶרְאָה פָּנָי אֶל־הָיִים:

ג צמאה נפשי לאלהים לאל חי מתי אבוא ואראה פני אלהים:

2. (42:3 in Heb.) tsam'ah naph'shi l'Elohim l'El chay mathay 'abo' w'era'eh p'ney 'Elohim.

Ps42:2 My soul thirsts for Elohim, for the living El; when shall I come and appear before Elohim?

<3> ἐδίψησεν ἡ ψυχὴ μου πρὸς τὸν θεὸν τὸν ζῶντα· πότε ἤξω καὶ ὀφθῆσομαι τῷ προσώπῳ τοῦ θεοῦ;

3 edipsēsen hē psychē mou pros ton theon ton zōnta;

thirsted My soul for Elohim the living.

pote hēxō kai ophthēsomai tō prosōpō tou theou?

When shall I come and appear in front of Elohim?

4 אֶל־אֲנִי עֹמֵד לַלַּיְלָה וְלַיּוֹם  
 אֶל־אֲנִי עֹמֵד לַלַּיְלָה וְלַיּוֹם  
 דְּהִיטָה לִי דְמַעְתִּי לֶחֶם יוֹמָם  
 וְלַיְלָה בְּאָמַר אֵלַי כָּל־הַיּוֹם אֵיךְ אֶל־הִרְיָ:

3. (42:4 in Heb.) **hay'thah-li dim'`athi lechem yomam walay'lah be'emor 'elay kal-hayom 'ayeh 'Eloheyak.**

**Ps42:3** My tears have been my food for me day and night, while they say to me all the day, where is your El?

<4> ἐγενήθη μοι τὰ δάκρυά μου ἄρτος ἡμέρας καὶ νυκτὸς ἐν τῷ λέγεσθαί μοι καθ' ἑκάστην ἡμέραν Ποῦ ἐστὶν ὁ θεός σου;

4 egenēthē moi ta dakrua mou artos hēmeras kai nyktos became My tears bread for me day and night, en tō legesthai moi kath' hekastēn hēmeran Pou estin ho theos sou? while saying to me accordingly each day, Where is your El?

5 אֵלֶּיךָ יְיָ אֱלֹהֵי אֲבוֹתֵינוּ אֵלֶּיךָ יְיָ אֱלֹהֵי אֲבוֹתֵינוּ  
 אֵלֶּיךָ יְיָ אֱלֹהֵי אֲבוֹתֵינוּ אֵלֶּיךָ יְיָ אֱלֹהֵי אֲבוֹתֵינוּ  
 הָאֵלֶּה אֲזַכְּרָה וְאֲשַׁפְּכָה עָלַי נַפְשִׁי כִּי אֶעְבֹּר בַּפֶּתַח אֲבֹתַי  
 עַד־בַּיִת אֱלֹהִים בְּקוֹל־רִנָּה וְתוֹדָה הַמּוֹן חוֹגְגִים:

4. (42:5 in Heb.) **'eleh 'ez'k'rah w'esh'p'kah `alay naph'shi ki 'e`ebor basak 'edadem `ad-beyth 'Elohim b'qol-rinah w'thodah hamon chogeg.**

**Ps42:4** These things I remember and I pour out my soul upon me. For I had passed over with the throng and I led them to the house of Elohim, with the voice of joy and thanksgiving, a multitude keeping feast.

<5> ταῦτα ἐμνήσθην καὶ ἐξέχεα ἐπ' ἐμέ τὴν ψυχὴν μου, ὅτι διελεύσομαι ἐν τόπῳ σκηνῆς θαυμαστῆς ἕως τοῦ οἴκου τοῦ θεοῦ ἐν φωνῇ ἀγαλλιάσεως καὶ ἐξομολογήσεως ἤχου ἑορτάζοντος.

5 tauta emnēsthēn kai exechea ep' eme tēn psychēn mou, These things I remembered, and poured out upon me my soul, hoti dieleusomai en topō skēnēs thaumastēs for I shall go through to the place tent of the wonderful, heōs tou oikou tou theou en phōnē agalliasēōs unto the house of Elohim, with a voice of exultation, kai exomologēseōs ēchou heortazontos. and acknowledgment of the sound of those who keep festival.

6 אֵלֶּיךָ יְיָ אֱלֹהֵי אֲבוֹתֵינוּ אֵלֶּיךָ יְיָ אֱלֹהֵי אֲבוֹתֵינוּ  
 אֵלֶּיךָ יְיָ אֱלֹהֵי אֲבוֹתֵינוּ אֵלֶּיךָ יְיָ אֱלֹהֵי אֲבוֹתֵינוּ  
 וּמַה־תִּנְשָׁתוּחַחִי נַפְשִׁי וְתַהֲמִי עָלַי הוֹחִילִי לְאֵלֹהִים  
 כִּי־עוֹד אֲזַכְּרֶנּוּ יְשׁוּעוֹת פְּנִי:

5. (42:6 in Heb.) **mah-tish'tochachi naph'shi watehemi `alay hochili l'Elohim ki-`od 'odenu y'shu`oth panayu.**

**Ps42:5** Why are you in despair, O my soul?  
And why have you become disturbed within me?  
Hope in Elohim, for I shall again praise Him for the help of His presence.

<6> ἵνα τί περίλυπος εἶ, ψυχὴ, καὶ ἵνα τί συνταράσσεις με;  
ἔλπισον ἐπὶ τὸν θεόν, ὅτι ἐξομολογήσομαι αὐτῷ· σωτήριον τοῦ προσώπου μου.

6 hina ti perilypos ei, psychē, kai hina ti syntarasseis me?  
Why are you dejected, O my soul? and why do you disturb me?  
elpison epi ton theon, hoti exomologēsomai autō;  
Hope upon Elohim! for I shall acknowledge to him  
sōtērion tou prosōpou mou.  
the salvation of my countenance.

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יְהוָה אֱלֹהֵי עָלְי נִפְשִׁי תִשְׁתַּחַח עַל-כֵּן אֶזְכְּרֶךָ מֵאֲרֶץ יַרְדֵּן  
וְחַרְמוֹנִים מֵהַר מִצְעָר׃

6. (42:7 in Heb.) 'Elohay `alay naph'shi thish'tochach `al-ken 'ez'kar'ak  
me'erets Yar'den w'Cher'monim mehar Mits'ar.

**Ps42:6** O my El, my soul is in despair within me; Therefore I remember You  
from the land of the Yarden and the peaks of Chermonim, from Mount Mitsar.

<7> ὁ θεός μου πρὸς ἑμαυτὸν ἡ ψυχὴ μου ἐταράχθη·  
διὰ τοῦτο μνησθήσομαί σου ἐκ γῆς Ἰορδάνου καὶ Ἐρμωνιμ, ἀπὸ ὄρους μικροῦ.

7 ho theos mou pros emauton hē psychē mou etarachthē;  
O my El, to myself my soul was disturbed;  
dia touto mnēsthēsomai sou ek gēs Iordanou  
on account of this I shall remember you from the land of Jordan,  
kai Ermōniim, apo orous mikrou.  
and Hermons, from the little hill.

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חַתְּחֹם-אֶל-תְּחֹם קוֹרֵא לְקוֹל צְנוּרֵיךָ כָּל-מִשְׁבְּרֵיךָ  
וְגִלְיָךָ עָלַי עָבְרוּ׃

7. (42:8 in Heb.) t'hom-'el-t'hom qore' l'qol tsinoreyak kal-mish'bareyak  
w'galeyak `alay `abaru.

**Ps42:7** Deep calls to deep at the sound of Your waterfalls;  
all Your breakers and Your waves have rolled over me.

<8> ἄβυσσος ἄβυσσον ἐπικαλεῖται εἰς φωνὴν τῶν καταρρακτῶν σου,  
πάντες οἱ μετεωρισμοὶ σου καὶ τὰ κύματά σου ἐπ' ἐμέ διήλθον.

8 abyssos abysson epikaleitai eis phōnēn tōn katarraktōn sou,  
The deep the deep calls at the sound of your torrents;  
pantes hoi meteōrismoι sou kai ta kymata sou ep' eme diēlthon.  
all your crests and your waves over me went.

טיומם יצנה יהנה חסדו ובלילה שירה עמי תפלה לאל חיי:  
9 טיומם יצנה יהנה חסדו ובלילה שירה עמי תפלה לאל חיי:

8. (42:9 in Heb.) **yomam y'tsaueh Yahúwah chas'do**  
**ubalay'lah shirah`imi t'philah l'El chayay.**

**Ps42:8** shall command His lovingkindness in the daytime;  
and His song shall be with me in the night, a prayer to the El of my life.

<9> ἡμέρας ἐντελείται κύριος τὸ ἔλεος αὐτοῦ, καὶ νυκτὸς ὠδὴ παρ' ἐμοί,  
προσευχὴ τῷ θεῷ τῆς ζωῆς μου.

9 **hēmeras enteleitai kyrios to eleos autou,**

**By day YHWH gives charge to his mercy,**

**kai nyktos ὠδὴ par' emoi, proseuchē tō theō tēs zōēs mou.**

**and at night his ode shall be with me – a prayer to the El of my life.**

י אומר לה לאל סלעי למה שכחתי  
למה קדר אלק בלחץ אויב:  
10 י אומר לה לאל סלעי למה שכחתי  
למה קדר אלק בלחץ אויב:

10. (42:10 in Heb.) **'om'rah l'El sal`i lamah sh'kach'tani**  
**lamah-qoder 'elek b'lachats 'oyeb.**

**Ps42:9** I shall say to El my Rock, why have You forgotten me?  
Why do I go mourning because of the oppression of the enemy?

<10> ἐρῶ τῷ θεῷ Ἀντιλήμπτωρ μου εἰ· διὰ τί μου ἐπελάθου;  
ἵνα τί σκυθρωπάζων πορεύομαι ἐν τῷ ἐκθλίβειν τὸν ἐχθρόν μου;

10 **erō tō theō Antilēptōr mou ei; dia ti mou epelathou?**

**I shall say to El, shielder You are my; why did you forget me?**

**hina ti skythrōpazōn poreuomai en tō ekthlibein ton echthron mou?**

**Why looking downcast do I go at the squeezing by the enemy?**

י אברצח בעצמותי חרפוני צוררי  
באמרום אלי כל-היום אינה אלהיך:  
11 י אברצח בעצמותי חרפוני צוררי  
באמרום אלי כל-היום אינה אלהיך:

10. (42:11 in Heb.) **b'retsach b'`ats'mothay cher'phuni tsor'ray**  
**b'am'ram 'elay kal-hayom 'ayeh 'Eloheyak.**

**Ps42:10** As a shattering of my bones, my adversaries revile me,  
while they say to me all the day, where is your El?

<11> ἐν τῷ καταθλάσαι τὰ ὀστά μου ὠνειδισάν με οἱ θλίβοντές με  
ἐν τῷ λέγειν αὐτοῦς μοι καθ' ἐκάστην ἡμέραν Ποῦ ἐστιν ὁ θεός σου;

11 **en tō katathlasai ta osta mou ōneidisan me hoi thlibontes me**

**In the breaking in pieces of my bones, berated me the ones afflicting me;**

**en tō legein autous moi kath' hekastēn hēmeran Pou estin ho theos sou?**

while in their saying to me accordingly each day, Where is your El?

יב מהתשתוחחי בפשי וממהתהמי עלי הוחילי לאלהים  
כי-עוד אוקנו ישועת פני ואלהי:  
12

11. (42:12 in Heb.) mah-tish'tochachi naph'shi umah-tehemi `alay hochili l'Elohim  
ki-`od 'odenu y'shu`oth panay w'Elohay.

**Ps42:11** Why are you in despair, O my soul?

And why have you become disturbed within me?

Hope in Elohim, for I shall yet praise Him, the help of my countenance and my El.

<12> ἵνα τί περίλυπος εἶ, ψυχῆ, καὶ ἵνα τί συνταράσσεις με; ἔλπισον ἐπὶ τὸν θεόν,  
ὅτι ἐξομολογήσομαι αὐτῷ· ἡ σωτηρία τοῦ προσώπου μου ὁ θεός μου.

12 hina ti perilypos ei, psychē, kai hina ti syntarasseis me?

Why are you dejected, O my soul? and why do you disturb me?

elpison epi ton theon, hoti exomologēsomai autō;

Hope upon Elohim! for I shall acknowledge to him

hē sōtēria tou prosōpou mou ho theos mou.

the salvation of my countenance, and my El.