

# Sepher Tehillim (Psalms)

## Chapter 44

Ps44:1  
אֲלֹהִים לְמַנְצֵיךָ לְבְנֵי-קֹרַח מִשְׁכִּירִל:

1. (44:1 in Heb.) **lam'natseach lib'ney-Qorach mas'kil.**

**Former Deliverances and Present Troubles.**

**For the chief musician. A Contemplation of the sons of Qorach.**

<43:1> Εἰς τὸ τέλος· τοῖς υἱοῖς Κορε εἰς σύνεσιν ψαλμός.

1 **Eis to telos; tois huiois Kore eis synesin psalmos.**

**For the director; to the sons of Korah; for the psalm of instruction.**

אָבוֹתֵינוּ סִפְרוּ-לָנוּ פִּעְלֵךְ בְּיָמֵיהֶם בְּיָמֵי קֶדֶם:  
בְּאֱלֹהִים בְּאַזְנוֹתֵינוּ שָׁמַעְנוּ  
בְּאָזְנוֹתֵינוּ שָׁמַעְנוּ בְּאָזְנוֹתֵינוּ שָׁמַעְנוּ  
בְּאָזְנוֹתֵינוּ שָׁמַעְנוּ בְּאָזְנוֹתֵינוּ שָׁמַעְנוּ

(44:2 in Heb.) **'Elohim b'az'neynu shama`nu**

**'abotheynu sip'ru-lanu po`al pa`al'at bimeyhem bimey qedem.**

**Ps44:1 O Elohim, we have heard with our ears,**

**our fathers have told us the work that You did in their days, in the days of old.**

<2> Ὁ θεός, ἐν τοῖς ὡσὶν ἡμῶν ἠκούσαμεν, οἱ πατέρες ἡμῶν ἀνήγγειλαν ἡμῖν ἔργον, ὃ εἰργάσω ἐν ταῖς ἡμέραις αὐτῶν, ἐν ἡμέραις ἀρχαίαις.

2 **Ho theos, en tois ōsin hēmōn ēkousamen, hoi pateres hēmōn anēggeilan hēmin ergon,**

**O Elohim, with our ears we heard, and our fathers announced to us the work**

**ho eirgasō en tais hēmerais autōn, en hēmerais archaiiais.**

**which you worked in their days, in days ancient.**

גִּאֲתָה יְדָךְ גּוֹיִם הוֹרַשְׁתָּ וַתַּטְעֵם תָּרַע לְאֻמִּים וַתִּשְׁלַחֵם:  
אֲתָה יְדָךְ גּוֹיִם הוֹרַשְׁתָּ וַתַּטְעֵם תָּרַע לְאֻמִּים וַתִּשְׁלַחֵם

2. (44:3 in Heb.) **'atah yad'ak goyim horash'at watita'em tara` l'umim wat'shal'chem.**

**Ps44:2 You with Your hand drove out the nations; then You planted them;**

**You afflicted the peoples, then You spread them abroad.**

<3> ἡ χεὶρ σου ἔθνη ἐξωλέθρευσεν, καὶ κατεφύτευσας αὐτούς, ἐκάκωσας λαοὺς καὶ ἐξέβαλες αὐτούς.

3 **hē cheir sou ethnē exōlethreusen, kai katephyteusas autous,**

**Your hand nations utterly destroyed, and planted them.**

**ekakōsas laous kai exebales autous.**

**You afflicted peoples and cast them out.**

אֲתָה יְדָךְ גּוֹיִם הוֹרַשְׁתָּ וַתַּטְעֵם תָּרַע לְאֻמִּים וַתִּשְׁלַחֵם:  
אֲתָה יְדָךְ גּוֹיִם הוֹרַשְׁתָּ וַתַּטְעֵם תָּרַע לְאֻמִּים וַתִּשְׁלַחֵם

דָּכִי לֹא בְּחַרְבָּם יִרְשׁוּ אֶרֶץ וְזִרְעָם לֹא־הוֹשִׁיעָה לָמוֹ  
כִּי־יִמְיִנְךָ וְזִרְעֶךָ וְאוֹר פְּנֶיךָ כִּי רִצִּיתָם:

3. (44:4 in Heb.) **ki lo' b'char'bam yar'shu 'arets uz'ro'am lo'-hoshi'ah lamo ki-y'min'ak uz'ro'ak w'or paneyak ki r'tsitham.**

**Ps44:3** For by their own sword they did not possess the land, and their own arm did not save them, but Your right hand and Your arm and the light of Your presence, for You favored them.

<4> οὐ γὰρ ἐν τῇ ῥομφαίᾳ αὐτῶν ἐκληρονόμησαν γῆν, καὶ ὁ βραχίων αὐτῶν οὐκ ἔσωσεν αὐτούς, ἀλλ' ἡ δεξιὰ σου καὶ ὁ βραχίων σου καὶ ὁ φωτισμὸς τοῦ προσώπου σου, ὅτι εὐδόκησας ἐν αὐτοῖς.

4 ou gar en tē hromphaiā autōn eklēronomēsan gēn, For not by their broadsword they inherited the land, kai ho brachiōn autōn ouk esōsen autous, all' hē dexia sou kai ho brachiōn sou and their arm did not deliver them; but it was your right hand, and your arm, kai ho phōtismos tou prosōpou sou, hoti eudokēsas en autois. and the illumination of your countenance, for you thought well by them.

:גפוזב xγוזפזב אַזר מַצְאֵלָה זַעֲלָה כַּיְא־אַכֵּ 5  
הַאֲתָה־הוּא מְלָכִי אֱלֹהִים צִוָּה יְשׁוּעוֹת יַעֲקֹב:

4. (44:5 in Heb.) **'atah-hu' mal'ki 'Elohim tsaueh y'shu'oth Ya'aqob.**

**Ps44:4** You are He, my King, O Elohim; command deliverances for Yaaqob (Jacob).

<5> σὺ εἶ αὐτὸς ὁ βασιλεὺς μου καὶ ὁ θεὸς μου ὁ ἐντελλόμενος τὰς σωτηρίας Ἰακώβ·

5 sy ei autos ho basileus mou kai ho theos mou You are He, O my King and my El, ho entellomenos tas sōtērias Iakōb; the one giving charge to the deliverances of Jacob.

:זַעֲלָה מַצְאֵה כַּיְאֵן זַעֲלָה מַצְאֵה מְלָכִי אֱלֹהִים צִוָּה יַעֲקֹב 6  
וּבְךָ צָרִינוּ נִגְנַח בְּשִׁמְךָ נָבוּס קַמִּינוּ:

5. (44:6 in Heb.) **b'ak tsareynu n'nageach b'shim'ak nabus qameynu.**

**Ps44:5** Through You we shall push back our adversaries; through Your name we shall trample down those who rise up against us.

<6> ἐν σοὶ τοὺς ἐχθροὺς ἡμῶν κερατιοῦμεν καὶ ἐν τῷ ὀνόματί σου ἐξουθενώσομεν τοὺς ἐπανιστανομένους ἡμῖν.

6 en soi tous echthrous hēmōn keratioumen In you our enemies we shall gore, kai en tō onomati sou exouthenōsomen tous epanistanomenous hēmin. and in your name we shall treat with contempt the ones rising up against us.

:זַעֲלָה מַצְאֵה כַּיְאֵן זַעֲלָה מַצְאֵה מְלָכִי אֱלֹהִים צִוָּה יַעֲקֹב 7  
זָכִי לֹא בְּקִשְׁתִּי אֶבְטַח וְחַרְבִּי לֹא תוֹשִׁיעֵנִי:

6. (44:7 in Heb.) **ki lo' b'qash'ti 'eb'tach w'char'bi lo' thoshi`eni.**

**Ps44:6** For I shall not trust in my bow, nor shall my sword save me.

<7> οὐ γὰρ ἐπὶ τῷ τόξῳ μου ἐλπῶ, καὶ ἡ ῥομφαία μου οὐ σώσει με·

7 **ou gar** **epi tō toxō** **mou elpiō**, **kai hē hromphaia** **mou ou sōsei me**;

**For not upon my bow shall I hope**; and my broadsword shall **not deliver me.**

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חֲבִי הוֹשַׁעְתָּנוּ מִצָּרֵינוּ וּמִשִּׁנְאֵינֵנוּ הִבִּישׁוֹתָ:

7. (44:8 in Heb.) **ki hosha`tanu mitsareynu um'san'eynu hebishoath.**

**Ps44:7** But You have saved us from our adversaries,  
and You have put to shame those who hate us.

<8> ἔσωσας γὰρ ἡμᾶς ἐκ τῶν θλιβόντων ἡμᾶς καὶ τοὺς μισοῦντας ἡμᾶς κατήσχυνας.

8 **esōsas gar hēmas ek tōn thlibontōn hēmas**

**For he delivered us from the ones afflicting us**;

**kai tous misountas hēmas katēschynas.**

**and the ones detesting us he disgraced.**

:אֶלֶף אֲדָמָה מְלֹחֵם מְשַׁמֵּחַ מְצַדֵּק-לַעַלְמֵי עוֹלָם מְבַרְכֵי אֱלֹהִים 9

ט בָּאֵלֹהִים הִלְלָנוּ כָּל-הַיּוֹם וְשִׁמְחָה לְעוֹלָם נוֹדָה סֶלָה:

8. (44:9 in Heb.) **b'Elohim hilal'nu kal-hayom w'shim'ak l'`olam nodeh Selah.**

**Ps44:8** In Elohim we have boasted all the day,  
and we shall give thanks to Your name forever. Selah.

<9> ἐν τῷ θεῷ ἐπαινεσθησόμεθα ὅλην τὴν ἡμέραν  
καὶ ἐν τῷ ὀνόματί σου ἐξομολογησόμεθα εἰς τὸν αἰῶνα. διάψαλμα.

9 **en tō theō epainesthēsometha holēn tēn hēmeran**

**In Elohim we shall be praised the entire day**;

**kai en tō onomati sou exomologēsometha eis ton aiōna. diapsalma.**

**and in your name we shall make acknowledgment into the eon. PAUSE.**

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י אֶפְרָיִם-זַנְחָת וּתְכַלִּימֵנוּ וְלֹא-תִצֵּא בְּצַבָּאוֹתֵינוּ:

9. (44:10 in Heb.) **'aph-zanach'at watak'limenu w'lo'-thetse' b'tsib'otheynu.**

**Ps44:9** Yet You have rejected us and put us to shame, and do not go out with our armies.

<10> νυνὶ δὲ ἀπώσω καὶ κατήσχυνας ἡμᾶς καὶ οὐκ ἐξελεύσῃ ἐν ταῖς δυνάμεσιν ἡμῶν·

10 **nyni de apōsō kai katēschynas hēmas**

**But now you thrust away, and disgraced us**;

**kai ouk exeleusē en tais dynamesin hēmōn**;

**and you shall not go forth with our forces.**

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יֵאֵת־נִשְׁבֵּינוּ אֶחָדָר מִנִּי-צָר וּמִשִּׁנְאֵינֵנוּ שָׁסוּ לָמוֹ:

10. (44:11 in Heb.) **t'shibenu 'achor mini-tsar um'san'eynu shasu lamo.**

**Ps44:10** You cause us to turn back from the adversary;  
and those who hate us have taken spoil for themselves.

<11> ἀπέστρεψας ἡμᾶς εἰς τὰ ὀπίσω παρὰ τοὺς ἐχθροὺς ἡμῶν,  
καὶ οἱ μισοῦντες ἡμᾶς διήρπαζον ἑαυτοῖς.

11 **apestrepsas hēmas eis ta opisō para tous echthrouς hēmōn,**  
**You turned us to the rear by our enemies;**

kai **hoi misountes hēmas diērpazon heautois.**  
**and the ones detesting us plundered for themselves.**

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יבִּתְּנֵנוּ כְּצֹאֵן מֵאֶכָּל וּבְגוֹיִם יִרְתְּנוּ׃  
:יגוֹיִם יִרְתְּנוּ כְּצֹאֵן מֵאֶכָּל וּבְגוֹיִם יִרְתְּנוּ׃ 12

11. (44:12 in Heb.) **tit'nenu k'tso'n ma'akal ubagoyim zerithanu.**

**Ps44:11** You give us as sheep for food and have scattered us among the nations.

<12> ἔδωκας ἡμᾶς ὡς πρόβατα βρώσεως καὶ ἐν τοῖς ἔθνεσιν διέσπειρας ἡμᾶς·

12 **edōkas hēmas hōs probata brōseōς kai en tois ethnesin diespeiras hēmas;**

**You gave us as sheep for food; and among the nations you scattered us.**

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יגִּתְּמְכֹרְ עַמְּךָ בְּלֹא-חֶן וּלְאֵת-רַבִּית בְּמַחִירֵיהֶם׃  
:יגִּתְּמְכֹרְ עַמְּךָ בְּלֹא-חֶן וּלְאֵת-רַבִּית בְּמַחִירֵיהֶם׃ 13

12. (44:13 in Heb.) **tim'kor-`am'ak b'lo'-hon w'lo'-ribiath bim'chirehem.**

**Ps44:12** You sell Your people for no gain, and You increased not by their price.

<13> ἀπέδου τὸν λαόν σου ἄνευ τιμῆς, καὶ οὐκ ἦν πλῆθος ἐν τοῖς ἀλλάγμασιν αὐτῶν.

13 **apedou ton laon sou aneu timēs,**

**You rendered your people without a value;**

kai **ouk ēn plēthos en tois allagmasin autōn.**

**and there was no abundance by their price.**

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ידִתְּשִׁימְנוּ חֶרֶף לְשִׁכְנֵינוּ לְעַג וְקָלָם לְסְבִיבוֹתֵינוּ׃  
:ידִתְּשִׁימְנוּ חֶרֶף לְשִׁכְנֵינוּ לְעַג וְקָלָם לְסְבִיבוֹתֵינוּ׃ 14

13. (44:14 in Heb.) **t'simenu cher'pah lish'keneynu la`ag waqeles lis'bibotheynu.**

**Ps44:13** You make us a reproach to our neighbors, a scoffing  
and a derision to those around us.

<14> ἔθου ἡμᾶς ὄνειδος τοῖς γείτοσιν ἡμῶν,  
μυκτηρισμὸν καὶ καταγέλωτα τοῖς κύκλῳ ἡμῶν·

14 **ethou hēmas oneidos tois geitosin hēmōn,**

**You put us for scorn to our neighbors;**

**myktērismon kai katagelōta tois kyklō hēmōn;**

**for a sneering and a taunting to the ones round about us.**

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טוֹתְשִׁימְנוּ מִשָּׁל בְּגוֹיִם מְנוּד-רֹאשׁ בְּלֹא-אָמִים׃  
:טוֹתְשִׁימְנוּ מִשָּׁל בְּגוֹיִם מְנוּד-רֹאשׁ בְּלֹא-אָמִים׃ 15

14. (44:15 in Heb.) **t'simenu mashal bagoyim m'nod-ro'sh bal-'umim.**

**Ps44:14** You make us a byword among the nations,  
a shaking of the head among the peoples.

<15> ἔθου ἡμᾶς εἰς παραβολὴν ἐν τοῖς ἔθνεσιν, κίνησιν κεφαλῆς ἐν τοῖς λαοῖς.  
15 ethou hēmas eis parabolēn en tois ethnesin,  
You put us as a parable among the nations;  
kinēsīn kephalēs en tois laois.  
a shaking of the head among the peoples.

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:עֲגֹפְיָךְ עֲגֹךְ אֲפֹיךְ עֲגֹךְ עֲגֹפְיָךְ עֲגֹפְיָךְ-עֲגֹךְ 16  
טז כָּל-הַיּוֹם כְּלִמְתִּי נִגְדִי וּבִשְׁתִּי פָנַי כְּסִתְנִי:

15. (44:16 in Heb.) **kal-hayom k'limathi neg'di ubosheth panay kisath'ni.**

**Ps44:15** All the day my dishonor is before me and the shame of my face covers me,

<16> ὅλην τὴν ἡμέραν ἢ ἐντροπή μου κατεναντίον μου ἐστίν,  
καὶ ἡ αἰσχὺνὴ τοῦ προσώπου μου ἐκάλυψέν με  
16 holēn tēn hēmeran hē entropē mou katenantion mou estin,  
the entire day My being made ashamed in front of me is,  
kai hē aischynē tou prosōpou mou ekaluuen me  
and the shame of my face covered me;

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:עֲגֹפְיָךְ עֲגֹךְ אֲפֹיךְ עֲגֹךְ עֲגֹפְיָךְ עֲגֹפְיָךְ-עֲגֹךְ 17  
יז מְקוֹל מְחַרֵּף וּמְגַדֵּף מִפְּנֵי אוֹיֵב וּמִתְנַקֵּם:

16. (44:17 in Heb.) **miqol m'chareph um'gadeph mip'ney 'oyeb umith'naqem.**

**Ps44:16** Because of the voice of him who reproaches and reviles,  
because of the presence of the enemy and the avenger.

<17> ἀπὸ φωνῆς ὀνειδίζοντος καὶ παραλαλοῦντος,  
ἀπὸ προσώπου ἐχθροῦ καὶ ἐκδιώκοντος.  
17 apo phōnēs oneidizontos kai paralalountos,  
even from the voice of the one berating and speaking improperly  
apo prosōpou echthrou kai ekdiōkontos.  
from in front of the enemy and the one banishing.

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:עֲגֹפְיָךְ עֲגֹךְ אֲפֹיךְ עֲגֹךְ עֲגֹפְיָךְ עֲגֹפְיָךְ-עֲגֹךְ 18  
יח כָּל-זֵאת בָּאֵתָנּוּ וְלֹא שָׁכַחְנוּךָ וְלֹא-שָׁקַרְנוּ בְּבְרִיתְךָ:

17. (44:18 in Heb.) **kal-zo'th ba'ath'nu w'lo' sh'kachanuk w'lo'-shiqar'nu bib'ritheak.**

**Ps44:17** All this has come upon us, but we have not forgotten You,  
and we have not dealt falsely with Your covenant.

<18> ταῦτα πάντα ἦλθεν ἐφ' ἡμᾶς, καὶ οὐκ ἐπελαθόμεθά σου  
καὶ οὐκ ἠδικήσαμεν ἐν διαθήκῃ σου,  
18 tauta panta ēlthen eph' hēmas, kai ouk epelathometha sou  
All these things came upon us, but we did not forget you;  
kai ouk ēdikēsamen en diathēkē sou,  
and we did not do wrong by your covenant;

יט לא-נסוג אָחור לַבְּנוֹ וַתֵּט אֲשֵׁרֵינוּ מִנִּי אָרְחֶךָ: 19

18. (44:19 in Heb.) **lo'-nasog 'achor libenu watet 'ashureynu mini 'ar'cheak.**

**Ps44:18** Our heart has not turned back, nor our steps departed from Your way,

<19> καὶ οὐκ ἀπέστη εἰς τὰ ὀπίσω ἡ καρδία ἡμῶν·  
καὶ ἐξέκλινας τὰς τρίβους ἡμῶν ἀπὸ τῆς ὁδοῦ σου.

19 kai **ouk** apestē eis ta opisō **hē kardia hēmōn**;  
and we did **not** leave to the rear **our heart**,  
kai **exeklinas tas tribous hēmōn apo tēs hodou sou.**  
nor **turned aside our paths from your way.**

כִּי דִפִּיתָנוּ בְּמִקְוֹם תַּנִּים וַתִּכַּס עָלֵינוּ בְּצִלְמוֹת: 20

19. (44:20 in Heb.) **ki dikithanu bim'qom tanim wat'kas `aleyenu b'tsal'maweth.**

**Ps44:19** Yet You have crushed us in a place of jackals  
and covered us with the shadow of death.

<20> ὅτι ἐταπείνωσας ἡμᾶς ἐν τόπῳ κακώσεως,  
καὶ ἐπεκάλυψεν ἡμᾶς σκιά θανάτου.

20 hoti **etapeinōsas hēmas en topō kakōseōs,**  
**For you humbled us in the place of affliction;**  
kai **epekaluuen hēmas skia thanatou.**  
and **covered over us the shadow of death.**

כֹּא אִם-שָׁכַחְנוּ שֵׁם אֱלֹהֵינוּ וַנִּפְרֹשׂ כַּפֵּינוּ לְאֵל זָר: 21

20. (44:21 in Heb.) **'im-shakach'nu shem 'Eloheynu waniph'ros kapeynu l'el zar.**

**Ps44:20** If we had forgotten the name of our El  
or extended our hands to a strange mighty one,

<21> εἰ ἐπελαθόμεθα τοῦ ὀνόματος τοῦ θεοῦ ἡμῶν  
καὶ εἰ διεπετάσαμεν χεῖρας ἡμῶν πρὸς θεὸν ἀλλότριον,

21 ei **epelathometha tou onomatatos tou theou hēmōn**  
**If we forgot the name of our El,**  
kai ei **diepetasamen cheiras hēmōn pros theon allotrion,**  
and **if we opened and spread out our hands to mighty one an alien,**

כִּבְהֵא אֱלֹהִים יִחְקְרוּ-זֹאת כִּי-הוּא יֹדֵעַ תַּעֲלָמוֹת לֵב: 22

21. (44:22 in Heb.) **halo' 'Elohim yachaqar-zo'th ki-hu' yode`a ta`alumoth leb.**

**Ps44:21** Would not Elohim find this out? For He knows the secrets of the heart.

<22> οὐχὶ ὁ θεὸς ἐκζητήσει ταῦτα; αὐτὸς γὰρ γινώσκει τὰ κρύφια τῆς καρδίας.  
22 **ouchi ho theos ekzētēsei tauta?**

**Shall not Elohim require these things?**

autos gar ginōskei ta kryphia tēs kardias.

**For he knows** the secret things of **the heart**.

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:אִשְׁרָאֵל יָכִיר־נֶפְשׁוֹ וְיִגְדֹל אֶת־הַסֵּתֶר־לִבּוֹ׃ 23  
כַּג־כִּי־עָלְיָהּ הִרְגָנוּ כֹּל־הַיּוֹם נַחֲשָׁבְנוּ כְּצֹאן טָבָחָה׃

22. (44:23 in Heb.) **ki-`aleyak horag'nu kal-hayom nech'shab'nu k'tso'n tib'chah.**

**Ps44:22** But for Your sake we are killed all the day;  
we are considered as sheep for the slaughter.

<23> ὅτι ἕνεκα σου θανατούμεθα ὅλην τὴν ἡμέραν, ἐλογίσθημεν ὡς πρόβατα σφαγῆς.

23 hoti heneka sou thanatoumetha holēn tēn hēmeran,

**For because of you** we are being put to death **the entire day**;

elogisthēmen hōs probata sphagēs.

**we are considered as sheep for slaughter.**

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:אָרָץ אֵינִי עֹרְבָה לְמֹהַל תִּישָׁן אָדֹנָי הַקְּיֹצָה אֶל־תְּזַנַּח לְנֹצְחָה׃ 24  
כִּד עֹרְבָה לְמֹהַל תִּישָׁן אָדֹנָי הַקְּיֹצָה אֶל־תְּזַנַּח לְנֹצְחָה׃

23. (44:24 in Heb.) **`urah lamah thishan 'Adonai haqitsah 'al-tiz'nach lanetsach.**

**Ps44:23** Arouse Yourself, why do You sleep, O My Adon (Master)?

**Awake, do not reject us forever.**

<24> ἐξεγέρθητι· ἵνα τί ὑπνοῖς, κύριε; ἀνάστηθι καὶ μὴ ἀπόωσθ εἰς τέλος.

24 exegerthēti; hina ti hypnois, kyrie?

**Awaken! Why** do you sleep, O **YHWH**?

anastēthi kai mē apōsē eis telos.

**Rise up!** and you should not thrust us away unto the end.

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:חָשַׁתְּ אֶת־פָּנֶיךָ וְלִחַצְנוּ׃ 25  
כַּח־פְּנֵיךָ תִּסְתִּיר תְּשַׁכַּח עֲגִינוּ וְלִחַצְנוּ׃

24. (44:25 in Heb.) **lamah-phaneyak thas'tir tish'kach `an'yenu w'lachatsenu.**

**Ps44:24** Why do You hide Your face and forget our affliction and our oppression?

<25> ἵνα τί τὸ πρόσωπόν σου ἀποστρέφεις,  
ἐπιλανθάνῃ τῆς πτωχείας ἡμῶν καὶ τῆς θλίψεως ἡμῶν;

25 hina ti to prosōpon sou apostrepheis,

**Why your face** do you turn

epilanthanē tēs ptōcheias hēmōn kai tēs thlipseōs hēmōn?

and **forget our poorness** and **our affliction**?

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:רַחֵם אֶת־נַפְשׁוֹ וְאַרְצוֹ׃ 26  
כֹּכֵי שָׁחַח לְעַפָּר נַפְשׁוֹ וְרַחֵם אֶת־נַפְשׁוֹ׃

25. (44:26 in Heb.) **ki shachah le`aphar naph'shenu dab'qah la'arets bit'nenu.**

**Ps44:25** For our soul has sunk down into the dust; our body cleaves to the earth.

<26> ὅτι ἐταπεινώθη εἰς χοῦν ἡ ψυχὴ ἡμῶν, ἐκόλληθη εἰς γῆν ἡ γαστήρ ἡμῶν.

26 hoti etapeinōthē eis choun hē psychē hēmōn, ekollēthē eis gēn hē gastēr hēmōn.

For was humbled into the dust our soul; was cleaved to the earth our belly.

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יָאֲרִיבָהּ יְהוָה לְעַלְמֵי עָרְוָה לְעַלְמֵי עָרְוָה 27  
כִּזְקֻמָּהּ עֲזַרְתָּהּ לָנוּ וּפְדִינוּ לְמַעַן חַסְדֶּךָ:

26. (44:27 in Heb.) qumah `ez'rathah lanu uph'denu l'ma`an chas'deak.

**Ps44:26** Rise up, be our help, and redeem us for the sake of Your lovingkindness.

<27> ανάστα, κύριε, βοήθησον ἡμῖν καὶ λύτρωσαι ἡμᾶς ἕνεκεν τοῦ ὀνόματός σου.

27 anasta, kyrie, boēthēson hēmin kai lytrōsai hēmas heneken tou onomatōs sou.

Rise up, O YHWH, help us and ransom us because of your name!