

# Sepher Tehillim (Psalms)

## Chapter 56

Shavua Reading Schedule (20th sidrah) - Ps 56 - 59

Ps56:1  
אֶל־מְנַצֵּחַ עַל־יוֹנָת אֱלֹהִים רְחֻקִים  
לְדָוִד מִקְּתָם בְּאֶחָז אֶתֹּו פְּלִשְׁתִּים בְּגַת׃

1. (56:1 in Heb.) lam'natseach `al-yonath 'elem r'choqim  
l'Dawid mik'tam be'echoz 'otho Ph'lish'tim b'Gath.

Supplication for Deliverance and Grateful Trust in Elohim.

For the chief musician; according to the silent dove – those far off.  
A Contemplation of Dawid, when the Philistines seized him in Gath.

<55:1> Εἰς τὸ τέλος, ὑπὲρ τοῦ λαοῦ τοῦ ἀπὸ τῶν ἁγίων μεμακρυσμένου·  
τῷ Δαυὶδ εἰς στηλογραφίαν, ὅποτε ἐκράτησαν αὐτὸν οἱ ἀλλόφυλοι ἐν Γεθ.

1 Eis to telos, hyper tou laou tou apo tōn hagiōn memakrymmenou;  
To the director; for the people from the holy things being far;

tō Dawid eis stēlographian,  
to David; for an inscription on a monument;

hopote ekratēsan auton hoi allophyloi en Geth.  
when held him the Philistines in Gath.

בְּחַנְנִי אֱלֹהִים כִּי־שָׂאֲפְנִי אֲנֹשׁ כָּל־הַיּוֹם לַחֵם יִלְחָצְנִי׃  
כְּגַת־עַל־יוֹנָת אֱלֹהִים רְחֻקִים מִקְּתָם בְּאֶחָז אֶתֹּו פְּלִשְׁתִּים בְּגַת׃

(56:2 in Heb.) chaneni 'Elohim ki-sh'aphani 'enosh kal-hayom lochem yil'chatseni.

Ps56:1 Be gracious to me, O Elohim, for man has trampled upon me;  
fighting all the day he oppresses me.

<2> Ἐλέησόν με, κύριε, ὅτι κατεπάτησέν με ἄνθρωπος,  
ὄλην τὴν ἡμέραν πολεμῶν ἐθλίψέν με.

2 Eleēson me, kyrie, hoti katepatēsen me anthrōpos,  
Show mercy on me, O Elohim! for trampled me man.

holēn tēn hēmeran polemōn ethlipsen me.  
The entire day in waging war he afflicted me.

גִּשְׂאֲפֹו שׁוֹרְרִי כָּל־הַיּוֹם כִּי־רַבִּים לַחֲמִים לִי מְרוֹם׃  
כְּגַת־עַל־יוֹנָת אֱלֹהִים רְחֻקִים מִקְּתָם בְּאֶחָז אֶתֹּו פְּלִשְׁתִּים בְּגַת׃

2. (56:3 in Heb.) sha'aphu shor'ray kal-hayom ki-rabbim lochamim li marom.

Ps56:2 My foes have trampled upon me all the day,  
for they are many who fight proudly against me.

<3> κατεπάτησάν με οἱ ἐχθροί μου ὄλην τὴν ἡμέραν,

ὅτι πολλοὶ οἱ πολεμοῦντές με ἀπὸ ὕψους.

**3 katepatēsan me hoi echthroi mou holēn tēn hēmeran,**  
**trampled me My enemies the entire day,**

**hoti polloi hoi polemountes me apo huuous.**

**for many are the ones waging war against me from the height.**

יְהוָה אֱלֹהֵי אֲנִי אֶבְטָח׃

דַּיּוֹם אֵירָא אֲנִי אֶלֶיךָ אֲבָטָח׃

**3. (56:4 in Heb.) yom 'ira' 'ani 'eleyak 'eb'tach.**

**Ps56:3 The day I am afraid, I shall put my trust in You.**

<4> ἡμέρας φοβηθήσομαι, ἐγὼ δὲ ἐπὶ σοὶ ἐλπῶ.

**4 hēmeras phobēthēsomai, egō de epi soi elpiō.**

**the day they shall be afraid, but I shall hope upon you.**

אֲנִי אֶבְטָח בְּיְהוָה אֱלֹהֵי אֲנִי׃

אֲנִי אֶבְטָח בְּיְהוָה אֱלֹהֵי אֲנִי׃

הַבְּאֱלֹהִים אֶהְלֵל דְּבָרוֹ בְּאֱלֹהִים בְּטַחְתִּי׃

לֹא אֵירָא מִהֲיַעֲשֶׂה בְּשָׁר לִי׃

**4. (56:5 in Heb.) b'Elohim 'ahalel d'baro b'Elohim batach'ti**

**lo' 'ira' mah-ya`aseh basar li.**

**Ps56:4 In Elohim, whose word I praise, in Elohim I have trusted;**  
**I shall not be afraid. What can flesh do to me?**

<5> ἐν τῷ θεῷ ἐπαινέσω τοὺς λόγου μου ὅλην τὴν ἡμέραν.

ἐπὶ τῷ θεῷ ἤλπισα, οὐ φοβηθήσομαι· τί ποιήσει μοι σὰρξ;

**5 en tō theō epainēsō tous logou mou holēn tēn hēmeran.**

**In Elohim I shall praise by my words; all the day**

**epi tō theō ēlpisa, ou phobēthēsomai; ti poiēsei moi sarx?**

**in Elohim I hoped. I shall not fear what shall do to me flesh.**

וְכָל-הַיּוֹם דְּבָרַי יַעֲצִיבוּ עָלַי כָּל-מַחְשְׁבוֹתָם לְרָע׃

וְכָל-הַיּוֹם דְּבָרַי יַעֲצִיבוּ עָלַי כָּל-מַחְשְׁבוֹתָם לְרָע׃

**5. (56:6 in Heb.) kal-hayom d'baray y`atsebu `alay kal-mach'sh'botham lara`.**

**Ps56:5 All the day they distort my words; all their thoughts are against me for evil.**

<6> ὅλην τὴν ἡμέραν τοὺς λόγους μου ἐβδελύσσοντο,

κατ' ἐμοῦ πάντες οἱ διαλογισμοὶ αὐτῶν εἰς κακόν.

**6 holēn tēn hēmeran tous logous mou ebdelyssonto,**

**The entire day my words they abhorred;**

**kat' emou pantes hoi dialogismoι autōn eis kakon.**

**are against me all their thoughts for bad.**

זִנְגוּרֵי יַעֲפִינֵנוּ הַמָּה עֲקָבֵי יִשְׁמְרוּ כְּאֲשֶׁר קִוּוּ נַפְשֵׁי׃

זִנְגוּרֵי יַעֲפִינֵנוּ הַמָּה עֲקָבֵי יִשְׁמְרוּ כְּאֲשֶׁר קִוּוּ נַפְשֵׁי׃

6. (56:7 in Heb.) **yaguru yats'pinu hemah`aqebay yish'moru ka'asher qiuu naph'shi.**

**Ps56:6** They attack, they lurk, they watch my steps, as they have waited for my soul.

<7> παροικήσουσιν καὶ κατακρύψουσιν· αὐτοὶ τὴν πτέρναν μου φυλάξουσιν, καθάπερ ὑπέμειναν τὴν ψυχὴν μου.

7 **paroikēsousin kai katakruuousin; autoi tēn pternan mou phylaxousin,**

**They shall sojourn and hide; they my heel shall guard,**

**kathaper hypemeinan tēn psychēn mou.**

**just as they wait for my life.**

חַעֲל־אֶן פִּלְט־לְמוֹ בְּאֵף עַמִּים הוֹרֵד אֱלֹהִים:  
:חַעֲל־אֶן פִּלְט־לְמוֹ בְּאֵף עַמִּים הוֹרֵד אֱלֹהִים:

7. (56:8 in Heb.) **`al-'awen palet-lamo b'aph`amim hored 'Elohim.**

**Ps56:7** By iniquity, do they escape, in anger put down the peoples, O Elohim!

<8> ὑπὲρ τοῦ μηθενὸς σώσεις αὐτούς, ἐν ὀργῇ λαοὺς κατάξεις.

8 **hyper tou mēthenos sōseis autous, en orgē laous kataxeis.**

**For by no means shall you deliver them; in anger peoples you shall lead down.**

טַנְדִּי סַפְרָתָה אֶתָּה שְׂיִמָּה דְמַעְתִּי בְּנֹאֲדָךְ הֲלֵא בְּסַפְרָתָךְ:  
:טַנְדִּי סַפְרָתָה אֶתָּה שְׂיִמָּה דְמַעְתִּי בְּנֹאֲדָךְ הֲלֵא בְּסַפְרָתָךְ:

8. (56:9 in Heb.) **nodi saphar'tah 'atah simah dim'`athi b'no'deak halo' b'siph'ratheak.**

**Ps56:8** You have taken account of my wanderings; put my tears in Your bottle.

Are they **not** in Your scroll?

<9> ὁ θεὸς τὴν ζωὴν μου ἐξήγγειλά σοι, ἔθου τὰ δάκρυά μου ἐνώπιόν σου ὡς καὶ ἐν τῇ ἐπαγγελίᾳ σου.

9 **ho theos tēn zōēn mou exēggeila soi,**

**O Elohim, my life I declared to you;**

**ethou ta dakrua mou enōpion sou hōs kai en tē epaggeliā sou.**

**you put my tears before you, as even according to your promise.**

יֵאָז יָשׁוּבוּ אוֹיְבֵי אַחֲרַי בְּיוֹם אֶקְרָא זְה־יָדַעְתִּי  
:יֵאָז יָשׁוּבוּ אוֹיְבֵי אַחֲרַי בְּיוֹם אֶקְרָא זְה־יָדַעְתִּי

יֵאָז יָשׁוּבוּ אוֹיְבֵי אַחֲרַי בְּיוֹם אֶקְרָא זְה־יָדַעְתִּי  
:יֵאָז יָשׁוּבוּ אוֹיְבֵי אַחֲרַי בְּיוֹם אֶקְרָא זְה־יָדַעְתִּי

9. (56:10 in Heb.) **'az yashubu 'oy'bay 'achor b'yom 'eq'ra' zeh-yada`tiki-'Elohim li.**

**Ps56:9** Then my enemies shall turn back in the day when I call; this I know, that Elohim is for me.

<10> ἐπιστρέψουσιν οἱ ἐχθροί μου εἰς τὰ ὀπίσω, ἐν ᾗ ἂν ἡμέρα ἐπικαλέσωμαί σε· ἰδοὺ ἐγνων ὅτι θεὸς μου εἶ σύ.

10 **epistrepousin hoi echthroi mou eis ta opisō,**

**shall turn My enemies to the rear,**

**en hē an hēmera epikalesōmai se; idou egnōn hoti theos mou ei sy.**

**in which ever day I should call upon you. Behold, I knew that my El you are.**

11 וְאֵלֹהִים אֲהַלֵּל בְּדַבָּר וְאֵלֹהִים אֲהַלֵּל בְּדַבָּר  
יא בְּאֵלֹהִים אֲהַלֵּל בְּדַבָּר בְּיַהְוָה אֲהַלֵּל בְּדַבָּר:

10. (56:11 in Heb.) **b'Elohim 'ahalel dabar baYahúwah 'ahalel dabar.**

**Ps56:10** In Elohim, whose word I praise, in אֲהַלֵּל, whose word I praise,

<11> ἐπὶ τῷ θεῷ αἰνέσω ῥῆμα, ἐπὶ τῷ κυρίῳ αἰνέσω λόγον.

11 **epi tō theō ainesō hrēma, epi tō kyriō ainesō logon.**

Unto Elohim I shall praise by discourse; unto YHWH I shall praise by word.

12 יֵבֶטְחֵנִי אֱלֹהִים בְּטַחְתִּי לֹא אִירָא מִהַדְיַעֲשָׂה אֲדָם לִי:  
12 אֱלֹהִים אֲהַלֵּל בְּטַחְתִּי לֹא אִירָא מִהַדְיַעֲשָׂה אֲדָם לִי:

11. (56:12 in Heb.) **b'Elohim batach'ti lo' 'ira' mah-ya'aseh 'adam li.**

**Ps56:11** In Elohim I have put my trust, I shall not be afraid. What can man do to me?

<12> ἐπὶ τῷ θεῷ ἠλπισα, οὐ φοβηθήσομαι· τί ποιήσει μοι ἄνθρωπος;

12 **epi tō theō ēlpisa, ou phobēthēsomai; ti poiēsei moi anthrōpos?**

Unto Elohim I hoped; I shall not be afraid in what shall do to me man.

13 יִגְעַלֵּי אֱלֹהִים נְדָרַיִךָ אֲשַׁלֵּם תּוֹדֹת לָךְ:  
13 אֲשַׁלֵּם תּוֹדֹת לָךְ יִגְעַלֵּי אֱלֹהִים נְדָרַיִךָ אֲשַׁלֵּם תּוֹדֹת לָךְ:

12. (56:13 in Heb.) **`alay 'Elohim n'dareyak 'ashalem todoth lak.**

**Ps56:12** Your vows are binding upon me, O Elohim; I shall render thank offerings to You.

<13> ἐν ἐμοί, ὁ θεός, αἱ εὐχαὶ ἄς ἀποδώσω αἰνεσεῶς σοι,

13 **en emoi, ho theos, hai euchai has apodōsō aineseōs soi,**

In me, O Elohim, are the vows which I shall give of your praise.

14 יְדַבֵּר כִּי הִצַּלְתָּ נַפְשִׁי מִמָּוֶת הֲלֹא רַגְלִי מִדְּחִי לְהִתְהַלֵּךְ  
14 לִפְנֵי אֱלֹהִים בְּאוֹר הַחַיִּים:  
14 יְדַבֵּר כִּי הִצַּלְתָּ נַפְשִׁי מִמָּוֶת הֲלֹא רַגְלִי מִדְּחִי לְהִתְהַלֵּךְ  
14 לִפְנֵי אֱלֹהִים בְּאוֹר הַחַיִּים:

13. (56:14 in Heb.) **ki hitsal'at naph'shi mimaweth halo' rag'lay midechi l'hith'halek liph'ney 'Elohim b'or hachayim.**

**Ps56:13** For You have delivered my soul from death, do not keep my feet from stumbling, so that I may walk before Elohim in the light of the living.

<14> ὅτι ἐρρύσω τὴν ψυχὴν μου ἐκ θανάτου καὶ τοὺς πόδας μου ἐξ ὀλισθήματος τοῦ εὐαρεστῆσαι ἐνώπιον τοῦ θεοῦ ἐν φωτὶ ζώντων.

14 **hoti errysō tēn psychēn mou ek thanatou kai tous podas mou ex olisthēmatos**

For you rescued my soul from death, and my feet from a slip.

tou euarestēsai enōpion tou theou en phōti zōntōn.

I shall be well-pleasing before YHWH in the light of the living.