

# Sepher Tehillim (Psalms)

## Chapter 57

אֶל־תַּשְׁחֶת לְדָוִד מִקְהָם בְּבִרְחוֹ מִפְּנֵי־שָׁאוּל בְּמַעְרָה׃ Ps57:1

1. (57:1 in Heb.) lam'natseach 'Al-tash'cheth l'Dawid mik'tam b'bar'cho mip'ney-Sha'ul bam'`arah.

Prayer for Rescue from Persecutors.

For the chief musician; set to Al-tashcheth.

A secret treasury of Dawid, when he fled from the face of Shaul in the cave.

<56:1> Εἰς τὸ τέλος· μὴ διαφθείρης· τῷ Δαυιδ εἰς στηλογραφίαν ἐν τῷ αὐτὸν ἀποδιδράσκειν ἀπὸ προσώπου Σαουλ εἰς τὸ σπήλαιον.

1 Eis to telos; mē diaphtheirēs; tō Dawid

To the director; do not utterly destroy; to David;

eis stēlographian en tō auton apodidaskein

for an inscription on a monument; in his running away

apo prosōpou Saoul eis to spēlaion.

from the face of Saul into the cave.

בְּחַנְנִי אֱלֹהִים חַנְנִי כִּי בָּךְ חָסָיָה נַפְשִׁי  
וּבְצֵל־כְּנָפֶיךָ אֶחְסֶה עַד יַעֲבֹר הַחוּת׃

(57:2 in Heb.) chaneni 'Elohim chaneni ki b'ak chasayah naph'shi ub'tsel-k'napheyak 'ech'seh `ad ya`abor hauoth.

Ps57:1 Be gracious to me, O Elohim, be gracious to me, for my soul takes refuge in You; and in the shadow of Your wings I shall take refuge until destruction passes by.

<2> Ἐλέησόν με, ὁ θεός, ἐλέησόν με, ὅτι ἐπὶ σοὶ πέποιθεν ἡ ψυχὴ μου καὶ ἐν τῇ σκιᾷ τῶν πτερύγων σου ἐλπῶ, ἕως οὗ παρέλθῃ ἡ ἀνομία.

2 Eleēson me, ho theos, eleēson me, hoti epi soi pepoithen hē psychē mou

Show mercy on me, O Elohim, show mercy on me! For upon you yielded my soul.

kai en tē skiā tōn pterygōn sou elpiō,

And in the shadow of your wings I shall hope,

heōs hou parelthē hē anomia.

until of which time should go by lawlessness.

גִּאֲקָרָא לְאֱלֹהִים עֲלִיּוֹן לְאֵל גֹּמֵר עָלַי׃

2. (57:3 in Heb.) 'eq'ra' l'Elohim `El'yon la'El gomer `alay.

Ps57:2 I shall cry to Elohim El Most High, to El who accomplishes all things for me.

<3> κερράζομαι πρὸς τὸν θεὸν τὸν ὕψιστον, τὸν θεὸν τὸν εὐεργετήσαντά με.

3 kekraxomai pros ton theon ton huuiston, ton theon ton euergetēsanta me.

I shall cry out to Elohim the highest; El benefiting me.

אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם  
:יְשַׁלַּח יְשַׁלַּח יְשַׁלַּח יְשַׁלַּח יְשַׁלַּח

דַּיְשַׁלַּח מִשְׁמַיִם וַיִּוְשִׁיעַנִי חַהֲרָה שְׁאָפִי סֵלָה  
יְשַׁלַּח אֶל־הַיָּם חֶסֶד־וְאֱמִתּוֹ:

3. (57:4 in Heb.) yish'lach mishamayim w'yoshi`eni chereph sho'aphi Selah  
yish'lach 'Elohim chas'do wa'amito.

Ps57:3 He shall send from the heavens and save me;

He reproaches him who tramples upon me. Selah.

Elohim shall send forth His lovingkindness and His truth.

<4> ἔξαπέστειλεν ἐξ οὐρανοῦ καὶ ἔσωσέν με,  
ἔδωκεν εἰς ὄνειδος τοὺς καταπατοῦντάς με. διάψαλμα.  
ἔξαπέστειλεν ὁ θεὸς τὸ ἔλεος αὐτοῦ καὶ τὴν ἀλήθειαν αὐτοῦ

4 exapesteilen ex ouranou kai esōsen me,

He sent out from the heavens, and he delivered me.

edōken eis oneidos tous katapatountas me. diapsalma.

He put unto scorn the ones trampling me. PAUSE.

exapesteilen ho theos to eleos autou kai tēn alētheian autou

sent out Elohim his mercy and his truth;

אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם  
:אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם

הַנִּפְשֵׁי בְּתוֹךְ לְבָאֵם אֲשֶׁר־בָּהָ לְהַטִּיבָהּ בְּנֵי־אָדָם שְׁנֵי־הֵם חַנִּית  
וְחִצִּים וְלִשְׁוֹנָם חֶרֶב חֲדָה:

4. (57:5 in Heb.) naph'shi b'thok l'ba'im 'esh'k'bah lohatim b'ney-'adam shineyhem  
chanith w'chitsim ul'shonam chereb chadah.

Ps57:4 My soul is in the midst of lions; I must lie among those are set on fire,  
even the sons of men, whose teeth are spears and arrows and their tongue a sharp sword.

<5> καὶ ἐρρύσατο τὴν ψυχὴν μου ἐκ μέσου σκύμων. ἐκοιμήθην τεταραγμένος·  
υἱοὶ ἀνθρώπων, οἱ ὀδόντες αὐτῶν ὄπλον καὶ βέλη,  
καὶ ἡ γλῶσσα αὐτῶν μάχαιρα ὀξεῖα.

5 kai errysato tēn psychēn mou ek mesou skymnōn.

and he rescued my soul from the midst of lion cubs.

ekoimēthēn tetaragmenos; huioi anthrōpōn,

I went to bed being disturbed; the sons of men -

hoi odontes autōn hoplon kai belē, kai hē glōssa autōn machaira oxeia.

their teeth are weapons and arrows, and their tongue sword a sharp.

וְרוּמָה עַל־הַשְּׁמַיִם אֶל־הַיָּם עַל־כָּל־הָאָרֶץ כְּבוֹדֶךָ:  
אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם אֶל־עֵלְיָוָם

5. (57:6 in Heb.) **rumah `al-hashamayim 'Elohim `al kal-ha'arets k'bodeak.**

**Ps57:5** Be exalted above the heavens, O Elohim; let Your glory be above all the earth.

<6> ὑψώθητι ἐπὶ τοὺς οὐρανοὺς, ὁ θεός, καὶ ἐπὶ πᾶσαν τὴν γῆν ἡ δόξα σου.

6 huyōthēti epi tous ouranous, ho theos,

Be raised up high above the heavens, O Elohim,

kai epi pasan tēn gēn hē doxa sou.

and above all the earth your glory!

אָפּוּדָה אֱלֹהִים עַל כָּל הָאָרֶץ כְּבוֹדָךְ  
:אֶל־שָׁמַיִם אֶל־הַשָּׁמַיִם יְהוָה וְעַל כָּל הָאָרֶץ  
זָרְשֵׁת הַכִּינּוּר לְפָנַי כָּפָה נִפְשִׁי  
כָּרוּ לְפָנַי נְשִׁיחָה נִפְלוּ בְּתוֹכָהּ סֵלָה:

6. (57:7 in Heb.) **resheth hekinu liph`amay kaphaph naph'shi karu l'phanay shichah naph'lu b'thokah Selah.**

**Ps57:6** They have prepared a net for my steps; my soul is bowed down; they dug a pit before me; they themselves have fallen into the midst of it. Selah.

<7> παγίδα ἠτοίμασαν τοῖς ποσίν μου καὶ κατέκαμψαν τὴν ψυχὴν μου· ὥρυξαν πρὸ προσώπου μου βόθρον καὶ ἐνέπεσαν εἰς αὐτόν. διάψαλμα.

7 pagida hētoimasan tois posin mou kai katekampsan tēn psychēn mou; a snare They prepared for my feet, and bent down my soul.

ōryxan pro prosōpou mou bothron kai enepesan eis auton. diapsalma.

They dug before my face a cesspool, and they fell into it. PAUSE.

חָנֹכֹן לְבַי אֱלֹהִים נֹכֹן לְבַי אֲנִישִׁיחָה וְנִפְלוּ  
:אֶל־פְּנֵי אֱלֹהִים אֶל־פְּנֵי אֲנִישִׁיחָה וְנִפְלוּ

7. (57:8 in Heb.) **nakon libi 'Elohim nakon libi 'ashirah wa'azamerah.**

**Ps57:7** My heart is steadfast, O Elohim, my heart is steadfast; I shall sing, yes, I shall sing praises!

<8> ἐτοίμη ἡ καρδία μου, ὁ θεός, ἐτοίμη ἡ καρδία μου, ἄσομαι καὶ ψαλῶ.

8 hetoimē hē kardia mou, ho theos,

is prepared My heart, O Elohim,

hetoimē hē kardia mou, āsomain kai psalō.

is prepared my heart. I shall sing and I shall sing psalms.

טְעוּרָה כְּבוֹדִי עוּרָה תִּנְבֵּל וְכִנּוֹר אֲעִיחָה נְשִׁיחָה  
:אֶל־פְּנֵי אֱלֹהִים אֶל־פְּנֵי אֲנִישִׁיחָה וְנִפְלוּ

8. (57:9 in Heb.) **`urah k'bodi `urah hanebel w'kinor 'a`irah shachar.**

**Ps57:8** Awake, my glory! Awake, harp and lyre! I shall awaken the dawn.

<9> ἐξεγέρθητι, ἡ δόξα μου· ἐξεγέρθητι, ψαλτήριον καὶ κιθάρα· ἐξεγεροθήσομαι ὄρθρου.

9 exegerthēti, hē doxa mou; exegerthēti, psaltērion kai kithara; exegerthēsomai orthrou.

Awaken, my glory! Awaken, O psaltery and harp! I shall awaken at dawn.

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יְאֹדָהָ בְּעַמִּים אֲדֹנָי אֲזַמְרָה בְּלִ-אַמִּים:  
:יִשְׁמְרָה-לְךָ יְשׁוּעָה אֲדֹנָי אֲזַמְרָה יְשׁוּעָה 10

9. (57:10 in Heb.) 'od'ak ba'amim 'Adonai 'azamer'ak bal-'umim.

**Ps57:9** I shall give thanks to You, O My Adon (Master), among the peoples;  
I shall sing praises to You among the nations.

<10> ἔξομολογήσομαί σοι ἐν λαοῖς, κύριε, ψαλῶ σοι ἐν ἔθνεσιν,

10 exomologēsomai soi en laois, kyrie,

I shall make acknowledgment to you among peoples, O YHWH,  
psalō soi en ethnesin,

I shall strum to you among nations.

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יֵאֱכֹרֶה גָּדֹל עַד-שָׁמַיִם חֶסֶדְךָ וְעַד-שְׁחָקִים אֲמִתְּךָ:  
:יִשְׁמְרָה-לְךָ אֲדֹנָי אֲזַמְרָה יְשׁוּעָה אֲדֹנָי אֲזַמְרָה 11

10. (57:11 in Heb.) ki-gadol `ad-shamayim chas'dek w'`ad-sh'chaqim 'amiteak.

**Ps57:10** For Your lovingkindness is great to the heavens and Your truth to the clouds.

<11> ὅτι ἐμεγαλύνθη ἕως τῶν οὐρανῶν τὸ ἔλεός σου  
καὶ ἕως τῶν νεφελῶν ἡ ἀλήθειά σου.

11 hoti emegalynthē heōs tōn ouranōn to eleos sou kai heōs tōn nephelōn hē alētheia sou.

For was magnified unto the heavens your mercy; and unto the clouds your truth.

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יִבְרוּמָה עַל-שָׁמַיִם אֱלֹהִים עַל כָּל-הָאָרֶץ כְּבוֹדְךָ:  
:יִשְׁמְרָה-לְךָ אֲדֹנָי אֲזַמְרָה יְשׁוּעָה אֲדֹנָי אֲזַמְרָה 12

11. (57:12 in Heb.) rumah `al-shamayim 'Elohim `al kal-ha'arets k'bodeak.

**Ps57:11** Be exalted above the heavens, O Elohim; let Your glory be above all the earth.

<12> ὑψώθητι ἐπὶ τοὺς οὐρανοὺς, ὁ θεός, καὶ ἐπὶ πᾶσαν τὴν γῆν ἡ δόξα σου.

12 huyōthēti epi tous ouranous, ho theos,

Be raised up high above the heavens, O Elohim,

kai epi pasan tēn gēn hē doxa sou.

and above all the earth your glory!