

Sepher Tehillim (Psalms)

Chapter 6

אֶל־מְנַצֵּחַ בְּנִגְיָנוֹת עַל־הַשְּׁמִינִית מִזְמוֹר לְדָוִד׃ Ps6:1

(6:1 in Heb.) **lam'natseach biN'ginoth `al-hash'minith miz'mor l'Dawid.**

Prayer for Mercy in Time of Trouble.

For the chief musician; with stringed instruments, upon an eight-string lyre.
A Psalm of Dawid.

<6:1> Εἰς τὸ τέλος, ἐν ὕμνοις, ὑπὲρ τῆς ὀγδόης· ψαλμὸς τῷ Δαυιδ.

1 Eis to telos, en hymnois, hyper tēs ogdoēs; psalmos tō Dawid.

To the director in hymns; for the eighth; a psalm to David.

בְּיַהֲוָה אֶל־בְּאַפְּךָ תוֹכִיחֵנִי וְאֶל־בְּחַמְתְּךָ תִּסְתַּרְנִי׃ 2

1. (6:2 in Heb.) **Yahúwah 'al-b'ap'ak thokicheni w'al-bachamath'ak th'yas'reni.**

Ps6:1 O יהוה, do not rebuke me in Your anger, nor chasten me in Your wrath.

<2> Κύριε, μὴ τῷ θυμῷ σου ἐλέγξῃς με μηδὲ τῇ ὀργῇ σου παιδεύσῃς με.

2 Kyrie, mē tō thymō sou elegxēs me mēde tē orgē sou paideusēs me.

O YHWH, you should not in your rage reprove me, nor in your anger correct me.

גַּחְנִנִּי יַהֲוָה כִּי אֲמַלְל אֲנִי הַפְּאֲנִי יַהֲוָה כִּי נִבְהַלּוּ עֲצָמָי׃ 3

2. (6:3 in Heb.) **chaneni Yahúwah**

ki 'um'lal 'ani r'pha'eni Yahúwah ki nib'halu `atsamay.

Ps6:2 Be gracious to me, O יהוה, for I am weak;

Heal me, O יהוה, for my bones are dismayed.

<3> ἐλέησόν με, κύριε, ὅτι ἀσθενῆς εἰμι· ἴασαί με, κύριε, ὅτι ἐταράχθη τὰ ὀστά μου,

3 eleēson me, kyrie, hoti asthenēs eimi;

Show mercy on me, O YHWH! for I am weak.

iasai me, kyrie, hoti etarachthē ta osta mou,

Heal me, O YHWH! for are disturbed my bones,

דְּוַנְפְּשִׁי נִבְהַלָּה מְאֹד וְאַתָּה יַהֲוָה עַד־מַתְּי׃ 4

3. (6:4 in Heb.) **w'naph'shi nib'halah m'od w'at' Yahúwah `ad-mathay.**

Ps6:3 And my soul is greatly dismayed; but You, O יהוה how long?

<4> καὶ ἡ ψυχὴ μου ἐταράχθη σφόδρα· καὶ σύ, κύριε, ἕως πότε;

4 kai hē psychē mou etarachthē sphodra; kai sy, kyrie, heōs pote?

and my soul is disturbed exceedingly. But you, O YHWH, until when?

הַשׁוֹבָה יְהוּדָה חֲלָצָה נִפְשֵׁי הַוְשִׁיעֵנִי לְמַעַן חַסְדֶּךָ׃
:יִשְׂרָאֵל יְשׁוּעָה לְיָמֵי חַסְדֶּךָ יְשׁוּעָה לְיָמֵי חַסְדֶּךָ יְשׁוּעָה לְיָמֵי חַסְדֶּךָ 5

4. (6:5 in Heb.) **shubah Yahúwah chal'tsah naph'shi hoshi`eni l'ma`an chas'deak.**

Ps6:4 Return, O **יְשׁוּעָה**, rescue my soul; Save me because of Your lovingkindness.

<5> ἐπίστρεψον, κύριε, ῥύσαι τὴν ψυχὴν μου, σῶσόν με ἕνεκεν τοῦ ἐλέους σου.

5 epistrepson, kyrie, hrysai tēn psychēn mou, sōson me heneken tou eleous sou.

Return, O YHWH, rescue my soul! Deliver me because of your mercy!

וְכִי אֵין בַּמּוֹת זְכָרְךָ בְּשֵׂאוֹל מִי יוֹדֶה-לָּךְ׃
:יְשׁוּעָה לְיָמֵי חַסְדֶּךָ יְשׁוּעָה לְיָמֵי חַסְדֶּךָ יְשׁוּעָה לְיָמֵי חַסְדֶּךָ 6

5. (6:6 in Heb.) **ki `eyn bamaweth zik'reak biSh'ol mi yodeh-lak.**

Ps6:5 For there is no memory of You in death; in Sheol who shall give thanks to You?

<6> ὅτι οὐκ ἔστιν ἐν τῷ θανάτῳ ὁ μνημονεύων σου.

ἐν δὲ τῷ ᾄδῃ τίς ἐξομολογήσεται σοι;

6 hoti ouk estin en tō thanatō ho mnēmoneuōn sou;

For there is no in death remembering you;

en de tō ḥadē tis exomologēsetai soi?

and in Hades, who shall make acknowledgement to you?

זִיגַעְתִּי בְּאַנְחֹתַי אֲשַׁחָה בְּכָל-לַיְלָה מִטָּתִּי׃
בְּדַמְעֹתַי עָרְשִׁי אֲמַסָּה׃
:יְשׁוּעָה לְיָמֵי חַסְדֶּךָ יְשׁוּעָה לְיָמֵי חַסְדֶּךָ יְשׁוּעָה לְיָמֵי חַסְדֶּךָ 7

6. (6:7 in Heb.) **yaga`ti b'an'chathi `as'chah b'kal-lay'lah mitathi b'dim`athi `ar'si `am'seh.**

Ps6:6 I am weary with my sighing; Every night I make my bed swim, I dissolve my couch with my tears.

<7> ἐκοπίασα ἐν τῷ στεναγμῷ μου, λούσω καθ' ἑκάστην νύκτα τὴν κλίνην μου, ἐν δάκρυσίν μου τὴν στρωμνὴν μου βρέξω.

7 ekopiassa en tō stenagmō mou, lousō kath' hekastēn nykta tēn klinēn mou,

I tired in my moaning. I shall bathe each night my bed;

en dakrysin mou tēn strōmnēn mou brexō.

with my tears my strewn bed I shall rain.

חַעֲשִׂשָׁה מִכַּעַם עֵינַי עָתְקָה בְּכָל-צוּרְרָי׃
:יְשׁוּעָה לְיָמֵי חַסְדֶּךָ יְשׁוּעָה לְיָמֵי חַסְדֶּךָ יְשׁוּעָה לְיָמֵי חַסְדֶּךָ 8

7. (6:8 in Heb.) **`ash'shah mika`as `eyni `ath'qah b'kal-tsor'ray.**

Ps6:7 My eye is wasted away with grief; it grows old because of all my adversaries.

<8> ἐταράχθη ἀπὸ θυμοῦ ὁ ὀφθαλμός μου, ἐπαλαιώθην ἐν πᾶσιν τοῖς ἐχθροῖς μου.

8 etarachthē apo thymou ho ophthalmos mou, epalaiōthēn en pasin tois echthrois mou.

is disturbed from rage My eye. I grow old in all my enemies.

פָּרָעוּ לִי כָּל-פּוֹעֲלֵי אֶוֶן כִּי-שָׁמַע יְהוָה קוֹל בִּכְיִי׃
פָּרָעוּ לִי כָּל-פּוֹעֲלֵי אֶוֶן כִּי-שָׁמַע יְהוָה קוֹל בִּכְיִי׃

8. (6:9 in Heb.) suru mimeni kal-po`aley 'awen ki-shama` Yahúwah qol bik'yi.

Ps6:8 Depart from me, all you who do iniquity,
for **וָיָאזְנוּ** has heard the voice of my weeping.

<9> ἀποστήτε ἀπ' ἐμοῦ, πάντες οἱ ἐργαζόμενοι τὴν ἀνομίαν,
ὅτι εἰσήκουσεν κύριος τῆς φωνῆς τοῦ κλαυθμοῦ μου·

9 apostête ap' emou, pantes hoi ergazomenoi tēn anomian,
Remove from me all the ones working lawlessness!
hoti eisēkousen kyrios tēs phōnēs tou klauthmou mou;
For YHWH heard the sound of my weeping.

וְשָׁמַע יְהוָה תְּחִנָּתִי יִקָּח׃
וְשָׁמַע יְהוָה תְּחִנָּתִי יִקָּח׃
וְשָׁמַע יְהוָה תְּחִנָּתִי יִקָּח׃

9. (6:10 in Heb.) shama` Yahúwah t'chinathi Yahúwah t'philathi yiqach.

Ps6:9 **וָיָאזְנוּ** has heard my supplication, **וָיָאזְנוּ** receives my prayer.

<10> εἰσήκουσεν κύριος τῆς δεήσεώς μου, κύριος τὴν προσευχήν μου προσεδέξατο.

10 eisēkousen kyrios tēs deēseōs mou, kyrios tēn proseuchēn mou prosedexato.
YHWH listened to my supplication. YHWH my prayer favorably received.

יָאֵבֶשׁוּ וַיָּבָהּלוּ מֵאֹד כָּל-אֹיְבֵי יָשׁוּבוּ יָבֹשׁוּ רָגַע׃
יָאֵבֶשׁוּ וַיָּבָהּלוּ מֵאֹד כָּל-אֹיְבֵי יָשׁוּבוּ יָבֹשׁוּ רָגַע׃
יָאֵבֶשׁוּ וַיָּבָהּלוּ מֵאֹד כָּל-אֹיְבֵי יָשׁוּבוּ יָבֹשׁוּ רָגַע׃

10. (6:11 in Heb.) yeboshu w'yibahalu m'od kal-'oy'bay yashubu yeboshu raga`.

Ps6:10 All my enemies shall be ashamed and greatly dismayed;
they shall turn back, they shall suddenly be ashamed.

<11> αἰσχυνθεῖσαν καὶ παραχθείησαν πάντες οἱ ἐχθροὶ μου,
ἀποστραφείησαν καὶ καταισχυνθεῖσαν σφόδρα διὰ τάχους.

11 aischntheīsan kai tarachtheīsan pantes hoi echthroī mou,
May they be put to shame and may they be disturbed – all my enemies;
apostropheīsan kai kataischntheīsan sphodra dia tachous.
may they be turned back and put to shame exceedingly, even quickly.