

Sepher Tehillim (Psalms)

Chapter 90

Shavua Reading Schedule (31th sidrah) - Ps 90 - 92

BOOK 4

Ps90:1
 אֶתְפַלֶּה לְמֹשֶׁה אִישׁ-הָאֱלֹהִים
 אֲדַנִּי מֵעוֹן אַתָּה הָיִיתָ לָנוּ בְדָר וּדָר׃

1. t'philah l'Mosheh 'ish-ha'Elohim 'Adonay ma'on 'atah hayiath lanu b'dor wador.

Elohim's Eternity and Man's Transitoriness.

A Prayer of Mosheh, the man of the Elohim.

Ps90:1 My Adon (Master),

You have been the dwelling place to us in generation and generation.

<89:1> Προσευχῆ τοῦ Μωυση ἀνθρώπου τοῦ θεοῦ.

Κύριε, καταφυγῆ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ.

1 Proseuchē tou Mōusē anthrōpou tou theou.

A prayer by Moses the man of Elohim.

Kyrie, kataphygē egenēthēs hēmin en geneā kai geneā;

O YHWH, a refuge you became for us unto generation and generation.

בְּטֶרֶם הָרִים יִלְדוּ וּתְחִלָּל אֶרֶץ
 וּתְבִל וּמֵעוֹלָם עַד-עוֹלָם אַתָּה אֵל׃

2. b'terem harim yuladu wat'cholel 'erets w'thebel ume'olam `ad-`olam 'atah 'El.

Ps90:2 Before the mountains were born or You gave birth to the earth and the world, even from everlasting to everlasting, You are El.

<2> πρὸ τοῦ ὄρη γενεθῆναι καὶ πλασθῆναι τὴν γῆν καὶ τὴν οἰκουμένην καὶ ἀπὸ τοῦ αἰῶνος ἕως τοῦ αἰῶνος σὺ εἶ.

2 pro tou orē genēthēnai kai plasthēnai tēn gēn kai tēn oikoumenēn

Before the mountains existed, and took shape the earth and inhabitable world;

kai apo tou aiōnos heōs tou aiōnos sy ei.

even from eon and until the eon you are.

גַּתְּשֵׁב אֲנֹשׁ עַד-דָּכָא וְתֵאמַר שׁוּבוּ בְנֵי-אָדָם׃

3. tasheb 'enosh `ad-daka' wato'mer shubu b'ney-'adam.

Ps90:3 You turn man back into dust and say, Return, O sons of men.

<3> μὴ ἀποστρέψης ἄνθρωπον εἰς ταπείνωσιν.

καὶ εἶπας Ἐπιστρέψατε, υἱοὶ ἀνθρώπων.

3 **mē** apostrepsēs anthrōpon eis tapeinōsin;

You should not return man unto humiliation,

kai eipas Epistrepsate, huiοi anthrōpōn.

whereas you said, Return, O sons of men!

לְעֶלֶף אֶלֶף שָׁנִים כְּעֵינֶיךָ כְּיוֹם אֲתָמוּל
אֶלֶף שָׁנִים כְּעֵינֶיךָ כְּיוֹם אֲתָמוּל
דְּכִי אֶלֶף שָׁנִים כְּעֵינֶיךָ כְּיוֹם אֲתָמוּל
כִּי יַעֲבֹר וְאֲשִׁמוּרָהּ בְּלִילָהּ:

4. **ki 'eleph shanim b`eyneyak k'yom 'eth'mol ki ya`abor w'ash'murah balay'lah.**

Ps90:4 For a thousand years in Your sight are like yesterday when it passes by, or as a watch in the night.

<4> ὅτι χίλια ἔτη ἐν ὀφθαλμοῖς σου ὡς ἡ ἡμέρα ἡ ἐχθές, ἥτις διήλθεν, καὶ φυλακὴ ἐν νυκτί.

4 **hoti chilia etē en ophthalmois sou hōs hē hēmera hē echthes, hētis diēlthen,**

For a thousand years in your eyes, O YHWH, are as day – yesterday which went,

kai phylakē en nykti.

and is as a watch in the night.

הֲזָרְמָתָם שָׁנָה יְהִיוּ כְּבֹקֵר כְּחֹצֵיר יַחְלֶף
לְעֶלֶף אֶלֶף שָׁנִים כְּעֵינֶיךָ כְּיוֹם אֲתָמוּל
הֲזָרְמָתָם שָׁנָה יְהִיוּ כְּבֹקֵר כְּחֹצֵיר יַחְלֶף:

5. **z'ram'tam shenah yih'yu baboqer kechatsir yachaloph.**

Ps90:5 You flooded them away; they are as a sleep; in the morning they are like grass growing.

<5> τὰ ἐξουδενώματα αὐτῶν ἔτη ἔσονται. τὸ πρῶν ὡσεὶ χλόη παρέλθοι,

5 **ta exoudenōmata autōn etē esontai. to prōi hōsei chloē parelthoi,**

their contempt Years shall be; the morning as tender shoots may it go by;

וּבְבֹקֵר יִצְיִץ וְחָלַף לְעֶרֶב יְמוּלֵל וְיָבֵשׁ
לְעֶלֶף אֶלֶף שָׁנִים כְּעֵינֶיךָ כְּיוֹם אֲתָמוּל
וּבְבֹקֵר יִצְיִץ וְחָלַף לְעֶרֶב יְמוּלֵל וְיָבֵשׁ:

6. **baboqer yatsits w'chalaph la`ereb y'molel w'yabesh.**

Ps90:6 In the morning it flourishes and sprouts anew; toward evening it fades and withers away.

<6> τὸ πρῶν ἀνθήσαι καὶ παρέλθοι, τὸ ἐσπέρας ἀποπέσοι, σκληρυνθείη καὶ ξηρανθείη.

6 **to prōi anthēsai kai parelthoi,**

in the morning blooming, and may it go by;

to hesperas apopesoi, sklērynthēiē kai xēranthēiē.

in the evening it shall fall away, may it be hardened and dried up.

לְעֶלֶף אֶלֶף שָׁנִים כְּעֵינֶיךָ כְּיוֹם אֲתָמוּל
וּבְבֹקֵר יִצְיִץ וְחָלַף לְעֶרֶב יְמוּלֵל וְיָבֵשׁ
לְעֶלֶף אֶלֶף שָׁנִים כְּעֵינֶיךָ כְּיוֹם אֲתָמוּל
וּבְבֹקֵר יִצְיִץ וְחָלַף לְעֶרֶב יְמוּלֵל וְיָבֵשׁ:

זָכִיר־כְּלִינוּ בְּאַפֶּךָ וּבַחֲמַתְךָ נִבְהַלְנוּ:

7. **ki-kalinu b'apek ubachamath'ak nib'hal'nu.**

Ps90:7 For we have been consumed by Your anger and by Your wrath we have been dismayed.

<7> ὅτι ἐξέλιπομεν ἐν τῇ ὀργῇ σου καὶ ἐν τῷ θυμῷ σου ἐταράχθημεν.

7 **hoti** exelipomen en tē orgē sou kai en tō thymō sou etarachthēmen.

For we faltered in your anger, and in your rage we were disturbed.

חַשְׁתָּ עֲוֹנוֹתֵינוּ לְנֶגְדְךָ עַל־מְאוֹר לְמִאֹר פְּנֶיךָ:

8. **shatta `awonotheynu l'neg'dek `alumenu lim'or paneyak.**

Ps90:8 You have placed our iniquities before You, our secret sins in the light of Your presence.

<8> ἔθου τὰς ἀνομίας ἡμῶν ἐνώπιόν σου·

ὁ αἰὼν ἡμῶν εἰς φωτισμὸν τοῦ προσώπου σου.

8 **ethou** tas anomias hēmōn enōpion sou; ho aiōn hēmōn eis phōtismōn tou prosōpou sou.

You put our lawlessness before you; our eon in the illumination of your face.

טָכִי כָּל־יְמֵינוּ פָּנּוּ בְּעִבְרַתְךָ כְּלִינוּ שְׁגִינוּ כְּמוֹ־הַגָּה:

9. **ki kal-yameynu panu b'eb'ratheak kilinu shaneynu k'mo-hegeh.**

Ps90:9 For all our days have declined in Your fury; we have finished our years like a sigh.

<9> ὅτι πᾶσαι αἱ ἡμέραι ἡμῶν ἐξέλιπον,

καὶ ἐν τῇ ὀργῇ σου ἐξέλιπομεν· τὰ ἔτη ἡμῶν ὡς ἀράχνην ἐμελέτων.

9 **hoti pasai hai hēmerai hēmōn** exelipon,

For all our days we failed.

kai en tē orgē sou exelipomen; ta etē hēmōn hōs arachnēn emeletōn.

even in your anger we failed Our years are as of a spider meditating.

יְמֵי־שְׁנוֹתֵינוּ בָּהֶם שְׁבַע־עִים שָׁנָה וְאַם בְּגִבּוֹרֹת שְׁמוֹנִים שָׁנָה

וְרָהֱבָם עָמַל וְאַוֶּן כִּי־גַז חִישׁ וַנִּעְפָּה:

10. **y'mey-sh'notheynu bahem shib'im shanah w'im big'buroth sh'monim shanah w'rah'bam `amal wa'awen ki-gaz chish wana`uphah.**

Ps90:10 The days of our years are in them, seventy years, or if any by strength live eighty years, yet their pride is but labor and vanity; for soon it is gone and we fly away.

<10> αἱ ἡμέραι τῶν ἐτῶν ἡμῶν, ἐν αὐτοῖς ἑβδομήκοντα ἔτη,

ἐὰν δὲ ἐν δυναστείαις, ὀγδοήκοντα ἔτη, καὶ τὸ πλεῖον αὐτῶν κόπος καὶ πόνος·

ὅτι ἐπήλθεν πρᾶυ>της ἐφ' ἡμᾶς, καὶ παιδευθησόμεθα.

10 **hai hēmerai tōn etōn hēmōn,** en autois hebdomēkonta etē,

The days of our years among them are seventy years;
 ean de en dynasteiais, ogdoēkonta etē, kai to pleion autōn kopos kai ponos;
 but if by commands – eighty years, but much of them toil and misery;
 hoti epēlthen prautēs eph’ hēmas, kai paidouthēsometha.
 for comes mellowing upon us , and we shall be corrected.

11 מִי־יֹדַע עֵז אַפֶּק וּכְיִרְאָתְךָ עֵבְרָתְךָ׃
 :יֵשׁוּבֵנוּ בְּבֹקֶר חַסְדְּךָ וּנְשַׁמְחָה בְּכָל־יְמֵינוּ׃

11. mi-yode`a `oz `apek uk'yir'ath'ak `eb'ratheak.

Ps90:11 Who understands the power of Your anger?
 And as Your fear is, so is Your fury?

<11> τίς γινώσκει τὸ κράτος τῆς ὀργῆς σου καὶ ἀπὸ τοῦ φόβου σου τὸν θυμόν σου;
 11 tis ginōskei to kratos tēs orgēs sou kai apo tou phobou sou ton thymon sou?
 Who knows the power of your anger? and because of the fear of your rage?

12 לִמְנוֹת יְמֵינוּ כִּן הוֹדַע וְנָבֵא לְבַב חֻכְמָה׃
 :אֲמַרְךָ אֲמַרְךָ אֲמַרְךָ אֲמַרְךָ אֲמַרְךָ אֲמַרְךָ

12. lim'noth yameynu ken hoda` w'nabi' l'bab chak'mah.

Ps90:12 So teach us to number our days, that we may present to You a heart of wisdom.

<12> ἐξαριθμήσασθαι τὴν δεξιάν σου οὕτως γνώρισον
 καὶ τοὺς πεπεδημένους τῆ καρδία ἐν σοφία.
 12 exarithmēsasthai tēn dexian sou houtōs gnōrison
 how to count out his days your right hand So make known to me!
 kai tous pepedēmenous tē kardia en sophia.
 and the ones being corrected in the heart by wisdom.

13 יִגְשׁוּבָה יְהוָה עַד־מָתַי וְהַנְחִים עַל־עֲבֹדְיָךְ׃
 :יְשׁוּבֵנוּ בְּבֹקֶר חַסְדְּךָ וּנְשַׁמְחָה בְּכָל־יְמֵינוּ׃

13. shubah Yahúwah `ad-mathay w'hinachem `al-`abadeyak.

Ps90:13 Do return, O יהוה; how long shall it be? And be sorry for Your servants.

<13> ἐπίστρεψον, κύριε· ἕως πότε; καὶ παρακλήθητι ἐπὶ τοῖς δούλοις σου.
 13 epistrepson, kyrie; heōs pote? kai paraklēthēti epi tois doulois sou.
 Return, O YHWH! For how long? and give comfort unto your servants!

14 יֵשׁוּבֵנוּ בְּבֹקֶר חַסְדְּךָ וּנְשַׁמְחָה בְּכָל־יְמֵינוּ׃
 :אֲמַרְךָ אֲמַרְךָ אֲמַרְךָ אֲמַרְךָ אֲמַרְךָ אֲמַרְךָ

14. sab`enu baboqer chas'deak un'ran'nah w'nis'm'chah b'kal-yameynu.

Ps90:14 O satisfy us in the morning with Your lovingkindness,
 that we may sing for joy and be glad in all our days.

<14> ἐνεπλήσθημεν τὸ πρωὶ τοῦ ἐλέους σου
 καὶ ἠγαλλιασάμεθα καὶ εὐφράνθημεν ἐν πάσαις ταῖς ἡμέραις ἡμῶν·
 14 eneplēsthēmen to prōi tou eleous sou

We were filled up in the morning with your mercy,
kai ēgalliasametha kai euphranthēmen en pasais tais hēmerais hēmōn;
and we exulted and were glad in all our days.

15
טו שְׂמַחְנוּ כִּימֹת עֲנִיתָנוּ שְׁנוֹת רָאִינוּ רָעָה:
:אִם־יָצִיֵּן בְּיָמֵינוּ אֲנִי־נִשְׂמַחְנוּ בְּכָל־יְמֵינוּ

15. sam'chenu kimoth `inithanu sh'noth ra'inu ra`ah.

Ps90:15 Make us glad according to the days You have afflicted us,
and the years we have seen evil.

<15> εὐφράνθημεν ἀνθ' ὧν ἡμερῶν ἐταπείνωσας ἡμᾶς, ἐτῶν, ὧν εἶδομεν κακά.

15 euphranthēmen anth' hōn hēmerōn etapeinōsas hēmas,
We were gladdened because of the days you humbled us;
etōn, hōn eidomen kaka.
years which we beheld bad things.

16
טו יִרְאֶה אֱלֹ-עֲבָדֶיךָ כְּעֹלָךְ וְהִדְרֶךָ עַל-בְּנֵיהֶם:
:אֲנִי־נִשְׂמַחְנוּ בְּכָל־יְמֵינוּ אֲנִי־נִשְׂמַחְנוּ בְּכָל־יְמֵינוּ

16. yera'eh 'el-`abadeyak pha`alek wahadar'ak `al-b'neyhem.

Ps90:16 Let Your work appear to Your servants and Your majesty to their sons.

<16> καὶ ἰδὲ ἐπὶ τοὺς δούλους σου καὶ τὰ ἔργα σου καὶ ὁδήγησον τοὺς υἱοὺς αὐτῶν,

16 kai ide epi tous doulous sou kai ta erga sou kai hodēgēson tous huiouos autōn,
And look upon your servants, and upon your works, and guide their sons!

17
יְזַיְהִי נַעַם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ
וּמַעֲשֵׂה יְדֵינוּ כּוֹנְנָה עָלֵינוּ וּמַעֲשֵׂה יְדֵינוּ כּוֹנְנָהוּ:
:אֲנִי־נִשְׂמַחְנוּ בְּכָל־יְמֵינוּ אֲנִי־נִשְׂמַחְנוּ בְּכָל־יְמֵינוּ

17. wihi no`am 'Adonai 'Eloheynu `aleynu
uma`aseh yadeynu kon'nah `aleynu uma`aseh yadeynu kon'nehu.

Ps90:17 Let the favor of my Adon (Master) our El be upon us;
and confirm for us the work of our hands; Yes, confirm the work of our hands.

<17> καὶ ἔστω ἡ λαμπρότης κυρίου τοῦ θεοῦ ἡμῶν ἐφ' ἡμᾶς,
καὶ τὰ ἔργα τῶν χειρῶν ἡμῶν κατεύθυνον ἐφ' ἡμᾶς.

17 kai estō hē lamprotēs kyriou tou theou hēmōn eph' hēmas,
And let be the brightness of YHWH our El upon us!
kai ta erga tōn cheirōn hēmōn kateuthynon eph' hēmas.
And the works of our hands prosper for us -