

- 1 Happy is the person
who does not follow the advice of the wicked,
copy the ways of sinners
or sit in the company of cynics.
- 2 Instead, God's teachings are his delight
and he thinks about them day and night.
- 3 He will be like a tree planted by streams of water,
that gives its fruit in its season
and whose leaves do not wither.
Everything he does will prosper.
- 4 The wicked are not like this –
they are like straw that the wind blows away.
- 5 And so the wicked will not survive judgment,
nor sinners stand in the assembly of the righteous.
- 6 For God cares for the path of His devoted ones,
but the way of the wicked will be destroyed.

- א אֲשֶׁרִי הָאִישׁ
אֲשֶׁר לֹא הָלַךְ בְּעֵצַת רְשָׁעִים
וּבִדְרֹךְ חַטָּאִים לֹא עָמַד
וּבְמוֹשָׁב לְצִים לֹא יָשָׁב:
- ב כִּי אִם בְּתוֹרַת יְהוָה חִפְצוֹ
וּבְתוֹרָתוֹ יִהְיֶה יוֹמָם וָלַיְלָה:
- ג וְהָיָה כְּעֵץ שָׁתוּל עַל-פְּלִי מַיִם
אֲשֶׁר פִּרְיוֹ יִתֵּן בְּעֵתוֹ
וְעָלְהוּ לֹא-יִבּוֹל
וְכָל אֲשֶׁר-יַעֲשֶׂה יִצְלִיחַ:
- ד לֹא-כֵן הָרְשָׁעִים
כִּי אִם-כַּמֶּץ אֲשֶׁר-תִּדְּכֶנּוּ רוּחַ:
- ה עַל-כֵּן לֹא-יָקֻמוּ רְשָׁעִים בַּמִּשְׁפָּט
וְחַטָּאִים בְּעֵדַת צְדִיקִים:
- ו כִּי-יֹדַע יְהוָה דְּרֹךְ צְדִיקִים
וְדֶרֶךְ רְשָׁעִים תִּאֲבֹד:

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- 1 For the conductor, a psalm by David.
- 2 The heavens proclaim the glory of God
and the skies declare the work of His hands.
- 3 Each day arouses praise of God
and each night conveys knowledge.
- 4 But there is no actual speech or word;
no real voice is heard.
- 5 Their path crosses over the earth
and their message reaches the ends of the world.
In the heavens He made a home for the sun.
- 6 It emerges like a bridegroom from his room –
happy, like a champion about to run his race.
- 7 The sun rises at one end of the heavens
and its course takes it to the other.
Nothing is hidden from its heat.
- 8 The teachings of God are perfect,
restoring the soul.
Rely on the practices God gave us,
they make wise the ignorant.

יט

- א לַמְנַצֵּחַ מְזֻמּוֹר לְדָוִד:
- ב הַשָּׁמַיִם מְסַפְּרִים כְּבוֹד־אֵל
וּמַעֲשֵׂה יָדָיו מַגִּיד הָרָקִיעַ:
- ג יוֹם לַיּוֹם יִבְיַע אָמַר
וְלַיְלָה לְלַיְלָה יַחְזֶה־דַּעַת:
- ד אֵין־אָמַר וְאֵין דְּבָרִים
בְּלִי נִשְׁמָע קוֹלָם:
- ה בְּכָל־הָאָרֶץ יֵצֵא קוֹם
וּבְקִצָּה תִּבְּל מְלִיָּהֶם
לִשְׁמֹשׁ שָׁם־אֱהֶל בָּהֶם:
- ו וְהוּא כָּחָתָן יֵצֵא מִחֻפָּתוֹ
יְשִׁישׁ כְּגִבּוֹר לְרוּץ אֶרֶח:
- ז מִקְצֵה הַשָּׁמַיִם מוֹצֵאוֹ
וּתְקוּפָתוֹ עַל־קְצוֹתָם
וְאֵין נִסְתָּר מִחֻפָּתוֹ:
- ח תּוֹרַת יְהוָה תְּמִימָה
מְשִׁיבַת נֶפֶשׁ
עֲדוֹת יְהוָה נְאֻמָּה
מִחֻכְמַת פִּתִּי:

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- 1 A song for ascending the Temple steps.
I lift up my eyes to the mountains:
From where will my help come?
- 2 My help is from God,
who creates heaven and earth.
- 3 He does not let your foot slip;
your guard does not slumber.
- 4 He neither slumbers nor sleeps,
the guardian of Israel.
- 5 God is your protector,
God is your shade at your right hand.
- 6 The sun will not strike you by day,
nor the moon by night.
- 7 God will protect you from all harm,
He will protect your soul.
- 8 God will guard your going and your coming,
now and always.

קכא

- א שִׁיר לַמַּעֲלוֹת
אָשָׂא עֵינַי אֶל־הַהָרִים
מֵאֵין יָבֹא עֲזָרִי:
- ב עֲזָרִי מֵעַם יְהוָה
עֲשֵׂה שְׁמִים וָאָרֶץ:
- ג אֶל־יָתֵן לַמּוֹט רַגְלִי
אֶל־יָנוּם שֹׁמְרִי:
- ד הִנֵּה לֹא־יָנוּם וְלֹא יִישָׁן
שׁוֹמֵר יִשְׂרָאֵל:
- ה יְהוָה שֹׁמְרִי
יְהוָה צִלִּי עַל־יְדִי מִיָּמִינִי:
- ו יוֹמָם הַשֶּׁמֶשׁ לֹא־יִכָּבֵד
וַיָּרֶחַ בַּלַּיְלָה:
- ז יְהוָה יִשְׁמְרֵךְ מִכָּל־דָּע
יִשְׁמַר אֶת־נַפְשִׁי:
- ח יְהוָה יִשְׁמַר־צֵאתְךָ וּבֹאֶךָ
מֵעַתָּה וְעַד־עוֹלָם:

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- 1 A song by David for ascending the Temple steps.
I rejoice when people say,
"We will go to the house of God."
- 2 Our feet stood firm in battle
because of the learning within your gates,
Jerusalem.
- 3 Jerusalem built up
will be like a city completely united.
- 4 The tribes will again go up there –
the tribes of God, witness for Israel –
to give thanks to God's Name.
- 5 Thrones to judge the nations will be set up there,
thrones of royalty for the house of David.
- 6 Pray for the peace of Jerusalem:
"May those who love you find serenity.
- 7 May there be peace within your walls,
tranquility within your palaces.
- 8 For the sake of Israel, my brothers and friends,
I say: May you have peace within.
- 9 For the sake of the house of our God,
I beg for your good."

קכב

- א שִׁיר הַמַּעֲלוֹת לְדָוִד
שִׁמְחָתִי בְּאִמְרֵי לִי
בֵּית יְהוָה גִּלָּה:
- ב עֲמֻדֹת הָיוּ רַגְלֵינוּ
בְּשַׁעְרֶיהָ
יְרוּשָׁלָּיִם:
- ג יְרוּשָׁלָּיִם הַבְּנוּיָה
בְּעִיר שְׁחֻבָּהּ-לָהּ יִחְדָּו:
- ד שָׁשׂוּ עָלוּ שְׁבֵטִים
שְׁבֵטֵי-יָהּ עֵדוֹת לְיִשְׂרָאֵל
לְהַדוֹת לְשֵׁם יְהוָה:
- ה כִּי שָׁמָּה יָשְׁבוּ כְּסֵאוֹת לְמִשְׁפָּט
כְּסֵאוֹת לְבֵית דָּוִד:
- ו שִׁאֲלוּ שְׁלוֹם יְרוּשָׁלָּיִם
יִשְׁלִיו אֲהָבֶיהָ:
- ז יְהִי-שְׁלוֹם בְּחִילָהּ
שְׁלֹוֹה בְּאַרְמְנוֹתֶיהָ:
- ח לְמַעַן אַחֵי וְרַעֵי
אֲדַבְּרָה-נָא שְׁלוֹם בָּהּ:
- ט לְמַעַן בֵּית-יְהוָה אֱלֹהֵינוּ
אֲבַקֶּשֶׁה טוֹב לָהּ:

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- 1 Praise God!
My soul, praise God!
- 2 I will praise God while I live,
I will sing praises to my God
for as long as I breathe.
- 3 Do not put your trust in the rich;
in man, who cannot save you.
- 4 His breath will depart
and he returns to the earth.
Then his plans come to nothing.
- 5 But happy is the one
whose help is the God of Jacob,
and his trust is in his God.
- 6 It is He who creates heaven and earth,
the sea, and all that is in them.
He keeps His promises forever.
- 7 He brings justice to the victim
and gives food to the hungry.
God frees those who are bound.

קמו

- א הַלְלוּהָ
הַלְלִי נַפְשִׁי אֶת־יְהוָה:
- ב אֶהְלֹלָה יְהוָה בְּחַיִּי
אֶזְמַרָה לֵאלֹהֵי
בְּעוֹדִי:
- ג אַל־תִּבְטְחוּ בְּגִדִּיבִים
בְּכֹן־אָדָם שְׂאִין לוֹ תְּשׁוּעָה:
- ד תֵּצֵא רוּחוֹ
יָשׁב לְאֶדְמָתוֹ
בַּיּוֹם הַהוּא אָבְדוּ עֲשׂוֹתָנָתָיו:
- ה אֲשֵׁרִי
שְׂאֵל יַעֲקֹב בְּעֶזְרוֹ
שִׁבְרוּ עַל־יְהוָה אֱלֹהָיו:
- ו עֲשֵׂה שָׁמַיִם וָאָרֶץ
אֶת־הַיָּם וְאֶת־כָּל־אֲשֶׁר־בָּם
הַשֹּׁמֵר אֶמֶת לְעוֹלָם:
- ז עֲשֵׂה מִשְׁפָּט לַעֲשׂוּקִים
נָתַן לֶחֶם לְרָעֵבִים
יְהוָה מַתִּיר אֲסוּרִים: