

Psalm 103 - פרק קג

א לְדָוִד | בְּרַכֵּי נַפְשִׁי אֶת־ד' וְכָל־קִרְבֵי אֶת־שֵׁם קֹדֶשׁוֹ:

1. [A Psalm] of David. My soul, bless Adoniye; and all that is within me [bless] His holy Name.

Le'David barechi nafshi et Adonai ve'chol kerabai et shem kodsho.

ב בְּרַכֵּי נַפְשִׁי אֶת־ד' וְאַל־תִּשְׁכַּחַי כָּל־גְּמוּלוֹ:

2. My soul, bless Adoniye; and forget not all His beneficial deeds.

Barechi nafshi et Adonai ve'al tishkehi kol gemulav.

ג הַסֵּלַח לְכָל־עֲוֹנוֹכִי הָרֹפֵא לְכָל־תַּחֲלָאִיכִי:

3. Who forgives all your iniquity, who heals all your diseases.

Ha'sole'ah le'chol avonechi ha'rofeh le'chol tahalu'ayechi.

ד הַגּוֹאֵל מִשַּׁחַת חַיֵּיכִי הַמְעַטְרֵכִי חֶסֶד וְרַחֲמִים:

4. Who redeems your life from destruction, Who crowns you with kindness and compassion.

Ha'go'el mi'shahat hayayechi ha'm'aterechi hesed ve'rahamim.

ה הַמְּשַׁבֵּיעַ בְּטוֹב עֵדֶיךָ תִּתְחַדֵּשׁ כַּנְּשֹׁר נְעוּרֵיכִי:

5. Who satisfies your mouth with goodness, that it renews itself like the eagle—your youth.

Ha'masbi'a ba'tob edyech tit'hadesh ka'neshar ne'urayechi.

ו עֲשֵׂה צְדָקוֹת ד' וּמִשְׁפָּטִים לְכָל-עֲשׂוּקִים:

6. Adoniye does deeds of righteousness, and deeds of justice to all the oppressed.

Oseh sedakot Adonai u'mishpatim le'chol ashukim.

ז יוֹדִיעַ דְּרַחְבּוֹ לְמֹשֶׁה לְבְנֵי יִשְׂרָאֵל עַל־לוֹתָו:

7. He made known His ways to Moses, to the children of Israel, His deeds.

Yodi'a derachav le'Moshe li'Bneh Yisrael alilotav.

ח רַחֻם וְחַנּוּן ד' אֶרֶךְ אַפַּיִם וְרַב-חֶסֶד:

8. Compassionate and gracious is Adoniye, slow in anger and abundant in kindness.

Rahum ve'hanun Adonai erech apayim ve'rab hased.

ט לֹא-לְנֶצַח יִרִיב וְלֹא לְעוֹלָם יִטּוֹר:

9. Not always will He contend [with us], and not forever will He keep ill will.

Lo la'nesah yarib ve'lo le'olam yitor.

י לֹא כַחַטָּאֵינוּ עָשָׂה לָנוּ וְלֹא כְעֹנֹתֵינוּ גָּמַל עָלֵינוּ:

10. Not according to our sins has He treated us, and not according to our iniquities has He dealt with us.

Lo cha'hata'enu asa lanu ve'lo cha'avonotenu gamal alenu.

יא כִּי כְגֹבֵהַ שָׁמַיִם עַל־הָאָרֶץ גָּבַר חֲסֵדוֹ עַל־יִרְאַיוֹ:

11. For as high as heaven is above the earth, has His kindness been strengthened toward those who fear Him.

Ki chi'gbo'ah shamayim al ha'aretz gabar hasdo al yere'av.

יב כִּרְחֹק מִזְרַח מִמְּעַרְבַּ הִרְחִיק מִמֶּנּוּ אֶת־פְּשָׁעֵינוּ:

12. As far as the east is from the west, so far has He removed from us our transgressions.

Ki'rhok mizrah mi'ma'arab hirhik mimenu et pesh'enu.

יג כִּרְחֵם אָב עַל־בְּנָיִם רַחֵם ד' עַל־יִרְאַיוֹ:

13. As a father has compassion upon [his] children, so has Adoniye compassion upon those who fear Him.

Ke'rahem ab al banim riham Adonai al yere'av.

יד כִּי הוּא יָדַע יִצְרֵנוּ זָכוֹר כִּי־עָפָר אֲנַחְנוּ:

14. For He knows our nature, He is mindful that we are but dust.

Ki hu yada yisrenu zachur ki afar anahnu.

טו אֲנוֹשׁ כִּחְצִיר יָמָיו כְּצִיץ הַשָּׂדֶה כֵּן יִצֵּץ:

15. As for man, his days are as grass; as a flower of the field, so he flourishes.

Enosh ke'hasir yamav ke'sitz ha'sade ken yasitz.

טז כִּי רוּחַ אֲבֵרָהּ בּוֹ וְאֵינֶנּוּ וְלֹא יִכְרְנוּ עוֹד מְקוֹמוֹ:

16. If a deathly wind passes over him, he is gone, and his place knows him no more.

Ki ru'ah abera bo ve'enenu ve'lo yakirenu od mekomo.

יז וְחֶסֶד ד' | מֵעוֹלָם וְעַד-עוֹלָם עַל-יִרְאָיו וְצִדְקָתוֹ לְבָנֵי בָנִים:

17. But the kindness of Adoniye is from everlasting to everlasting upon those who fear Him, and His righteousness unto children's children.

Ve'hessed Adonai me'olam ve'ad olam al yere'av ve'sidkato li'bneh banim.

יח לְשֹׁמְרֵי בְרִיתוֹ וְלִזְכָּרֵי פְקֻדָּיו לַעֲשׂוֹתָם:

18. To those who preserve His covenant, and to those who remember His precepts to do them.

Le'shomereh berito u'll'zochereh fikudav la'asotam.

יט ד' בְּשָׁמַיִם הֵכִין כִּסְאוֹ וּמַלְכוּתוֹ בְּכֹל מַשְׁלָה:

19. Adoniye has established His throne in heaven, [but] His dominion rules over all.

Adonai ba'shamayim hechin kis'o u'malchuto ba'kol mashala.

כ בָּרְכוּ ד' מַלְאָכָיו גִּבּוֹרֵי כֹחַ עֹשֵׂי דְבָרוֹ לְשִׁמְעַת בְּקוֹל דְּבָרוֹ:

20. Bless Adoniye, His angels, mighty in strength who fulfill His word, to hearken to the voice of His word.

Barechu Adonai mal'achav giboreh ko'ah oseh debaro li'shmo'a be'kol debaro.

כא רְכוּ ד' כָּל-צְבָאוֹ מְשֻׁרְתָיו עֹשֵׂי רְצוֹנוֹ:

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21. Bless Adoniye, all His hosts, His servants who do His will.

Barechu Adonai kol seba'av mesharetav oseh resono.

כב בָּרְכוּ ד' | כָּל-מַעֲשָׂיוּ בְּכָל-מְקוֹמוֹת מְשַׁלְּתוֹ בָּרְכִי נַפְשִׁי אֶת-ד' :

22. Bless Adoniye, all His works, in all places of His dominion; my soul, bless Adoniye.

Barechu Adonai kol ma'asav be'chol mekomot memshalto barechi nafshi et Adonai.