

Psalm 30: Mizmor Shir Chanukat Ha'Bayit L'David

Mizmor shir chanukat ha'bayit l'David

*Aromimcha Adonai ki dilitani;
ve'lo simachta oyvai li*

Adonai Elohai — shivati elecha, va'tirpaeni

*Adonai — he'elita min sheol nafshi;
chiyitani miyardi vor*

Zamru la' Adonai chasidav; ve'hodu lezecher kodsho

*Ki rega be'apo — chayim birtzono:
ba'erev yalin bechi; ve'laboker rina*

Va'ani, amarti ve'shalvi — bal emot le'olam

*Adonai — birtzonecha, he'emadta le'hareri oz
histarta fanecha; hayiti nivhal*

Elecha Adonai ekra; ve'El Adonai etchanan

*Ma betza be'dami, be'ridti el shachat
ha'yodecha afar; hayagid amitecha*

Shma Adonai ve'chaneni, Adonai heye ozer li

*Hafachta mispedi, le'machol li
Pitachti saki; va'teazreni simcha*

*Lema'an yezamercha chavod — ve'lo idom
Adonai Elohai, le'olam odeka*

מִזְמוֹר שִׁיר-חֲנֻכַּת הַבַּיִת לְדָוִד

אֲרוּמַמְךָ יְהוָה, כִּי דָלִיתָנִי
וְלֹא שִׂמַחְתָּ אִיבֵי לִי

יְהוָה אֱלֹהֵי—שׁוֹעֲתֵי אֵלֶיךָ, וַתִּרְפְּאֵנִי

יְהוָה—הֶעֱלִיתָ מִן שְׂאוֹל נַפְשִׁי
חַיִּיתָנִי, מִיָּרְדֵי בּוֹר

זָמְרוּ לַיהוָה חֲסִידָיו; וְהוֹדוּ, לְזִכֵּר קֹדְשׁוֹ

כִּי רָגַע, בְּאֶפֶס—חַיִּים בְּרַצוֹנֹו:
בְּעֶרְב, יָלִין בְּכִי; וְלִבְקָר רִנָּה

וְאֲנִי, אֶמְרָתִי בְשִׁלּוּי—בַּל אָמוּט לְעוֹלָם

יְהוָה—בְּרַצוֹנְךָ, הֶעֱמַדְתָּ לְהַרְרֵי עֹז:
הִסְתַּרְתָּ פְנֵיךָ; הֵייתִי נִבְהָל

אֵלֶיךָ יְהוָה אֶקְרָא; וְאֶל אֲדֹנָי, אֶתְחַנֵּן

מֵה בָצַע בְּדָמַי, בְּרֹדְתִי אֶל שְׁחַת:
הַיּוֹדֵךְ עֶפְר; הַיְגִיד אִמְתֶּךָ

שְׁמַע יְהוָה וְחַנּוּנִי; יְהוָה, הֲיֵה עֹזֵר לִי

הַפְּכַת מִסְפְּדִי, לְמַחֹל לִי

פִּתַחְתָּ שְׂקִי; וַתִּאֲזַרְנִי שְׂמֹחָה

לְמַעַן, יִזְמְרְךָ כְבוֹד—וְלֹא יִדָּם:

יְהוָה אֱלֹהֵי, לְעוֹלָם אֲוֹדֶךָ

English Translation

A Psalm of David, a song for the dedication of the Temple

I extol You, Adonai. You raised me up.
You did not permit foes to rejoice over me.

Adonai, I cried out and You healed me.
You saved me from the pit of death.

Sing to Adonai, you faithful.
Acclaim God's holiness.

God's anger lasts a moment; divine love is lifelong.
Tears may linger for a night; joy comes with the dawn.

While at ease I once thought: nothing can shake my security.
Favor me and I am a mountain of strength. Hide your face, Adonai, and I am terrified.

To You, Adonai, would I call;
before the Eternal would I plead.

What profit is there if I am silenced? What benefit if I go to my grave?
Will the dust praise You? Will it proclaim Your faithfulness?

Hear me, Adonai. Be gracious, be my help.

You transformed my morning into dancing, my sackcloth into robes of joy —
that I might sing Your praise unceasingly, that I might thank You, Adonai my God, forever.