

PsalmS

Of

Ascent

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Should you use this in any format, I would enjoy hearing how you have chosen to use this work.

With joy in reading,

G.E. Turner

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Note: All scripture in this book is in the public domain or a translation by the author. Hebrew scripture passages are based on the Biblia Hebraica tradition. Greek scripture passages and their translation are based on the Septuagint first published by L. C. L. Brenton in 1851. The English translation provided for the Hebrew text utilized the same framework as the 1901 American Standard Version of the Bible.

Psalms
of
Ascent

Psalms of Ascent

This little book is the result of a series of studies on the collection of Psalms commonly referred to as the "Psalms of Ascent" or "Songs of the Ascents" – Psalm 120 through 134. In what follows, you will find the Hebrew (based on the early edition of Biblia Hebraica with insight from the larger tradition) an English Translation (using the framework of the 1901 American Standard Version), and the Septuagint parallels. This edition also includes Lancelot C.L. Brenton's 1851 translation of the Septuagint. Numerous people should be acknowledged for the ongoing efforts to provide publically available translations and original sources for biblical study. For those interested in online sources that continue to provide access to historical sources such as the Hebrew Bible and the Greek Septuagint, the work of such groups like the Society of Biblical Literature, Mechon Mamre, Elpenor, and others cannot be ignored. I am grateful to those who took time to lay the foundations for my understanding of languages of the Bible and their translation.

To those who continue to study, especially those who study with me, I give you my thanks for your insights shared and your encouragement for the next generation.

G.E.Turner

Songs of the
Ascents

Psalm 120

120

A Song of the Ascents.

1 שִׁיר הַמַּעֲלוֹת
 אֶל-יְהוָה בַּצָּרָתָהּ לִי קָרָאתִי וַיַּעֲנֵנִי:
 2 יְהוָה הִצִּילָה נַפְשִׁי מִשִּׁפְּת-שָׁקֶר מִלְּשׁוֹן
 רְמִיָּה:
 3 מַה-יִּתֶּן לָהּ וּמַה-יִּסִּיף לָהּ לְשׁוֹן רְמִיָּה:
 4 חֲצִי גִבּוֹר שָׁנוּנִים עִם גִּחְלֵי רְתָמִים:
 5 אוֹיֵה-לִי, כִּי-גִרְתִּי מִשָּׁךְ שְׁכַנְתִּי עִם-
 אֲהָלֵי קֶדָר:
 6 רַבַּת שְׁכֵנָה-לָּהּ נַפְשִׁי עִם שׁוֹנֵא שְׁלוֹם:
 7 אֲנִי-שְׁלוֹם וְכִי אֲדַבֵּר הִמָּה לַמְּלַחְמָה:

1 In my distress, I cried to Yahweh.
 He answered me.
 2 Deliver my soul, Yahweh, from lying lips,
 from a deceitful tongue.
 3 What will be given to you, and what will be
 done more to you,
 you deceitful tongue?
 4 Sharp arrows of the mighty,
 with coals of juniper.
 5 Woe is me, that I live in Meshech,
 that I dwell among the tents of Kedar!
 6 My soul has had her dwelling too long
 with him who hates peace.
 7 I am for peace,
 but when I speak, they are for war.

ΨΑΛΜΟΙ 120 [119]

ἽΟιδῆ τῶν ἀναβαθμῶν.

- 1 Πρὸς κύριον ἐν τῷ θλίβεσθαί με
ἐκέκραξα, καὶ εἰσήκουσέν μου.
2 κύριε, ῥῦσαι τὴν ψυχὴν μου ἀπὸ χειλέων
ἀδίκων
καὶ ἀπὸ γλώσσης δολίας.
3 τί δοθεῖ σοι καὶ τί προστεθεῖ σοι
πρὸς γλῶσσαν δολίαν;
4 τὰ βέλη τοῦ δυνατοῦ ἠκονημένα
σὺν τοῖς ἄνθραξιν τοῖς ἐρημικοῖς.
5 οἶμμοι, ὅτι ἡ παροικία μου ἐμακρύνθη,
κατεσκηνῶσα μετὰ τῶν σκηνωμάτων
Κηδαρ.
6 πολλὰ παρώκησεν ἡ ψυχὴ μου.
7 μετὰ τῶνμισούντων τὴν εἰρήνην ἤμην
εἰρηνικός·
ὅταν ἐλάλουν αὐτοῖς, ἐπολέμουν με δωρεάν.

120 [119]

A Song of Degrees.

- In mine affliction I cried to the Lord, and
he hearkened to me. 2 Deliver my soul,
O Lord, from unjust lips, and from a
deceitful tongue.
3 What should be given to thee, and what
should be added to thee, for [thy]
crafty tongue? 4 Sharpened weapons
of the mighty, with coals of the desert.
5 Woe is me, that my sojourning is
prolonged; I have tabernacled among
the tents of Kedar. 6 My soul has long
been a sojourner; 7 I was peaceable
among them that hated peace; when I
spoke to them, they warred against me
without a cause.

Psalm 121

121

A Song to the Ascents

1 שִׁיר לַמַּעֲלוֹת
אֲשָׂא עֵינַי אֶל-הַהָרִים מֵאֵין יָבֵא עֲזָרִי:
2 עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ:
3 אֶל-יִתְּן לַמּוֹט רַגְלֶךָ אֶל-יְנוּם שְׁמֹרֶךָ:
4 הֲיֵה לֹא-יְנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:
5 יְהוָה שְׁמֹרֶךָ יְהוָה צִלְּךָ עַל-יַד יְמִינֶךָ:
6 יוֹמָם הַשֶּׁמֶשׁ לֹא-יַכְכָּה וַיָּרֶחַ בַּלַּיְלָה:
7 יְהוָה יְשַׁמְּרֶךָ מִכָּל-רָע יִשְׁמַר אֶת-
נַפְשֶׁךָ:
8 יְהוָה יִשְׁמַר-צִאתְךָ וּבואֶךָ מֵעַתָּה, וְעַד-
עוֹלָם:

1 I will lift up my eyes to the hills.
Where does my help come from?
2 My help comes from Yahweh,
Maker of heaven and earth.
3 He will not allow your foot to be moved.
He who keeps you will not slumber.
4 Behold, he who keeps Israel
will neither slumber nor sleep.
5 Yahweh is your keeper.
Yahweh is your shade on your right hand.
6 The sun will not harm you by day,
nor the moon by night.
7 Yahweh will keep you from all evil.
He will keep your soul.
8 Yahweh will keep your going out and your
coming in,
from this time forward, and forever more.

ΨΑΛΜΟΙ 121 [120]

ἽΟιδῆ τῶν ἀναβαθμῶν.

- 1 ἽΗρα τοὺς ὀφθαλμοὺς μου εἰς τὰ ὄρη
Πόθεν ἤξει ἡ βοήθειά μου;
2 ἡ βοήθειά μου παρὰ κυρίου
τοῦ ποιήσαντος τὸν οὐρανὸν καὶ τὴν γῆν.
3 μὴ δῶς εἰς σάλον τὸν πόδα σου,
μηδὲ νυστάξῃ ὁ φυλάσσων σε.
4 ἰδοὺ οὐ νυστάξει οὐδὲ ὑπνώσει
ὁ φυλάσσων τὸν Ἰσραηλ.
5 κύριος φυλάξει σε,
κύριος σκέπη σου ἐπὶ χειρὰ δεξιάν σου·
6 ἡμέρας ὁ ἥλιος οὐ συγκαύσει σε
οὐδὲ ἡ σελήνη τὴν νύκτα.
7 κύριος φυλάξει σε ἀπὸ παντὸς κακοῦ,
φυλάξει τὴν ψυχὴν σου.
8 κύριος φυλάξει τὴν εἴσοδόν σου καὶ τὴν
ἐξοδόν σου
ἀπὸ τοῦ νῦν καὶ ἕως τοῦ αἰῶνος.

121 [120]

A Song of Degrees.

I lifted up mine eyes to the mountains,
whence my help shall come. 2 My help
[shall come] from the Lord, who made
the heaven and the earth. 3 Let not thy
foot be moved; and let not thy keeper
slumber. 4 Behold, he that keeps Israel
shall not slumber nor sleep. 5 The Lord
shall keep thee: the Lord is thy shelter
upon thy right hand. 6 The sun shall
not burn thee by day, neither the moon
by night. 7 May the Lord preserve thee
from all evil: the Lord shall keep thy
soul. 8 The Lord shall keep thy coming
in, and thy going out, from henceforth
and even for ever.

Psalm 122

122

A Song of the Ascents. By David.

1 שִׁיר הַמַּעֲלוֹת לְדָוִד
שָׂמַחְתִּי בְּאִמְרֵי לִי בֵּית יְהוָה גִּלְדִּי:
2 עֲמֻדוֹת הָיוּ רַגְלֵינוּ בְּשַׁעְרֶיךָ יְרוּשָׁלַם:
3 יְרוּשָׁלַם הַבְּנוּיָה כְּעִיר שְׁחֻבָּה-לָהּ יַחְדָּו:
4 שָׁשִׂים עָלוּ שְׂבָטִים שְׂבָטֵי-יָהּ עֲדוֹת
לְיִשְׂרָאֵל לְהַדּוֹת לְשֵׁם יְהוָה:
5 כִּי שָׁמָּה | יֵשְׁבוּ כִסְאוֹת לְמִשְׁפָּ: כִסְאוֹת
לְבֵית דָּוִד:
6 שְׂאֲלוּ שְׁלוֹם יְרוּשָׁלַם יִשְׁלִי אֶהְבֶּיךָ:
7 יְהִי-שְׁלוֹם בְּחִילֶךָ שְׁלוֹה בְּאֲרָמְנוֹתֶיךָ:
8 לְמַעַן אַחֲי וְרַעֲי אֲדַבְּרָה-נָא שְׁלוֹם בְּךָ:
9 לְמַעַן בֵּית-יְהוָה אֱלֹהֵינוּ אֲבַקְשָׁה טוֹב לְךָ:

1 | was glad when they said to me,
“Let’s go to Yahweh’s house!”
2 Our feet are standing within your gates,
Jerusalem;
3 Jerusalem, that is built as a city that is
compact together;
4 where the tribes go up, even the tribes of Yah,
according to an ordinance for Israel,
to give thanks to Yahweh’s name.
5 For there are set thrones for judgment,
the thrones of David’s house.
6 Pray for the peace of Jerusalem.
Those who love you will prosper.
7 Peace be within your walls,
and prosperity within your palaces.
8 For the sake of my brothers and companions,
I will now say, “Peace be within you.”
9 For the sake of the house of Yahweh our
God,
I will seek your good.

ΨΑΛΜΟΙ 122 [121]

Ὅτιδὴ τῶν ἀναβαθμῶν.

- 1 Εὐφράνθην ἐπὶ τοῖς εἰρηκόσιν μοι
Εἰς οἶκον κυρίου πορευσόμεθα.
2 ἐστῶτες ἦσαν οἱ πόδες ἡμῶν
ἐν ταῖς ἀύλαις σου, Ιερουσαλημ.
3 Ιερουσαλημ οἰκοδομουμένη ὡς πόλις
ἧς ἡ μετοχὴ αὐτῆς ἐπὶ τὸ αὐτό.
4 ἐκεῖ γὰρ ἀνέβησαν αἱ φυλαί,
φυλαὶ κυρίου μαρτύριον τῷ Ἰσραηλ
τοῦ ἐξομολογήσασθαι τῷ ὀνόματι κυρίου·
5 ὅτι ἐκεῖ ἐκάθισαν θρόνοι εἰς κρίσιν,
θρόνοι ἐπὶ οἶκον Δαυιδ.
6 ἐρωτήσατε δὴ τὰ εἰς εἰρήνην τὴν
Ιερουσαλημ,
καὶ εὐθηνία τοῖς ἀγαπῶσίν σε·
7 γενέσθω δὴ εἰρήνη ἐν τῇ δυνάμει σου
καὶ εὐθηνία ἐν ταῖς πυργοβάρεσίν σου.
8 ἕνεκα τῶν ἀδελφῶν μου καὶ τῶν πλησίων
μου
ἐλάλουν δὴ εἰρήνην περὶ σοῦ·
9 ἕνεκα τοῦ οἴκου κυρίου τοῦ θεοῦ ἡμῶν
ἐξεζήτησα ἀγαθὰ σοι.

122 [121]

A Song of Degrees.

- I was glad when they said to me, Let us go
into the house of the Lord. 2 Our feet
stood in thy courts, O Jerusalem. 3
Jerusalem is built as a city whose
fellowship is complete. 4 For thither
the tribes went up, the tribes of the
Lord, as a testimony for Israel, to give
thanks unto the name of the Lord. 5
For there are set thrones for
judgement, [even] thrones for the
house of David.
6 Pray now for the peace of Jerusalem:
and [let there be] prosperity to them
that love thee. 7 Let peace, I pray, be
within thine host, and prosperity in
thy palaces. 8 For the sake of my
brethren and my neighbours, I have
indeed spoken peace concerning thee.
9 Because of the house of the Lord our
God, I have diligently sought thy
good.

Psalm 123

123

A Song of the Ascents.

1 שִׁיר הַמַּעֲלוֹת
אֵלֶיךָ נִשְׂאֵתִי אֶת-עֵינַי הִישָׁבִי בַשָּׁמַיִם:
2 הִנֵּה כְעֵינַי עֹבְדִים אֶל-יַד אַדוֹנֵיהֶם
כְּעֵינַי שֹׁפְחָה אֶל-יַד גְּבוֹרָתָהּ
כִּן עֵינֵינוּ, אֶל-יְהוָה אֱלֹהֵינוּ עַד שִׁחְחֵנוּ:
3 חֲחִנּוּ יְהוָה חֲחִנּוּ כִּי-רַב שָׁבַעְנוּ בּוֹז:
4 רַבַּת שֹׁבְעָה-לָהּ נַפְשֵׁנוּ
הַלְעַג הַשְּׂאֲנָנִים הַבוֹז לַגְּאִיוֹנִים:

1 To you I lift up my eyes,
you who sit in the heavens.

2 Behold, as the eyes of servants look to
the hand of their master,
as the eyes of a maid to the hand of her
mistress;
so our eyes look to Yahweh, our God,
until he has mercy on us.

3 Have mercy on us, Yahweh, have mercy on
us,
for we have endured much contempt.

4 Our soul is exceedingly filled with the
scoffing of those who are at ease,
with the contempt of the proud.

ΨΑΛΜΟΙ 123 [122]

Ἰδιὴ τῶν ἀναβαθμῶν.

1 Πρὸς σὲ ἤρα τοὺς ὀφθαλμούς μου
τὸν κατοικοῦντα ἐν τῷ οὐρανῷ.
2 ἰδοὺ ὡς ὀφθαλμοὶ δούλων εἰς χεῖρας τῶν
κυρίων αὐτῶν,
ὡς ὀφθαλμοὶ παιδίσκης εἰς χεῖρας τῆς
κυρίας αὐτῆς,
οὕτως οἱ ὀφθαλμοὶ ἡμῶν πρὸς κύριον τὸν
θεὸν ἡμῶν,
ἕως οὗ οἰκτιρήσαι ἡμᾶς.
3 ἐλέησον ἡμᾶς, κύριε, ἐλέησον ἡμᾶς,
ὅτι ἐπὶ πολὺ ἐπλήσθημεν ἐξουδενώσεως,
4 ἐπὶ πλεῖον ἐπλήσθη ἡ ψυχὴ ἡμῶν. τὸ
ᾄδειδος τοῖς εὐθηνούσιν,
καὶ ἡ ἐξουδένωσις τοῖς ὑπερηφάνοις.

123 [122]

A Song of Degrees.

Unto thee who dwellest in heaven have I
lifted up mine eyes. 2 Behold, as the
eyes of servants [are directed] to the
hands of their masters, [and] as the
eyes of a maidservant to the hands of
her mistress; so our eyes [are directed]
to the Lord our God, until he have
mercy upon us. 3 Have pity upon us,
O Lord, have pity upon us: for we are
exceedingly filled with contempt. 4
[Yea], our soul has been exceedingly
filled [with it]: [let] the reproach [be] to
them that are at ease, and contempt to
the proud.

Psalm 124

1 שִׁיר הַמַּעֲלוֹת לְדָוִד
 לוֹיֵי יְהוָה שְׁהִיָּה לָנוּ יֹאמֵר-נָא יִשְׂרָאֵל:
 2 לוֹיֵי יְהוָה שְׁהִיָּה לָנוּ בְּקוֹם עָלֵינוּ
 אָדָם:
 3 אֲזִי חַיִּים בְּלָעוּנוּ בְּחָרוֹת אֲפָם בָּנוּ:
 4 אֲזִי הַמַּיִם שְׁטַפוּנוּ נַחֲלָה עָבַר עַל-
 נַפְשֵׁנוּ:
 5 אֲזִי עָבַר עַל-נַפְשֵׁנוּ הַמַּיִם הַזֵּידוֹנִים:
 6 בָּרוּךְ יְהוָה שֶׁלֹּא נִתְּנָנוּ טֶרֶף לְשֹׁנֵיהֶם:
 7 נַפְשֵׁנוּ כְּצַפּוֹר נִמְלְטָה מִפֶּחַ יוֹקְשִׁים:
 הַפֶּחַ נִשְׁבַּר וְאֲנַחְנוּ נִמְלְטָנוּ:
 8 עֲזָרָנוּ בַּיָּם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ:

124

A Song of the Ascents. By David.

1 If it had not been Yahweh who was on our
 side,
 let Israel now say,
 2 if it had not been Yahweh who was on our
 side,
 when men rose up against us;
 3 then they would have swallowed us up alive,
 when their wrath was kindled against us;
 4 then the waters would have overwhelmed
 us,
 the stream would have gone over our soul;
 5 then the proud waters would have gone
 over our soul.
 6 Blessed be Yahweh,
 who has not given us as a prey to their teeth.
 7 Our soul has escaped like a bird out of the
 fowler's snare.
 The snare is broken, and we have escaped.
 8 Our help is in Yahweh's name,
 maker of heaven and earth.

ΨΑΛΜΟΙ 124 [123]

Ἰδιὸν τῶν ἀναβαθμῶν.

1 Εἰ μὴ ὅτι κύριος ἦν ἐν ἡμῖν,
εἰπάτω δὴ Ἰσραηλ,
2 εἰ μὴ ὅτι κύριος ἦν ἐν ἡμῖν
ἐν τῷ ἐπαναστῆναι ἀνθρώπους ἐφ' ἡμᾶς,
3 ἄρα ζῶντας ἂν κατέπιον ἡμᾶς
ἐν τῷ ὀργισθῆναι τὸν θυμὸν αὐτῶν ἐφ' ἡμᾶς·
4 ἄρα τὸ ὕδωρ κατεπόντισεν ἡμᾶς,
χείμαρρον διήλθεν ἡ ψυχὴ ἡμῶν·
5 ἄρα διήλθεν ἡ ψυχὴ ἡμῶν
τὸ ὕδωρ τὸ ἀνυπόστατον.
6 εὐλογητὸς κύριος, ὃς οὐκ ἔδωκεν ἡμᾶς
εἰς θήραν τοῖς ὀδοῦσιν αὐτῶν.
7 ἡ ψυχὴ ἡμῶν ὡς στρουθίον ἐρρύσθη
ἐκ τῆς παγίδος τῶν θηρευόντων·
ἡ παγὶς συνετρίβη, καὶ ἡμεῖς ἐρρύσθημεν.
8 ἡ βοήθεια ἡμῶν ἐν ὀνόματι κυρίου
τοῦ ποιήσαντος τὸν οὐρανὸν καὶ τὴν γῆν.

124 [123]

A Song of Degrees.

If it had not been that the Lord was
among us, let Israel now say; 2 if it had
not been that the Lord was among us,
when men rose up against us; 3 verily
they would have swallowed us up
alive, when their wrath was kindled
against us: 4 verily the water would
have drowned us, our soul would
have gone under the torrent. 5 Yea, our
soul would have gone under the
overwhelming water.

6 Blessed be the Lord, who has not given
us for a prey to their teeth. 7 Our soul
has been delivered as a sparrow from
the snare of the fowlers: the snare is
broken, and we are delivered. 8 Our
help is in the name of the Lord, who
made heaven and earth.

Psalm 125

1 שִׁיר הַמַּעֲלוֹת
הַבְּטְחִים בַּיהוָה כָּהֵר-צִיּוֹן לֹא-יִמוּט
לְעוֹלָם יֵשֵׁב:

2 יְרוּשָׁלַם הָרִים סָבִיב לָהּ
וַיהוָה סָבִיב לְעַמּוֹ מֵעַתָּה וְעַד-עוֹלָם:

3 כִּי לֹא יָנוּחַ שִׁבְט הָרָשָׁע עַל גּוֹרֵל
הַצְּדִיקִים
לְמַעַן לֹא-יִשְׁלַחוּ הַצְּדִיקִים בְּעוֹלָתָהּ
יְדֵיהֶם:

4 הִיטִיבָה יְהוָה לְטוֹבִים וְלִישָׁרִים
בְּלִבּוֹתָם:

5 וְהַמַּטִּים עַקְלָקְלוֹתָם יוֹלִיכֵם יְהוָה אֶת-
פְּעֵלֵי הָאָוֶן
שְׁלוֹם עַל-יִשְׂרָאֵל:

125

A Song of the Ascents.

1 Those who trust in Yahweh are as Mount
Zion,
which cannot be moved, but remains forever.

2 As the mountains surround Jerusalem,
so Yahweh surrounds his people from this
time forward and forever more.

3 For the scepter of wickedness won't
remain over the allotment of the
righteous;
so that the righteous won't use their hands
to do evil.

4 Do good, Yahweh, to those who are good,
to those who are upright in their hearts.

5 But as for those who turn away to their
crooked ways,
Yahweh will lead them away with the workers
of iniquity.

Peace be on Israel.

125 [124]

A Song of Degrees.

ΨΑΛΜΟΙ 125 [124]

Ἵδιῆ τῶν ἀναβαθμῶν.

1 Οἱ πεποιθότες ἐπὶ κύριον ὡς ὄρος Σιων
οὐ σαλευθήσεται εἰς τὸν αἰῶνα ὁ κατοικῶν
Ἱερουσαλημ.

2 ὄρη κύκλῳ αὐτῆς,
καὶ κύριος κύκλῳ τοῦ λαοῦ αὐτοῦ
ἀπὸ τοῦ νῦν καὶ ἕως τοῦ αἰῶνος.

3 ὅτι οὐκ ἀφήσει τὴν ῥάβδον τῶν ἀμαρτωλῶν
ἐπὶ τὸν κληῖρον τῶν δικαίων,
ὅπως ἂν μὴ ἐκτείνωσιν οἱ δίκαιοι
ἐν ἀνομία χειῖρας αὐτῶν.

4 ἀγάθυνον, κύριε, τοῖς ἀγαθοῖς
καὶ τοῖς εὐθέσι τῆ καρδία·

5 τοὺς δὲ ἐκκλίνοντας εἰς τὰς στραγγαλιὰς
ἀπάξει κύριος μετὰ τῶν ἐργαζομένων τὴν
ἀνομίαν.

εἰρήνη ἐπὶ τὸν Ἰσραηλ.

They that trust in the Lord [shall be] as
mount Sion: he that dwells in
Jerusalem shall never be moved. 2 The
mountains are round about her, and
[so] the Lord is round about his
people, from henceforth and even for
ever. 3 For the Lord will not allow the
rod of sinners to be upon the lot of the
righteous; lest the righteous should
stretch forth their hands to iniquity.

4 Do good, O Lord, to them [that are] good,
and to them [that are] upright in heart.
5 But them that turn aside to crooked
ways the Lord will lead away with the
workers of iniquity: [but] peace [shall
be] upon Israel.

Psalm 126

126

A Song of the Ascents.

1 שִׁיר הַמַּעֲלוֹת
בְּשׁוּב יְהוָה אֶת-שִׁיבַת צִיּוֹן הָיִינוּ
כְּחֹלְמִים:

1 When Yahweh brought back those who returned to Zion, we were like those who dream.

2 אֲזַי מָלְא שְׂחֹק, פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה
אֲזַי יֹאמְרוּ בְּגוֹיִם הַגְּדִיל יְהוָה לַעֲשׂוֹת עִם-
אֱלֹהֵי:

2 Then our mouth was filled with laughter, and our tongue with singing. Then they said among the nations, "Yahweh has done great things for them."

3 הַגְּדִיל יְהוָה לַעֲשׂוֹת עִמָּנוּ הָיִינוּ
שְׂמֵחִים:

3 Yahweh has done great things for us, and we are glad.

4 שׁוּבָה יְהוָה אֶת-שְׁבוֹתֵנוּ (שְׁבִיתֵנוּ)
כְּאֶפְיקִים בְּנֶגֶב:

4 Restore our fortunes again, Yahweh, like the streams in the Negev.

5 הַזֹּרְעִים בְּדִמְעָה בְּרִנָּה יִקְצְרוּ:

5 Those who sow in tears will reap in joy.

6 הַלֹּוֹד יֵלֵךְ | וּבָכָה נֹשֵׂא מְשֹׁךְ-הַזֶּרַע
בֹּא-יָבֵא בְּרִנָּה נֹשֵׂא אֲלֻמֹּתָיו:

6 He who goes out weeping, carrying seed for sowing, will certainly come again with joy, carrying his sheaves.

ΨΑΛΜΟΙ 126 [125]

Ἰδιὴ τῶν ἀναβαθμῶν.

- 1 Ἐν τῷ ἐπιστρέψαι κύριον τὴν
αἰχμαλωσίαν Σιων
ἐγενήθημεν ὡς παρακεκλημένοι.
2 τότε ἐπλήσθη χαρᾶς τὸ στόμα ἡμῶν
καὶ ἡ γλῶσσα ἡμῶν ἀγαλλιάσεως.
τότε ἐροῦσιν ἐν τοῖς ἔθνεσιν
Ἐμεγάλυνεν κύριος τοῦ ποιῆσαι μετ' αὐτῶν.
3 ἐμεγάλυνεν κύριος τοῦ ποιῆσαι μεθ'
ἡμῶν,
ἐγενήθημεν εὐφραϊνόμενοι.
4 ἐπίστρεψον, κύριε, τὴν αἰχμαλωσίαν ἡμῶν
ὡς χειμάρρους ἐν τῷ νότῳ.
5 οἱ σπείροντες ἐν δάκρυσιν
ἐν ἀγαλλιάσει θεριοῦσιν.
6 πορευόμενοι ἐπορεύοντο καὶ ἔκλαιον
αἶροντες τὰ σπέρματα αὐτῶν·
ἐρχόμενοι δὲ ἤξουσιν ἐν ἀγαλλιάσει
αἶροντες τὰ δράγματα αὐτῶν.

126 [125]

A Song of Degrees.

- When the Lord turned the captivity of
Sion, we became as comforted ones. 2
Then was our mouth filled with joy,
and our tongue with exultation: then
would they say among the Gentiles,
The Lord has done great things among
them. 3 The Lord has done great
things for us, we became joyful.
4 Turn, O Lord, our captivity, as the
steams in the south. 5 They that sow in
tears shall reap in joy. 6 They went on
and wept as they cast their seeds; but
they shall surely come with exultation,
bringing their sheaves [with them].

Psalm 127

1 שִׁיר הַמַּעֲלוֹת, לְשִׁלְמָה
 אִם-יְהוָה | לֹא-יִבְנֶה בַּיִת שְׂוֹא | עֲמֻלוֹ
 בּוֹנֵיו בּוֹ
 אִם-יְהוָה לֹא-יִשְׁמֵר-עִיר שְׂוֹא | שָׁקֵד
 שׁוֹמֵר:
 2 שְׂוֹא לָכֶם | מִשְׁפִּימֵי קוּם מֵאַחֲרֵי-שָׁבֶת
 אֲכָלִי לֶחֶם הָעֶצְבִּים
 כִּן יִתֵּן לִידִידוֹ שְׂנֵא:
 3 הִנֵּה נַחֲלַת יְהוָה בְּנִים שְׂכָר פְּרִי
 הַבֶּטֶן:
 4 כַּחֲצִים בְּיַד-גִּבּוֹר כִּן בְּנֵי הַנְּעוּרִים:
 5 אֲשֶׁרִי הַגִּבֹּר אֲשֶׁר מְלֵא אֶת-אֲשַׁפְתּוֹ
 מֵהֵם
 לֹא-יִבְשׁוּ כִי-יִדְבְּרוּ אֶת-אוֹיְבֵים בַּשַּׁעַר:

127

A Song of the Ascents. By Solomon.

1 Unless Yahweh builds the house,
 they who build it labor in vain.
 Unless Yahweh watches over the city,
 the watchman guards it in vain.
 2 It is vain for you to rise up early,
 to stay up late,
 eating the bread of toil;
 for he gives sleep to his loved ones.
 3 Behold, children are a heritage of
 Yahweh.
 The fruit of the womb is his reward.
 4 As arrows in the hand of a mighty man,
 so are the children of youth.
 5 Happy is the man who has his quiver full of
 them.
 They won't be disappointed when they
 speak with their enemies in the gate.

ΨΑΛΜΟΙ 127 [126]

Ἦοιδῆ τῶν ἀναβαθμῶν· τῷ Σαλωμων.

1 Ἐὰν μὴ κύριος οἰκοδομήσῃ οἶκον,
εἰς μάτην ἐκοπίασαν οἱ οἰκοδομοῦντες
αὐτόν·
ἐὰν μὴ κύριος φυλάξῃ πόλιν,
εἰς μάτην ἠγρύπνησεν ὁ φυλάσσων.
2 εἰς μάτην ὑμῖν ἐστὶν τοῦ ὀρθρίζειν,
ἐγείρεσθαι μετὰ τὸ καθῆσθαι,
οἱ ἔσθοντες ἄρτον ὀδύνης,
ὅταν δῶ τοῖς ἀγαπητοῖς αὐτοῦ ὕπνον.
3 ἰδοὺ ἡ κληρονομία κυρίου υἱοί,
ὁ μισθὸς τοῦ καρποῦ τῆς γαστρὸς.
4 ὡσεὶ βέλη ἐν χειρὶ δυνατοῦ,
οὕτως οἱ υἱοὶ τῶν ἐκτετιναγμένων.
5 μακάριος ἄνθρωπος, ὃς πληρώσει τὴν
ἐπιθυμίαν αὐτοῦ ἐξ αὐτῶν·
οὐ καταισχυνθήσονται, ὅταν λαλῶσι τοῖς
ἐχθροῖς αὐτῶν ἐν πύλῃ.

127 [126]

A Song of Degrees.

Except the Lord build the house, they that
build labour in vain: except the Lord
keep the city, the watchman watches
in vain. 2 It is vain for you to rise early:
ye rise up after resting, ye that eat the
bread of grief; while he gives sleep to
his beloved.
3 Behold, the inheritance of the Lord,
children, the reward of the fruit of the
womb. 4 As arrows in the hand of a
mighty man; so are the children of
those who were outcasts. 5 Blessed is
the man who shall satisfy his desire
with them: they shall not be ashamed
when they shall speak to their enemies
in the gates.

Psalm 128

128

A Song of the Ascents.

1 שִׁיר הַמַּעֲלוֹת
אֲשֶׁר־כָּל-יִרְאֵה יְהוָה הֵלֵךְ בְּדַרְכָּיו:

1 Blessed is everyone who fears Yahweh,
who walks in his ways.

2 יִגִּיעַ כַּפִּיךָ כִּי תֹאכַל אֲשֶׁר־יָדְךָ, וְטוֹב לָךְ:

2 For you will eat the labor of your hands.
You will be happy, and it will be well with you.

3 אֲשֶׁתְּךָ כַּגִּפֶּן כְּגִפְנֵי פְרִיָה בְּיַרְכְּתֵי בֵיתְךָ
בְּנֵיךָ כַּשֹּׁתְלֵי זֵיתִים סְבִיב לְשִׁלְחָנְךָ:

3 Your wife will be as a fruitful vine,
in the innermost parts of your house;
your children like olive plants,
around your table.

4 הִנֵּה כִּי-כֵן יְבָרַךְ גְּבַר יִרְאֵה יְהוָה:

4 Behold, thus is the man blessed who fears
Yahweh.

5 יְבָרְכֶךָ יְהוָה מִצִּיּוֹן
וְרָאֵה בְּטוֹב יְרוּשָׁלַם כָּל יְמֵי חַיֶּיךָ:

5 May Yahweh bless you out of Zion,
and may you see the good of Jerusalem all
the days of your life.

6 וְרָאֵה-בָנִים לְבָנֶיךָ:

6 Yes, may you see children of your children.

שָׁלוֹם, עַל-יִשְׂרָאֵל:

Peace be upon Israel.

ΨΑΛΜΟΙ 128 [127]

Ὅτιδὴ τῶν ἀναβαθμῶν.

- 1 Μακάριοι πάντες οἱ φοβούμενοι τὸν κύριον οἱ πορευόμενοι ἐν ταῖς ὁδοῖς αὐτοῦ.
 2 τοὺς πόνους τῶν καρπῶν σου φάγεσαι· μακάριος εἶ, καὶ καλῶς σοι ἔσται.
 3 ἡ γυνή σου ὡς ἄμπελος εὐθηνούσα ἐν τοῖς κλίτεσι τῆς οἰκίας σου· οἱ υἱοί σου ὡς νεόφυτα ἐλαιῶν κύκλω τῆς τραπέζης σου.
 4 ἰδοὺ οὕτως εὐλογηθήσεται ἄνθρωπος ὁ φοβούμενος τὸν κύριον.
 5 εὐλογήσαι σε κύριος ἐκ Σιων, καὶ ἴδοις τὰ ἀγαθὰ Ἱερουσαλημ πάσας τὰς ἡμέρας τῆς ζωῆς σου·
 6 καὶ ἴδοις υἱοὺς τῶν υἱῶν σου.

εἰρήνη ἐπὶ τὸν Ἰσραηλ.

128 [127]

A Song of Degrees.

- Blessed are all they that fear the Lord; who walk in his ways. 2 Thou shalt eat the labours of thy hands: blessed art thou, and it shall be well with thee. 3 Thy wife shall be as a fruitful vine on the sides of thy house: thy children as young olive-plants round about thy table.
 4 Behold, thus shall the man be blessed that fears the Lord. 5 May the Lord bless thee out of Sion; and mayest thou see the prosperity of Jerusalem all the days of thy life. 6 And mayest thou see thy children's children. Peace be upon Israel.

Psalm 129

1 שִׁיר הַמַּעֲלוֹת
 רַבַּת צָרְרוּנִי מִנְעוּרַי יֹאמֶר-נָא יִשְׂרָאֵל:
 2 רַבַּת צָרְרוּנִי מִנְעוּרַי גַּם לֹא-יָכְלוּ לִי:
 3 עַל-גִּבִּי חָרְשׁוּ חֲרָשִׁים הָאֲרִיכוּ
 לַמַּעֲנוֹתָם (לְמַעֲנֵיהֶם):
 4 יְהוָה צַדִּיק קִצֵּץ עֲבוֹת רָשָׁעִים:
 5 יִבְשׁוּ וַיִּסְגּוּ אַחֲזֹר כֹּל שָׂנְאֵי צִיּוֹן:
 6 יִהְיוּ כַחֲצִיר גִּגּוֹת שֶׁקִּדְמַת שֶׁלֶף יִבָּשׁ:
 7 שְׁלֹא מִלֵּא כִפּוֹ קוֹצֵר וַחֲצָנוּ מְעֵמֵר:
 8 וְלֹא אָמְרוּ הָעֹבְרִים בְּרַכַּת-יְהוָה אֱלֵיכֶם
 בִּרְכָנוּ אֶתְכֶם, בְּשֵׁם יְהוָה:

129

A Song of the Ascents.

1 Many times they have afflicted me from my youth on up.
 Let Israel now say,
 2 many times they have afflicted me from my youth on up,
 yet they have not prevailed against me.
 3 The plowers plowed on my back.
 They made their furrows long.
 4 Yahweh is righteous.
 He has cut apart the cords of the wicked.
 5 Let them be disappointed and turned backward,
 all those who hate Zion.
 6 Let them be as the grass on the housetops,
 which withers before it grows up;
 7 with which the reaper doesn't fill his hand,
 nor he who binds sheaves, his bosom.
 8 Neither do those who go by say,
 "The blessing of Yahweh be on you.
 We bless you in Yahweh's name."

ΨΑΛΜΟΙ 129 [128]

Ἰδιὴ τῶν ἀναβαθμῶν.

- 1 Πλεονάκις ἐπολέμησάν με ἐκ νεότητός μου,
εἰπάτω δὴ Ἰσραηλ,
2 πλεονάκις ἐπολέμησάν με ἐκ νεότητός μου,
καὶ γὰρ οὐκ ἠδυνήθησάν μοι.
3 ἐπὶ τοῦ νότου μου ἐτέκταινον οἱ ἁμαρτωλοί,
ἐμάκρυναν τὴν ἀνομίαν αὐτῶν·
4 κύριος δίκαιος συνέκοψεν ἀρχένας
ἁμαρτωλῶν.
5 αἰσχυνθήτωσαν καὶ ἀποστραφήτωσαν εἰς
τὰ ὀπίσω
πάντες οἱ μισοῦντες Σιων.
6 γενηθήτωσαν ὡς χόρτος δωμάτων,
ὅς πρὸ τοῦ ἐκσπασθῆναι ἐξηράνθη·
7 οὐδ' οὐκ ἐπλήρωσεν τὴν χεῖρα αὐτοῦ ὁ
θερίζων
καὶ τὸν κόλπον αὐτοῦ ὁ τὰ δράγματα
συλλέγων,
8 καὶ οὐκ εἶπαν οἱ παράγοντες Εὐλογία κυρίου
ἐφ' ὑμᾶς,
εὐλογήκαμεν ὑμᾶς ἐν ὀνόματι κυρίου.

129 [128]

A Song of Degrees.

- Many a time have they warred against me
from my youth, let Israel now say: 2
Many a time have they warred against
me from my youth: and yet they
prevailed not against me. 3 The sinners
wrought upon my back: they
prolonged their iniquity. 4 The
righteous Lord has cut asunder the
necks of sinners.
5 Let all that hate Sion be put to shame
and turned back. 6 Let them be as the
grass of the house-tops, which withers
before it is plucked up. 7 Wherewith
the reaper fills not his hand, nor he
that makes up the sheaves, his bosom.
8 Neither do they that go by say, The
blessing of the Lord be upon you: we
have blessed you in the name of the
Lord.

Psalm 130

1 שִׁיר הַמַּעֲלוֹת
מִמַּעַמְקִים קָרָאתִיךָ יְהוָה:

2 אָדֹנָי שְׁמָעָה בְּקוֹלִי
תְּהַיְיָנָה אַזְנוֹיךָ קְשׁוּבוֹת לְקוֹל תַּחֲנוּנָי:

3 אִם-עֲוֹנוֹת תִּשְׁמָר-יְהוָה אָדֹנָי מִי יַעֲמֵד:

4 כִּי-עֲמָךְ הַסְּלִיחָה לְמַעַן תִּנָּרָא:

5 קוֹיֵתִי יְהוָה קוֹתָה נַפְשִׁי וְלִדְבָרוֹ
הוֹחֵלְתִּי:

6 נַפְשִׁי לְאֲדֹנָי מִשְׁמָרִים לְבַקָּר שְׁמָרִים
לְבַקָּר:

7 יַחַל יִשְׂרָאֵל אֶל-יְהוָה כִּי-עַם-יְהוָה
הַחֲסֵד וְהַרְבֵּה עֲמוֹ פְּדוּת:

8 וְהוּא יִפְדֶּה אֶת-יִשְׂרָאֵל מִכָּל, עֲוֹנוֹתָיו:

130

A Song of the Ascents.

1 Out of the depths I have cried to you,
Yahweh.

2 Lord, hear my voice.

Let your ears be attentive to the voice of my
petitions.

3 If you, Yah, kept a record of sins,
Lord, who could stand?

4 But there is forgiveness with you,
therefore you are feared.

5 I wait for Yahweh.

My soul waits.

I hope in his word.

6 My soul longs for the Lord more than
watchmen long for the morning;
more than watchmen for the morning.

7 Israel, hope in Yahweh,
for with Yahweh there is loving kindness.
With him is abundant redemption.

8 He will redeem Israel from all their sins.

ΨΑΛΜΟΙ 130 [129]

Ἵδιθι τῶν ἀναβαθμῶν.

- 1 Ἐκ βαθέων ἐκέκραξά σε, κύριε·
 2 κύριε, εἰσάκουσον τῆς φωνῆς μου·
 γενηθήτω τὰ ὦτά σου προσέχοντα
 εἰς τὴν φωνὴν τῆς δεήσεώς μου.
 3 ἐὰν ἀνομίας παρατηρήσῃ, κύριε,
 κύριε, τίς ὑποστήσεται;
 4 ὅτι παρὰ σοὶ ὁ ἰλασμός ἐστιν.
 5 ἕνεκεν τοῦ νόμου σου ὑπέμεινά σε, κύριε,
 ὑπέμεινεν ἡ ψυχὴ μου εἰς τὸν λόγον σου.
 6 ἤλπισεν ἡ ψυχὴ μου ἐπὶ τὸν κύριον
 ἀπὸ φυλακῆς πρωΐας μέχρι νυκτός·
 ἀπὸ φυλακῆς πρωΐας ἐλπισάτω Ἰσραὴλ ἐπὶ τὸν
 κύριον.
 7 ὅτι παρὰ τῷ κυρίῳ τὸ ἔλεος,
 καὶ πολλὴ παρ' αὐτῷ λύτρωσις,
 8 καὶ αὐτὸς λυτρώσεται τὸν Ἰσραὴλ
 ἐκ πασῶν τῶν ἀνομιῶν αὐτοῦ.

130 [129]

A Song of Degrees.

- Out of the depths have I cried to thee, O
 Lord. 2 O Lord, hearken to my voice;
 let thine ears be attentive to the voice
 of my supplication. 3 If thou, O Lord,
 shouldest mark iniquities, O Lord,
 who shall stand? 4 For with thee is
 forgiveness: 5 for thy name's sake have
 I waited for thee, O Lord, my soul has
 waited for thy word. 6 My soul has
 hoped in the Lord; from the morning
 watch till night.
 7 Let Israel hope in the Lord: for with the
 Lord is mercy, and with him is
 plenteous redemption. 8 And he shall
 redeem Israel from all his iniquities.

Psalm 131

131

A Song of the Ascents. By David.

1 שִׁיר הַמַּעֲלוֹת, לְדָוִד
 יְהוָה | לֹא-גִבָּה לְבִי וְלֹא-רָמוּ עֵינַי
 וְלֹא-הִלְכֹתִי | בְּגִדְלוֹת וּבְנִפְלְאוֹת מִמֶּנִּי:
 2 אִם-לֹא שָׁוִיתִי | וְדוּמַמְתִּי נִפְשִׁי
 כְּגִמְלָה, עָלַי אִמּוֹ כְּגִמְלָה עָלַי נִפְשִׁי:
 3 יִחַל יִשְׂרָאֵל אֶל-יְהוָה מֵעַתָּה וְעַד-
 עוֹלָם:

1 Yahweh, my heart isn't arrogant, nor my
 eyes lofty;
 nor do I concern myself with great matters,
 or things too wonderful for me.
 2 Surely I have stilled and quieted my soul,
 like a weaned child with his mother,
 like a weaned child is my soul within me.
 3 Israel, hope in Yahweh,
 from this time forward and forever more.

ΨΑΛΜΟΙ 131 [130]

᾿Οιδὴ τῶν ἀναβαθμῶν·
τῷ Δαυιδ.

1 Κύριε, οὐχ ὑψώθη μου ἡ καρδία,
οὐδὲ ἐμετεωρίσθησαν οἱ ὀφθαλμοί μου,
οὐδὲ ἐπορεύθην ἐν μεγάλοις
οὐδὲ ἐν θαυμασίοις ὑπὲρ ἐμέ.
2 εἰ μὴ ἐταπεινοφρόνουν,
ἀλλὰ ὕψωσα τὴν ψυχὴν μου
ὡς τὸ ἀπογεγαλακτισμένον ἐπὶ τὴν μητέρα
αὐτοῦ,
ὡς ἀνταπόδοσις ἐπὶ τὴν ψυχὴν μου.
3 ἐλπισάτω Ἰσραὴλ ἐπὶ τὸν κύριον
ἀπὸ τοῦ νῦν καὶ ἕως τοῦ αἰῶνος.

131 [130]

A Song of Degrees.

O Lord, my heart is not exalted, neither
have mine eyes been [haughtily]
raised: neither have I exercised myself
in great [matters], nor in things too
wonderful for me. 2 [I shall have
sinned] if I have not been humble, but
have exulted my soul: according to
[the relation of] a weaned child to his
mother, so wilt thou recompense my
soul. 3 Let Israel hope in the Lord,
from henceforth and for ever.

Psalm 132

1 שִׁיר הַמַּעֲלוֹת
זְכוֹר-יְהוָה לְדָוִד אֵת כָּל-עֲנֹתָיו:
2 אֲשֶׁר נִשְׁבַּע לַיהוָה נִדָּר לְאַבְרָם יַעֲקֹב:
3 אִם-אָבָא בְּאֵהָל בֵּיתִי אִם-אֶעֱלֶה עַל-
עָרְשׁ יִצְוֵעִי:
4 אִם אָתֹן שָׁנַת לְעֵינָי לְעַפְעַפִּי תִנוּמָה:
5 עַד-אֶמְצָא מָקוֹם לַיהוָה מִשְׁכָּנֹת לְאַבְרָם
יַעֲקֹב:
6 הִנֵּה-שָׁמַעְנוּהָ בְּאֶפְרַתָּה מִצְּאֲנוּהָ בְּשֵׂדֵי-
יָעַר:
7 נְבוֹאָה לְמִשְׁכְּנֹתָיו נִשְׁתַּחֲוֶה לְהַדָּם
רַגְלָיו:
8 קוּמָה יְהוָה לְמִנוּחֶיךָ אֲתָה וְאַרְוֹן עֵינֶיךָ:
9 כְּהַנִּיחַ יְלִבְשׁוּ-צִדְקַתְּךָ וְחִסְדֵיךָ יִרְנְנוּ:

132

A Song of the Ascents.

1 Yahweh, remember David and all his
affliction,
2 how he swore to Yahweh,
and vowed to the Mighty One of Jacob:
3 "Surely I will not come into the structure of
my house,
nor go up into my bed;
4 I will not give sleep to my eyes,
or slumber to my eyelids;
5 until I find out a place for Yahweh,
a dwelling for the Mighty One of Jacob."
6 Behold, we heard of it in Ephrathah.
We found it in the field of Jaar:
7 "We will go into his dwelling place.
We will worship at his footstool.
8 Arise, Yahweh, into your resting place;
you, and the ark of your strength.
9 Let your priests be clothed with
righteousness.
Let your saints shout for joy!"

ΨΑΛΜΟΙ 132 [131]

᾿Οιδὴ τῶν ἀναβαθμῶν.

1 Μνήσθητι, κύριε, τοῦ Δαυιδ
καὶ πάσης τῆς πραύτητος αὐτοῦ,
2 ὡς ὤμοσεν τῷ κυρίῳ,
ἠΰξατο τῷ θεῷ Ἰακωβ
3 Εἰ εἰσελεύσομαι εἰς σκῆνωμα οἴκου μου,
εἰ ἀναβήσομαι ἐπὶ κλίνης στρωμνῆς μου,
4 εἰ δώσω ὕπνον τοῖς ὀφθαλμοῖς μου
καὶ τοῖς βλεφάροις μου νυσταγμὸν
καὶ ἀνάπαυσιν τοῖς κροτάφοις μου,
5 ἕως οὗ εὗρω τόπον τῷ κυρίῳ,
σκῆνωμα τῷ θεῷ Ἰακωβ.
6 ἰδοὺ ἠκούσαμεν αὐτὴν ἐν Εφραθα,
εὗρομεν αὐτὴν ἐν τοῖς πεδίοις τοῦ δρυμοῦ·
7 εἰσελευσόμεθα εἰς τὰ σκηνώματα αὐτοῦ,
προσκυνήσομεν εἰς τὸν τόπον, οὗ ἔστησαν οἱ
πόδες αὐτοῦ.
8 ἀνάστηθι, κύριε, εἰς τὴν ἀνάπαυσίν σου,
σὺ καὶ ἡ κιβωτὸς τοῦ ἁγιάσματος σου·
9 οἱ ἱερεῖς σου ἐνδύσονται δικαιοσύνην,
καὶ οἱ ὄσιοί σου ἀγαλλιάσονται.

132 [131]

A Song of Degrees.

Lord, remember David, and all his
meekness: 2 how he swore to the Lord,
[and] vowed to the God of Jacob,
[saying], 3 I will not go into the
tabernacle of my house; I will not go
up to the couch of my bed; 4 I will not
give sleep to mine eyes, nor slumber to
mine eyelids, nor rest to my temples, 5
until I find a place for the Lord, a
tabernacle for the God of Jacob. 6
Behold, we heard of it in Ephratha; we
found it in the fields of the wood. 7 Let
us enter into his tabernacles: let us
worship at the place where his feet
stood.
8 Arise, O Lord, into thy rest; thou, and
the ark of thine holiness. 9 Thy priests
shall clothe themselves with
righteousness; and thy saints shall
exult.

10 בְּעִבּוֹר דָּוִד עֲבָדְךָ אֶל-תִּשָׁב פָּנָי
מְשִׁיחֶךָ:

11 נִשְׁבַּע-יְהוָה | לְדָוִד אֱמֶת לֹא-יָשׁוּב
מִמֶּנָּה

מִפָּרִי בִטְנֶךָ אֲשִׁית לְכֶסֶף-לָךְ:

12 אִם-יִשְׁמְרוּ בְנֵיךָ | בְּרִיתִי וְעֵדוֹתַי זֹה
אֶלְמָדָם

גַּם-בְּנֵיהֶם עֲדֵי-עַד יֵשְׁבוּ לְכֶסֶף-לָךְ:

13 כִּי-בָחַר יְהוָה בְּצִיּוֹן אָנֹה לְמוֹשָׁב לוֹ:

14 זֹאת-מְנוּחָתִי עֲדֵי-עַד פֹּה-אֵשֵׁב כִּי
אוֹתִיָּה:

15 צִדְדָה בָּרַךְ אַבְרָם אֲבִיוֹנִיָּה אֲשֶׁבִיעַ
לָהֶם:

16 וְכֹהֲנֵיהָ אֶלְבִּישׁ יִשַׁע וְחַסִּידֶיהָ רִנּוֹן יִרְנְנוּ

17 שָׁם אֶצְמִיחַ קֶרֶן לְדָוִד עֲרֻכָתִי נֹר
לְמִשְׁיחִי:

18 אוֹיְבָיו אֶלְבִּישׁ בַּשָּׂת וְעָלָיו יִצְיֵן נִזְרוֹ:

10 For the sake of your servant David,
do not turn away the face of your anointed one.

11 Yahweh has sworn to David in truth.

He will not turn from it:

“I will set the fruit of your body on your throne.

12 If your children will keep my covenant,

my testimony that I will teach them,

their children also will sit on your throne forever
more.”

13 For Yahweh has chosen Zion.

He has desired it for his inhabitation.

14 “This is my resting place forever.

I will live here, for I have desired it.

15 I will abundantly bless her provision.

I will satisfy her poor with bread.

16 Her priests I will also clothe with salvation.

Her saints will shout aloud for joy.

17 There I will make the horn of David to bud.

I have ordained a lamp for my anointed.

18 I will clothe his enemies with shame,
but on himself, his crown will be magnificent.”

10 ἕνεκεν Δαυιδ τοῦ δούλου σου
 μὴ ἀποστρέψῃς τὸ πρόσωπον τοῦ χριστοῦ σου.
 11 ὤμοσεν κύριος τῷ Δαυιδ ἀλήθειαν καὶ οὐ
 μὴ ἀθετήσῃ αὐτήν
 Ἐκ καρποῦ τῆς κοιλίας σου θήσομαι ἐπὶ τὸν
 θρόνον σου·
 12 ἐὰν φυλάξωνται οἱ υἱοὶ σου τὴν διαθήκην
 μου
 καὶ τὰ μαρτύριά μου ταῦτα, ἃ διδάξω αὐτούς,
 καὶ οἱ υἱοὶ αὐτῶν ἕως τοῦ αἰῶνος καθιοῦνται
 ἐπὶ τοῦ θρόνου σου.
 13 ὅτι ἐξελέξατο κύριος τὴν Σιών,
 ἠρετίσατο αὐτήν εἰς κατοικίαν ἑαυτοῦ
 14 Αὕτη ἡ κατάπαυσις μου εἰς αἰῶνα αἰῶνος,
 ὧδε κατοικήσω, ὅτι ἠρετισάμην αὐτήν·
 15 τὴν θήραν αὐτῆς εὐλογῶν εὐλογήσω,
 τοὺς πτωχοὺς αὐτῆς χορτάσω ἄρτων,
 16 τοὺς ἱερεῖς αὐτῆς ἐνδύσω σωτηρίαν,
 καὶ οἱ ὄσιοι αὐτῆς ἀγαλλιάσει ἀγαλλιάσονται·
 17 ἐκεῖ ἐξανατελῶ κέρας τῷ Δαυιδ,
 ἠτοίμασα λύχνον τῷ χριστῷ μου·
 18 τοὺς ἐχθροὺς αὐτοῦ ἐνδύσω αἰσχύνην,
 ἐπὶ δὲ αὐτὸν ἐξανθήσει τὸ ἀγίασμά μου.

10 For the sake of thy servant David
 turn not away the face of thine
 anointed.

11 The Lord sware [in] truth to David, and
 he will not annul it, [saying], Of the
 fruit of thy body will I set [a king]
 upon thy throne. 12 If thy children will
 deep my covenant, and these my
 testimonies which I shall teach them,
 their children also shall sit upon thy
 throne for ever. 13 For the Lord has
 elected Sion, he has chosen her for a
 habitation for himself, [saying], 14 This
 is my rest for ever: here will I dwell;
 for I have chosen it. 15 I will surely
 bless her provision: I will satisfy her
 poor with bread. 16 I will clothe her
 priests with salvation; and her saints
 shall greatly exult. 17 There will I
 cause to spring up a horn to David: I
 have prepared a lamp for mine
 anointed. 18 His enemies will I clothe
 with a shame; but upon himself shall
 my holiness flourish.

Psalm 133

1 שִׁיר הַמַּעֲלוֹת לְדָוִד
הֲיֵנָה מֵה-טוֹב וּמֵה-נְעִים שְׁבֹת אֲחִים גַּם-
יָחַד:

2 כַּשֶּׁמֶן הַטוֹב | עַל-הָרֹאשׁ
יֵרֵד עַל-הַזָּקָן זָקֹן-אֶהְרֹן
שִׁירֵד עַל-פִּי מְדוֹתָיו:

3 כְּטֵל-חֶרְמוֹן שִׁירֵד עַל-הַרְרֵי צִיּוֹן
כִּי שֵׁם | צְוָה יְהוָה אֶת-הַבְּרָכָה
חַיִּים עַד-הָעוֹלָם:

133

A Song of the Ascents. By David.

1 See how good and how pleasant it is
for brothers to live together in unity!

2 It is like the precious oil on the head,
that ran down on the beard,
even Aaron's beard;
that came down on the edge of his robes;

3 like the dew of Hermon,
that comes down on the hills of Zion:
for there Yahweh gives the blessing,
even life forever more.

ΨΑΛΜΟΙ 133 [132]

Ἦοιδῆ τῶν ἀναβαθμῶν· τῷ Δαυιδ.

1 Ἴδοῦ δὴ τί καλὸν ἢ τί τερπνὸν

ἀλλ' ἢ τὸ κατοικεῖν ἀδελφοὺς ἐπὶ τὸ αὐτό;

2 ὡς μύρον ἐπὶ κεφαλῆς τὸ καταβαῖνον ἐπὶ
πώγωνα,

τὸν πώγωνα τὸν Ααρων,

τὸ καταβαῖνον ἐπὶ τὴν ὄψαν τοῦ ἐνδύματος
αὐτοῦ·

3 ὡς δρόσος Αερμων ἢ καταβαίνουσα ἐπὶ τὰ
ὄρη Σιων·

ὅτι ἐκεῖ ἐνετείλατο κύριος τὴν εὐλογίαν
καὶ ζωὴν ἕως τοῦ αἰῶνος.

133 [132]

A Song of Degrees.

See now! what is so good, or what so
pleasant, as for brethren to dwell
together? 2 [It is] as ointment on the
head, that ran down to the beard,
[even] the beard of Aaron; that ran
down to the fringe of his clothing. 3 As
the dew of Aermmon, that comes down
on the mountains of Sion: for there, the
Lord commanded the blessing, even
life for ever.

Psalm 134

א שִׁיר הַמַּעֲלוֹת

הַיָּה | בָּרְכוּ אֶת-יְהוָה כָּל-עַבְדֵי יְהוָה

הַעֹמְדִים בְּבַיִת-יְהוָה בַּלַּיְלוֹת:

ב שְׂאוּ-יְדַכֶּם קֹדֶשׁ וּבָרְכוּ אֶת-יְהוָה

ג יְבָרְכֵךָ יְהוָה מִצִּיּוֹן עֹשֵׂה שָׁמַיִם וָאָרֶץ:

134

A Song of the Ascents.

1 Look! Praise Yahweh, all you servants of
Yahweh,

who stand by night in Yahweh's house!

2 Lift up your hands in the sanctuary.
Praise Yahweh!

3 May Yahweh bless you from Zion;
even he who made heaven and earth.

ΨΑΛΜΟΙ 134 [133]

Ἰδιὴ τῶν ἀναβαθμῶν.

- 1 Ἴδου δὴ εὐλογεῖτε τὸν κύριον,
 πάντες οἱ δοῦλοι κυρίου
 οἱ ἐστῶτες ἐν οἴκῳ κυρίου,
 ἐν αὐλαῖς οἴκου θεοῦ ἡμῶν.
- 2 ἐν ταῖς νυξὶν ἐπάρατε τὰς χεῖρας ὑμῶν εἰς
 τὰ ἅγια
 καὶ εὐλογεῖτε τὸν κύριον.
- 3 εὐλογήσει σε κύριος ἐκ Σιών
 ὁ ποιήσας τὸν οὐρανὸν καὶ τὴν γῆν.

134 [133]

A Song of Degrees.

Behold now, bless ye the Lord, all the
 servants of the Lord, who stand in the
 house of the Lord, in the courts of the
 house of our God. 2 Lift up your hands
 by night in the sanctuaries, and bless
 the Lord. 3 May the Lord, who made
 heaven and earth, bless thee out of
 Sion.