

¹Bless the LORD, O my soul. O LORD my God, thou art very great; thou art clothed with honour and majesty.²Who coverest thyself with light as with a garment: who stretchest out the heavens like a curtain:³Who layeth the beams of his chambers in the waters: who maketh the clouds his chariot: who walketh upon the wings of the wind:⁴Who maketh his angels spirits; his ministers a flaming fire:⁵Who laid the foundations of the earth, that it should not be removed for ever.⁶Thou coveredst it with the deep as with a garment: the waters stood above the mountains.⁷At thy rebuke they fled; at the voice of thy thunder they hasted away.⁸They go up by the mountains; they go down by the valleys unto the place which thou hast founded for them.⁹Thou hast set a bound that they may not pass over; that they turn not again to cover the earth.¹⁰He sendeth the springs into the valleys, which run among the hills.¹¹They give drink to every beast of the field: the wild asses quench their thirst.¹²By them shall the fowls of the heaven have their habitation, which sing among the branches.¹³He watereth the hills from his chambers: the earth is satisfied with the fruit of thy works.¹⁴He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth;¹⁵And wine that maketh glad the heart of man, and oil to make his face to shine, and bread which strengtheneth man's heart.¹⁶The trees of the LORD are full of sap; the cedars of Lebanon, which he hath planted;¹⁷Where the birds make their nests: as for the

¹بَارِكِي، يَا نَفْسِي، الرَّبَّ. يَا رَبُّ إِلَهِي، قَدْ عَظُمْتَ جِدًّا، مَجْدًا وَجَلَالًا لَيْسَتْ. ²الْأَبْسُ الثَّوْرَ كَتُوبِ، الْبَاسِطُ السَّمَاوَاتِ كَشْفَةٍ. ³الْمُسْقِفُ غَلَايَهُ بِالْمِيَاهِ، الْجَاعِلُ السَّحَابَ مَرْكَبَتَهُ، الْمَاشِي عَلَى أَجْنِحَةِ الرِّيحِ. ⁴الصَّانِعُ مَلَائِكَتَهُ رِيحًا وَخُدَامَهُ تَارًا مُلْتَهَبَةً. ⁵الْمُؤَسِّسُ الْأَرْضَ عَلَى قَوَاعِهَا فَلَا تَتَزَعَزَعُ إِلَى الدَّهْرِ وَالْأَبَدِ. ⁶كَسَوْتَهَا الْعَمَرَ كَتُوبِ، فَوْقَ الْجِبَالِ تَقِفُ الْمِيَاهُ. ⁷مِنْ انْتِهَارِكَ تَهْرُبُ، مِنْ صَوْتِ رَعْدِكَ تَفِرُّ. ⁸تَصْعَدُ إِلَى الْجِبَالِ، تَنْزِلُ إِلَى الْبِقَاعِ، إِلَى الْمَوْضِعِ الَّذِي أَسَّسْتَهُ لَهَا. ⁹وَصَعْتَ لَهَا نُحْمًا لَا تَتَعَدَّاهُ، لَا تَرْجِعْ لِنُعْطَى الْأَرْضِ.

¹⁰الْمُفَجِّرُ عُيُونًا فِي الْأَوْدِيَةِ، بَيْنَ الْجِبَالِ تَجْرِي. ¹¹تُسْقِي كُلَّ حَيَوَانَ النِّيرِ، تَكْسِرُ الْفِرَاءَ طَمَاحًا. ¹²فَوْقَهَا طُيُورُ السَّمَاءِ تَسْكُنُ، مِنْ بَيْنِ الْأَغْصَانِ تُسَمِّعُ صَوْتًا. ¹³السَّاقِي الْجِبَالَ مِنْ غَلَايِهِ، مِنْ تَمَرِ أَعْمَالِكَ تَسْبِعُ الْأَرْضُ. ¹⁴الْمُنْبِتُ عُشْبًا لِلنَّهَائِمِ وَخُضْرَةً لِيَخْدَمَةَ الْإِنْسَانِ، لِإِخْرَاجِ خُبْزٍ مِنَ الْأَرْضِ. ¹⁵وَحَمْرٍ تُفَرِّجُ قَلْبَ الْإِنْسَانِ، لِلْإِمَاعِ وَجْهَهُ أَكْثَرَ مِنَ الزَّيْتِ، وَخُبْزٍ يُسْنِدُ قَلْبَ الْإِنْسَانِ. ¹⁶تَسْبِعُ أَشْجَارُ الرَّبِّ، أَرْزُ لَبْنَانَ الَّذِي تَصْبُهُ. ¹⁷حَيْثُ تُعْبَسُشُنْ هُنَاكَ الْعَصَافِيرُ، أَمَّا اللَّفْلَقُ فَالَسَّرُوْهُ بَيْتَهُ. ¹⁸الْجِبَالَ الْعَالِيَةَ لِلْوُعُولِ، الصُّخُورَ مَلَجًا لِلْوَبَارِ.

¹⁹صَنَعَ الْقَمَرَ لِلْمَوَاقِبِ، الشَّمْسُ تُعْرِفُ مَعْرِتَهَا. ²⁰تَجْعَلُ طَلْمَةً فَيَصِيرُ لَيْلٌ، فِيهِ يَدْبُ كُلُّ حَيَوَانَ الْوَعْرِ. ²¹الْأَسْبَالُ تُرْمَجُ لِيُخْطَفَ وَلِيَلْتَمِسَ مِنَ اللَّهِ طَعَامَهَا. ²²تُسْرِقُ الشَّمْسُ فَتَجْتَمِعُ، وَفِي مَآوِيهَا تَرِيضُ. ²³الْإِنْسَانُ يَخْرُجُ إِلَى عَمَلِهِ وَإِلَى شَعْلِهِ إِلَى الْمَسَاءِ. ²⁴مَا أَعْطَمَ أَعْمَالَكَ، يَا رَبُّ. كُلُّهَا بِحِكْمَةٍ صَعْتَ، مَلَائَةُ الْأَرْضِ مِنْ عِنَاكَ. ²⁵هَذَا الْبَحْرُ الْكَبِيرُ الْوَاسِعُ الْأَطْرَافِ، هُنَاكَ دَبَابَاتٌ بِلَا عَدَدٍ، صَعَارُ حَيَوَانٍ مَعَ كِبَارٍ. ²⁶هُنَاكَ تَجْرِي السُّفُنُ، لَوِيَاتَانُ هَذَا خَلَقْتَهُ لِيَلْعَبَ فِيهِ. ²⁷كُلُّهَا إِنَّاكَ تَتَرَجَّى لِتَرْزُقَهَا قُوَّتَهَا فِي حِينِهِ. ²⁸تُعْطِيهَا قَتْلَقُطًا، تَنْفُخُ يَدَكَ فَتَسْبِعُ خَيْرًا. ²⁹تَحْجُبُ وَجْهَكَ فَتَرْتَاغُ، تَسْرِعُ أَرْوَاحَهَا فَتَمُوتُ وَإِلَى تُرَابِهَا تَعُودُ. ³⁰تُرْسِلُ رُوحَكَ فَتُخْلِقُ وَتُجَدِّدُ وَجْهَ الْأَرْضِ.

³¹يَكُونُ مَجْدُ الرَّبِّ إِلَى الدَّهْرِ، يَفْرَحُ الرَّبُّ بِأَعْمَالِهِ. ³²التَّاطِرُ إِلَى الْأَرْضِ فَتَرْتَعِدُ، يَمَسُّ الْجِبَالَ فَتَدْحَنُ. ³³أُعْطِيَ لِلرَّبِّ فِي حَيَاتِي، أَرْثُمُ لِلْإِلَهِي مَا ذُمْتُ

مَوْجُودًا. ³⁴قِيلَ لَهُ تَسْبِيحِي وَأَنَا أَفْرَحُ بِالرَّبِّ. ³⁵لِسُبْحِ
الْخَطَاةِ مِنَ الْأَرْضِ وَالْأَشْرَارِ لَا يَكُونُوا بَعْدُ. بَارِكِي، يَا
نَفْسِي، الرَّبَّ. هَلْلُوبَا.

stork, the fir trees are her house.¹⁸ The high hills are a refuge for the wild goats; and the rocks for the conies.¹⁹ He appointed the moon for seasons: the sun knoweth his going down.²⁰ Thou makest darkness, and it is night: wherein all the beasts of the forest do creep forth.²¹ The young lions roar after their prey, and seek their meat from God.²² The sun ariseth, they gather themselves together, and lay them down in their dens.²³ Man goeth forth unto his work and to his labour until the evening.²⁴ O LORD, how manifold are thy works! in wisdom hast thou made them all: the earth is full of thy riches.²⁵ So is this great and wide sea, wherein are things creeping innumerable, both small and great beasts.²⁶ There go the ships: there is that leviathan, whom thou hast made to play therein.²⁷ These wait all upon thee; that thou mayest give them their meat in due season.²⁸ That thou givest them they gather: thou openest thine hand, they are filled with good.²⁹ Thou hidest thy face, they are troubled: thou takest away their breath, they die, and return to their dust.³⁰ Thou sendest forth thy spirit, they are created: and thou renewest the face of the earth.³¹ The glory of the LORD shall endure for ever: the LORD shall rejoice in his works.³² He looketh on the earth, and it trembleth: he toucheth the hills, and they smoke.³³ I will sing unto the LORD as long as I live: I will sing praise to my God while I have my being.³⁴ My meditation of him shall be sweet: I will be glad in the LORD.³⁵ Let the sinners be consumed out of the earth, and let the wicked be no more.

Psalms 104

Bless thou the LORD, O my soul. Praise ye
the LORD.