

<sup>1</sup>أَحْبَبْتُ، لِأَنَّ الرَّبَّ يَسْمَعُ صَوْنِي، <sup>2</sup>تَصْرَعَانِي. <sup>3</sup>لَأَنَّهُ أَمَالَ أَدْنُهُ إِلَيَّ فَأَدْعُوهُ مُدَّةَ حَيَاتِي. <sup>4</sup>أَكْتَفَنِي حَبَالُ الْمَوْتِ، أَصَابَنِي شِدَائِدُ الْهَوَايَةِ، كَابَدْتُ ضَيْقًا وَحُزْنًا. <sup>5</sup>وَبِاسْمِ الرَّبِّ دَعَوْتُ: آه، يَا رَبُّ، نَجِّ نَفْسِي. <sup>6</sup>الرَّبُّ حَيَّانٌ وَصِدِّيقٌ، وَلِهَذَا رَجِئْتُ. <sup>7</sup>الرَّبُّ خَافِطُ الْبُسْطَاءِ، تَدَلَّلْتُ فَخَلَّصَنِي. <sup>8</sup>أَرْجِعِي، يَا نَفْسِي، إِلَى رَاحَتِكَ، لِأَنَّ الرَّبَّ قَدْ أَحْسَنَ إِلَيْكَ. <sup>9</sup>لَأَنَّكَ أَنْقَذْتَ نَفْسِي مِنَ الْمَوْتِ، وَعَيْنِي مِنَ الدَّمَعةِ، وَرَجَلِي مِنَ الرَّقِيقِ. <sup>10</sup>أَسْلَكَ قُدَّامَ الرَّبِّ فِي أَرْضِ الْأَحْيَاءِ.

<sup>11</sup>أَمَنْتُ لِذَلِكَ تَكَلَّمْتُ: أَتَا تَدَلَّلْتُ جِدًّا. <sup>12</sup>أَنَا قُلْتُ فِي خَيْرَتِي: كُلُّ إِنْسَانٍ كَاذِبٌ. <sup>13</sup>مَاذَا أُرِدُّ لِلرَّبِّ مِنْ أَجْلِ كُلِّ خَسَاتِي لِي؟ <sup>14</sup>كَأَسَ الْخَلَّاصِ أَتَّأَوَّلُ وَبِاسْمِ الرَّبِّ أَدْعُو. <sup>15</sup>أَوْفِي ثُدُورِي لِلرَّبِّ مُقَابِلَ كُلِّ شَعْبِهِ. <sup>16</sup>عَزِيزٌ فِي عَيْنِي الرَّبُّ مَوْتُ أَنْفِيَانِي. <sup>17</sup>آه، يَا رَبُّ، لِأَنِّي عَبْدُكَ، أَتَا عَبْدُكَ ابْنُ أَمَتِكَ. <sup>18</sup>خَلَلْتُ قُبُورِي. <sup>19</sup>فَلَكَ أَدْبِجُ دَبِيحَةٍ حَمْدٍ وَبِاسْمِ الرَّبِّ أَدْعُو. <sup>20</sup>أَوْفِي ثُدُورِي لِلرَّبِّ مُقَابِلَ شَعْبِهِ، فِي دِيَارِ بَيْتِ الرَّبِّ، فِي وَسْطِكَ، يَا أَوْرُشَلِيمَ. هَلَلُوبَا.

<sup>1</sup>I love the LORD, because he hath heard my voice and my supplications. <sup>2</sup>Because he hath inclined his ear unto me, therefore will I call upon him as long as I live. <sup>3</sup>The sorrows of death compassed me, and the pains of hell gat hold upon me: I found trouble and sorrow. <sup>4</sup>Then called I upon the name of the LORD; O LORD, I beseech thee, deliver my soul. <sup>5</sup>Gracious is the LORD, and righteous; yea, our God is merciful. <sup>6</sup>The LORD preserveth the simple: I was brought low, and he helped me. <sup>7</sup>Return unto thy rest, O my soul; for the LORD hath dealt bountifully with thee. <sup>8</sup>For thou hast delivered my soul from death, mine eyes from tears, and my feet from falling. <sup>9</sup>I will walk before the LORD in the land of the living. <sup>10</sup>I believed, therefore have I spoken: I was greatly afflicted: <sup>11</sup>I said in my haste, All men are liars. <sup>12</sup>What shall I render unto the LORD for all his benefits toward me? <sup>13</sup>I will take the cup of salvation, and call upon the name of the LORD. <sup>14</sup>I will pay my vows unto the LORD now in the presence of all his people. <sup>15</sup>Precious in the sight of the LORD is the death of his saints. <sup>16</sup>O LORD, truly I am thy servant; I am thy servant, and the son of thine handmaid: thou hast loosed my bonds. <sup>17</sup>I will offer to thee the sacrifice of thanksgiving, and will call upon the name of the LORD. <sup>18</sup>I will pay my vows unto the LORD now in the presence of all his people, <sup>19</sup>In the courts of the LORD's house, in the midst of thee, O Jerusalem. Praise ye the LORD.