

تَرْيِمَةُ الْمَصَاعِدِ.

¹إِلَى الرَّبِّ فِي ضَيْقِي صَرَخْتُ، فَاسْتَجَابَ لِي. ²يَا رَبُّ،
 نَجِّ نَفْسِي مِنْ شِقَاةِ الْكَذِبِ، مِنْ لِسَانِ غِشٍّ. ³مَاذَا
 يُعْطِيكَ وَمَاذَا يَزِيدُ لَكَ لِسَانُ الْغِشِّ؟ ⁴سِهَامَ جَبَّارٍ
 مَسْنُونَةٍ مَعَ جَمْرِ الرَّثَمِ. ⁵وَيْلِي لِعُرْيَتِي فِي مَاشِكٍ،
 لِسَكْنِي فِي خِيَامٍ قِيدَارٍ. ⁶طَالَ عَلَى نَفْسِي سَكْنُهَا مَعَ
 مُبْغِضِ السَّلَامِ. ⁷أَنَا سَلَامٌ، وَحِينَمَا أَتَكَلَّمُ فَهُمْ لِلْحَرْبِ.

¹A Song of degrees. In my distress I cried
 unto the LORD, and he heard me. ²Deliver
 my soul, O LORD, from lying lips, and from
 a deceitful tongue. ³What shall be given
 unto thee? or what shall be done unto
 thee, thou false tongue? ⁴Sharp arrows of
 the mighty, with coals of juniper. ⁵Woe is
 me, that I sojourn in Mesech, that I dwell
 in the tents of Kedar! ⁶My soul hath long
 dwelt with him that hateth peace. ⁷I am for
 peace: but when I speak, they are for war.