

تَرْيِمَةُ الْمَصَاعِدِ.

¹أَرْفَعُ عَيْنَيَّ إِلَى الْجِبَالِ مِنْ حَيْثُ يَأْتِي عَوْنِي. ²مَعُونَتِي مِنْ عِنْدِ الرَّبِّ، صَانِعِ السَّمَاوَاتِ وَالْأَرْضِ. ³لَا يَدْعُ رَجُلَكَ تَزَلُّ، لَا يَتَعَسُّ حَافِظُكَ. ⁴إِنَّهُ لَا يَتَعَسُّ وَلَا يَتَأَمُّ، حَافِظُ إِسْرَائِيلَ. ⁵الرَّبُّ حَافِظُكَ، الرَّبُّ ظِلٌّ لَكَ عَنْ يَدِكَ الْيُمْنَى. ⁶لَا تَضْرِبُكَ الشَّمْسُ فِي النَّهَارِ وَلَا الْقَمَرُ فِي اللَّيْلِ. ⁷الرَّبُّ يَحْفَظُكَ مِنْ كُلِّ شَرٍّ، يَحْفَظُ نَفْسَكَ. ⁸الرَّبُّ يَحْفَظُ خُرُوجَكَ وَدُخُولَكَ مِنَ الْآنَ وَإِلَى الدَّهْرِ.

¹A Song of degrees. I will lift up mine eyes unto the hills, from whence cometh my help. ²My help cometh from the LORD, which made heaven and earth. ³He will not suffer thy foot to be moved: he that keepeth thee will not slumber. ⁴Behold, he that keepeth Israel shall neither slumber nor sleep. ⁵The LORD is thy keeper: the LORD is thy shade upon thy right hand. ⁶The sun shall not smite thee by day, nor the moon by night. ⁷The LORD shall preserve thee from all evil: he shall preserve thy soul. ⁸The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.