تَرْنِيمَةُ الْمَصَاعِدِ، لِدَاوُدَ،

لَوَّلَا الرَّبُّ الَّذِي كَانَ لِّنَا، لِيَقُلْ إِسْرَائِيلُ: ۖ لَوْلَا الرَّبُّ الَّذِي كَانَ لَنَا، لِيَقُلْ إِسْرَائِيلُ: ۖ لَوْلَا الرَّبُّ الَّذِي كَانَ لَنَا عِنْدَ مَا قَامَ النَّاسُ عَلَيْنَا، أَإِذاً لاَبْتَلَعُونا أَحْيَاءً عِنْدَ احْتِمَاءِ عَضِبِهِمْ عَلَيْنَا، أَإِذاً لَجَرَفَتْنَا الْمِيَاهُ لَعَبَرَ السَّيْلُ عَلَى الْفُسِـنَا الْمِيَاهُ لَعَبَرَ السَّيْلُ عَلَى الْفُسِـنَا الْمِيَاهُ لَعَبَرَتُ عَلَـى أَنْفُسِـنَا الْمِيَاهُ لَا يَعْلَى فَرِيسَـةً الطَّامِيَةُ. أَمُبَارَكُ الـرَّبُّ اللَّذِي لَـمْ يُسْلِمْنَا فَرِيسَـةً لأَسْنَا بِهِمْ. أَنْفُسُنَا مِثْلَ الْعُصْفُورِ مِـنْ فَحَ للْاسْنَانِهِمْ. أَنْفُلُسْنَا وَنَحْنُ انْفَلَئْنَا. أَعَوْنُنَا بِاسْمِ الرَّبِّ الرَّبِّ الطَّانِعِ السَّمَاوَاتِ وَالأَرْضَ.

¹A Song of degrees of David. If it had not been the LORD who was on our side, now may Israel say; If it had not been the LORD who was on our side, when men rose up against us: Then they had swallowed us up quick, when their wrath was kindled against us: 4Then the waters had overwhelmed us, the stream had gone over our soul: Then the proud waters had gone over our soul. Blessed be the LORD, who hath not given us as a prey to their teeth. Our soul is escaped as a bird out of the snare of the fowlers: the snare is broken, and we are escaped. Our help is in the name of the LORD, who made heaven and earth.