تَرْنِيمَةُ الْمَصَاعِدِ، لِسُلَيْمَانَ،

ا إِنَّ لَمْ يَبْنِ الرَّبُّ الْبَيْتَ فَبَاطِلاً يَتْعَبُ الْبَتَّاؤُونَ. إِنْ لَمْ يَحْفَظِ الرَّبُّ الْمَدِينَةَ فَبَاطِلاً يَسْهَرُ الْحَارِسُ. بَاطِلُ هُوَ لَكُمْ أَنْ تُبَكِّرُوا إِلَى الْقِيَامِ، مُؤَخِّرِينَ الْجُلُوسَ، آكِلِينَ كُمْ أَنْ تُبَكِّرُوا إِلَى الْقِيَامِ، مُؤَخِّرِينَ الْجُلُوسَ، آكِلِينَ خُبْرَ الاَّتْعَابِ. لَكِنَّهُ يُعْطِي حَبِيبَهُ نَوْماً. هُ وَذَا الْبَتُونَ مِيرَاثُ مِنْ عِنْدِ الرَّبِّ، ثَمَرَهُ الْبَطْنِ أُجْرَهُ. كَسِهَامٍ بِيَدِ جَبَّارٍ هَكَذَا أَبْنَاءُ الشَّبِيبَةِ. وَلُوبَى لِلَّذِي مَلاَ جُعْبَتَهُ مِنْهُمْ. لاَ جَبَّارٍ هَكَذَا أَبْنَاءُ الشَّبِيبَةِ. وَلُوبَى لِلَّذِي مَلاَ جُعْبَتَهُ مِنْهُمْ. لاَ يَخْزَوْنَ، بَلْ يُكَلِّمُونَ الأَعْدَاءَ فِي الْبَابِ.

¹A Song of degrees for Solomon. Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain.²It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.³Lo, children are an heritage of the LORD: and the fruit of the womb is his reward.⁴As arrows are in the hand of a mighty man; so are children of the youth.⁵Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate.