

¹هَلِّلُوبَا. سَبِّحِي، يَا نَفْسِي، الرَّبَّ. ²أَسْبِّحُ الرَّبَّ فِي حَيَاتِي، وَأَرْثُمُ لِلْإِلَهِ مَا دُمْتُ مَوْجُودًا.
³لَا تَتَّكِلُوا عَلَى الرُّؤَسَاءِ وَلَا عَلَى ابْنِ آدَمَ، حَيْثُ لَا خَلَاصَ عِنْدَهُ. ⁴تَخْرُجُ رُوحُهُ فَيَعُودُ إِلَى ثَرَايِهِ، فِي ذَلِكَ الْيَوْمِ نَفْسِهِ تَهْلِكُ أَفْكَارُهُ.
⁵طَوَى لِمَنْ إِلَهٌ يَعْقُوبُ مُعِينُهُ، وَرَجَاؤُهُ عَلَى الرَّبِّ إِلَهِهِ، ⁶الصَّانِعِ السَّمَاوَاتِ وَالْأَرْضَ، الْبَحْرَ وَكُلَّ مَا فِيهَا، الْخَافِظِ الْأَمَانَةَ إِلَى الْأَبَدِ، ⁷الْمُجْرِي حُكْمًا لِلْمَظْلُومِينَ، الْمُعْطِي خُبْرًا لِلْجِيَاعِ. الرَّبُّ يُطْلِقُ الْأَسْرَى. ⁸الرَّبُّ يَفْتَحُ أَعْيُنَ الْعُمَى. الرَّبُّ يَقُومُ الْمُنْحَنِينَ. الرَّبُّ يُجِبُّ الصَّادِقِينَ. ⁹الرَّبُّ يَحْفَظُ الْغُرَبَاءَ، يَعْصُدُ الْيَتِيمَ وَالْأَرْمَلَةَ، أَمَّا طَرِيقُ الْأَسْرَارِ فَيَعْوِجُهُ. ¹⁰يَمْلِكُ الرَّبُّ إِلَى الْأَبَدِ، إِلَهُكَ، يَا صِهْيُونُ، إِلَى دَوْرٍ قَدَوْرٍ. هَلِّلُوبَا.

¹Praise ye the LORD. Praise the LORD, O my soul. ²While I live will I praise the LORD: I will sing praises unto my God while I have any being. ³Put not your trust in princes, nor in the son of man, in whom there is no help. ⁴His breath goeth forth, he returneth to his earth; in that very day his thoughts perish. ⁵Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God: ⁶Which made heaven, and earth, the sea, and all that therein is : which keepeth truth for ever: ⁷Which executeth judgment for the oppressed: which giveth food to the hungry. The LORD looseth the prisoners: ⁸The LORD openeth the eyes of the blind: the LORD raiseth them that are bowed down: the LORD loveth the righteous: ⁹The LORD preserveth the strangers; he relieveth the fatherless and widow: but the way of the wicked he turneth upside down. ¹⁰The LORD shall reign for ever, even thy God, O Zion, unto all generations. Praise ye the LORD.