

لِإِمَامِ الْمُغَنِّيِّ. لِيدُو نُثُون. مَرْمُورٌ لِدَاوُدَ.

<sup>1</sup>قُلْتُ: أَتَحْفَظُ لِسِيْلِي مِنَ الْخَطَا يَلِسَانِي، أَحْفَظُ لِقَمِي كِمَامَةً فِيمَا السَّرِيرُ مُقَابِلِي.<sup>2</sup> صَمْتُ صَمْتًا، سَكَتُ عَنْ الْخَيْرِ، فَتَحَرَّكَ وَجْعِي.<sup>3</sup> حَمَيْ قَلْبِي فِي جَوْفِي، عِنْدَ لَهْجِي اسْتَعَلَّتِ النَّارُ، تَكَلَّمْتُ يَلِسَانِي.<sup>4</sup> عَرَّفَنِي، يَا رَبُّ، نِهَائِي وَمِقْدَارَ أَيَّامِي كَمْ هِيَ، فَأَعْلَمَ كَيْفَ أَنَا زَائِلٌ.<sup>5</sup> هَوْدًا جَعَلْتَ أَيَّامِي أَسْبَارًا وَعُمْرِي كَلَّا شَيْءٍ فُذَامَكِ. إِنَّمَا نَفْحَةٌ كُلُّ إِنْسَانٍ قَدْ جُعِلَ. سِلَاةُ.<sup>6</sup> إِنَّمَا كَخَيَالٍ يَتَمَشَّى الْإِنْسَانُ، إِنَّمَا بَاطِلًا يَضْجُونَ، يَذْخَرُ دَخَائِرَ وَلَا يَذْرِي مَنْ يَضُمَّهَا.

<sup>7</sup>وَالآنَ مَاذَا اسْتَظَرْتُ، يَا رَبُّ؟ رَجَائِي فِيكَ هُوَ.<sup>8</sup> مِنْ كُلِّ مَعَاصِيٍّ تَجْنِي، لَا تَجْعَلْنِي عَارًا عِنْدَ الْجَاهِلِ.<sup>9</sup> صَمْتُ، لَا أَفْتُحْ قَمِي، لِأَنَّكَ أَنْتَ فَعَلْتَ.<sup>10</sup> ازْفَعْ عَنِّي صَرْبَكَ، مِنْ مُهَاجِمَةِ يَدِكَ أَنَا قَدْ قَيَيْتُ.<sup>11</sup> بِنَادِيَاتٍ، إِنْ أَدَبْتَ الْإِنْسَانَ مِنْ أَجْلِ إِثْمِهِ، أَقْبَيْتَ مِثْلَ الْعُتِّ مُسْتَهَاهُ. إِنَّمَا كُلُّ إِنْسَانٍ نَفْحَةٌ. سِلَاةُ.<sup>12</sup> اسْتَمِعْ صَلَاتِي، يَا رَبُّ، وَاصْغُ إِلَى صُرَاخِي، لَا تَسْكُتْ عَنْ دُمُوعِي. لَأَنِّي أَنَا غَرِيبٌ عِنْدَكَ، تَزِيلُ مِثْلَ جَمِيعِ آبَائِي.<sup>13</sup> أَفْتَصِرْ عَنِّي فَاتَّبَلْجْ قَبْلَ أَنْ أَذْهَبَ فَلَا أَوْجَدَ.

<sup>1</sup>To the chief Musician, even to Jeduthun, A Psalm of David. I said, I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me.<sup>2</sup>I was dumb with silence, I held my peace, even from good; and my sorrow was stirred.<sup>3</sup>My heart was hot within me, while I was musing the fire burned: then spake I with my tongue,<sup>4</sup>LORD, make me to know mine end, and the measure of my days, what it is; that I may know how frail I am.<sup>5</sup>Behold, thou hast made my days as an handbreadth; and mine age is as nothing before thee: verily every man at his best state is altogether vanity. Selah.<sup>6</sup>Surely every man walketh in a vain shew: surely they are disquieted in vain: he heapeth up riches, and knoweth not who shall gather them.<sup>7</sup>And now, Lord, what wait I for? my hope is in thee.<sup>8</sup>Deliver me from all my transgressions: make me not the reproach of the foolish.<sup>9</sup>I was dumb, I opened not my mouth; because thou didst it.<sup>10</sup>Remove thy stroke away from me: I am consumed by the blow of thine hand.<sup>11</sup>When thou with rebukes dost correct man for iniquity, thou makest his beauty to consume away like a moth: surely every man is vanity. Selah.<sup>12</sup>Hear my prayer, O LORD, and give ear unto my cry; hold not thy peace at my tears: for I am a stranger with thee, and a sojourner, as all my fathers were.<sup>13</sup>O spare me, that I may recover strength, before I go hence, and be no more.