

لِإِمَامِ الْمُعْتَبِرِينَ. عَلَى لَا تُهْلِكُ. مُدْهَبُهُ لِدَاوُدَ  
عِنْدَمَا هَرَبَ مِنْ قُدَّامِ شَاوُلَ فِي الْمَعَارَةِ.

<sup>1</sup>إِرْحَمْنِي، يَا إِلَهُ، اِرْحَمْنِي، لِأَنَّهُ بِكَ اخْتَمْتُ نَفْسِي  
وَبَطَلْتُ جَنَاحِيكَ أَخْتَمِي إِلَيَّ أَنْ تَغْبِرَ الْمَصَائِبُ. <sup>2</sup>أَصْرُحْ  
إِلَى إِلَهِ الْعَلِيِّ، إِلَى إِلَهِ الْمُحَامِي عَنِّي. <sup>3</sup>يُرْسِلُ مِنَ  
السَّمَاءِ وَيُخَلِّصُنِي، غَيْرَ الَّذِي يَتَهَمَّمُنِي. سِيْلَاهُ. <sup>4</sup>يُرْسِلُ  
إِلَهُ رَحْمَتِهِ وَحَقُّهُ. نَفْسِي بَيْنَ الْأَشْجَالِ، أَصْطَلِجُ بَيْنَ  
الْمُتَقِدِينَ بَنِي آدَمَ. أَسْتَأْنِثُهُمْ أَسِنَّةً وَسِهَامًا وَلِسَانُهُمْ  
سَيْفٌ قَاصٍ. <sup>5</sup>ارْتَفِعْ، اللَّهُمَّ، عَلَى السَّمَاوَاتِ، لِيَرْتَفِعْ عَلَى  
كُلِّ الْأَرْضِ مَجْدُكَ. <sup>6</sup>هَيَّاوَا شَبَكَةً لِحَطَوَاتِي، انْحَنَتْ  
نَفْسِي. حَقَرُوا قُدَّامِي حُفْرَةً، سَقَطُوا فِي وَسْطِهَا.  
سِيْلَاهُ.

<sup>7</sup>تَأَيُّتُ قَلْبِي، يَا إِلَهُ، تَأَيُّتُ قَلْبِي. أُعْنِي وَأَرْثِمُ. <sup>8</sup>اسْتَيْقِظْ،  
يَا مَجْدِي، اسْتَيْقِظِي، يَا رَبَّابُ وَبَا عُوْدُ، أَنَا أَسْتَيْقِظُ  
سَجَرًا. <sup>9</sup>أَحْمَدُكَ بَيْنَ الشُّعُوبِ، يَا رَبُّ، أَرْتِمُ لَكَ بَيْنَ  
الْأُمَمِ. <sup>10</sup>لَآنَ رَحْمَتِكَ قَدْ عَظُمَتْ إِلَى السَّمَاوَاتِ وَإِلَى  
الْعَمَامِ حَقُّكَ. <sup>11</sup>ارْتَفِعْ، اللَّهُمَّ، عَلَى السَّمَاوَاتِ، لِيَرْتَفِعْ  
عَلَى كُلِّ الْأَرْضِ مَجْدُكَ.

<sup>1</sup>To the chief Musician, Altaschith, Michtam of David, when he fled from Saul in the cave. Be merciful unto me, O God, be merciful unto me: for my soul trusteth in thee: yea, in the shadow of thy wings will I make my refuge, until these calamities be overpast. <sup>2</sup>I will cry unto God most high; unto God that performeth all things for me. <sup>3</sup>He shall send from heaven, and save me from the reproach of him that would swallow me up. Selah. God shall send forth his mercy and his truth. <sup>4</sup>My soul is among lions: and I lie even among them that are set on fire, even the sons of men, whose teeth are spears and arrows, and their tongue a sharp sword. <sup>5</sup>Be thou exalted, O God, above the heavens; let thy glory be above all the earth. <sup>6</sup>They have prepared a net for my steps; my soul is bowed down: they have digged a pit before me, into the midst whereof they are fallen themselves. Selah. <sup>7</sup>My heart is fixed, O God, my heart is fixed: I will sing and give praise. <sup>8</sup>Awake up, my glory; awake, psaltery and harp: I myself will awake early. <sup>9</sup>I will praise thee, O Lord, among the people: I will sing unto thee among the nations. <sup>10</sup>For thy mercy is great unto the heavens, and thy truth unto the clouds. <sup>11</sup>Be thou exalted, O God, above the heavens: let thy glory be above all the earth.