

¹To 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.² I was dumb with silence, I held my peace, even from good; and my sorrow was stirred.³ My heart was hot within me, while I was musing the fire burned: then spake I with my tongue,⁴ LORD, make me to know mine end, and the measure of my days, what it is; that I may know how frail I am.⁵ 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.⁶ 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.⁷ And now, Lord, what wait I for? my hope is in thee.⁸ Deliver me from all my transgressions: make me not the reproach of the foolish.⁹ I was dumb, I opened not my mouth; because thou didst it.¹⁰ Remove thy stroke away from me: I am consumed by the blow of thine hand.¹¹ 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.¹² 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.¹³ O spare me, that I may recover strength, before I go hence, and be no more.

لِإِمَامِ الْمُحَنَّنِينَ. لِيَذُوتُونَ. مَرْمُورٌ لِدَاوُدَ.
¹قُلْتُ: أَتَحْفَظُ لِسِيْلِي مِّنَ الْخَطَايَا لِيَسَانِي، أَحْفَظُ لِقَمِي كِمَامَةً فِيمَا السَّرِيرُ مُقَابِلِي.² صَمْتُ صَمْتًا، سَكَتٌ عَنِ الْخَيْرِ، فَتَحَرَّكَ وَجْعِي.³ خَمِيَ قَلْبِي فِي خَوْفِي، عِنْدَ لَهْجِي اسْتَعَلَّتِ النَّارُ، تَكَلَّمْتُ بِلِسَانِي.⁴ عَرَّفْنِي، يَا رَبُّ، نِهَائِي وَمِقْدَارَ أَيَّامِي كَمْ هِيَ، فَأَعْلَمَ كَيْفَ أَنَا رَائِلٌ.⁵ هُوَذَا جَعَلْتَ أَيَّامِي أَشْبَارًا وَعُمْرِي كَلَا شَيْءٍ قُدَّامَكَ. إِنَّمَا نَفْحَةٌ كُلُّ إِنْسَانٍ قَدْ جُعِلَ. سِلَاةُ.⁶ إِنَّمَا كَحَيَالٍ يَتَمَشَّى الْإِنْسَانُ، إِنَّمَا بَاطِلًا يَضْجُونَ، يَذْجُرُ دَخَائِرُ وَلَا يَذَرِي مَن يَصْمُمُهَا.
⁷وَالآنَ مَاذَا اسْتَطَرْتُ، يَا رَبُّ؟ رَجَائِي فِيكَ هُوَ. مِنْ كُلِّ مَعْاصِيٍّ تَجْنِي، لَا تَجْعَلْنِي غَارًا عِنْدَ الْجَاهِلِ.⁹ صَمْتُ، لَا أَفْتَحْ قَمِي، لِأَنَّكَ أَنْتَ فَعَلْتَ.¹⁰ ازْقِعْ عَنِّي صَرْبَكَ، مِنْ مُهَاجِمَةِ يَدِكَ أَنَا قَدْ فَنَيْتُ.¹¹ يَتَأْدِيبَاتٍ، إِنْ أَذَبْتَ الْإِنْسَانَ مِنْ أَجْلِ إِيْمِهِ، أَفْنَيْتُ مِثْلَ الْعُتِّ مُسْتَهَاءً. إِنَّمَا كُلُّ إِنْسَانٍ نَفْحَةٌ. سِلَاةُ.¹² اسْتَمِعْ صَلَاتِي، يَا رَبُّ، وَاصْغُ إِلَى صُرَاخِي، لَا تَسْكُتْ عَنْ دُمُوعِي. لِأَنِّي أَنَا غَرِيبٌ عِنْدَكَ، تَزِيلُ مِثْلَ جَمِيعِ آبَائِي.¹³ اقْتَصِرْ عَنِّي فَاتَّبَلِجْ قَبْلَ أَنْ أَذْهَبَ فَلَا أَوْجَدُ.