

¹To the chief Musician, A Psalm of David. Blessed is he that considereth the poor: the LORD will deliver him in time of trouble.²The LORD will preserve him, and keep him alive; and he shall be blessed upon the earth: and thou wilt not deliver him unto the will of his enemies.³The LORD will strengthen him upon the bed of languishing: thou wilt make all his bed in his sickness.⁴I said, LORD, be merciful unto me: heal my soul; for I have sinned against thee.⁵Mine enemies speak evil of me, When shall he die, and his name perish?⁶And if he come to see me, he speaketh vanity: his heart gathereth iniquity to itself; when he goeth abroad, he telleth it.⁷All that hate me whisper together against me: against me do they devise my hurt.⁸An evil disease, say they, cleaveth fast unto him: and now that he lieth he shall rise up no more.⁹Yea, mine own familiar friend, in whom I trusted, which did eat of my bread, hath lifted up his heel against me.¹⁰But thou, O LORD, be merciful unto me, and raise me up, that I may requite them.¹¹By this I know that thou favourest me, because mine enemy doth not triumph over me.¹²And as for me, thou upholdest me in mine integrity, and settest me before thy face for ever.¹³Blessed be the LORD God of Israel from everlasting, and to everlasting. Amen, and Amen.

لِإِمَامِ الْمُحَنَّنِينَ. مَرْمُورٌ لِدَاوُدَ.

¹طُوبَى لِلَّذِي يَنْظُرُ إِلَى الْمِسْكِينِ، فِي يَوْمِ السَّرِّ يُنَجِّيهِ الرَّبُّ. ²الرَّبُّ يَحْفَظُهُ وَيُحْيِيهِ، يَعْطِطُ فِي الْأَرْضِ وَلَا يُسَلِّمُهُ إِلَى مَرَامِ أَعْدَائِهِ. ³الرَّبُّ يَعْضُدُهُ وَهُوَ عَلَى فِرَاسِ الصَّغْفَى، مَهَّدَتْ مَصْجَعَهُ كُلَّهُ فِي مَرَضِهِ. ⁴أَنَا قُلْتُ: يَا رَبُّ، ارْحَمْنِي. اشْفِ نَفْسِي، لِأَنِّي قَدْ أَخْطَأْتُ إِلَيْكَ. ⁵أَعْدَائِي يَتَقَاوَلُونَ عَلَيَّ بِسَرٍّ: مَتَى يَمُوتُ وَيَبِيدُ اسْمُهُ؟ وَإِنْ دَخَلَ لِيَرَانِي يَتَكَلَّمُ بِالْكَذِبِ. قَلْبُهُ يَجْمَعُ لِنَفْسِهِ إِثْمًا، يَخْرُجُ، فِي الْحَارِجِ يَتَكَلَّمُ. ⁷كُلُّ مُبْغِضِيَّ يَسْتَأْجُونَ مَعًا عَلَيَّ، عَلَيَّ تَفَكَّرُوا بِأَذْيَابِي. ⁸يَقُولُونَ: أَمْرٌ رَدِيءٌ قَدْ انْسَكَبَ عَلَيْهِ، حَيْثُ اصْطَلَجَ لَا يَعُودُ يَقُومُ. ⁹أَيْضًا رَجُلٌ سَلَامَتِي، الَّذِي وَتَقْتُ بِهِ، أَكَلِ خُبْزِي، رَفَعَ عَلَيَّ عَقَبَهُ. ¹⁰أَمَّا أَنْتَ، يَا رَبُّ، فَارْحَمْنِي وَأَقِمْنِي فَأَجَارَنَّهُمْ. ¹¹بِهَذَا عَلِمْتُ أَنَّكَ سَرَرْتَ بِي، أَنَّهُ لَمْ يَهْتِفْ عَلَيَّ عَدُوِّي. ¹²أَمَّا أَنَا، فَبِكَمَالِي دَعَمْتَنِي وَأَقَمْتَنِي قُدَامَكَ إِلَى الْأَبَدِ. ¹³مُبَارَكُ الرَّبِّ، إِلَهَ إِسْرَائِيلَ، مِنَ الْأَزَلِ وَإِلَى الْأَبَدِ. آمِينَ قَامِينَ.