

¹اِحْمَدُوا الرَّبَّ لِأَنَّهُ صَالِحٌ، لَأَنَّ إِلَى الْآبِدِ رَحْمَتُهُ:² لِيَقُلْ
مَقْدُوبُ الرَّبِّ، الَّذِينَ قَدَّاهُمْ مِنْ يَدِ الْعَدُوِّ³ وَمِنْ الْبُلْدَانِ
جَمَعَهُمْ، مِنَ الْمَشْرِقِ وَمِنْ الْمَغْرِبِ، مِنَ الشَّمَالِ وَمِنْ
الْبَحْرِ.⁴ تَأْهُوا فِي الْبَرِّيَّةِ، فِي قَفَرٍ بِلَا طَرِيقٍ، لَمْ يَجِدُوا
مَدِينَةً سَكَنَ.⁵ جِيَاعٌ، عَطَاشٌ، أَيْضاً أَغْيَتْ أَنْفُسُهُمْ
فِيهِمْ.⁶ قَصَّرَحُوا إِلَى الرَّبِّ فِي ضَيْقِهِمْ فَأَنْقَذَهُمْ مِنْ
سَدَائِدِهِمْ،⁷ وَهَدَاهُمْ طَرِيقاً مُسْتَقِيماً لِيَذْهَبُوا إِلَى مَدِينَةٍ
سَكَنَ.⁸ فَلِيَحْمَدُوا الرَّبَّ عَلَى رَحْمَتِهِ وَعَجَائِبِهِ لِيَتَبَيَّنَ
آدَمُ،⁹ لِأَنَّهُ أَشْبَعَ نَفْساً مُسْتَهْيَةً وَمَلَأَ نَفْساً جَائِعَةً خُبْراً.¹⁰
الْجَالِسُونَ فِي الظُّلْمَةِ وَظِلَالِ الْمَوْتِ، مُوثَقِينَ بِالذُّلِّ
وَالْحَدِيدِ،¹¹ لِأَنَّهُمْ عَصَوْا كَلَامَ اللَّهِ وَأَهَانُوا مَسُورَةَ الْعَلِيِّ،
فَأَذَلَّ قُلُوبَهُمْ يَتَعَبٍ، عَثَرُوا، وَلَا مَعِينَ.¹² ثُمَّ صَرَّحُوا إِلَى
الرَّبِّ فِي ضَيْقِهِمْ فَخَلَّصَهُمْ مِنْ سَدَائِدِهِمْ،¹³ أَخْرَجَهُمْ مِنَ
الظُّلْمَةِ وَظِلَالِ الْمَوْتِ، وَقَطَعَ قُبُودَهُمْ.¹⁴ فَلِيَحْمَدُوا الرَّبَّ
عَلَى رَحْمَتِهِ وَعَجَائِبِهِ لِيَتَبَيَّنَ آدَمُ،¹⁵ لِأَنَّهُ كَسَّرَ مَصَارِيعَ
نُحَاسٍ وَقَطَعَ عَوَارِضَ حَدِيدٍ.¹⁶
وَالْجَهَّالُ مِنْ طَرِيقٍ مَعْصِيَتِهِمْ وَمِنْ آثَامِهِمْ
يُذَلُّونَ.¹⁷ كَرِهَتْ أَنْفُسُهُمْ كُلَّ طَعَامٍ وَأَفْتَرَبُوا إِلَى أَبْوَابِ
الْمَوْتِ.¹⁸ قَصَّرَحُوا إِلَى الرَّبِّ فِي ضَيْقِهِمْ فَخَلَّصَهُمْ مِنْ
سَدَائِدِهِمْ،¹⁹ أَرْسَلَ كَلِمَتَهُ فَسَقَاهُمْ وَتَجَّاهُمْ مِنْ
تَهْلُكَتِهِمْ.²⁰ فَلِيَحْمَدُوا الرَّبَّ عَلَى رَحْمَتِهِ وَعَجَائِبِهِ لِيَتَبَيَّنَ
آدَمُ،²¹ وَلِيَذْهَبُوا لَهُ دَبَائِحُ الْحَمْدِ، وَلِيُعْطُوا أَعْمَالَهُ بِتَرْتُّمٍ.
وَالنَّارِلُونَ إِلَى الْبَحْرِ فِي السُّفُنِ، الْعَامِلُونَ عَمَلاً فِي
الْمِيَاهِ الْكَثِيرَةِ،²² هُمْ رَأَوْا أَعْمَالَ الرَّبِّ وَعَجَائِبَهُ فِي
الْعُمُقِ.²³ أَمَرَ فَأَهَاجَ رِيحاً غَاصِفَةً فَارْفَعَتْ
أَمْوَاجُهُ.²⁴ يَضَعُدُونَ إِلَى السَّمَاءَاتِ، يَهَيِّطُونَ إِلَى
الْأَعْمَاقِ، دَابَّتْ أَنْفُسُهُمْ بِالسَّقَاءِ.²⁵ يَتَمَاطِلُونَ وَيَتَرْتَحُونَ
مِثْلَ السَّكْرَانِ، وَكُلُّ حِكْمَتِهِمْ ابْتَلَعَتْ.²⁶ قَيَضَرَحُونَ إِلَى
الرَّبِّ فِي ضَيْقِهِمْ، وَمِنْ سَدَائِدِهِمْ يُخَلِّصُهُمْ.²⁷ يُهْدِي
الْعَاصِفَةَ فَتَسْكُنُ، وَتَسْكُنُ أَمْوَاجُهَا.²⁸ فَيَفْرَحُونَ لِأَنَّهُمْ
هَدَّاهُ، فَيَهْدِيهِمْ إِلَى الْمَرْقَا الَّذِي يُرِيدُونَهُ.²⁹ فَلِيَحْمَدُوا
الرَّبَّ عَلَى رَحْمَتِهِ وَعَجَائِبِهِ لِيَتَبَيَّنَ آدَمُ،³⁰ وَلِيُزَفِّعُوهُ فِي
مَجْمَعِ السَّعْبِ وَلِيُسَبِّحُوهُ فِي مَجْلِسِ الْمَسَاحِ.³¹
يَجْعَلُ الْأَنْهَارَ قِفَاراً وَمَجَارِيَ الْمِيَاهِ مَعْطِشَةً،³² وَالْأَرْضَ
الْمُتْمِرَةَ سَبْخَةً مِنْ سَرِّ السَّاكِنِينَ فِيهَا.³³ يَجْعَلُ الْقَفَرَ
عَدِيرَ مِيَاهٍ وَأَرْضاً يَتَابِعُ مِيَاهُ.³⁴ وَيُسْكِنُ هُنَاكَ الْجِيَاعَ
فَيَهَيِّئُونَ مَدِينَةً سَكَنَ.³⁵ وَيَتَرَعَّوْنَ حُقُولاً وَيَغْرِشُونَ

¹O give thanks unto the LORD, for he is good: for his mercy endureth for ever.²Let the redeemed of the LORD say so, whom he hath redeemed from the hand of the enemy;³And gathered them out of the lands, from the east, and from the west, from the north, and from the south.⁴They wandered in the wilderness in a solitary way; they found no city to dwell in.⁵Hungry and thirsty, their soul fainted in them.⁶Then they cried unto the LORD in their trouble, and he delivered them out of their distresses.⁷And he led them forth by the right way, that they might go to a city of habitation.⁸Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men!⁹For he satisfieth the longing soul, and filleth the hungry soul with goodness.¹⁰Such as sit in darkness and in the shadow of death, being bound in affliction and iron;¹¹Because they rebelled against the words of God, and contemned the counsel of the most High:¹²Therefore he brought down their heart with labour; they fell down, and there was none to help.¹³Then they cried unto the LORD in their trouble, and he saved them out of their distresses.¹⁴He brought them out of darkness and the shadow of death, and brake their bands in sunder.¹⁵Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men!¹⁶For he hath broken the gates of brass, and cut the bars of iron in sunder.¹⁷Fools because of their transgression, and because of their iniquities, are afflicted.¹⁸Their soul

كُرُومًا فَتَضَعُ تَمَرَ عَلَيَّ. ³⁸ وَيُبَارِكُهُمْ فَيَكْثُرُونَ جِدًّا وَلَا
يُقَلِّلُ بِهَائِمَهُمْ. ³⁹ ثُمَّ يَقْلُونَ وَيَتَحَنُّونَ مِنْ صَعَطِ الشَّرِّ
وَالْحُزْنِ. ⁴⁰ يَسْكُبُ هَوَانًا عَلَى رُؤُسَاءِ وَيُضِلُّهُمْ فِي تَبَعِ بِلَا
طَرِيقٍ، ⁴¹ وَيُعَلِّي الْمُسْكِينَ مِنَ الذَّلِّ وَيَجْعَلُ الْقَبَائِلَ مِثْلَ
قُطْعَانِ الْعَتَمِ. ⁴² يَرَى ذَلِكَ الْمُسْتَقِيمُونَ فَيَفْرَحُونَ، وَكُلُّ
إِنَّم يَسُدُّ قَاهُ. ⁴³ مَنْ كَانَ حَكِيمًا يَحْفَظْ هَذَا وَيَتَعَقَّلْ
مَرَاجِمَ الرَّبِّ.

abhorreth all manner of meat; and they draw near unto the gates of death. ¹⁹ Then they cry unto the LORD in their trouble, and he saveth them out of their distresses. ²⁰ He sent his word, and healed them, and delivered them from their destructions. ²¹ Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men! ²² And let them sacrifice the sacrifices of thanksgiving, and declare his works with rejoicing. ²³ They that go down to the sea in ships, that do business in great waters; ²⁴ These see the works of the LORD, and his wonders in the deep. ²⁵ For he commandeth, and raiseth the stormy wind, which lifteth up the waves thereof. ²⁶ They mount up to the heaven, they go down again to the depths: their soul is melted because of trouble. ²⁷ They reel to and fro, and stagger like a drunken man, and are at their wits' end. ²⁸ Then they cry unto the LORD in their trouble, and he bringeth them out of their distresses. ²⁹ He maketh the storm a calm, so that the waves thereof are still. ³⁰ Then are they glad because they be quiet; so he bringeth them unto their desired haven. ³¹ Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men! ³² Let them exalt him also in the congregation of the people, and praise him in the assembly of the elders. ³³ He turneth rivers into a wilderness, and the watersprings into dry ground; ³⁴ A fruitful land into barrenness, for the wickedness of them that dwell therein. ³⁵ He turneth the wilderness into a standing water, and dry ground into

watersprings.³⁶ And there he maketh the hungry to dwell, that they may prepare a city for habitation;³⁷ And sow the fields, and plant vineyards, which may yield fruits of increase.³⁸ He blesseth them also, so that they are multiplied greatly; and suffereth not their cattle to decrease.³⁹ Again, they are minished and brought low through oppression, affliction, and sorrow.⁴⁰ He poureth contempt upon princes, and causeth them to wander in the wilderness, where there is no way.⁴¹ Yet setteth he the poor on high from affliction, and maketh him families like a flock.⁴² The righteous shall see it , and rejoice: and all iniquity shall stop her mouth.⁴³ Whoso is wise, and will observe these things , even they shall understand the lovingkindness of the LORD.