

## TEHILLIYM - Psalms

A Thanksgiving of David.

**151** I WAS the youngest among my brethren and a youth in my father's house. I used to feed my father's flock and I found a lion and a wolf and slew them and rent them. **2** My hands made a flute and my fingers fashioned a harp. **3** Who will show me my ADONAI? He, my ADONAI, is become my ELOHIYM. **4** He sent his Angel and took me away from my father's flock and anointed me with the oil of anointing. **5** My brethren, the fair and the tall, in them YAHUAH had no pleasure. **6** And I went forth to meet the Pelishtiy, and he cursed me by his idols. **7** But I drew his sword and cut off his head, and took away the reproach from the children of Yashar'el.

The Prayer of Yechizqiyahu when enemies surrounded him.

**152** WITH a loud voice, glorify ELOHIYM; in the assembly of many proclaim his glory. **2** Amid the multitude of the upright glorify his praise; and speak of his glory with the righteous. **3** Join your soul to the good and to the perfect, to glorify EL ELYON. **4** Gather yourselves together to make known his strength; and be not slow in showing forth his deliverance and his strength and his glory to all children. **5** That the honour of YAHUAH may be known, wisdom has been given; and to tell of his works it has been made known to men: **6** To make known unto children his strength, and to make them that lack understanding to comprehend his glory; **7** who are far from his entrances and distant from his gates: **8** Because YAHUAH of Ya`aqov is exalted, and his glory is upon all his works. **9** And a man who glorifies EL ELYON, in him will he take pleasure; as in one who offers fine meal, and as in one who offers he-goats and calves; **10** and as in one who makes fat the altar with a multitude of burnt offerings; and as the smell of incense from the hands of the just. **11** From your upright gates shall be heard his voice, and from the voice of the upright admonition. **12** And in their eating shall they be satisfied in truth, and in their drinking, when they share together. **13** Their dwelling is in the Torah of EL ELYON, and their speech is to make known his strength. **14** How far from the wicked is the speech of him, and from all transgressors to know him! **15** Lo, the eye of YAHUAH takes pity on the good, and unto them that glorify him will he multiply mercy, and from the time of evil will he deliver their soul. **16** Blessed be YAHUAH, who has delivered the

wretched from the hand of the wicked; who raises up a horn out of Ya`aqov and a Judge of the nations out of Yashar'el; **17** that he may prolong his dwelling in Tsiyon, and may adorn our age in Yerushalayim.

When the People obtained permission from Koresh to return home.

**153** O YAHUAH, I have cried unto you; hearken unto me. **2** I have lifted up my hands to your holy dwellingplace; incline your ear unto me. **3** And grant me my request; my prayer withhold not from me. **4** Build up my soul, and destroy it not; and lay it not bare before the wicked. **5** Them that recompense evil things turn you away from me, O Judge of Truth. **6** O YAHUAH, judge me not according to my sins, because no flesh is innocent before you. **7** Make plain to me, O YAHUAH, your Torah, and teach me your judgments; **8** and many shall hear of your works, and the nations shall praise your honour. **9** Remember me and forget me not; and lead me not into things that be too hard for me. **10** The sins of my youth make you to pass from me, and in my chastisement let them not be against me. **11** Cleanse me, O YAHUAH, from the evil leprosy, and let it no more come unto me. **12** Dry up its roots in me, and let not its leaves sprout within me. **13** Great are you, O YAHUAH; therefore my request shall be fulfilled from before you. **14** To whom shall I complain that he may give unto me? And what can the strength of men add unto me? **15** From before you, O YAHUAH, is my confidence; I cried unto YAHUAH and he heard me, and healed the breaking of my heart. **16** I slumbered and slept; I dreamed and was helped, and YAHUAH sustained me. **17** They sorely pained my heart; I will return thanks because YAHUAH delivered me. **18** Now will I rejoice in their shame; I have hoped in you, and I shall not be ashamed. **19** Give you honour forever, even forever and ever. **20** Deliver Yashar'el your elect, and them of the house of Ya`aqov your proved one.

Spoken by David when he was contending with the lion and the wolf which took a sheep from his flock.

**154** O ELOHIYM, O ELOHIYM, come to my aid; help me and save me; deliver my soul from the slayer. **2** Shall I go down to She'ol by the mouth of the lion? Or shall the wolf confound me? **3** Was it not enough for them that they lay in wait for my father's flock, and rent in pieces a sheep of

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my father's drove, but they were wishing also to destroy my soul? **4** Have pity, O YAHUAH, and save your holy one from destruction; that he may rehearse your glories in all his times, and may praise your great name: **5** When you have delivered him from the hands of the destroying lion and of the ravening wolf, and when you have rescued my captivity from the hands of the wild beasts. **6** Quickly, O my ADONAI, send from before you a deliverer, and draw me out of the gaping pit, which imprisons me in its depths.

Spoken by David when returning thanks to ELOHIYM, who had delivered him from the lion and the wolf and he had slain both of them.

**155** **PRAISE** ye YAHUAH, all ye nations; glorify him, and bless his name: **2** Who rescued the soul of his elect from the hands of death, and delivered his holy one from destruction: **3** And saved me from the nets of She'ol, and my soul from the pit that cannot be fathomed. **4** Because, before my deliverance could go forth from before him, I was almost rent in two pieces by two wild beasts. **5** But He sent his Angel, and shut up from me the gaping mouths, and rescued my life from destruction. **6** My soul shall glorify him and exalt him, because of all his kindnesses which he has done and will do unto me.