

תהלים כג Tehillim 23

אִמְזֹמֹר לְדָוִד ¹A Psalm of David:
 יְיָ רֹעִי לֹא אֶחְסָר YHVH is my shepherd; I shall not want.

בַּבְּנְאוֹת דָּשָׂא יִרְבִּיצֵנִי ²He makes me lie down in a meadow;
 עַל-מֵי מְנַחֹת יְנַהֲלֵנִי He leads me to calm waters.

גִּנְפְשִׁי יִשׁוּבֵב ³He restores my soul;
 יְנַחֲנֵי בְמַעְגְלֵי-צְדָק לְמַעַן שְׁמוֹ He guides me in righteous circles for
 the sake of His name.

דְּגַם כִּי-אֵלֶךְ בְּגִיא צְלָמוֹת לֹא-אִירָא רָע ⁴Though I walk through the valley of the
 shadow of death, I will fear no evil; for
 כִּי-אַתָּה עִמָּדִי You are with me;
 שִׁבְטֶךָ וּמִשְׁעַנְתֶּךָ הִמָּה יְנַחֲמֵנִי Your rod and Your staff, they comfort
 me.

הִתְעַרְדָּ לִפְנֵי שִׁלְחֹן נֹגֵד צָרָרִי ⁵You set a table before me in the
 presence of my bitter enemies;
 דִּשַׁנְתָּ בְשֶׁמֶן רֹאשִׁי כּוֹסֵי רוּחַ You anointed my head with oil; my cup
 overflows.

וַאֲדָ טוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל-יְמֵי חַיִּי ⁶Surely goodness and kindness shall
 pursue me all the days of my life;
 וְשָׁבַתִּי בְּבַיִת-יְיָ לְאָרְךָ יָמִים. And I shall dwell in the house of YHVH
 for many years.

תהלים ל Tehillim 30

אִמְזֹמֹר שִׁיר-חֲנֻכַּת הַבַּיִת לְדָוִד ¹A Psalm of David, a song for the
 Dedication of the House.

בְּאַרְוֹמְמֶךָ יְיָ כִּי דָלִיתָנִי ²I will extol you, YHVH; for you raised
 me up and you have not made my
 וְלֹא-שִׂמְחַתְּ אִיבֵי לִי enemies to rejoice over me.

גִּי אֱלֹהֵי שׁוּעָתִי אֶלֶיךָ וַתִּרְפְּאֵנִי ³YHVH, my God, I cried to You; and You
 healed me.



Text Sheet for Psalms of Healing in Music and Art

דַּיִּי הַעֲלִיתָ מִן-שְׁאוֹל נַפְשִׁי
חַיִּיתָנִי, מִיורְדֵי- (מִיְרֵדֵי-) בּוֹר.
4YHVH, You brought up my soul from
Sheol [the netherworld]
You kept me alive from descending the
pit.

הִזְמְרוּ לַיהוָה חֲסִידָיו
וְהוֹדוּ לְזֵכֶר קִדְשׁוֹ
5Sing praise to YHVH, His pious ones,
and give thanks to His holy name.

כִּי רָגַע בְּאַפּוֹ חַיִּים בְּרָצוֹנוֹ
בְּעָרֵב יָלִין בְּכִי וְלִבְקָר רִנָּה
6His anger is a moment
His favor is a lifetime
Weeping may stay the night
But joy comes in the morning.

וַיֹּאמֶר אֲמַרְתִּי בְשִׁלְוִי בַל-אָמוּט
לְעוֹלָם
7And me, I had said when I was secure,
"I shall never be moved."

יְיָ בְּרָצוֹנְךָ הֵעֵמְדָתָה לְהַרְרֵי-עוֹז
הִסְתַּתְרָת פְּנֵיךָ הִייתִי נִבְהָל
8YHVH, in Your favor, you erected my
mountain as a stronghold
You hid your face; I was alarmed.

יְיָ אֱלֹהֵיךָ יְיָ אֶקְרָא וְאֵל-אֲדֹנָי אֶתְחַנֵּן
9To You, YHVH, I will call and to my Lord
I will plead.

יְמָה-בָּצַע בְּדַמִּי בְּרִדְתִּי אֵל-שְׁחַת
הַיּוֹדֵךָ עֶפְרָה הִגִּיד אֱמֻנָתְךָ
10What gain is there in my blood, when I
go down to the grave?
Shall the dust praise You? Shall it
declare Your truth?

יִשְׁמַע יְיָ וְחַנּוּנִי יְיָ הִיָּה-עֹזֵר לִי
11Hear, YHVH, and have mercy on me;
YHVH, be my helper.

יְבַהֲרָתָּ מִסִּפְדֵי לְמַחֹל לִי
פִתַּחְתָּ שַׁקִּי וַתִּאֲזָרְנִי שִׂמְחָה
12You turned my mourning into dancing;
You opened my sackcloth and girded me
with joy.

יִלְמַעַן יִזְמְרֶךָ כְּבוֹד וְלֹא יִדָּם
יְיָ אֱלֹהֵי לְעוֹלָם אֲוֹדֶךָ
13So that my soul may sing to You and
not be silent
YHVH, my God, forever I will thank You.

תהלים קיח Psalm 118

- אֶהְדוּ לַיהוָה כִּי טוֹב כִּי לְעוֹלָם חַסְדּוֹ ¹Give thanks to YHVH, for He is good,
 for His kindness is forever.
- בִּיאֲמֹר-נָא יִשְׂרָאֵל כִּי לְעוֹלָם חַסְדּוֹ ²Let Israel say, for His kindness is
 forever,
- גִּיאֲמֹרוּ-נָא בֵּית-אַהֲרֹן כִּי לְעוֹלָם
 חַסְדּוֹ ³Let the house of Aaron say, for His
 kindness is forever.
- דִּיאֲמֹרוּ-נָא יְרֵאֵי יְהוָה כִּי לְעוֹלָם חַסְדּוֹ ⁴Let those who fear YHVH say, for His
 kindness is forever.
- הִמֵּן-הִמְצַר קָרָאתִי יְהוָה עֲנֵנִי בַמְּרֻחַב
 יְהוָה ⁵Out of the straits I called God; God
 answered me with expansiveness.
- וַיְהִי לִי לֹא אֵיךָ מָה-יַעֲשֶׂה לִּי אָדָם ⁶YHVH is with me; I will not fear; what
 can a man do to me?
- זִיְהִי לִי בְעֲזָרִי וְאֲנִי, אֶרְאֶה בְשֹׁנְאֵי ⁷YHVH is with me as my helper; and,
 me, I shall face those that hate me.
- חֲטוֹב לְחַסוֹת בַּיהוָה מִבְּטַח בְּאָדָם ⁸It is better to take refuge in YHVH than
 to trust a man.
- טֲטוֹב לְחַסוֹת בַּיהוָה מִבְּטַח
 בְּנְדִיבִים. ⁹It is better to take refuge in YHVH than
 to trust in princes.
- יְכָל-גּוֹיִם סָבְבוּנִי בְּשֵׁם יְהוָה כִּי אֶמְלֹךְ ¹⁰All nations surrounded me; in the
 name of YHVH I will cut them off.
- יִסְבְּבוּנִי גַם-סָבְבוּנִי בְּשֵׁם יְהוָה כִּי
 אֶמְלֹךְ ¹¹They certainly surround me; in the
 name of YHVH I will cut them off.
- יִסְבְּבוּנִי כְדָבוּרִים דָּעֲכוּ כְאֵשׁ קוֹצִים
 בְּשֵׁם יְהוָה כִּי אֶמְלֹךְ ¹²They surround me about like bees,
 they are extinguished as the fire of
 thorns; in the name of YHVH I will cut
 them off.
- יִדְחָה דְחִיתַנִּי לְנַפְל וַיְהִי עֲזָרִנִּי ¹³Thou pushed hard at me to [make
 me] fall; but YHVH helped me.



Text Sheet for Psalms of Healing in Music and Art

- יְעֲזֵי וְזַמְרַת יְהוָה וַיְהִי-לִי, לִישׁוּעָה 14 YHVH is my strength and song; and He has become my salvation.
- טִיבִּקוֹל רְנָה וִישׁוּעָה בְּאֹהֲלֵי צְדִיקִים יְמִין יְיָ עֹשֶׂה חַיִּל 15 The voice of singing and salvation is in the tents of the righteous; the right hand of YHVH does mighty things.
- טִיבִּימִין יְיָ רוּמְמָה יְמִין יְיָ עֹשֶׂה חַיִּל 16 The right hand of YHVH is elevated; the right hand of YHVH does mighty things.
- יִלְא-אָמוֹת כִּי-אֶחְיֶה וְאֶסְפֹּר מַעֲשֵׂי יְהוָה 17 I will not die but live, and I tell the deeds of YHVH.
- יִיִסֵּר יִסְרָנִי יְהוָה וְלָמוֹת לֹא נִתְּנָנִי 18 God has chastened me greatly; but He has not given me to death.
- יִפְתְּחוּ-לִי שַׁעְרֵי-צְדָק אָבֹא-בָם אֹדֶה יְהוָה 19 Open to me the gates of righteousness; I will enter into them; I will thank YHVH.
- זֶה-הַשַּׁעַר לִי צְדִיקִים יָבֹאוּ בו 20 This is the gate of YHVH; the righteous shall enter it.
- כִּי אֹדֶדְךָ, כִּי עֲנִיתָנִי וַתְּהִי-לִי לִישׁוּעָה 21 I will thank You, for You answered me, and you became my salvation.
- כִּבְאֶבֶן מְאֻסּוֹ הַבּוֹנִים הִיתָה לְרֹאשׁ פִּנֵּה 22 The stone the builders rejected has become the main cornerstone.
- כִּימַאת יְיָ הִיתָה זֹאת הִיא נִפְלְאוֹת בְּעֵינֵינוּ 23 This is YHVH's doing; it is wondrous in our eyes.
- כִּזְה-הַיּוֹם עָשָׂה יְיָ נִגִּילָה וְנִשְׂמְחָה בו 24 This is the day YHVH has made; let us rejoice and be glad in it.
- כִּהֲאֲנָא יְיָ הוֹשִׁיעָה נָא אֲנָא יְיָ הַצְּלִיחָה נָא 25 Please, YHVH save us! Please, YHVH, grant us success!
- כִּיבְרוּךְ הַבָּא בְּשֵׁם יְיָ בְּרַכְנוּכֶם מִבֵּית יְיָ 26 Blessed is the one that comes in the name of YHVH; we bless you from the house of YHVH.



Text Sheet for Psalms of Healing in Music and Art

כִּי־אֵל יְיָ וַיִּצְרֵךְ לָנוּ אֶסְרוּ-חַג בְּעֵבְתַיִם
עַד-קַרְנוֹת הַמִּזְבֵּחַ. ²⁷YHVH is God; He gave us light; bind
the festival offering with cords until the
horns of the altar.

כִּי־אֵלֵי אַתָּה וְאוֹדְךָ אֱלֹהֵי אֲרוֹמְמֶךָ. ²⁸You are my God, and I will thank you;
My God, I will exalt You.

כִּי־הוֹדוּ לַיְיָ כִּי-טוֹב כִּי לְעוֹלָם חַסְדּוֹ ²⁹Thank YHVH, for [YHVH] is good, for
His kindness is forever.

תהלים קכא Psalm 121

אֲשִׁיר לַמַּעֲלוֹת ¹A Song of Ascents

אֲשָׂא עֵינַי אֶל-הַהָרִים מֵאֵין יָבֵא
עֲזָרִי I will lift my eyes up to the mountains.
From where will my help come?

בְּעֲזָרִי מֵעַם יְיָ עָשָׂה שָׁמַיִם וָאָרֶץ ²My help comes from YHVH, the
Maker of the Heavens and the Earth.

יֵאל-יִתֵּן לַמּוֹט רַגְלֶךָ אֶל-יָנוּם
שֹׁמְרֶךָ ³He will not let your feet move; your
guard will not doze.

דַּהֲנָה לֹא-יָנוּם וְלֹא יִישָׁן שׁוֹמֵר
יִשְׂרָאֵל ⁴Behold, the guard of Israel does not
doze nor sleep.

הֵי יְיָ שֹׁמְרֶךָ יְיָ צִלְּךָ עַל-יָד יְמִינֶךָ ⁵YHVH is your guard; YHVH is the shade
on your right hand.

יּוֹמָם הַשֶּׁמֶשׁ לֹא-יִכָּכֶּה וַיָּרֵחַ
בַּלַּיְלָה ⁶The sun will not kill you by day, nor the
moon at night.

יְיָ יִשְׁמְרֶךָ מִכָּל-רָע וַיִּשְׁמַר אֶת-
נַפְשֶׁךָ ⁷YHVH shall guard you from all evil; He
shall guard your soul.

יְיָ יִשְׁמַר-צֵאתְךָ וּבואְךָ מֵעַתָּה
וְעַד-עוֹלָם ⁸YHVH shall guard your going out and
your coming, from now until forever.

תהלים קכב Psalm 122

- אֲשִׁיר הַמַּעֲלוֹת לְדָוִד 1A Song of Ascents; of David.
 שָׂמַחְתִּי בְּאִמְרֵי לֵי בַיִת יְיָ נִלְדָּה I rejoiced when they said unto me: 'Let us go to the house of YHVH.'
- בַּעֲמֻדוֹת הָיוּ רַגְלֵינוּ בְּשַׁעְרֵיךָ 2Our feet were standing in your gates, Jerusalem;
 יְרוּשָׁלַם.
- גִּירוּשָׁלַם הַבְּנוּיָה כְּעִיר שְׂחַבְרָה-לָהּ יַחְדָּו. 3Jerusalem, built like a city that is joined together;
- דָּשְׁשָׂם עָלוּ שְׁבֵטִים שְׁבֵטֵי-יְהוָה יְהוָה יַעֲדוֹת לְיִשְׂרָאֵל לְהַדוֹת לְשֵׁם יְיָ 4That there the tribes went up, the tribes of YHVH, a testimony Israel, to give thanks to the name of YHVH.
- הֵכִי שָׁמָּה יָשְׁבוּ כְּסֵאוֹת לְמִשְׁפָּט כְּסֵאוֹת לְבַיִת דָּוִד 5For there sat thrones for judgment, the thrones of the house of David.
- וּשְׂאֲלוּ שְׁלוֹם יְרוּשָׁלַם וְשָׁלוֹם יִשְׁלִי אֶהְבֵּיךָ 6Ask for the peace of Jerusalem; may those that love you live serenely.
- זִיְהִי-שְׁלוֹם בְּחִילְךָ שְׁלוֹה בְּאַרְמְנוֹתֶיךָ 7May there be peace within your walls, and serenity within your palaces.
- חֲלַמְעַן אַחֵי וְרַעֵי אֲדַבְרָה-נָא שְׁלוֹם בְּךָ 8For the sake of my brothers and friends, I will speak of peace among you.
- ט לְמַעַן בַּיִת-יְיָ אֱלֹהֵינוּ אֲבַקֶּשֶׁה טוֹב לְךָ 9For the sake of the house of YHVH our God, I will request good for you.