

መዝሙር 36

ለመዘምራን አለቃ፤ የእግዚአብሔር ባሪያ የዳዊት መዝሙር።

- 1 ኃጢአተኛ በራሱ የሚያስት ነገርን ይናገራል፤ የእግዚአብሔርም ፍርሃት በዓይኖቹ ፊት የለም።
- 2 በአንደበቱ ሽንግሎአልና፤ ኃጢአቱ ባገኘችው ጊዜ ይጠላታል።
- 3 የአፉ ቃል ግፍና ሽንገላ ነው፤ ግስተዋልን በጎ ማድረግንም ተው።
- 4 በመኝታው ጠማማነትን አሰበ፤ መልካም ባልሆነች መንገድ ቆሞአል፤ ክፋትን አይንቃትም።
- 5 አቤቱ፥ ምሕረትህ በሰማይ ነው፥ እውነትህም ወደ ደመናት ትደርሳለች።
- 6 ጽድቅህም እንደ እግዚአብሔር ተራሮች፥ ፍርድህም እጅግ ጥልቅ ናት፤ አቤቱ፥ ሰውንና እንስሳን ታድናለህ።
- 7 አቤቱ፥ ምሕረትህን እንዴት አበዛህ! የሰው ልጆች በክንፎችህ ጥላ ይታመናሉ።
- 8 ከቤትህ ጠል ይጠጣሉ፥ ከተድላም ፈሳሽ ታጠጣቸዋለህ።
- 9 የሕይወት ምንጭ ከአንተ ዘንድ ነውና፤ በብርሃንህ ብርሃንን እናያለን።
- 10 ምሕረትህን በሚያውቁህ ላይ፥ ጽድቅህንም ልባቸው በቀና ላይ ዘርጋ።
- 11 የትዕቢት እግር አይምጣብኝ፥ የኃጢአተኞችም እጅ አያውከኝ።
- 12 ዓመፃን የሚያደርጉ ሁሉ ከዚያ ወደቁ፤ ወድቀዋል፥ መቆምም አይችሉም።

መዝሙር 37

የዳዊት መዝሙር።

- 1 በክፉዎች ላይ አትቅና፥ ዓመፃንም በሚያደርጉ ላይ አትቅና፤
- 2 እንደ ሣር ፈጥነው ይደርቃሉና፥ እንደ ለመለመ ቅጠልም ይረግፋሉና።

Psalm 36

- 1 Transgression speaks to the wicked deep in their hearts; there is no fear of God before their eyes.
- 2 For they flatter themselves in their own eyes that their iniquity cannot be found out and hated.
- 3 The words of their mouths are mischief and deceit; they have ceased to act wisely and do good.
- 4 They plot mischief while on their beds; they are set on a way that is not good; they do not reject evil.
- 5 Your steadfast love, O LORD, extends to the heavens, your faithfulness to the clouds.
- 6 Your righteousness is like the mighty mountains, your judgments are like the great deep; you save humans and animals alike, O LORD.
- 7 How precious is your steadfast love, O God! All people may take refuge in the shadow of your wings.
- 8 They feast on the abundance of your house, and you give them drink from the river of your delights.
- 9 For with you is the fountain of life; in your light we see light.
- 10 O continue your steadfast love to those who know you, and your salvation to the upright of heart!
- 11 Do not let the foot of the arrogant tread on me, or the hand of the wicked drive me away.
- 12 There the evildoers lie prostrate; they are thrust down, unable to rise.

Psalm 37

- 1 Do not fret because of the wicked; do not be envious of wrongdoers,
- 2 for they will soon fade like the grass, and wither like the green herb.

3 በእግዚአብሔር ታመን፥ መልካምንም አድርግ፥ በምድርም ተቀመጥ፥ ታምነህም ተሰማራ።

4 በእግዚአብሔር ደስ ይበልህ፥ የልብህንም መሻት ይሰጥሃል።

5 መንገድህን ለእግዚአብሔር አደራስጥ፥ በእርሱም ታመን፥ እርሱም ያደርግልሃል።

6 ጽድቅህን እንደ ብርሃን፥ ፍርድህንም እንደ ቀትር ያመጣል።

7 ለእግዚአብሔር ተገዛ ተስፋም አድርገው። መንገድም በቀናችሁትና ጥመትን በሚያደርግ ሰው አትቅና።

8 ከቁጣ ራቅ መዓትንም ተው፤ እንዳትበድል አትቅና።

9 ክፉ አድራጊዎች ይጠፋሉና፤ እግዚአብሔርን ተስፋ የሚያደርጉ ግን እነርሱ ምድርን ይወርሳሉ።

10 ገና ጥቂት፥ ኃጢአተኛም አይኖርም፤ ትፈልገዋለህ በታውንም አታገኝም።

11 ገሮች ግን ምድርን ይወርሳሉ፥ በብዙም ሰላም ደስ ይላቸዋል።

12 ኃጢአተኛ ጸድቁን ይመሰክሩታል፥ ጥርሱንም በእርሱ ላይ ያንገጫጫል።

13 እግዚአብሔር ይሥቅበታል፥ ቀኑ እንደሚደርስ አይቶአልና።

14 ኃጢአተኞች ሰይፋቸውን መዘዙ፥ ቀስታቸውንም ገተፋ ድሀውንና ችግረኛውን ይጥሉ ዘንድ ልበቅኖችንም ይወጉ ዘንድ፤

15 ሰይፋቸው ወደ ልባቸው ይግባ፥ ቀስታቸውም ይለበር።

16 ለጸድቅ ያለው ጥቂት ከብዙ ከኃጢአተኞች ሀብት ይበልጣል።

17 የኃጥአን ክንድ ትሰበራለችና፤ እግዚአብሔር ግን ጸድቃንን ይደግፋቸዋል።

3 Trust in the LORD, and do good; so you will live in the land, and enjoy security.

4 Take delight in the LORD, and he will give you the desires of your heart.

5 Commit your way to the LORD; trust in him, and he will act.

6 He will make your vindication shine like the light, and the justice of your cause like the noonday.

7 Be still before the LORD, and wait patiently for him; do not fret over those who prosper in their way, over those who carry out evil devices.

8 Refrain from anger, and forsake wrath. Do not fret--it leads only to evil.

9 For the wicked shall be cut off, but those who wait for the LORD shall inherit the land.

10 Yet a little while, and the wicked will be no more; though you look diligently for their place, they will not be there.

11 But the meek shall inherit the land, and delight themselves in abundant prosperity.

12 The wicked plot against the righteous, and gnash their teeth at them;

13 but the LORD laughs at the wicked, for he sees that their day is coming.

14 The wicked draw the sword and bend their bows to bring down the poor and needy, to kill those who walk uprightly;

15 their sword shall enter their own heart, and their bows shall be broken.

16 Better is a little that the righteous person has than the abundance of many wicked.

17 For the arms of the wicked shall be broken, but the LORD upholds the righteous.

18 የንጹሐንን መንገድ እግዚአብሔር ያውቃል፤ ርስታቸውም ለዘላለም ነው፤

19 በክፉ ዘመንም አያፍሩም በራብ ዘመንም ይጠግባሉ።

20 ጎጥአን ግን ይጠፋሉ፤ የእግዚአብሔር ጠላቶች በከበሩና ከፍ ከፍ ባሉ ጊዜ እንደ ጠስ ይጠፋሉ።

21 ኃጢአተኛ ይበደራል አይከፍልምም፤ ጻድቅ ግን ይራራል ይሰጣልም።

22 እርሱን የሚባርኩት ምድርን ይወርሳሉና፤ የሚረግሙት ግን ይጠፋሉ።

23 የሰው አካሄድ ከእግዚአብሔር ዘንድ ይጸናል፤ መንገዱንም ይወድዳል።

24 በወድቅም ለድንጋጌ አይጣልም፤ እግዚአብሔር እጁን ይዞ ይደግፈዋልና።

25 ጎለመስሁ አረጀሁም፤ ጻድቅ ሲጣል፤ ዘሩም እህል ሲለምን አላየሁም።

26 ሁልጊዜ ይራራል ያበድርማል፤ ዘሩም በበረከት ይኖራል።

27 ከክፉ ሽሽ፤ መልካምንም አድርግ፤ ለዘላለምም ትኖራለህ።

28 እግዚአብሔር ፍርዱን ይወድዳልና፤ ቅዱሳኑንም አይጥላቸውምና፤ ለዘላለምም ይጠብቃቸዋል ለንጹሐንም ይበቀልላቸዋል፤ የጎጥአን ዘር ግን ይጠፋል።

29 ጻድቃን ምድርን ይወርሳሉ፤ በእርስዎም ለዘላለም ይኖራሉ።

30 የጻድቅ አፍ ጥበብን ያስተምራል፤ አንደበቱም ፍርድን ይናገራል።

31 የአምላኩ ሕግ በልቡ ውስጥ ነው፤ በእርምጃውም አይሰናከልም።

32 ኃጢአተኛ ጻድቁን ይመለከተዋል፤ ሊገድለውም ይወድዳል።

18 The LORD knows the days of the blameless, and their heritage will abide forever;

19 they are not put to shame in evil times, in the days of famine they have abundance.

20 But the wicked perish, and the enemies of the LORD are like the glory of the pastures; they vanish-like smoke they vanish away.

21 The wicked borrow, and do not pay back, but the righteous are generous and keep giving;

22 for those blessed by the LORD shall inherit the land, but those cursed by him shall be cut off.

23 Our steps are made firm by the LORD, when he delights in our way;

24 though we stumble, we shall not fall headlong, for the LORD holds us by the hand.

25 I have been young, and now am old, yet I have not seen the righteous forsaken or their children begging bread.

26 They are ever giving liberally and lending, and their children become a blessing.

27 Depart from evil, and do good; so you shall abide forever.

28 For the LORD loves justice; he will not forsake his faithful ones. The righteous shall be kept safe forever, but the children of the wicked shall be cut off.

29 The righteous shall inherit the land, and live in it forever.

30 The mouths of the righteous utter wisdom, and their tongues speak justice.

31 The law of their God is in their hearts; their steps do not slip.

32 The wicked watch for the righteous, and seek to kill them.

- 33 እግዚአብሔር ግን በእጁ አይተውም፤ በተፋረደውም ጊዜ አያሸንፈውም።
- 34 እግዚአብሔርን ደጅ ጥና፤ መንገዱንም ጠብቅ፤ ምድርንም ትወርስ ዘንድ ከፍ ከፍ ያደርግሃል፤ ኃጢአተኞችም ሲጠፉ ታያለህ።
- 35 ኃጥአን ከፍ ከፍ ብሎ እንደ ሊባኖስ ዝግግም ለምልሞ አየሁት።
- 36 ብመለስ ግን አጣሁት፤ ፈለግሁት በታውንም አላገኘሁም።
- 37 ቅንነትን ጠብቅ፤ ጽድቅንም እይ፤ ለሰላም ሰው ቅሬታ አለውና።
- 38 በደለኞች በአንድነት ይጠፋሉ። የኃጢአተኞች ቅሬታ ይጠፋል።
- 39 የጸደቃን መድኃኒታቸው ከእግዚአብሔር ዘንድ ነው፤ በመከራቸውም ጊዜ መጠጊያቸው እርሱ ነው።
- 40 እግዚአብሔር ይረዳቸዋል፤ ያድናቸዋልም፤ ከኃጢአተኞችም እጅ ያወጣቸዋል፤ ያድናቸዋል፤ በእርሱ ታምነዋልና።

መዝሙር 38

ለሰንበት መታሰቢያ፤ የዳዊት መዝሙር።

- 1 አቤቴ፤ በቀጣህ አትቅፃፈኝ፤ በመዓትህም አትገሥጸኝ።
- 2 ፍላጾችህ ወግተውኛልና፤ እጅህንም አክብደህብኛልና።
- 3 ከቀጣህ የተነሣ ለሥጋዬ ጤና የለውም፤ ከኃጢአቴም የተነሣ ለአጥንቶቼ ሰላም የላቸውም።
- 4 ኃጢአቴ በራሴ ላይ ከፍ ከፍ ብሎአልና፤ እንደ ከባድ ሸክምም በላዬ ከብዶአልና።
- 5 ከሰንፍፍዬ የተነሣ ቀስሌ ሸተተ በሰበሰም፤
- 6 እጅግ ጎሰቄልሁ ተዋረድሁም፤ ሁልጊዜም በትካዜ እመላለሳለሁ።

- 33 The LORD will not abandon them to their power, or let them be condemned when they are brought to trial.
- 34 Wait for the LORD, and keep to his way, and he will exalt you to inherit the land; you will look on the destruction of the wicked.
- 35 I have seen the wicked oppressing, and towering like a cedar of Lebanon.
- 36 Again I passed by, and they were no more; though I sought them, they could not be found.
- 37 Mark the blameless, and behold the upright, for there is posterity for the peaceable.
- 38 But transgressors shall be altogether destroyed; the posterity of the wicked shall be cut off.
- 39 The salvation of the righteous is from the LORD; he is their refuge in the time of trouble.
- 40 The LORD helps them and rescues them; he rescues them from the wicked, and saves them, because they take refuge in him.

Psalm 38

- 1 O LORD, do not rebuke me in your anger, or discipline me in your wrath.
- 2 For your arrows have sunk into me, and your hand has come down on me.
- 3 There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.
- 4 For my iniquities have gone over my head; they weigh like a burden too heavy for me.
- 5 My wounds grow foul and fester because of my foolishness;
- 6 I am utterly bowed down and prostrate; all day long I go around mourning.

7 ነፍሴ ስድብን ተሞልታለችና፤ ለሥጋዬም ጤና የላትምና።

8 ታመምሁ፤ እጅግም ተቸገርሁ፤ ከልቤ ውዝዋዜም የተነሣ ጮኽሁ።

9 አቤቱ፥ ፈቃዴ ሁሉ በፊትህ ነው፤ ጭንቀቴም ከአንተ አይሰወርም።

10 ልቤ ደነገጠብኝ፤ ኃይሌም ተወችኝ፤ የዳይኖቼም ብርሃን ፈዘዘ።

11 ወዳጆቼም ባልንጀሮቼም ከቀሰሌ ገለል ብለው ቆሙ፤ ዘመዶቼም ርቀው ቆሙ።

12 ነፍሴንም የሚሾኑት በረቱብኝ፤ መከራዬንም የሚፈልጉ ከንቱን ተናገሩ፤ ሁልጊዜም በሽንገላ ይመክራሉ።

13 እኔ ግን እንደማይሰማ ደንቆሮ አፋንም እንደማይከፍት ዲዳ ሆንሁ።

14 እንደማይሰማ ሰው በአፋም ተግግጽ እንደሌለው ሰው ሆንሁ።

15 አቤቱ፥ በአንተ ታምኛለሁና፤ አቤቱ አምላኬ፥ አንተ ትሰማኛለህ።

16 ጠላቶቼ በእኔ ላይ ደስ እንዳይላቸው ብያለሁና፤ እግሮቼም ቢሰናከሉ ራሳቸውን በእኔ ላይ ከፍ ከፍ ያደርጋሉ።

17 እኔስ ወደ ማንከስ ቀርቤአለሁና፤ ቀሰሌም ሁልጊዜም በፈቴ ነውና።

18 በደሌን እናገራለሁና፤ ስለ ኃጢአቴም እተከላለሁ።

19 ጠላቶቼ ሕያዋን ናቸው ይበረቱብኝማል፤ በጠማማነትም የሚጠሉኝ በዙ።

20 ጽድቅን ስለ ተከተልሁ፤ በበጎ ፋንታ ክፉን የሚመልሱልኝ ይጠሉኛል።

21 አቤቱ፥ አንተ አትጣለኝ፤ አምላኬ፥ ከኔ አትራቅ።

22 አቤቱ መድኃኒቴ፥ እኔን ለመርዳት ፍጠን።

7 For my loins are filled with burning, and there is no soundness in my flesh.

8 I am utterly spent and crushed; I groan because of the tumult of my heart.

9 O Lord, all my longing is known to you; my sighing is not hidden from you.

10 My heart throbs, my strength fails me; as for the light of my eyes--it also has gone from me.

11 My friends and companions stand aloof from my affliction, and my neighbors stand far off.

12 Those who seek my life lay their snares; those who seek to hurt me speak of ruin, and meditate treachery all day long.

13 But I am like the deaf, I do not hear; like the mute, who cannot speak.

14 Truly, I am like one who does not hear, and in whose mouth is no retort.

15 But it is for you, O LORD, that I wait; it is you, O LORD my God, who will answer.

16 For I pray, "Only do not let them rejoice over me, those who boast against me when my foot slips."

17 For I am ready to fall, and my pain is ever with me.

18 I confess my iniquity; I am sorry for my sin.

19 Those who are my foes without cause are mighty, and many are those who hate me wrongfully.

20 Those who render me evil for good are my adversaries because I follow after good.

21 Do not forsake me, O LORD; O my God, do not be far from me;

22 make haste to help me, O Lord, my salvation.

መዝሙር 39

ለመዘምራን አለቃ፣ ለኤዶታም፣ የዳዊት መዝሙር።

- 1 በአንደበቱ እንዳልሰት መንገዴን እጠብቃለሁ፤ ኃጢአተኛ በፊቱ በተቃወመኝ ጊዜ በአፌ ላይ ጠባቂ አኖራለሁ አልሁ።
- 2 ከዝምታ የተነሣ እንደ ዲዳ ሆንሁ፣ ለበጎ እንኳ ዝም አልሁ፣ ቀሰሌም ታደሰብኝ።
- 3 ልቤም በውስጤ ሞቀብኝ፤ ከማሰቤም የተነሣ እሳት ነደደ፤ በአንደበቱም ተናገርሁ፡-
- 4 አቤቱ፣ ፍጻሜዬን አስታውቀኝ፣ የዘመኔ ቀጥሮች ምን ያህል እንደ ሆኑ፣ እኔ ምን ያህል ወደ ኋላ እንደምቀር አውቅ ዘንድ።
- 5 እነሆ፣ ዘመናዬን አሰረጀሃቸው፤ አካሌም በፊትህ እንደ ኢምንት ነው። ሕያው የሆነ ሰው ሁሉ በእውነት ከንቱ ብቻ ነው።
- 6 በከንቱ ይታወካል እንጂ በእውነት ሰው እንደ ጣላ ይመላለሳል፤ ያከማቻል የሚሰበስብለትንም እያውቅም።
- 7 አሁንስ ተስፋዬ ማን ነው? እግዚአብሔር አይደለምን? ትዕግሥቱም ከአንተ ዘንድ ነው።
- 8 ከኃጢአቱ ሁሉ አድነኝ፣ ለሰነፎችም ሰድብ አታድርገኝ።
- 9 አንተ ሠርተኸኛልና ዝም አልሁ አፌንም አልከፈትሁም።
- 10 መቅሠፍትህን ከእኔ አርቅ፣ ከእጅህ ብርታት የተነሣ አልቁክለሁና።
- 11 በተግሣጽህ ስለ ኃጢአቱ ሰውን ዘለፍኸው፣ ነፍሱም እንደ ሸረረት ድር ታልቃለች፤ በእውነት ሰው ሁሉ ከንቱ ነው።
- 12 አቤቱ፣ ጸሎቴን ስማ፣ ጩኸቴንም አድምጥ፣ ልቅሶዬንም ቸል አትበለኝ፤ እኔ በምድር ላይ መጻተኛ ነኝና፣ እንደ አባቶችም እንግዳ ነኝና።

Psalm 39

- 1 I said, "I will guard my ways that I may not sin with my tongue; I will keep a muzzle on my mouth as long as the wicked are in my presence."
- 2 I was silent and still; I held my peace to no avail; my distress grew worse,
- 3 my heart became hot within me. While I mused, the fire burned; then I spoke with my tongue:
- 4 "LORD, let me know my end, and what is the measure of my days; let me know how fleeting my life is.
- 5 You have made my days a few handbreadths, and my lifetime is as nothing in your sight. Surely everyone stands as a mere breath. Selah
- 6 Surely everyone goes about like a shadow. Surely for nothing they are in turmoil; they heap up, and do not know who will gather.
- 7 "And now, O Lord, what do I wait for? My hope is in you.
- 8 Deliver me from all my transgressions. Do not make me the scorn of the fool.
- 9 I am silent; I do not open my mouth, for it is you who have done it.
- 10 Remove your stroke from me; I am worn down by the blows of your hand.
- 11 "You chastise mortals in punishment for sin, consuming like a moth what is dear to them; surely everyone is a mere breath. Selah
- 12 "Hear my prayer, O LORD, and give ear to my cry; do not hold your peace at my tears. For I am your passing guest, an alien, like all my forebears.

13 ወደማልመለስበት ሳልሄድ ዐርፍ ዘንድ ተወኝ።

መዝሙር 40

ለመዘምራን አለቃ፣ የዳዊት መዝሙር።

1 ቆይቼ እግዚአብሔር ደጅ ጠናሁት፤ እርሱም ዘንበል አለልኝ ጩኸቴንም ሰማኝ።

2 ከጥፋት ጉድጓድ ከረግረግም ጭቃ አወጣኝ፤ እግሮቼንም በድንጋይ ላይ አቆማቸው፤ አረማመዴንም አጸና።

3 አዲስ ዝማሬን ለአምላካችን ምስጋና በአፌ ጨመረ፤ ብዙዎች ያያሉ ይፈሩማል፤ በእግዚአብሔርም ይታመናሉ።

4 እግዚአብሔርን የታመነ ወደ ትዕቢተኛና ወደ ሐሰተኛ ያልተመለከተ ሰው ምስጉን ነው።

5 አቤቱ አምላኬ፤ ያደረግኸው ተአምራት ብዙ ነው፤ አላብህንም ምንም የሚመስለው የለም፤ ባወራም ብናገርም ከቀጥር ሁሉ በዛ።

6 መሥዋዕትንና ቀጥባንን አልወደድህም፤ ሥጋን አዘጋጀህልኝ፤ የሚቃጠለውንና ስለ ኃጢአት የሚቀርበውን መሥዋዕት አልሻህም።

7 በዚያን ጊዜ አልሁ፡- እነሆ፤ መጣሁ፤ ስለ እኔ በመጽሐፍ ራስ ተጽፎአል፤

8 አምላኬ ሆይ፤ ፈቃድህን ለማድረግ ወደድሁ፤ ሕግህም በልቤ ውስጥ ነው።

9 በታላቅ ጉባኤ ጽድቅን አወራሁ፤ እነሆ፤ ከንፈሮቼን አልከለክልም፤ አቤቱ፤ አንተ ጽድቁን ታውቃለህ።

10 እውነትህንም በልቤ ውስጥ አልሰወርሁም፤ ማዳንህንም ተናገርሁ፤ ምሕረትህንና እውነትህን ከታላቅ ጉባኤ አልሰወርሁም።

13 Turn your gaze away from me, that I may smile again, before I depart and am no more."

Psalm 40

1 I waited patiently for the LORD; he inclined to me and heard my cry.

2 He drew me up from the desolate pit, out of the miry bog, and set my feet upon a rock, making my steps secure.

3 He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD.

4 Happy are those who make the LORD their trust, who do not turn to the proud, to those who go astray after false gods.

5 You have multiplied, O LORD my God, your wondrous deeds and your thoughts toward us; none can compare with you. Were I to proclaim and tell of them, they would be more than can be counted.

6 Sacrifice and offering you do not desire, but you have given me an open ear. Burnt offering and sin offering you have not required.

7 Then I said, "Here I am; in the scroll of the book it is written of me.

8 I delight to do your will, O my God; your law is within my heart."

9 I have told the glad news of deliverance in the great congregation; see, I have not restrained my lips, as you know, O LORD.

10 I have not hidden your saving help within my heart, I have spoken of your faithfulness and your salvation; I have not concealed your steadfast love and your faithfulness from the great congregation.

- 11 አቤቱ፥ አንተ ምሕረትህን ከእኔ አታርቅ፤ ቸርነትህና እውነትህ ዘወትር ይጠብቁኝ።
- 12 ቍጥር የሌላት ክፋት አግኝታኛለችና፤ ኃጢአቶቼ ያዙኝ፤ ማየትም ተስኖኛል ከራሴ ጠጉር ይልቅ በዙ፤ ልቤም ተወኝ።
- 13 አቤቱ፥ ታደኝኝ ዘንድ ፍቀድ፤ አቤቱ፥ እኔን ለመርዳት ፍጠን።
- 14 ነፍሴን ለማጥፋት የሚወድዱ ይፈሩ፤ በአንድነትም ይገቡቅሉ፤ በእኔ ላይ ክፋትን ሊያደርጉ የሚወድዱ ወደ ኋላቸው ይመለሱ ይገቡቅሉም።
- 15 እሰይ እሰይ የሚሉኝ እፍረታቸውን ወዲያው ይከፈሉ።
- 16 አቤቱ፥ የሚፈልጉህ ሁሉ በአንተ ደስ ይበላቸው ሐሜትም ያደርጉ፤ ሁልጊዜ ማዳንህን የሚወድዱ ዘወትር፡- እግዚአብሔር ታላቅ ይሁን ይበሉ።
- 17 እኔ ችግረኛና ምስኪን ነኝ፤ ጌታ ግን ያስብልኛል፤ አንተ ረዳቴና መድኃኒቴ ነህ፤ አምላኬ ሆይ፤ አትዘግይ።

መዝሙር 41

ለመዘምራን አለቃ፤ የዳዊት መዝሙር።

- 1 ለችግረኛና ለምስኪን የሚያስብ ምስጉን ነው፤ እግዚአብሔር በክፉ ቀን ያድነዋል።
- 2 እግዚአብሔር ይጠብቀዋል፤ ሕያውም ያደርገዋል፤ በምድር ላይም ያስመሰግኑዋል፤ በጠላቶቹም እጅ አያሳልፈውም።
- 3 እግዚአብሔር በደዌው አልጋ ሳለ ይረዳዋል፤ መኝታውን ሁሉ በበሽታው ጊዜ ያነጥፍለታል።
- 4 እኔስ፡- አቤቱ ማረኝ፤ አንተን በድያለሁና ነፍሴን ፈውሳት አልሁ።
- 5 ጠላቶቹም በላዩ ክፋትን ይናገራሉ፡- መቼም ይሞታል ስሙስ መቼ ይሻራል? ይላሉ።

- 11 Do not, O LORD, withhold your mercy from me; let your steadfast love and your faithfulness keep me safe forever.
- 12 For evils have encompassed me without number; my iniquities have overtaken me, until I cannot see; they are more than the hairs of my head, and my heart fails me.
- 13 Be pleased, O LORD, to deliver me; O LORD, make haste to help me.
- 14 Let all those be put to shame and confusion who seek to snatch away my life; let those be turned back and brought to dishonor who desire my hurt.
- 15 Let those be appalled because of their shame who say to me, "Aha, Aha!"
- 16 But may all who seek you rejoice and be glad in you; may those who love your salvation say continually, "Great is the LORD!"
- 17 As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God.

Psalm 41

- 1 Happy are those who consider the poor; the LORD delivers them in the day of trouble.
- 2 The LORD protects them and keeps them alive; they are called happy in the land. You do not give them up to the will of their enemies.
- 3 The LORD sustains them on their sickbed; in their illness you heal all their infirmities.
- 4 As for me, I said, "O LORD, be gracious to me; heal me, for I have sinned against you."
- 5 My enemies wonder in malice when I will die, and my name perish.

- 6 እኔን ለማየት ቢገባ ከንቱን ይናገራል፤ ልቡ ኃጢአትን ሰበሰበለት፤ ወደ ሜዳ ይወጣል ይናገራልም።
- 7 በላዬ በመተባበር ጠላቶቼ ሁሉ ይሾካሾኩብኛል፤ በእኔ ላይም ክፋትን ያሰባሉ።
- 8 ክፉ ነገር መጣበት፤ ተኝቶአል ከእንግዲህ ወዲህ አይነሣም ይላሉ።
- 9 ደግሞ የሰላሜ ሰው የታመንሁበት እንጀራዬን የበላ በእኔ ላይ ተረከዙን አነሣ።
- 10 አንተ ግን አቤቱ፤ ማረኝ እመልሰላቸውም ዘንድ አስነሣኝ።
- 11 ጠላቴ እልል አይልብኝምና ስለዚህ እንደ ወደድኸኝ አወቅሁ።
- 12 እኔን ግን ስለ ቅንነቴ ተቀበልኸኝ፤ በፊትህም ለዘላለም አጸናኸኝ።
- 13 ከዘላለም እስከ ዘላለም የእስራኤል አምላክ እግዚአብሔር ይባረክ። አሜን አሜን።

መዝሙር 42

ለመዘምራን አለቃ፤ የቆራ ልጆች ትምህርት።

- 1 ዋላ ወደ ውኃ ምንጭ እንደሚናፍቅ፤ አቤቱ፤ እንዲሁ ነፍሴ ወደ አንተ ትናፍቃለች።
- 2 ነፍሴ ወደ ሕያው አምላክ ተጠማች፤ መቼ እደርሳለሁ? የአምላክንስ ፊት መቼ አያለሁ?
- 3 ዘወትር፡- አምላክህ ወዴት ነው? ሲሉኝ እንባዩ በቀንና በሌሊት ምግብ ሆነኝ።
- 4 ይህን ሳስብ ነፍሴ በእኔ ውስጥ ፈሰሰች፤ ወደ እግዚአብሔር ቤት ወደ ምስጋና መኖሪያ ስፍራ እገባለሁና፤ በዓል የሚያደርጉ ሰዎች የደስታና ምስጋና ቃል አሰሙ።

- 6 And when they come to see me, they utter empty words, while their hearts gather mischief; when they go out, they tell it abroad.
- 7 All who hate me whisper together about me; they imagine the worst for me.
- 8 They think that a deadly thing has fastened on me, that I will not rise again from where I lie.
- 9 Even my bosom friend in whom I trusted, who ate of my bread, has lifted the heel against me.
- 10 But you, O LORD, be gracious to me, and raise me up, that I may repay them.
- 11 By this I know that you are pleased with me; because my enemy has not triumphed over me.
- 12 But you have upheld me because of my integrity, and set me in your presence forever.
- 13 Blessed be the LORD, the God of Israel, from everlasting to everlasting. Amen and Amen.

Psalms 42

- 1 As a deer longs for flowing streams, so my soul longs for you, O God.
- 2 My soul thirsts for God, for the living God. When shall I come and behold the face of God?
- 3 My tears have been my food day and night, while people say to me continually, "Where is your God?"
- 4 These things I remember, as I pour out my soul: how I went with the throng, and led them in procession to the house of God, with glad shouts and songs of thanksgiving, a multitude keeping festival.

- 5 ነፍሴ ሆይ፥ ለምን ታዝኛለሽ? ለምንስ ታውኪኛለሽ? የፈቴን መድኃኒት አምላኬን አመሰግነው ዘንድ በእግዚአብሔር ታመኚ።
- 6 አምላኬ ሆይ፥ ነፍሴ በእኔ ውስጥ ታወከኝ፤ ስለዚህ በዮርዳኖስ ምድር በአርሞንኤምም በታናሹ ተራራ አስብሃለሁ።
- 7 በፍጥፍጥቴህ ድምፅ ቀላይ ቀላይን ትጠራታለች፤ ማዕበልህና ሞገድህ ሁሉ በላዩ አለፈ።
- 8 እግዚአብሔር በቀን ቸርነቱን ያዘዛል፥ በሌሊትም ዝማሬው በእኔ ዘንድ ይሆናል፤ የእኔ ስእለት ለሕይወቴ አምላክ ነው።
- 9 እግዚአብሔርን፡- አንተ መጠጊያዬ ነህ፤ ለምን ረሳሽኝ? ጠላቶቼ ሲያስጨንቁኝ ለምን አዝኜ እመላለሳለሁ? እለዋለሁ።
- 10 ጠላቶቼ ሁልጊዜ፡- አምላክህ ወዴት ነው? ባሉኝ ጊዜ አጥንቶቼን እየቀለጠሙ ሰደቡኝ።
- 11 ነፍሴ ሆይ፥ ለምን ታዝኛለሽ? ለምንስ ታውኪኛለሽ? የፈቴን መድኃኒት አምላኬን አመሰግነው ዘንድ በእግዚአብሔር ታመኚ።

መዝሙር 43

የዳዊት መዝሙር።

- 1 አቤቱ፥ ፍረድልኝ፥ ከጽድቅ ከራቁ ሕዝብም ክርክሬን ተከራከር፤ ከሸንጋይና ከግፈኛ ሰው አድነኝ።
- 2 አንተ አምላኬ ኃይሌም፥ ለምን ትተውኛለህ? ጠላቶቼ ሲያስጨንቁኝ ለምን አዝኜ እመላለሳለሁ?
- 3 ብርሃንህንና እውነትህን ላክ፤ እነርሱ ይምሩኝ፥ ወደ ቅድስናህ ተራራና ወደ ማደሪያህ ይውሰዱኝ።

- 5 Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help
- 6 and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar.
- 7 Deep calls to deep at the thunder of your cataracts; all your waves and your billows have gone over me.
- 8 By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.
- 9 I say to God, my rock, "Why have you forgotten me? Why must I walk about mournfully because the enemy oppresses me?"
- 10 As with a deadly wound in my body, my adversaries taunt me, while they say to me continually, "Where is your God?"
- 11 Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God.

Psalm 43

- 1 Vindicate me, O God, and defend my cause against an ungodly people; from those who are deceitful and unjust deliver me!
- 2 For you are the God in whom I take refuge; why have you cast me off? Why must I walk about mournfully because of the oppression of the enemy?
- 3 O send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling.

4 ወደ እግዚአብሔር መሠዊዖ፥ ጉልማስነቴንም ደስ ወዳሰኛት ወደ አምላኬ እገባለሁ፤ አቤቱ አምላኬ፥ በበገና አመሰግንሃለሁ።

5 ነፍሴ ሆይ፥ ለምን ታዝኛለሽ? ለምንስ ታውኪኛለሽ? የፊቴን መድኃኒት አምላኬን አመሰግነው ዘንድ በእግዚአብሔር ታመኚ።

መዝሙር 44

ለመዘምራን አለቃ፤ የቆሬ ልጆች ትምህርት።

1 አቤቱ፥ በጆሮአችን ሰማን፥ አባቶቻችንም በዘመናቸው በቀድሞ ዘመን የሠራኸውን ሥራ ነገሩን።

2 እጅህ አሕዛብን አጠፋች፥ እነርሱንም ተከለህ፤ አሕዛብን ሣቀይኻቸው አሳደድኻቸውም።

3 በሰይፋቸው ምድርን አልወረሱም ከንዳቸውም አላዳናቸው፤ ቀኝህና ከንድህ የፈትህም ብርሃን ነው እንጂ ወድደሃቸዋልና።

4 አምላኬና ንጉሣ አንተ ነህ፤ ለያዕቆብ መድኃኒትንህ እዘዘ።

5 በአንተ ጠላቶቻችንን እንወጋቸዋለን፥ በስምህም በላያችን የቆሙትን እናዋርዳቸዋለን።

6 በቀስቱ የምታመን አይደለህምና፥ ሰይፌም አያድነኝምና፤

7 አንተ ግን ከጠላቶቻችን አዳንኸን፥ የሚጠሉንንም አሳፈርሃቸው።

8 ሁልጊዜ በእግዚአብሔር እንከብራለን፥ ስምህንም ለዘላለም እናመሰግናለን።

9 አሁን ግን ጠላኸን አሳፈርኸንም፥ ከሠራዊታችንም ጋር አትወጣም።

10 ከጠላቶቻችንም ፊት ወደ ኋላችን መለስኸን፥ የሚጠሉንም ተነጣጠቁን።

11 እንደ በጎች ሊበሉን ሰጠኸን፥ ወደ አሕዛብም በተንኸን።

4 Then I will go to the altar of God, to God my exceeding joy; and I will praise you with the harp, O God, my God.

5 Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God.

Psalm 44

1 We have heard with our ears, O God, our ancestors have told us, what deeds you performed in their days, in the days of old:

2 you with your own hand drove out the nations, but them you planted; you afflicted the peoples, but them you set free;

3 for not by their own sword did they win the land, nor did their own arm give them victory; but your right hand, and your arm, and the light of your countenance, for you delighted in them.

4 You are my King and my God; you command victories for Jacob.

5 Through you we push down our foes; through your name we tread down our assailants.

6 For not in my bow do I trust, nor can my sword save me.

7 But you have saved us from our foes, and have put to confusion those who hate us.

8 In God we have boasted continually, and we will give thanks to your name forever. Selah

9 Yet you have rejected us and abased us, and have not gone out with our armies.

10 You made us turn back from the foe, and our enemies have gotten spoil.

11 You have made us like sheep for slaughter, and have scattered us among the nations.

12 ሕዝብህን ያለ ዋጋ ሰጠህ፤
በመለወጣቸውም ትርፍ የለም።

13 ለጎረቤቶቻችን ስድብ፤ በዙሪያችንም
ላሉ መሣቂያና መዘበቻ አደረግኸን።

14 በአሕዛብ ዘንድ ምሳሌ፤ በሕዝብም
ዘንድ የራስ መንቀሳቀሻ አደረግኸን።

15 ጉስቀላናዬ ሁልጊዜም በፊቴ ነው፤
የፊቴም እፍረት ሸፈነኝ።

16 ከሚሳደብና ከሚላገድ ቃል የተነሣ፤
ከጠላትና ከቂመኛ ፊት የተነሣ ነው።

17 ይህ ሁሉ በእኛ ላይ ደረሰ፤
አልረሳንህም፤ ኪዳንህንም
አልወነጀልንም።

18 ልባችን ወደ ጓላው አልተመለሰም፤
ፍለጋችንም ከመንገድህ ፈቀቅ
አላለም፤

19 በክፉ ስፍራ አዋርደኸናልና፤ በሞት
ጥላም ሰውረኸናልና።

20 የአምላካችንን ስም ረስተንስ ቢሆን፤
እጃችንንም ወደ ሌላ አምላክ
አንሥተንስ ቢሆን፤

21 እግዚአብሔር ይህንን አይመረምርም
ነበርን? እርሱ ልብ የሰወረውን
ያውቃልና።

22 ስለ አንተ ሁልጊዜም ተገድለናል፤
እንደሚታረዱም በጎች ሆነናል።

23 አቤቱ፤ ንቃ፤ ለምንስ ትተኛለህ?
ተነሥ፤ ለዘወትርም አትጣለን።

24 ለምንስ ፈትህን ትሰውራለህ?
መከራችንንና ችግራችንንስ ለምን
ትረሳለህ?

25 ነፍሳችን በመሬት ላይ
ተገባቀላለችና፤ ሆዳችንም ወደ
ምድር ተጣብቃለችና።

26 አቤቱ፤ ተነሥና እርዳን፤ ስለ ስምህም
ተቤዝን።

12 You have sold your people for a
trifle, demanding no high price for
them.

13 You have made us the taunt of our
neighbors, the derision and scorn of
those around us.

14 You have made us a byword among
the nations, a laughingstock among
the peoples.

15 All day long my disgrace is before
me, and shame has covered my face

16 at the words of the taunters and
revilers, at the sight of the enemy
and the avenger.

17 All this has come upon us, yet we
have not forgotten you, or been false
to your covenant.

18 Our heart has not turned back, nor
have our steps departed from your
way,

19 yet you have broken us in the haunt
of jackals, and covered us with deep
darkness.

20 If we had forgotten the name of our
God, or spread out our hands to a
strange god,

21 would not God discover this? For he
knows the secrets of the heart.

22 Because of you we are being killed
all day long, and accounted as sheep
for the slaughter.

23 Rouse yourself! Why do you sleep,
O Lord? Awake, do not cast us off
forever!

24 Why do you hide your face? Why
do you forget our affliction and
oppression?

25 For we sink down to the dust; our
bodies cling to the ground.

26 Rise up, come to our help. Redeem
us for the sake of your steadfast
love.

መዝሙር 45

ለመዘምራን አለቃ፤ በመለኮቶች፤ የቆራ ልጆች ትምህርት፤ የፍቅር መዝሙር።

- 1 ልቤ መልካም ነገርን አፈለቅ፥ እኔ ሥራዬን ለንጉሥ እነግራለሁ፤ አንደበቴ እንደ ፈጣን ጸሓፊ ብርዕ ነው።
- 2 ውበትህ ከሰው ልጆች ይልቅ ያምራል፤ ሞገስ በከንፈሮችህ ፈሰሰ፤ ስለዚህ እግዚአብሔር ለዘላለም ባረከህ።
- 3 ኃያል ሆይ፥ በቀንጅናህና በውበትህ ሰይፍህን በወገብህ ታጠቅ።
- 4 ስለ ቅንነትና ስለ የሞህንት ስለ ጽድቅም አቅና ተከናወን ንገሥም፤ ቀኝህም በክብር ይመራሃል።
- 5 ኃያል ሆይ፥ ፍላጻዎችህ የተሳሉ ናቸው፥ እነርሱም በንጉሥ ጠላቶች ልብ ውስጥ ይገባሉ፥ አሕዛብም በበታችህ ይወድቃሉ።
- 6 አምላክ ሆይ፥ ዙፋንህ ለዘላለም ነው፤ የመንግሥትህ በትር የቅንነት በትር ነው።
- 7 ጽድቅን ወደደህ ዓመፃንም ጠላህ፤ ስለዚህ ከባልንጀሮችህ ይልቅ እግዚአብሔር አምላክ የደስታ ዘይትን ቀባህ።
- 8 በልብሶችህ ሁሉ ከርቤና ሽቱ ዝባድም አሉ፤ ከዝሆን ጥርሶች አዳራሽ ደስ ያስኙሃል።
- 9 የንጉሦች ሴት ልጆች ለክብርህ ናቸው፤ በወርቅ ልብስ ተገናኝፋና ተሸፋፍና ንግሥቲቱ በቀኝህ ትቆማለች።
- 10 ልጄ ሆይ፥ ስሜ እዩ ጀሮሽንም አዘንብዩ፤ ወንገሽን ያባትሽንም ቤት እርሼ፤
- 11 ንጉሥ ውበትሽን ወድዶአልና፥ እርሱ ጌታሽ ነውና።
- 12 የጢሮስ ሴቶች ልጆች እጅ መንሻን ይዘው ይሰግዱለታል። የምድር ባለጠገኝ አሕዛብ በፊትህ ይማለላሉ።
- 13 ለሐሴቦን ንጉሥ ልጅ ሁሉ ክብርዋ ነው፤ ልብስዋ የወርቅ መገናኛፊያ ነው።

Psalm 45

- 1 My heart overflows with a goodly theme; I address my verses to the king; my tongue is like the pen of a ready scribe.
- 2 You are the most handsome of men; grace is poured upon your lips; therefore God has blessed you forever.
- 3 Gird your sword on your thigh, O mighty one, in your glory and majesty.
- 4 In your majesty ride on victoriously for the cause of truth and to defend the right; let your right hand teach you dread deeds.
- 5 Your arrows are sharp in the heart of the king's enemies; the peoples fall under you.
- 6 Your throne, O God, endures forever and ever. Your royal scepter is a scepter of equity;
- 7 you love righteousness and hate wickedness. Therefore God, your God, has anointed you with the oil of gladness beyond your companions;
- 8 your robes are all fragrant with myrrh and aloes and cassia. From ivory palaces stringed instruments make you glad;
- 9 daughters of kings are among your ladies of honor; at your right hand stands the queen in gold of Ophir.
- 10 Hear, O daughter, consider and incline your ear; forget your people and your father's house,
- 11 and the king will desire your beauty. Since he is your lord, bow to him;
- 12 the people of Tyre will seek your favor with gifts, the richest of the people
- 13 with all kinds of wealth. The princess is decked in her chamber with gold-woven robes;

- 14 በኋላዋ ደናግሉን ለንጉሥ ይወስዳሉ፥ ባልን ጀሮች ዋንም ወደ አንተ ያቀርባሉ፤
- 15 በደስታና በሐሴት ይወስዱአቸዋል፥ ወደ ንጉሥ እልፍኝም ያስገቡአቸዋል።
- 16 በአባቶችሽ ፋንታ ልጆች ተወለዱልሽ፥ በምድርም ሁሉ ላይ ገዥዎች እድርገሽ ትሾሚያቸዋልሽ።
- 17 ለልጅ ልጅ ሁሉ ስምሽን ያሳስባሉ፤ ስለዚህ ለዓለምና ለዘላለም አሕዛብ ይዘሉላሃል።

መዝሙር 46

ለመዘምራት አለቃ፤ ስለ ምሥጢር፤ የቆራ ልጆች መዝሙር።

- 1 አምላካችን መጠጊያችንና ኃይላችን፥ ባገኘን በታላቅ መከራም ረዳታችን ነው።
- 2 ስለዚህ ምድር ብትነዋወጥ፥ ተራሮችም ወደ ባሕር ልብ ቢወሰዱ አንፈራም።
- 3 ውኆቻቸው ጮኹ ተናወጡም፥ ተራሮችም ከኃይሉ የተነሣ ተናወጡ።
- 4 የወንዝ ፈሳሾች የእግዚአብሔርን ከተማ ደስ ያሰኛሉ፤ ልዑል ማደሪያውን ቀደሱ።
- 5 እግዚአብሔር በመካከልዋ ነው አትናወጥም፥ እግዚአብሔርም ፈጥኖ ይረዳታል።
- 6 አሕዛብ ተናወጡ መንግሥታትም ተመለሱ፤ እርሱ ቃሉን ሰጠ፥ ምድርም ተንቀጠቀጠች።
- 7 የሠራዊት ጌታ ከእኛ ጋር ነው፤ የያዕቆብ አምላክ መጠጊያችን ነው።
- 8 የእግዚአብሔርን ሥራ፥ በምድር ያደረገውንም ተአምራት እንድታዩ ኑ።
- 9 እስከ ምድር ዳርቻ ድረስ ጦርነት ይሽራል። ቀስትን ይሰብራል፥ ጦርንም ይቈርጣል በእሳትም ጋሻን ያቃጥላል።

- 14 in many-colored robes she is led to the king; behind her the virgins, her companions, follow.
- 15 With joy and gladness they are led along as they enter the palace of the king.
- 16 In the place of ancestors you, O king, shall have sons; you will make them princes in all the earth.
- 17 I will cause your name to be celebrated in all generations; therefore the peoples will praise you forever and ever.

Psalm 46

- 1 God is our refuge and strength, a very present help in trouble.
- 2 Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea;
- 3 though its waters roar and foam, though the mountains tremble with its tumult. Selah
- 4 There is a river whose streams make glad the city of God, the holy habitation of the Most High.
- 5 God is in the midst of the city; it shall not be moved; God will help it when the morning dawns.
- 6 The nations are in an uproar, the kingdoms totter; he utters his voice, the earth melts.
- 7 The LORD of hosts is with us; the God of Jacob is our refuge. Selah
- 8 Come, behold the works of the LORD; see what desolations he has brought on the earth.
- 9 He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear; he burns the shields with fire.

- 10 ዕረፉ፥ እኔም አምላክ እንደ ሆንሁ እወቁ፤ በአሕዛብ ዘንድ፡ ከፍ ከፍ እላለሁ፥ በምድርም ላይ ከፍ ከፍ እላለሁ።
- 11 የሠራዊት ጌታ ከእኛ ጋር ነው፤ የያዕቆብ አምላክ መጠጊያችን ነው።

መዝሙር 47

ለመዘምራን አለቃ፤ የቆሬ ልጆች መዝሙር።

- 1 አሕዛብ ሁላችሁ፥ እጆቻችሁን አጨብጭቡ፥ በደስታ ቃልም ለእግዚአብሔር እልል በሉ።
- 2 እግዚአብሔር ልዑል ግሩምም ነውና፥ በምድር ሁሉ ላይም ታላቅ ንጉሥ ነውና።
- 3 አሕዛብን ከእኛ በታች፥ ወገኖችንም ከእግራችን በታች አስገዛልን።
- 4 ለርስቱ እኛን መረጠን፥ የወደደውን የያዕቆብን ውበት።
- 5 አምላክ በእልልታ፥ እግዚአብሔር በመለከት ድምፅ ዐረገ።
- 6 ዘምሩ፥ ለአምላካችን ዘምሩ፤ ዘምሩ፥ ለንጉሣችን ዘምሩ።
- 7 እግዚአብሔር ለምድር ሁሉ ንጉሥ ነውና፤ በማስተዋል ዘምሩ።
- 8 እግዚአብሔር በአሕዛብ ላይ ነገሠ፤ እግዚአብሔር በቅድስናው ዙፋን ይቀመጣል።
- 9 የምድር ኃይለኞች ለእግዚአብሔር ናቸውና የአሕዛብ አለቆች ወደ አብርሃም አምላክ ተሰበሰቡ፤ እርሱንም ከፍ ከፍ አደረጉት።

መዝሙር 48

በሁለተኛ ሰንበት የቆሬ ልጆች፤ የምስጋና መዝሙር።

- 1 እግዚአብሔር ትልቅ ነው፤ በአምላካችን ከተማ በተቀደሰ ተራራ ምስጋናው ብዙ ነው።
- 2 በሰሜን ወገን በመልካም ስፍራ የቆመ የምድር ሁሉ ደስታ የጽዮን ተራራ ነው፤ እርሱም የትልቁ ንጉሥ ከተማ ነው።

- 10 "Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth."
- 11 The LORD of hosts is with us; the God of Jacob is our refuge. Selah

Psalm 47

- 1 Clap your hands, all you peoples; shout to God with loud songs of joy.
- 2 For the LORD, the Most High, is awesome, a great king over all the earth.
- 3 He subdued peoples under us, and nations under our feet.
- 4 He chose our heritage for us, the pride of Jacob whom he loves. Selah
- 5 God has gone up with a shout, the LORD with the sound of a trumpet.
- 6 Sing praises to God, sing praises; sing praises to our King, sing praises.
- 7 For God is the king of all the earth; sing praises with a psalm.
- 8 God is king over the nations; God sits on his holy throne.
- 9 The princes of the peoples gather as the people of the God of Abraham. For the shields of the earth belong to God; he is highly exalted.

Psalm 48

- 1 Great is the LORD and greatly to be praised in the city of our God. His holy mountain,
- 2 beautiful in elevation, is the joy of all the earth, Mount Zion, in the far north, the city of the great King.

- 3 እግዚአብሔር በአዳራሾችዋ መጠገያ ሆኖ ይታወቃል።
- 4 እነሆ፤ ነገሥታት ተከማችተው በአንድነት መጥተዋል።
- 5 እነርሱስ አይተው ተደነቁ፤ ደነገጡ፤ ታወኩ።
- 6 መንቀጥቀጥ እንደ ወላድ ምጥ በዚያ ያዛቸው።
- 7 በኃይለኛ ነፋስ የተርሴሰን መርከቦች ትሰብራለህ።
- 8 እንደ ሰማን እንዲሁ አየን በሠራዊት ጌታ ከተማ፤ በአምላካችን ከተማ፤ እግዚአብሔር ለዘላለም ያጸናታል።
- 9 አምላክ ሆይ፤ በሕዝቡ መካከል ምሕረትህን ተቀበልን።
- 10 አምላክ ሆይ፤ እንደ ስምህ እንዲሁም እስከ ምድር ዳርቻ ድረስ ምስጋናህ ነው፤ ቀኝህ ጽድቅን የተሞላች ናት።
- 11 አቤቱ፤ ስለ ፍርድህ የጽዮን ተራራ ደስ ይበለው፤ የአይሁድም ሴት ልጆች ሐሜት ያድርጉ።
- 12 ጽዮንን ክበቡአት፤ በዙሪያዋም ተመላለሱ፤ ግንቦችዋንም ቁጠሩ፤
- 13 በብርታትዋ ልባችሁን አኑሩ፤ አዳራሽዋን አስቡ፤ ለሚመጣው ትውልድ ትነግሩ ዘንድ።
- 14 ለዓለምና ለዘላለም ይህ አምላካችን ነው፤ እርሱም ለዘላለም ይመራናል።

መዝሙር 49

ለመዘምራን አለቃ፤ የፋሬ ልጆች መዝሙር።

- 1 አሕዛብ ሁላችሁ፤ ይህን ስሙ፤ በዓለም የምትኖሩትም ሁላችሁ፤ አድምጡ፤
- 2 ዝቅተኞችና ከፍተኞች፤ ባለጠጎችና ድሆች በአንድነት።
- 3 አፌ ጥበብን ይናገራል፤ የልቤም አሳብ ማስተዋልን።
- 4 ጆርዮን ወደ ምሳሌ አዘነብላለሁ፤ በበገናም ምሥጢራን እገልጣለሁ።

- 3 Within its citadels God has shown himself a sure defense.
- 4 Then the kings assembled, they came on together.
- 5 As soon as they saw it, they were astounded; they were in panic, they took to flight;
- 6 trembling took hold of them there, pains as of a woman in labor,
- 7 as when an east wind shatters the ships of Tarshish.
- 8 As we have heard, so have we seen in the city of the LORD of hosts, in the city of our God, which God establishes forever. Selah
- 9 We ponder your steadfast love, O God, in the midst of your temple.
- 10 Your name, O God, like your praise, reaches to the ends of the earth. Your right hand is filled with victory.
- 11 Let Mount Zion be glad, let the towns of Judah rejoice because of your judgments.
- 12 Walk about Zion, go all around it, count its towers,
- 13 consider well its ramparts; go through its citadels, that you may tell the next generation
- 14 that this is God, our God forever and ever. He will be our guide forever.

Psalm 49

- 1 Hear this, all you peoples; give ear, all inhabitants of the world,
- 2 both low and high, rich and poor together.
- 3 My mouth shall speak wisdom; the meditation of my heart shall be understanding.
- 4 I will incline my ear to a proverb; I will solve my riddle to the music of the harp.

5 ኃጢአት ተረከዜን በከበበኝ ጊዜ በክፉ ቀን ለምን እፈራለሁ?

6 በኃይላቸው የሚታመኑ፤ በባለጠግነታቸውም ብዛት የሚመኩ፤

7 ወንድም ወንድሙን አያድንም፤ ሰውም አያድንም፤ ቤዛውን ለእግዚአብሔር አይሰጥም፤

8-9 ለዘላለም እንዲኖር፤ ጥፋትንም እንዳያይ፤ የነፍሳቸው ለውጥ ከብሮአልና፤ ለዘላለምም ቀርቶአልና።

10 ብልሃተኞች እንዲሞቱ፤ ሰነፎችችና ደንቆሮች በአንድነት እንዲጠፉ፤ ገንዘባቸውንም ለሌሎች እንዲተዉ አይቶአል።

11 በልባቸውም ቤታቸው ለዘላለም የሚኖር፤ ማደሪያቸውም ለልጆች ልጅ የሚሆን ይመስላቸዋል፤ በየአገራቸውም ስማቸው ይጠራል።

12 ሰው ግን ክቡር ሆኖ ሳለ አያውቅም፤ እንደሚጠፉ እንስሶች መሰለ።

13 ይህች መንገዳቸው መሰናክላቸው ናት፤ ከእነርሱም በኋላ የሚመጡ በአፋቸው እሺ ይላሉ።

14 እንደ በጎች ወደ ሲኦል የሚሄዱ ናቸው፤ እረኛቸውም ሞት ነው፤ ቅኖችንም በማለዳ ይገዙአቸዋል፤ ውበታቸውም ከመኖሪያቸው ተለይታ በሲኦል ታረጃለች።

15 ነገር ግን እግዚአብሔር ይቀበለኛልና ነፍሴን ከሲኦል እጅ ይቤገኛል።

16 የሰው ባለጠግነት የቤቱም ክብር በበዛ ጊዜ አትፍራ።

17 በሞተ ጊዜ ከእርሱ ጋር ምንም አይወስድምና፤ ክብሩም ከእርሱ በኋላ አይወርድምና።

18 በሕይወቱ ሳለ ነፍሱን ባርኮአልና ለሰውነቱ መልካም ብታደርግለት ያመሰግንሃል።

19 ሆኖም ወደ አባቶቹ ትውልድ ይወርዳል፤ ለዘላለም ብርሃንን አያይም።

20 አእምሮ የሌለው ክቡር ሰው እንደሚጠፉ እንስሶች መሰለ።

5 Why should I fear in times of trouble, when the iniquity of my persecutors surrounds me,

6 those who trust in their wealth and boast of the abundance of their riches?

7 Truly, no ransom avails for one's life, there is no price one can give to God for it.

8 For the ransom of life is costly, and can never suffice

9 that one should live on forever and never see the grave.

10 When we look at the wise, they die; fool and dolt perish together and leave their wealth to others.

11 Their graves are their homes forever, their dwelling places to all generations, though they named lands their own.

12 Mortals cannot abide in their pomp; they are like the animals that perish.

13 Such is the fate of the foolhardy, the end of those who are pleased with their lot. Selah

14 Like sheep they are appointed for Sheol; Death shall be their shepherd; straight to the grave they descend, and their form shall waste away; Sheol shall be their home.

15 But God will ransom my soul from the power of Sheol, for he will receive me. Selah

16 Do not be afraid when some become rich, when the wealth of their houses increases.

17 For when they die they will carry nothing away; their wealth will not go down after them.

18 Though in their lifetime they count themselves happy --for you are praised when you do well for yourself--

19 they will go to the company of their ancestors, who will never again see the light.

20 Mortals cannot abide in their pomp; they are like the animals that perish.

መዝሙር 50

የአላፍ፡ መዝሙር።

- 1 የእግዳክት አምላክ እግዚአብሔር ተናገረ። ከፀሓይም መውጫ ጀምሮ እስከ መግቢያዋ ድረስ ምድርን ጠራት።
- 2 ከክብሩ ውበት ከጽዮን እግዚአብሔር ግልጥ ሆኖ ይመጣል።
- 3 አምላካችን ይመጣል ዝምም አይልም፤ እሳት በፊት ይቃጠላል፤ በዙሪያውም ብዙ ፀውሎ አለ።
- 4 በላይ ያለውን ሰማይን ምድርንም በሕዝቡ ለመፍረድ ይጠራል፤
- 5 ከእርሱ ጋር ለመስዋዕት ከዳን የቆሙትን ቅዱሳኑን ሰብስቡለት።
- 6 ሰማያት ጽድቁን ይናገራሉ፤ እግዚአብሔር ፈራጅ ነውና።
- 7 ሕዝቤ፤ ሰማኝ፤ ልንገርህ፤ እስራኤልም፤ ሰማኝ፤ ልመስክርብህ፤ አምላክስ እኔ አምላክህ ነኝ።
- 8 ስለ ቊርባንህ የምዘልፍህ አይደለሁም፤ የሚቃጠል መስዋዕትህ ሁልጊዜ በፊቴ ነው።
- 9 ከቤትህ ፍሪዳን ከመንጋህም አውራ ፍየልን አልወስድም፤
- 10 የምድረ በዳ አራዊት ሁሉ በሺህ ተራራዎች ያሉ እንስሶችም የእኔ ናቸውና።
- 11 የሰማይን አዕዋፍ ሁሉ አውቃለሁ፤ የምድረ በዳ አራዊትም በእኔ ዘንድ ናቸው።
- 12 ብራብም ለአንተ አልነግርህም፤ ዓለምና ሞላው የእኔ ነውና።
- 13 የፍሪዳውን ሥጋ እበላለሁን? የፍየሉንስ ደም እጠጣለሁን?
- 14 ለእግዚአብሔር የምስጋናን መስዋዕት ወዋ፤ ለልዑልም ስእለትህን ስጥ፤
- 15 በመከራ ቀን ጥራኝ፤ አድንህማለሁ አንተም ታከብረኛለህ።

Psalm 50

- 1 The mighty one, God the LORD, speaks and summons the earth from the rising of the sun to its setting.
- 2 Out of Zion, the perfection of beauty, God shines forth.
- 3 Our God comes and does not keep silence, before him is a devouring fire, and a mighty tempest all around him.
- 4 He calls to the heavens above and to the earth, that he may judge his people:
- 5 "Gather to me my faithful ones, who made a covenant with me by sacrifice!"
- 6 The heavens declare his righteousness, for God himself is judge. Selah
- 7 "Hear, O my people, and I will speak, O Israel, I will testify against you. I am God, your God.
- 8 Not for your sacrifices do I rebuke you; your burnt offerings are continually before me.
- 9 I will not accept a bull from your house, or goats from your folds.
- 10 For every wild animal of the forest is mine, the cattle on a thousand hills.
- 11 I know all the birds of the air, and all that moves in the field is mine.
- 12 "If I were hungry, I would not tell you, for the world and all that is in it is mine.
- 13 Do I eat the flesh of bulls, or drink the blood of goats?
- 14 Offer to God a sacrifice of thanksgiving, and pay your vows to the Most High.
- 15 Call on me in the day of trouble; I will deliver you, and you shall glorify me."

- 16 ኃጢአተኛውን ግን እግዚአብሔር አለው፡- ለምን አንተ ሕጌን ትናገራለህ? ከዳኔንም በአፍህ ለምን ትወስዳለህ?
- 17 አንተስ ተግሣጺን ጠላህ፤ ቃሎቼንም ወደ ጳላህ ጣልህ።
- 18 ሌባውን ባየህ ጊዜ ከእርሱ ጋር ትሮጥ ነበር እድል ፈንታህንም ከአመንዘሮች ጋር አደረግህ።
- 19 አፍህ ክፋትን አበዛ፤ አንደበትህም ሽንገላን ተበተበ።
- 20 ተቀምጠህ ወንድምህን አማኸው፤ ለእናትህም ልጅ ዕንቅፋት አኖርህ።
- 21 ይህን አድርገህ ዝም አልሁህ፤ እኔ እንደ አንተ እሆን ዘንድ ጠረጠርህ፤ እዘልፍሃለሁ በፈትህም እቆማለሁ።
- 22 እግዚአብሔርን የምትረሱ እናንተ፤ ይህን አስተውሉ፤ አለዚያ ግን ይነጥቃል የሚያድንም የለም።
- 23 ምስጋና የሚሠዋ ያከብረኛል፤ የእግዚአብሔርን ማዳን ለእርሱ የማሳይበት መንገድ ከዚያ አለ።

መዝሙር 51

ለመዘምራን አለቃ፤ ወደ ቤርሳቤህ ከገባ በኋላ ነቢዩ ናታን ወደ እርሱ በመጣ ጊዜ፤ የዳዊት መዝሙር።

- 1 አቤቱ፤ እንደ ቸርነትህ መጠን ማረኝ፤ እንደ ምሕረትህም ብዛት መተላለፌን ደምስስ።
- 2 ከበደሌ ፈጽሞ እጠበኝ፤ ከኃጢአቴም አንጻኝ፤
- 3 እኔ መተላለፌን አውቃለሁና፤ ኃጢአቴም ሁልጊዜ በፊቴ ነውና።
- 4 አንተን ብቻ በደልሁ፤ በፈትህም ክፋትን አደረግሁ፤ በነገርህም ትጻድቅ ዘንድ በፍርድህም ንጹሕ ትሆን ዘንድ።
- 5 እነሆ፤ በዓመፃ ተፀነስሁ፤ እናቴም በኃጢአት ወለደችኝ።
- 6 እነሆ፤ እውነትን ወደድህ፤ የማይታይ ስውር ጥበብን አስታወቅኸኝ።

- 16 But to the wicked God says: "What right have you to recite my statutes, or take my covenant on your lips?
- 17 For you hate discipline, and you cast my words behind you.
- 18 You make friends with a thief when you see one, and you keep company with adulterers.
- 19 "You give your mouth free rein for evil, and your tongue frames deceit.
- 20 You sit and speak against your kin; you slander your own mother's child.
- 21 These things you have done and I have been silent; you thought that I was one just like yourself. But now I rebuke you, and lay the charge before you.
- 22 "Mark this, then, you who forget God, or I will tear you apart, and there will be no one to deliver.
- 23 Those who bring thanksgiving as their sacrifice honor me; to those who go the right way I will show the salvation of God."

Psalms 51

- 1 Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.
- 2 Wash me thoroughly from my iniquity, and cleanse me from my sin.
- 3 For I know my transgressions, and my sin is ever before me.
- 4 Against you, you alone, have I sinned, and done what is evil in your sight, so that you are justified in your sentence and blameless when you pass judgment.
- 5 Indeed, I was born guilty, a sinner when my mother conceived me.
- 6 You desire truth in the inward being; therefore teach me wisdom in my secret heart.

- 7 በሂሶጵ እርጫኝ፥ እነጻማለሁ፤ እጠበኝ፥ ከበረዶም ይልቅ ነጭ እሆናለሁ።
- 8 ሐሜትንና ደስታን አሰማኝ፥ የሰበርሃቸውም አጥንቶቼ ደስ ይላቸዋል።
- 9 ከኃጢአቴ ፈትህን መልስ፥ በደሌንም ሁሉ ደምስሰልኝ።
- 10 አቤቱ፥ ንጹሕ ልብን ፍጠርልኝ፥ የቀናውንም መንፈስ በውስጤ አድስ።
- 11 ከፈትህ አትጣለኝ፥ ቅዱስ መንፈስህንም ከእኔ ላይ አትውሰድብኝ።
- 12 የማዳንህን ደስታ ስጠኝ፥ በእሽታ መንፈስም ደግፈኝ።
- 13 ለሕግ ተላላፎች መንገድህን አስተምራለሁ፥ ኃጢአተኞችም ወደ አንተ ይመለሳሉ።
- 14 የመድኃኒቴ አምላክ እግዚአብሔር ሆይ፥ ከደም አድነኝ፥ እንደባጠኘው በአንተ ጽድቅ ትደሰታለች።
- 15 አቤቱ፥ ከንፈሮቼን ክፈት፥ አፌም ምስጋናህን ያወራል።
- 16 መሥዋዕትን ብትወድድስ በሰጠህህ ነበር፤ የሚቃጠለውም መሥዋዕት ደስ አያሰኝህም።
- 17 የእግዚአብሔር መሥዋዕት የተሰበረ መንፈስ ነው፥ የተሰበረውንና የተዋረደውን ልብ እግዚአብሔር አይንቅም።
- 18 አቤቱ፥ በውዴታህ ጽዮንን አሰማምራት፤ የኢየሩሳሌምንም ቅጽዮች ሥራ።
- 19 የጽድቁን መሥዋዕት መባውንም የሚቃጠለውንም መሥዋዕት በወደድህ ጊዜ፥ ያን ጊዜ በመሠዊያህ ላይ ፍሪዳዎችን ይሠዋሉ።

- 7 Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.
- 8 Let me hear joy and gladness; let the bones that you have crushed rejoice.
- 9 Hide your face from my sins, and blot out all my iniquities.
- 10 Create in me a clean heart, O God, and put a new and right spirit within me.
- 11 Do not cast me away from your presence, and do not take your holy spirit from me.
- 12 Restore to me the joy of your salvation, and sustain in me a willing spirit.
- 13 Then I will teach transgressors your ways, and sinners will return to you.
- 14 Deliver me from bloodshed, O God, O God of my salvation, and my tongue will sing aloud of your deliverance.
- 15 O Lord, open my lips, and my mouth will declare your praise.
- 16 For you have no delight in sacrifice; if I were to give a burnt offering, you would not be pleased.
- 17 The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.
- 18 Do good to Zion in your good pleasure; rebuild the walls of Jerusalem,
- 19 then you will delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on your altar.

መዝሙር 52

ለመዘምራን አለቃ፤ ኤዶማዊው ዶይቅ መጥቶ ለሳኦል፡- ዳዊት ወደ አቢሜሌክ ቤት መጥቶአል ብሎ በነገረው ጊዜ፤ የዳዊት ትምህርት።

- 1 ኃያል ሆይ፥ በክፋት ለምን ትንጋደዳለህ? ሁልጊዜስ በመተላለፍ?
- 2 አንደበትህ ኃጢአትን ያስባል፤ እንደ ተሳለ ምላጭ ሽንገላን አደረግህ።
- 3 ከመልካም ይልቅ ክፋትን፥ ጽድቅንም ከመናገር ይልቅ ዓመፃን ወደድህ።
- 4 የሚያጠፋ ቃልን ሁሉ፥ የሽንገላ ምላሽን ወደድህ።
- 5 ስለዚህ እግዚአብሔር ለዘላለም ያፈርስሃል፤ ከቤትህም ይነቅልሃል ያፈልስሃልም፥ ሥርህንም ከሕያዋን ምድር።
- 6 ዳድቃን አይተው ይፈራሉ፤ በእርሱም ይሥቃሉ እንዲህም ይላሉ፡-
- 7 እግዚአብሔርን ረዳቱ ያላደረገ፥ በባለጠግነቱም ብዛት የታመነ፥ በክንቱ ነገርም የበረታ ያ ሰው እነሆ።
- 8 እኔስ በእግዚአብሔር ቤት እንደ ሰመለመ እንደ ወይራ ዛፍ ነኝ፤ ለዓለምና ለዘላለም በእግዚአብሔር ምሕረት ታመንሁ።
- 9 አድርገህልኛልና ለዘላለም አመሰግንሃለሁ፥ በቅዱሳንህም ዘንድ መልካም ነውና ስምህን ተስፋ አደርጋለሁ።

መዝሙር 53

ለመዘምራን አለቃ በሞክላት፤ የዳዊት ትምህርት።

- 1 ሰነፍ በልቡ፡- አምላክ የለም ይላል። ረከሱ በበደላቸውም ገብቆሉ፤ በጎ ነገርን የሚያደርጋት የለም።
- 2 የሚያስተውል እግዚአብሔርንም የሚፈልግ እንዳለ ያይ ዘንድ እግዚአብሔር ከሰማይ የሰው ልጆችን ተመለከተ።
- 3 ሁሉ በደሉ፥ አብረውም ረከሱ፤ አንድ ስንኳ በጎን ነገር የሚያደርጋት የለም።

Psalm 52

- 1 Why do you boast, O mighty one, of mischief done against the godly? All day long
- 2 you are plotting destruction. Your tongue is like a sharp razor, you worker of treachery.
- 3 You love evil more than good, and lying more than speaking the truth. Selah
- 4 You love all words that devour, O deceitful tongue.
- 5 But God will break you down forever; he will snatch and tear you from your tent; he will uproot you from the land of the living. Selah
- 6 The righteous will see, and fear, and will laugh at the evildoer, saying,
- 7 "See the one who would not take refuge in God, but trusted in abundant riches, and sought refuge in wealth!"
- 8 But I am like a green olive tree in the house of God. I trust in the steadfast love of God forever and ever.
- 9 I will thank you forever, because of what you have done. In the presence of the faithful I will proclaim your name, for it is good.

Psalm 53

- 1 Fools say in their hearts, "There is no God." They are corrupt, they commit abominable acts; there is no one who does good.
- 2 God looks down from heaven on humankind to see if there are any who are wise, who seek after God.
- 3 They have all fallen away, they are all alike perverse; there is no one who does good, no, not one.

- 4 ሕዝቤን እንጀራ እንደሚበላ የሚበሉ ግፍ አድራጊዎች ሁሉ አያውቁምን? እግዚአብሔርንም አይጠሩትም።
- 5 እግዚአብሔር የግብዦችን አጥንቶች በትኖአልና። በዚያ የሚያስፈራ ሳይኖር እጅግ ፈሩ፤ እግዚአብሔር ንቆአቸዋልና አሳፈርሃቸው።
- 6 መድኃኒትን ከጽዮን ለእስራኤል ማን በሰጠ! እግዚአብሔር የሕዝቡን ምርኮ በመለስ ጊዜ፣ ያዕቆብ ደስ ይለዋል እስራኤልም ሐላይት ያደርጋል።

መዝሙር 54

ለመዘምራን አለቃ፤ በበገናዎች፤ ዜፋውያን መጥተው ለሳኦል፡- እነሆ ዳዊት በእኛ ዘንድ ተሸሽጋል ብለው በገናት ጊዜ፤ የዳዊት ትምህርት።

- 1 አቤቱ፣ በስምህ አድነኝ፣ በኃይልህም ፍረድልኝ።
- 2 አቤቱ፣ ጸሎቴን ስማኝ፣ የአፌንም ቃል አድምጥ፤
- 3 እንግዶች ቁመውብኛልና፣ ኃያላንም ነፍሴን ሽተዋታልና፣ እግዚአብሔርን በፈታቸው አሳደረጉትም።
- 4 እነሆ፣ እግዚአብሔር ይረዳኛል፣ ጌታዬም ለነፍሴ ደጋፊዋ ነው።
- 5 ክፋትን ወደ ጠላቶቼ ይመልሳታል፤ በእውነትህም አጥፋቸው።
- 6 ከፈቃዴ እሠዋልሃለሁ፤ አቤቱ፣ መልካም ነውና ስምህን አመሰግናለሁ፤
- 7 ከመከራ ሁሉ አድኖኛልና፣ ዓይኔም በጠላቶቼ ላይ አይታለችና።

መዝሙር 55

ለመዘምራን አለቃ፤ በበገናዎች፤ የዳዊት ትምህርት።

- 1 አቤቱ፣ ጸሎቴን አድምጥ፣ ልመናዬንም ቸል አትበል።
- 2 ተመልከተኝ ስማኝም። በኅዘኔ ተቅበዘበዝሁ ተናወጥሁም፤
- 3 ከጠላት ደምፅ ከዓመፀኛም ግፍ የተነሣ፤ ዓመፀን በላዬ ጥለውብኛልና፣ በቁጣም ጠልተውኛልና።

- 4 Have they no knowledge, those evildoers, who eat up my people as they eat bread, and do not call upon God?
- 5 There they shall be in great terror, in terror such as has not been. For God will scatter the bones of the ungodly; they will be put to shame, for God has rejected them.
- 6 O that deliverance for Israel would come from Zion! When God restores the fortunes of his people, Jacob will rejoice; Israel will be glad.

Psalm 54

- 1 Save me, O God, by your name, and vindicate me by your might.
- 2 Hear my prayer, O God; give ear to the words of my mouth.
- 3 For the insolent have risen against me, the ruthless seek my life; they do not set God before them. Selah
- 4 But surely, God is my helper; the Lord is the upholder of my life.
- 5 He will repay my enemies for their evil. In your faithfulness, put an end to them.
- 6 With a freewill offering I will sacrifice to you; I will give thanks to your name, O LORD, for it is good.
- 7 For he has delivered me from every trouble, and my eye has looked in triumph on my enemies.

Psalm 55

- 1 Give ear to my prayer, O God; do not hide yourself from my supplication.
- 2 Attend to me, and answer me; I am troubled in my complaint. I am distraught
- 3 by the noise of the enemy, because of the clamor of the wicked. For they bring trouble upon me, and in anger they cherish enmity against me.

4 ልቤ በላዬ ተናወጠብኝ፥ የሞት ድንጋጤም ወደቀብኝ።

5 ፍርሃትና እንቅጥቅጥ መጡብኝ፥ ጨለማም ሸፈነኝ።

6 በርሬ ዐርፍ ዘንድ እንደ ርግብ ክንፍን ማን በሰጠኝ!

7 እነሆ፥ ኩብልዬ በራቅሁ በምድረ በዳም በተቀመጥሁ፤

8 ከዐውሎና ከብርቱ ንፋስ ሸሽቼ በፈጠንሁ አልሁ።

9 አቤቱ፥ ግፍንና ጠብን በከተማ ውስጥ አይቼ አለሁና አስጥማቸው እንደበታቸውንም ቀረጥ።

10 በቀንና በሌሊት በቅጥርዋ ይከብቡ አታል፤ ዓመፃና ድካም ኃጢአትም በመካከልዋ ነው፤

11 ተንኩልና ሽንገላ ከአደባባይዋ አይርቁም።

12 ጠላትስ ቢሰድብኝ፥ በታገሥሁ ነበር፤ የሚጠላኝም ራሱን በላዬ ከፍ ከፍ ቢያደርግ፥ ከእርሱ በተሸሸግሁ ነበር።

13 አንተ ግን፥ እኩያዬ ሰው፥ ባልንጀራዬና የልቤ ወዳጅ፤

14 መብልን ከእኔ ጋር በአንድነት ያጣፈጥህ፤ በአንድ ልብ በእግዚአብሔር ቤት ተራመድን።

15 ሞት ይምጣባቸው፤ በሕይወት ሳሉ ወደ ሲኦል ይውረዱ፤ ክፋት በማደሪያቸውና በመካከላቸው ነውና።

16 እኔ ግን ወደ እግዚአብሔር ጮኸሁ፥ እግዚአብሔርም ሰማኝ።

17 በማታና በጥዋት በቀትርም እናገራለሁ እጮኸማለሁ፥ ቃሌንም ይሰማኛል።

18 በእኔ ላይ ብዙ ነበሩና ከሚቃረቡኝ ነፍሴን በሰላም አድናት።

19 ቤዛ የላቸውምና፥ እግዚአብሔርንም አልፈሩትምና ከጥንት ጀምሮ የነበረ እግዚአብሔር ሰምቶ ያገብቀላቸዋል።

4 My heart is in anguish within me, the terrors of death have fallen upon me.

5 Fear and trembling come upon me, and horror overwhelms me.

6 And I say, "O that I had wings like a dove! I would fly away and be at rest;

7 truly, I would flee far away; I would lodge in the wilderness; Selah

8 I would hurry to find a shelter for myself from the raging wind and tempest."

9 Confuse, O Lord, confound their speech; for I see violence and strife in the city.

10 Day and night they go around it on its walls, and iniquity and trouble are within it;

11 ruin is in its midst; oppression and fraud do not depart from its marketplace.

12 It is not enemies who taunt me-- I could bear that; it is not adversaries who deal insolently with me-- I could hide from them.

13 But it is you, my equal, my companion, my familiar friend,

14 with whom I kept pleasant company; we walked in the house of God with the throng.

15 Let death come upon them; let them go down alive to Sheol; for evil is in their homes and in their hearts.

16 But I call upon God, and the LORD will save me.

17 Evening and morning and at noon I utter my complaint and moan, and he will hear my voice.

18 He will redeem me unharmed from the battle that I wage, for many are arrayed against me.

19 God, who is enthroned from of old, Selah will hear, and will humble them-- because they do not change, and do not fear God.

- 20 ከእርሱ ጋር ሰላም በነበሩት ላይ እጁን ዘረጋ፤ ከዳኑንም አረከሱ።
- 21 እፉ ከቅቤ ይልቅ ለዘበ፤ በልቡ ግን ሰልፍ ነበረ፤ ቃሎቹም ከዘይት ይልቅ ለሰለሱ፤ እነርሱ ግን እንደ ተመዘዘ ሰይፍ ናቸው።
- 22 ትካዜህን በእግዚአብሔር ላይ ጣል፤ እርሱም ይደግፍሃል፤ ለጸድቁም ለዘላለም ሁከትን አይሰጠውም።
- 23 አንተ ግን፣ አቤቱ፣ ወደ ሞት ጉድጓድ ታወርዳቸዋለህ፤ የደም ሰዎችና ሸንጋዮች ዘመናቸው ግማሽ አይሞላም፤ እኔ ግን፣ አቤቱ፣ እታመንሃለሁ።

መዝሙር 56

ለመዘምራን አለቃ፤ ከቅዱሳን ስለ ራቁ ሕዝብ፤ ፍልስጥኤ ግውያን በጌት በያዙት ጊዜ፤ የዳዊት ቅኔ።

- 1 አቤቱ፣ ሰው ረግጠኛልና ማረኝ፤ ሁልጊዜም በሰልፍ አሰጨንቆኛል።
- 2 የሚሞጉኝ በዝተዋልና ሁልጊዜ ቀኑን ሁሉ ጠላቶቼ ረገጡኝ።
- 3 እኔ ግን ፈራሁ በአንተም ታመንሁ።
- 4 በእግዚአብሔር ቃሉን አመሰግናለሁ፤ በእግዚአብሔር ታመንሁ፤ አልፈራም፤ ሰው ምን ያደርገኛል?
- 5 ሁልጊዜ ቃሎቼን ያጸይፋብኛል፤ በእኔ ላይም የሚመክሩት ሁሉ ለክፉ ነው።
- 6 ይሸምቁብኛል ይሸሽጉኝማል፤ እነርሱም ተረከዜን ይመለከቱታሉ፤ ሁልጊዜም ነፍሴን ይሸምቁባታል።
- 7 በምንም ምን አታድናቸውም፤ አሕዛብን በቀጣ ትጥላቸዋለህ።
- 8 አምላክ ሆይ፣ ሕይወቴን ነገርሁህ፤ እንባዩን እንደ ትእዛዝ በፈተህ አኖርህ።
- 9 በጠራሁህ ጊዜ ጠላቶቼ ወደ ኋላቸው ይመለሳሉ፤ አንተ አምላክ እንደ ሆንህ እነሆ፣ አወቅሁ።

- 20 My companion laid hands on a friend and violated a covenant with me
- 21 with speech smoother than butter, but with a heart set on war; with words that were softer than oil, but in fact were drawn swords.
- 22 Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.
- 23 But you, O God, will cast them down into the lowest pit; the bloodthirsty and treacherous shall not live out half their days. But I will trust in you.

Psalm 56

- 1 Be gracious to me, O God, for people trample on me; all day long foes oppress me;
- 2 my enemies trample on me all day long, for many fight against me. O Most High,
- 3 when I am afraid, I put my trust in you.
- 4 In God, whose word I praise, in God I trust; I am not afraid; what can flesh do to me?
- 5 All day long they seek to injure my cause; all their thoughts are against me for evil.
- 6 They stir up strife, they lurk, they watch my steps. As they hoped to have my life,
- 7 so repay them for their crime; in wrath cast down the peoples, O God!
- 8 You have kept count of my tossings; put my tears in your bottle. Are they not in your record?
- 9 Then my enemies will retreat in the day when I call. This I know, that God is for me.

- 10 በእግዚአብሔር ቃሉን አመሰግናለሁ፤ በእግዚአብሔር ቃሉን አክብራለሁ።
- 11 በእግዚአብሔር ታመንሁ፤ አልፈራም ሰው ምን ያደርገኛል?
- 12 አቤቱ፣ የምስጋና ስእለት የምሰጥህ ከእኔ ዘንድ ነው፤
- 13 ነፍሴን ከሞት፣ እግሮቼን ከመውደቅ አድነሃልና፣ በሕያዋን ብርሃን እግዚአብሔርን ደስ አሰኘው ዘንድ።

መዝሙር 57

ለመዘምራን አለቃ፣ አታጥፋ። ከሳኦል ፊት ሸሽቶ በዋሻ በነበረበት ጊዜ፤ የዳዊት ቅኔ።

- 1 ማረኝ፣ አቤቱ፣ ማረኝ፣ ነፍሴ አንተን ታምናለችና፤ ጉዳት እስክታልፍ ድረስ በክንፎችህ ጥላ እታመናለሁ።
- 2 ወደሚረዳኝ እግዚአብሔር ወደ ልዑል እግዚአብሔር እሮኝሻለሁ።
- 3 ከሰማይ ልኮ አዳነኝ፣ ለረገጡኝም ውርደትን ሰጣቸው፤ እግዚአብሔር ቸርነቱንና እውነቱን ላከ።
- 4 ነፍሴን ከአንበሶች መካከል አዳናት። ደንግጩ ተኛሁ፤ የሰው ልጆች ጥርሳቸው ጦርና ፍላጻ፣ እንደበታቸው የተሳለ ሾተል ነው።
- 5 አምላክ ሆይ፣ በሰማያት ላይ ከፍ ከፍ በል፤ ክብርህም በምድር ሁሉ ላይ ትሁን።
- 6 ለእግሮቼ ወጥመድን አዘጋጁ፣ ነፍሴንም አገቡጡአት፤ ጉድጓድ በፊቱ ቁፈሩ፣ በእርሱም ወደቁ።
- 7 ልቤ ጨካኝ ነው፣ አቤቱ፣ ልቤ ጨካኝ ነው፤ እቀኛለሁ፣ እዘምራለሁ።
- 8 ክብሬ ይነሣ፣ በገናና መሰንቆም ይነሡ፤ እኔም ማልጄ እነሣለሁ።
- 9 አቤቱ፣ በእሕዛብ ዘንድ አመሰግንሃለሁ፣ በወገኖችም ዘንድ እዘምርልሃለሁ፤

- 10 In God, whose word I praise, in the LORD, whose word I praise,
- 11 in God I trust; I am not afraid. What can a mere mortal do to me?
- 12 My vows to you I must perform, O God; I will render thank offerings to you.
- 13 For you have delivered my soul from death, and my feet from falling, so that I may walk before God in the light of life.

Psalm 57

- 1 Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, until the destroying storms pass by.
- 2 I cry to God Most High, to God who fulfills his purpose for me.
- 3 He will send from heaven and save me, he will put to shame those who trample on me. Selah God will send forth his steadfast love and his faithfulness.
- 4 I lie down among lions that greedily devour human prey; their teeth are spears and arrows, their tongues sharp swords.
- 5 Be exalted, O God, above the heavens. Let your glory be over all the earth.
- 6 They set a net for my steps; my soul was bowed down. They dug a pit in my path, but they have fallen into it themselves. Selah
- 7 My heart is steadfast, O God, my heart is steadfast. I will sing and make melody.
- 8 Awake, my soul! Awake, O harp and lyre! I will awake the dawn.
- 9 I will give thanks to you, O Lord, among the peoples; I will sing praises to you among the nations.

- 10 ምሕረትህ እስከ ሰማይ ድረስ ከፍ ብላለችና፤ እውነትህም እስከ ደመናት ድረስ።
- 11 አምላክ ሆይ፤ በሰማያት ላይ ከፍ ከፍ በል፤ ክብርህም በምድር ሁሉ ላይ ትሁን።

መዝሙር 58

ለመዘምራን አለቃ፤ አታጥፍ። የዳዊት ቅኔ።

- 1 በእውነት ጽድቅን ብትናገሩስ፤ የሰው ልጆች ሆይ፤ በቅን ትፈርዳላችሁ፤
- 2 በልባችሁ በምድር ላይ ኃጢአትን ትወራላችሁና፤ እጆቻችሁም ግፍን ይታታሉና።
- 3 ኅጥአን ከማኅፀን ጀምረው ተለዩ፤ ከሆድም ጀምረው ሳቱ፤ ሐሰትንም ተናገሩ።
- 4 ቀጣቸው እንደ እባብ መርዝ ነው፤ እንደ ምድር አውራም ጆሮዋ የተደፈነ ነው።
- 5 አዋቂ ሲደግምባት የአስማተኛውን ቃል እንደማትሰማ።
- 6 እግዚአብሔር ጥርሳቸውን በአፋቸው ውስጥ ይሰብራል፤ እግዚአብሔር የአንበሶቹን መንጋጋቸውን ያደቅቃል።
- 7 እንደሚፈሰስ ውኃ ይቀልጣሉ፤ እስኪያደክማቸው ድረስ ፍላጾቹን ይገትራል።
- 8 እንደሚቀልጥ ሰም ያልቃሉ፤ እሳት ወደቀች፤ ፀሐይንም አላዩአትም።
- 9 እሾኻችሁ ሳይታወቅ በትር ሆነ፤ ሕያዋን ሳላችሁ በመዓቱ ይነጥቃችኋል።
- 10 ጻድቅ በቀልን ባየ ጊዜ ደስ ይለዋል፤ በኃጢአተኛው ደምም እጁን ይታጠባል።
- 11 ሰውም፡- በእውነት ለጻድቅ ፍሬ አለው፤ በእውነት በምድር ላይ የሚፈርድ አምላክ አለ ይላል።

- 10 For your steadfast love is as high as the heavens; your faithfulness extends to the clouds.
- 11 Be exalted, O God, above the heavens. Let your glory be over all the earth.

Psalm 58

- 1 Do you indeed decree what is right, you gods? Do you judge people fairly?
- 2 No, in your hearts you devise wrongs; your hands deal out violence on earth.
- 3 The wicked go astray from the womb; they err from their birth, speaking lies.
- 4 They have venom like the venom of a serpent, like the deaf adder that stops its ear,
- 5 so that it does not hear the voice of charmers or of the cunning enchanter.
- 6 O God, break the teeth in their mouths; tear out the fangs of the young lions, O LORD!
- 7 Let them vanish like water that runs away; like grass let them be trodden down and wither.
- 8 Let them be like the snail that dissolves into slime; like the untimely birth that never sees the sun.
- 9 Sooner than your pots can feel the heat of thorns, whether green or ablaze, may he sweep them away!
- 10 The righteous will rejoice when they see vengeance done; they will bathe their feet in the blood of the wicked.
- 11 People will say, "Surely there is a reward for the righteous; surely there is a God who judges on earth."

መዝሙር 59

ለመዘምራን አለቃ፤ አታጥፋ። ሳኦል ይገድሉት
ዘንድ ቤቱን እንዲጠብቁ በላክ ጊዜ፤ የዳዊት ቅኔ።

- 1 አምላኬ ሆይ፤ ከጠላቶቼ አድነኝ፤
በላዩም ከቆሙት አስጥለኝ።
- 2 ከግፍ አድራጊዎች ታደገኝ፤ ከደም
ሰዎችም አድነኝ።
- 3 እነሆ፤ ነፍሴን ሸምቀውባታልና፤
ብርቱዎችም በላዩ ተሰበሰቡ። አቤቱ፤
በበደሌም አይደለም፤ በኃጢአቴም
አይደለም።
- 4 ያለ በደል ሮጥሁ ተዘጋጀሁም፤
ተነሥ፤ ተቀበለኝ፤ እይም።
- 5 አንተም አቤቱ፤ የኃያላን አምላክ፤
የእስራኤል አምላክ፤ አሕዛብን ሁሉ
ትገብዳቸው ዘንድ ተነሥ፤ ዓመፅ
የሚያደርጉትን ሁሉ አትግራቸው።
- 6 ማታ ደመለሱ እንደ ውሾችም ይራቡ፤
በከተማም ይዙሩ።
- 7 እነሆ፤ በአፋቸው አሰምተው
ይናገራሉ፤ ሰይፍም በከንፈሮቻቸው
አለ፤ ማን ይሰማል? ይላሉ።
- 8 አንተ ግን አቤቱ፤ ትሥቅግቸዋለህ፤
አሕዛብንም ሁሉ ትንቃቸዋለህ።
- 9 እግዚአብሔር መጠጊያዬ ነውና
ኃይሌን ወደ አንተ አስጠጋለሁ።
- 10 የአምላኬ ቸርነቴ ይገናኘኛል አምላኬ
በጠላቶቼ ላይ ያሳየኛል።
- 11 ሕግህን እንዳይረሱ አትግደላቸው፤
አቤቱ ጋኛዬ፤ በኃይልህ በትናቸው
አውርዳቸውም።
- 12 ስለ አፋቸው ኃጢአት ስለ
ከንፈራቸውም ቃል፤ መርገምንና
ሐሰትን ስለሚናገሩ፤ በትዕቢታቸው
ይጠመዱ።
- 13 በቀላጣ አጥፋቸው፤ እንዳይኖሩም
አጥፋቸው፤ የያዕቆብም አምላክ እስከ
ምድር ዳርቻ ድረስ እንዲገዛ ይወቁ።

Psalm 59

- 1 Deliver me from my enemies, O my
God; protect me from those who rise
up against me.
- 2 Deliver me from those who work
evil; from the bloodthirsty save me.
- 3 Even now they lie in wait for my life;
the mighty stir up strife against me.
For no transgression or sin of mine,
O LORD,
- 4 for no fault of mine, they run and
make ready. Rouse yourself, come to
my help and see!
- 5 You, LORD God of hosts, are God of
Israel. Awake to punish all the
nations; spare none of those who
treacherously plot evil. Selah
- 6 Each evening they come back, howl-
ing like dogs and prowling about the
city.
- 7 There they are, bellowing with their
mouths, with sharp words on their
lips-- for "Who," they think, "will
hear us?"
- 8 But you laugh at them, O LORD; you
hold all the nations in derision.
- 9 O my strength, I will watch for you;
for you, O God, are my fortress.
- 10 My God in his steadfast love will
meet me; my God will let me look in
triumph on my enemies.
- 11 Do not kill them, or my people may
forget; make them totter by your
power, and bring them down, O
Lord, our shield.
- 12 For the sin of their mouths, the
words of their lips, let them be
trapped in their pride. For the curs-
ing and lies that they utter,
- 13 consume them in wrath; consume
them until they are no more. Then it
will be known to the ends of the
earth that God rules over Jacob.
Selah

- 14 ማታ ይመለሱ እንደ ውሾችም ይራቡ፤ በከተማም ይዙሩ።
- 15 እነርሱም መብል ለመፈለግ ይበተኑ፤ ያልጠገቡ እንደ ሆነም ያንገቡረጉራሉ።
- 16 እኔ ግን ለኃይልህ እቀኛለሁ፤ በምሕረትህም ማልዶ ደስ ይለኛል፤ በመከራዬ ቀን መጠጊያዬና አምባዬ ሆነኸኛልና።
- 17 ረዳቴ ሆይ፤ ለአንተ ለአምላክ እዘምራለሁ፤ አንተ፤ አምላክ፤ መጠጊያዬ ምሕረቴም ነህና።

መዝሙር 60

ለመዘምራን አለቃ፤ የሶርያን ሁለቱን ወንዞችና የሶርያን ሶባልን ባቃጠለ ጊዜ ኢየሱስም ተመልሶ ከኤዶማውያን ሰዎች በጩው ሸለቆ አሥራ ሁለት ሺህ በገደለ ጊዜ ለትምህርት የዳዊት ቅኔ።

- 1 አቤቱ፤ ጣልኸን አፈረሰኸንም፤ ተቈጣኸን ይቅርም አልኸን።
- 2 ምድርን አናወጥሃት አወክሃትም፤ ተናወጣለችና ቀላሰልዋን ፈውሰ።
- 3 ለሕዝብህ ጭንቅን አሳየሃቸው፤ አስደንጋጩንም ወይን አጠጣኸን።
- 4 ከቀስት ፊት ያመልጡ ዘንድ፤ ለሚፈሩህ ምልክትን ሰጠሃቸው።
- 5 ወዳጆችህ እንዲደኑ በቀኝህ አድን፤ አድምጠኝም።
- 6 እግዚአብሔር በቅድስናው ተናገረ፤ ደስ ይለኛል፤ ሴኪምንም እካፈላለሁ፤ የሱኩትንም ሸለቆ እሰፍራለሁ።
- 7 ገለጻድ የእኔ ነው፤ ምናሴም የእኔ ነው፤ ኤፍራም የራሴ መጠጊያ ነው። ይሁዳ ንጉሤ ነው፤
- 8 ሞዓብ መታጠቢያዬ ነው፤ በኤዶምያስ ላይ ጫማዬን እዘረጋለሁ፤ ፍልስጥኤም ይገዙልኛል።
- 9 ወደ ጽኑ ከተማ ማን ይወስደኛል? ማንስ እስከ ኤዶምያስ ይመራኛል?
- 10 አቤቱ፤ የጣልኸን አንተ አይደለህምን? አምላክ ሆይ፤ ከሠራዊታችን ጋር አትወጣም።

- 14 Each evening they come back, howling like dogs and prowling about the city.
- 15 They roam about for food, and growl if they do not get their fill.
- 16 But I will sing of your might; I will sing aloud of your steadfast love in the morning. For you have been a fortress for me and a refuge in the day of my distress.
- 17 O my strength, I will sing praises to you, for you, O God, are my fortress, the God who shows me steadfast love.

Psalm 60

- 1 O God, you have rejected us, broken our defenses; you have been angry; now restore us!
- 2 You have caused the land to quake; you have torn it open; repair the cracks in it, for it is tottering.
- 3 You have made your people suffer hard things; you have given us wine to drink that made us reel.
- 4 You have set up a banner for those who fear you, to rally to it out of bowshot. Selah
- 5 Give victory with your right hand, and answer us, so that those whom you love may be rescued.
- 6 God has promised in his sanctuary: "With exultation I will divide up Shechem, and portion out the Vale of Succoth.
- 7 Gilead is mine, and Manasseh is mine; Ephraim is my helmet; Judah is my scepter.
- 8 Moab is my washbasin; on Edom I hurl my shoe; over Philistia I shout in triumph."
- 9 Who will bring me to the fortified city? Who will lead me to Edom?
- 10 Have you not rejected us, O God? You do not go out, O God, with our armies.

- 11 በመከራችን ረድኤትን ስጠን የሰውም ማዳን ከንቱ ነው።
- 12 በእግዚአብሔር ኃይልን እናደርጋለን እርሱ የሚያስጨንቁንን ያዋርዳቸዋልና።

መዝሙር 61

ለመዘምራን አለቃ፤ በበገናዎች፤ የዳዊት መዝሙር።

- 1 አምላክ ሆይ፤ ልመናዬን ስማ፤ ጸሎቴንም አድምጥ።
- 2 ልቤ ተስፋ በቈረጠ ጊዜ ከምድር ዳርቻ ወደ አንተ እጮኸለሁ፤ በድንጋይ ላይ ከፍ ከፍ አደረግኸኝ።
- 3 ጽኑ ግንብ በጠላት ፊት ተስፋዬም ሆነኸኛልና መራኸኝ።
- 4 በድንኳንህ ለዘላለም እኖራለሁ፤ በክንፎችህም ጥላ እጋረዳለሁ፤
- 5 አቤቱ፤ አንተ ስእለቴን ሰምተሃልና፤ ስምህንም ለሚፈሩ ርስትህን ሰጠሃቸው።
- 6 ለንጉሥ ከቀን በላይ ቀን ትጨምራለህ፤ ዓመታቱም ከትውልድ ወደ ትውልድ ይሆናሉ።
- 7 በእግዚአብሔር ፊት ለዘላለም ይኖራል፤ ይጠብቁት ዘንድ ምሕረትንና እውነትን አዘጋጅለት።
- 8 እንዲሁ ለስምህ ለዘላለም እዘምራለሁ ስእለቴን ሁልጊዜ እፈጽም ዘንድ።

መዝሙር 62

ለመዘምራን አለቃ፤ ስለ ኤዶታም፤ የዳዊት መዝሙር።

- 1 ነፍሴ ለእግዚአብሔር የምትገዛ አይደለችምን? መድኃኒቴ ከእርሱ ዘንድ ናትና።
- 2 እርሱ አምላኬ መድኃኒቴም ነውና፤ እርሱ መጠጊያዬ ነው፤ እጅግም አልታወክም።
- 3 እስከ መቼ በሰው ላይ ትቆማላችሁ? እናንተ ሁላችሁ እንዳዘነበለ ግድግዳ እንደ ፈረሰም ቅጥር ትገድላላችሁ።

- 11 O grant us help against the foe, for human help is worthless.
- 12 With God we shall do valiantly; it is he who will tread down our foes.

Psalm 61

- 1 Hear my cry, O God; listen to my prayer.
- 2 From the end of the earth I call to you, when my heart is faint. Lead me to the rock that is higher than I;
- 3 for you are my refuge, a strong tower against the enemy.
- 4 Let me abide in your tent forever, find refuge under the shelter of your wings. Selah
- 5 For you, O God, have heard my vows; you have given me the heritage of those who fear your name.

- 6 Prolong the life of the king; may his years endure to all generations!
- 7 May he be enthroned forever before God; appoint steadfast love and faithfulness to watch over him!
- 8 So I will always sing praises to your name, as I pay my vows day after day.

Psalm 62

- 1 For God alone my soul waits in silence; from him comes my salvation.
- 2 He alone is my rock and my salvation, my fortress; I shall never be shaken.
- 3 How long will you assail a person, will you batter your victim, all of you, as you would a leaning wall, a tottering fence?

- 4 ነገር ግን ክብራን ይሸፋ ዘንድ መከፋ፡ ሐሰትንም ይወድዳሉ፤ በአፋቸው ይባርካሉ፡ በልባቸውም ይረግማሉ።
- 5 ነገር ግን፡ ነፍሴ ሆይ፡ አንቺ ለእግዚአብሔር ተገዢ፡ ተስፋዬ ከእርሱ ዘንድ ናትና።
- 6 እርሱ አምላኪ መድኃኒቴም ነውና፤ እርሱ መጠጊያዬ ነው፤ አልታወክም።
- 7 መድኃኒቴና ክብራ በእግዚአብሔር ነው፤ የረድኤቴ አምላክ ተስፋዬም እግዚአብሔር ነው።
- 8 የሕዝብ ማኅበር ሁላችሁ፡ በእርሱ ታመኑ፡ ልባችሁንም በፊቱ አፍስሱ፤ እግዚአብሔር ረዳታችን ነው።
- 9 ነገር ግን የሰው ልጆች ከንቱ ናቸው፡ የሰው ልጆችም ሐሰተኞች ናቸው፤ በሚዛንም ይበድላሉ፡ እነርሱስ በፍጹም ከንቱ ናቸው።
- 10 ዓመፃን ተስፋ አታድርጉ፡ ቅሚያንም አትተማመኑት፤ ባለጠግነት በበዛ ልባችሁ አይኮሩ።
- 11 እግዚአብሔር አንድ ጊዜ ተናገረ፡ እኔም ይህን ብቻ ሰማሁ፤ ኃይል የእግዚአብሔር ነው።
- 12 አቤቱ፡ ምሕረትም ያንተ ነው፤ አንተ ለእያንዳንዱ እንደ ሥራው ፍዳውን ትሰጣለህና።

መዝሙር 63

በኤድምያስ ምድረ በዳ በነበረ ጊዜ፤ የዳዊት መዝሙር።

- 1 አምላኬ፡ አምላኬ፡ ወደ አንተ እገዛግሳለሁ፤ ነፍሴ አንተን ተጠማች፡ ሥጋዬ አንተን እንዴት ናፈቀች እንጨትና ውኃ በሌለበት በምድረ በዳ።
- 2 ኃይልህንና ክብርህን አይ ዘንድ እንዲሁ በመቅደስ ውስጥ ተመለከትሁህ።
- 3 ምሕረትህ ከሕይወት ይሻላልና ከንፈሮቹ ያመሰግኑሃል።

- 4 Their only plan is to bring down a person of prominence. They take pleasure in falsehood; they bless with their mouths, but inwardly they curse. Selah
- 5 For God alone my soul waits in silence, for my hope is from him.
- 6 He alone is my rock and my salvation, my fortress; I shall not be shaken.
- 7 On God rests my deliverance and my honor; my mighty rock, my refuge is in God.
- 8 Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah
- 9 Those of low estate are but a breath, those of high estate are a delusion; in the balances they go up; they are together lighter than a breath.
- 10 Put no confidence in extortion, and set no vain hopes on robbery; if riches increase, do not set your heart on them.
- 11 Once God has spoken; twice have I heard this: that power belongs to God,
- 12 and steadfast love belongs to you, O Lord. For you repay to all according to their work.

Psalm 63

- 1 O God, you are my God, I seek you, my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.
- 2 So I have looked upon you in the sanctuary, beholding your power and glory.
- 3 Because your steadfast love is better than life, my lips will praise you.

4 እንዲህ በሕይወቴ ዘመን አመሰግንሃለሁ፤ በአንተም ስም እጆቼን አነሣለሁ።

5 ነፍሴ በቅቤና በስብ እንደሚጠግቡ ትጠግባለች፤ ከንፈሮቼም ስምህን በደስታ ያመሰግናሉ።

6 በመኝታዬም አስብሃለሁ፤ በማለዳም እናገርልሃለሁ፤

7 ረዳቴ ሆነኸኛልና፤ በክንፎችህም ጥላ ደስ ይለኛልና።

8 ነፍሴ በኋላህ ተከታተለች፤ እኔንም ቀኝህ ተቀበለችኝ።

9 እነርሱ ግን ነፍሴን ለከንቱ ፈለጉት፤ ወደ ምድር ጥልቅ ይገባሉ።

10 ለሰይፍ እጅ አልፈው ይሰጣሉ፤ የቀበሮም እድል ፈንታ ይሆናሉ።

11 ንጉሥ ግን በእግዚአብሔር ደስ ይለዋል፤ በእርሱ የሚምል ሁሉ ይከብራል፤ ሐሰትን የሚናገር አፍ ይዘጋልና።

4 So I will bless you as long as I live; I will lift up my hands and call on your name.

5 My soul is satisfied as with a rich feast, and my mouth praises you with joyful lips

6 when I think of you on my bed, and meditate on you in the watches of the night;

7 for you have been my help, and in the shadow of your wings I sing for joy.

8 My soul clings to you; your right hand upholds me.

9 But those who seek to destroy my life shall go down into the depths of the earth;

10 they shall be given over to the power of the sword, they shall be prey for jackals.

11 But the king shall rejoice in God; all who swear by him shall exult, for the mouths of liars will be stopped.

መዝሙር 64

ለመዘምራን አለቃ፤ የዳዊት መዝሙር።

1 አቤቱ፤ ወደ አንተ በለመንሁ ጊዜ ጸሎቴን ስማኝ፤ ከጠላትም ፍርሃት ነፍሴን አድን።

2 ከክፉዎች ሸንጎ ከዓመፀኞችም ብዛት ሰውረኝ።

3 እንደ ሰይፍ ምላሳቸውን አሰሉ፤ መራራ ነገርን ለማድረግ፤

4 ንጹሕንም በሰውር ለመንደፍ ቀስትን ገተሩ፤ ድንገት ይነድፉታል አይፈሩምም።

5 ለእነርሱ ለራሳቸው ክፉ ነገርን አጸኑ፤ ወጥመድን ይሰውሩ ዘንድ ተማከሩ፤ ማንስ ያየናል? ይላሉ።

6 ዓመፀን ፈልጓት፤ ሲፈትኑም አለቁ፤ የሰው የውስጥ አሳቡና ልቡ የጠለቀ ነው።

Psalm 64

1 Hear my voice, O God, in my complaint; preserve my life from the dread enemy.

2 Hide me from the secret plots of the wicked, from the scheming of evil-doers,

3 who whet their tongues like swords, who aim bitter words like arrows,

4 shooting from ambush at the blameless; they shoot suddenly and without fear.

5 They hold fast to their evil purpose; they talk of laying snares secretly, thinking, "Who can see us?"

6 Who can search out our crimes? We have thought out a cunningly conceived plot." For the human heart and mind are deep.

- 7 እግዚአብሔርም ከፍ ከፍ ይላል። የድንገትም ፍላጻ፤ ያቈስላቸዋል፤
- 8 እንደበታቸው ያስናክላቸዋል። የሚያዩአቸውም ሁሉ ይደነግጣሉ።
- 9 ሰዎች ሁሉ ፈሩ፤ የእግዚአብሔርንም ሥራ ተናገሩ፤ ሥራውንም አስተዋሉ።
- 10 ዳድቅ በእግዚአብሔር ደስ ይለዋል፤ በእርሱም ይታመናል፤ ልባቸውም የቀና ሁሉ እልል ይላሉ።

መዝሙር 65

ለመዘምራን አለቃ፤ የዳዊት የምስጋና መዝሙር።

- 1 አቤቱ፤ በጽዮን ለአንተ ምስጋና ይገባል፤ ለአንተም ጸሎት ይቀርባል።
- 2 ሥጋ ሁሉ ጸሎትን ወደምትሰማ ወደ አንተ ይመጣል።
- 3 የዓመፃ ነገር በረታብን፤ ኃጢአታችንንስ አንተ ይቅር ትላለህ።
- 4 አንተ የመረጥኸው በአደባባዮችህም ለማደር የተቀበልኸው ምስጉን ነው፤ ከቤትህ በረከት እንጠግባለን።
- 5 ቤተ መቅደስህ ቅዱስ ነው በጽድቅም ድንቅ ነው። በምድር ዳርቻ ሁሉና በሩቅ ባሕር ውስጥ ላሉ ተስፋቸው የሆንህ፤ አምላካችንና መድኃኒታችን ሆይ፤ ሰማን።
- 6 በጉልበትህ ተራሮችን አጸናሃቸው፤ በኃይልም ታጥቀሃል።
- 7 የባሕሩን ጥልቀት የሞገድንም ጩኸት ታናውጣለህ።
- 8 ከተአምራትህ የተነሣ አሕዛብ ይደነግጣሉ፤ በምድር ዳርቻም የሚኖሩ ይፈራሉ፤ የጥዋትንና የማታን መውጫ ደስ ታሰኛቸዋለህ።
- 9 ምድርን ጉበኘሃት አጠጣሃትም፤ ብልጥግናዋንም እጅግ አበዛህ፤ የእግዚአብሔርን ወንዝ ውኃን የተመላ ነው፤ ምግባቸውን አዘጋጀህ እንዲሁ ታሰናዳለህና።

- 7 But God will shoot his arrow at them; they will be wounded suddenly.
- 8 Because of their tongue he will bring them to ruin; all who see them will shake with horror.
- 9 Then everyone will fear; they will tell what God has brought about, and ponder what he has done.
- 10 Let the righteous rejoice in the LORD and take refuge in him. Let all the upright in heart glory.

Psalm 65

- 1 Praise is due to you, O God, in Zion; and to you shall vows be performed,
- 2 O you who answer prayer! To you all flesh shall come.
- 3 When deeds of iniquity overwhelm us, you forgive our transgressions.
- 4 Happy are those whom you choose and bring near to live in your courts. We shall be satisfied with the goodness of your house, your holy temple.
- 5 By awesome deeds you answer us with deliverance, O God of our salvation; you are the hope of all the ends of the earth and of the farthest seas.
- 6 By your strength you established the mountains; you are girded with might.
- 7 You silence the roaring of the seas, the roaring of their waves, the tumult of the peoples.
- 8 Those who live at earth's farthest bounds are awed by your signs; you make the gateways of the morning and the evening shout for joy.
- 9 You visit the earth and water it, you greatly enrich it; the river of God is full of water; you provide the people with grain, for so you have prepared it.

- 10 ትልምዋን ታረካለህ፤ በይዋንም ታስተካክላለህ፤ በነጠብጣብ ታለሰልሳታለህ፤ በታያዋንም ትባርካለህ።
- 11 በቸርነትህ ዓመትን ታቀዳጃለህ፤ ምድረ በዳውም ሰብን ይጠግባል።
- 12 የምድረ በዳ ተራሮች ይረካሉ፤ ኮረብቶችም በደስታ ይታጠቃሉ።
- 13 ማሰማርያዎች መንጎችን ለበሱ፤ ሸለቆችም በአህል ተሸፈኑ፤ በደስታ ይጮኻሉ ይዘምራሉም።

መዝሙር 66

ለመዘምራን አለቃ፤ የመነሣት የምስጋና መዝሙር።

- 1 በምድር ያላችሁ ሁሉ ለእግዚአብሔር እልል በሉ።
- 2 ለስሙም ዘምሩ፤ ለምስጋናውም ክብርን ስጡ።
- 3 እግዚአብሔርን እንዲህ በሉት፡- ሥራህ ግሩም ነው፤ ኃይህ ብዙ ሲሆን ጠላቶች ዋሹብህ።
- 4 በምድር ያሉ ሁሉ ለአንተ ይሰግዳሉ፤ ለአንተም ይዘምራሉ፤ ለስምህም ይዘምራሉ።
- 5 ኑ የእግዚአብሔርንም ሥራ እዩ፤ ከሰው ልጆች ይልቅ በምክር ግሩም ነው።
- 6 ባሕርን የብስ አደረጋት፤ ወንዙንም በእግር ተሻገሩ፤ በዚያ በእርሱ ደስ ይለናል።
- 7 በኃይሉ ለዘላለም ይገዛል፤ ዓይኖቹ ወደ አሕዛብ ይመለከታሉ፤ ዓመፀኞች ራሳቸውን ከፍ ከፍ አያድርጉ።
- 8 አሕዛብ ሆይ፤ አምላካችንን ባርኩ፤ የምስጋናውንም ድምፅ አስሙ።
- 9 ነፍሴን በሕይወት ያኖራታል፤ እግሮቹንም ለመናወጥ አልሰጠም።
- 10 አቤቱ፤ ፈትነኸናልና፤ ብርንም እንደሚያነጥሩት አንጥረኸናልና።
- 11 ወደ ወጥመድ አገባኸን፤ በጀርባችንም መከራን አኖርህ።

- 10 You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth.
- 11 You crown the year with your bounty; your wagon tracks overflow with richness.
- 12 The pastures of the wilderness overflow, the hills gird themselves with joy,
- 13 the meadows clothe themselves with flocks, the valleys deck themselves with grain, they shout and sing together for joy.

Psalm 66

- 1 Make a joyful noise to God, all the earth;
- 2 sing the glory of his name; give to him glorious praise.
- 3 Say to God, "How awesome are your deeds! Because of your great power, your enemies cringe before you.
- 4 All the earth worships you; they sing praises to you, sing praises to your name." Selah
- 5 Come and see what God has done: he is awesome in his deeds among mortals.
- 6 He turned the sea into dry land; they passed through the river on foot. There we rejoiced in him,
- 7 who rules by his might forever, whose eyes keep watch on the nations-- let the rebellious not exalt themselves. Selah
- 8 Bless our God, O peoples, let the sound of his praise be heard,
- 9 who has kept us among the living, and has not let our feet slip.
- 10 For you, O God, have tested us; you have tried us as silver is tried.
- 11 You brought us into the net; you laid burdens on our backs;

- 12 በራሳችን ላይ ሰውን አስረገጥኸን፤ በእሳትና በውኃ መካከል አለፍን፤ ወደ ዕረፍትም አወጣኸን።
- 13-14 ከሚቃጠል መሥዋዕት ጋር ወደ ቤትሀ እገባለሁ፤ በመከራዬ ጊዜ በአፌ የተናገርሁትን ከንፈሮቼም ያሉትን ስእሉቴን ለአንተ እፈጽማለሁ።
- 15 ከፅግንና ከወጠጫዎች ጋር ለሚቃጠል መሥዋዕት ፍሪዳን አቀርባለሁ፤ ላሞችንና ፍየሎችን እሠዋልሃለሁ።
- 16 እግዚአብሔርን የምትፈሩት ሁሉ፤ ኑ፤ ስሙኝ፤ ለነፍሴ ያደረገላትን ልንገራችሁ።
- 17 በአፌ ወደ እርሱ ጮኸሁ፤ በአንደበቴም አመሰግንሁት።
- 18 በልቤህ በደልን አይኛ ብሆን ጌታ አይሰማኝም ነበር።
- 19 ስለዚህ እግዚአብሔር ሰማኝ፤ የልመናዬን ደምፅ አደመጠ።
- 20 ጸሎቴን ያልከለከለኝ ምሕረቱንም ከእኔ ያላራቀ እግዚአብሔር ይመስገን።

መዝሙር 67

ለመዘምራን አለቃ፤ በበገናዎች፤ የዳዊት መዝሙር።

- 1 እግዚአብሔር ይማረን ይባርከንም፤ ፊቱንም በላያችን ያብራ፤
- 2 በአሕዛብ ሁሉ መካከል ማዳንህን፤ መንገድህንም በምድር እናውቅ ዘንድ።
- 3 አቤቱ፤ አሕዛብ ያመሰግኑህ፤ አሕዛብ ሁሉ ያመሰግኑህ።
- 4 ለአሕዛብ በቅን ትፈርድላቸዋለህና፤ አሕዛብንም በምድር ላይ ትመራለህና አሕዛብ ደስ ይበላቸው ሐላጊትም ያደርጉ።
- 5 አቤቱ፤ አሕዛብ ያመሰግኑህ፤ አሕዛብ ሁሉ ያመሰግኑህ።

- 12 you let people ride over our heads; we went through fire and through water; yet you have brought us out to a spacious place.
- 13 I will come into your house with burnt offerings; I will pay you my vows,
- 14 those that my lips uttered and my mouth promised when I was in trouble.
- 15 I will offer to you burnt offerings of fatlings, with the smoke of the sacrifice of rams; I will make an offering of bulls and goats. Selah
- 16 Come and hear, all you who fear God, and I will tell what he has done for me.
- 17 I cried aloud to him, and he was extolled with my tongue.
- 18 If I had cherished iniquity in my heart, the Lord would not have listened.
- 19 But truly God has listened; he has given heed to the words of my prayer.
- 20 Blessed be God, because he has not rejected my prayer or removed his steadfast love from me.

Psalms 67

- 1 May God be gracious to us and bless us and make his face to shine upon us, Selah
- 2 that your way may be known upon earth, your saving power among all nations.
- 3 Let the peoples praise you, O God; let all the peoples praise you.
- 4 Let the nations be glad and sing for joy, for you judge the peoples with equity and guide the nations upon earth. Selah
- 5 Let the peoples praise you, O God; let all the peoples praise you.

6 ምድር ፍሬዋን ሰጠች፤ እግዚአብሔር አምላካችንም ይባርከናል።

7 እግዚአብሔር ይባርከናል፤ የምድርም ዳርቻ ሁሉ ይፈሩታል።

መዝሙር 68

ለመዘምራን አለቃ፤ የዳዊት የምስጋና መዝሙር።

1 እግዚአብሔር ይነሣ፤ ጠላቶቹም ይበተኑ፤ የሚጠሉትም ከፈቱ ይሸሹ።

2 ጢስ እንደሚበንን እንዲሁ ይብኑ፤ ሰም በእሳት ፊት እንደሚቀልጥ፤ እንዲሁ ኅጥአን ከእግዚአብሔር ፊት ይጥፉ።

3 ጸድ ቃንም ደስ ይበላቸው፤ በእግዚአብሔርም ፊት ሐሣት ያደርጉ፤ በደስታም ደስ ይበላቸው።

4 ለእግዚአብሔር ተቀኙ ለስሙም ዘምሩ፤ ወደ ምድረ በዳ ለወጣም መንገድ አድርጉ፤ ስሙ እግዚአብሔር ነው፤ በፊቱም ደስ ይበላችሁ፤ በፊቱም ይደነግጣሉ።

5 እግዚአብሔር በቅዱስ ቦታው ለድሀ አደጎች አባት፤ ለባልቴቶችም ዳኛ ነው።

6 እግዚአብሔር ብቸኞችን በቤት ያሳድራቸዋል፤ እስረኞችንም በኃይሉ ያወጣቸዋል፤ ዓመፀኞች ግን በምድረ በዳ ይኖራሉ።

7 አቤቱ፤ በሕዝብም ፊት በወጣህ ጊዜ፤ በምድረ በዳም ባለፍህ ጊዜ፤ ምድር ተናወጠች፤

8 ከሲና አምላክ ፊት፤ ከእስራኤል አምላክ ፊት ሰማያትም አንጠጠቡ።

9 አቤቱ፤ የሞገስን ዝናብ ለርስትህ አዘነብህ፤ በደከመም ጊዜ አንተ አጸናኸው።

10 እንስሶችህ በውስጡ አደሩ፤ አቤቱ፤ በቸርነትህ ለድሆች አዘጋጀህ።

11 እግዚአብሔር ቃሉን ሰጠ፤ የሚያወሩት ብዙ ሠራዊት ናቸው።

6 The earth has yielded its increase; God, our God, has blessed us.

7 May God continue to bless us; let all the ends of the earth revere him.

Psalm 68

1 Let God rise up, let his enemies be scattered; let those who hate him flee before him.

2 As smoke is driven away, so drive them away; as wax melts before the fire, let the wicked perish before God.

3 But let the righteous be joyful; let them exult before God; let them be jubilant with joy.

4 Sing to God, sing praises to his name; lift up a song to him who rides upon the clouds -- his name is the LORD -- be exultant before him.

5 Father of orphans and protector of widows is God in his holy habitation.

6 God gives the desolate a home to live in; he leads out the prisoners to prosperity, but the rebellious live in a parched land.

7 O God, when you went out before your people, when you marched through the wilderness, Selah

8 the earth quaked, the heavens poured down rain at the presence of God, the God of Sinai, at the presence of God, the God of Israel.

9 Rain in abundance, O God, you showered abroad; you restored your heritage when it languished;

10 your flock found a dwelling in it; in your goodness, O God, you provided for the needy.

11 The Lord gives the command; great is the company of those who bore the tidings:

12 የሠራዊት ነገሥታት ፈጥነው ይሸሻሉ፤ በቤትም የምትኖር ምርኮን ተካፈለች።

13 በርስቶች መካከል ብታድሩ፤ ከብር እንደ ተሠሩ እንደ ርግብ ክንፎች፤ በቅጠል ወርቅም እንደ ተለበጡ ላባዎች ትሆናላችሁ።

14 ሰማያዊ ንጉሥ በላይዋ ባዘዘ ጊዜ፤ በሰልሞን ላይ በረዶ ዘነበ።

15 የእግዚአብሔር ተራራ የለመለመ ተራራ ነው፤ የጸና ተራራና የለመለመ ተራራ ነው።

16 የጸኑ ተራራዎች ለምን ይንሣሉ? እግዚአብሔር ይህን ተራራ ያድርጋል፤ ዘንድ ወደ ደው፤ በእውነት እግዚአብሔር ለዘላለም ያድርጋል።

17 የእግዚአብሔር ሰረገላዎች የብዙ ብዙ ሺህ ናቸው፤ ጌታ በመቅደሱ በሲና በመካከላቸው ነው።

18 ወደ ላይ ዓረግህ፤ ምርኮን ማረክህ፤ ስጦታንም ለሰዎች ሰጠህ፤ ደግሞም ለዓመፀኞች በዚያ ያድሩ ዘንድ።

19 እግዚአብሔር አምላክ ቡሩክ ነው፤ እግዚአብሔር በየዕለቱ ቡሩክ ነው፤ የመድኃኒታችን አምላክ ይረዳናል።

20 አምላካችንን የደገንነት አምላክ ነው፤ ከሞት መውጣትም ከእግዚአብሔር ነው።

21 ነገር ግን እግዚአብሔር የጠላቶቹን ራስ፤ በኃጢአት የሚሄድንም የጠጉሩን አናት ይቀጠቅጣል።

22 እግዚአብሔር እንዲህ አለ፡- ከባላን አመጣቸዋለሁ፤ ከባሕርም ጥልቅ እመልሳቸዋለሁ።

23 እግሮችህ በደም ይረገጡ ዘንድ፤ የውሾችህ ምላስ በጠላቶች ላይ ይሆን ዘንድ።

24 የአምላክ የንጉሥ መንገድ በመቅደሱ፤ አቤቱ፤ መንገድህ ተገለጠ።

12 "The kings of the armies, they flee, they flee!" The women at home divide the spoil,

13 though they stay among the sheep-folds-- the wings of a dove covered with silver, its pinions with green gold.

14 When the Almighty scattered kings there, snow fell on Zalmon.

15 O mighty mountain, mountain of Bashan; O many-peaked mountain, mountain of Bashan!

16 Why do you look with envy, O many-peaked mountain, at the mount that God desired for his abode, where the LORD will reside forever?

17 With mighty chariotry, twice ten thousand, thousands upon thousands, the Lord came from Sinai into the holy place.

18 You ascended the high mount, leading captives in your train and receiving gifts from people, even from those who rebel against the LORD God's abiding there.

19 Blessed be the Lord, who daily bears us up; God is our salvation. Selah

20 Our God is a God of salvation, and to GOD, the Lord, belongs escape from death.

21 But God will shatter the heads of his enemies, the hairy crown of those who walk in their guilty ways.

22 The Lord said, "I will bring them back from Bashan, I will bring them back from the depths of the sea,

23 so that you may bathe your feet in blood, so that the tongues of your dogs may have their share from the foe."

24 Your solemn processions are seen, O God, the processions of my God, my King, into the sanctuary--

- 25 አለቆች ቀደሙ፥ መዘምራንም ተከተሉ፤ ከበሮን በሚመቱ በቈነጃጅት መካከል።
- 26 እግዚአብሔርን በጉባኤ፥ ጌታችንንም በእስራኤል ምንጭ አመስግኑት።
- 27 ወጣቱ ብንያም በጉልበቱ በዚያ አለ፥ ገጥቻቸው የይሁዳ አለቆች የዛብሎን አለቆችና የገፍታሌምም አለቆች።
- 28 አቤቱ፥ ኃይልህን እዘዝ፤ አቤቱ፥ ይህንም ለእኛ የሠራዥውን አጽናው።
- 29 በኢየሩሳሌም ስላለው መቅደስህ ነገሥታት እጅ መንሻን ለአንተ ያመጣሉ።
- 30 በሽምብቆ ውስጥ ያሉትን አራዊት፥ በአሕዛብ ውስጥ ያሉትን የበሬዎችንና የወይፈኖችን ጉባኤ ገሥጽ፥ እንደ ብር የተፈተኑት አሕዛብ እንዳይዘጉ፤ ሰልፍን የሚወድዱትን አሕዛብን በትናቸው።
- 31 መኳንንት ከግብጽ ይመጣሉ፤ ኢትዮጵያ እጆችዋን ወደ እግዚአብሔር ትዘረጋለች።
- 32 የምድር ነገሥታት፥ ለእግዚአብሔር ተቀኙ፥ ለጌታም ዘምሩ።
- 33 በምሥራቅ በኩል ወደ ሰማየ ሰማያት ለወጣ ለእግዚአብሔር ዘምሩ፤ የኃይል ቃል የሆነ ቃሉን፥ እነሆ፥ ይሰጣል።
- 34 ለእግዚአብሔር ክብርን ስጡ፤ ግርማው በእስራኤል ላይ፥ ኃይሉም በደመናት ላይ ነው።
- 35 እግዚአብሔር በቅዱሳኑ ላይ ድንቅ ነው፤ የእስራኤል አምላክ እርሱ ኃይልን ብርታትንም ለሕዝቡ ይሰጣል፤ እግዚአብሔርም ይመስገን።

መዝሙር 69

ለመዘምራን አለቃ፤ በመለከቶች፤ የጳዊት መዝሙር።

- 1 አቤቱ፥ ውኃ እስከ ነፍሴ ደርሶብኛልና አድነኝ።
- 2 በጥልቅ ረግረግ ጠለቅሁ መቋሚያም የለኝም። ወደ ጥልቅ ባሕር ገባሁ ማዕበልም አሰጠሁኝ።

- 25 the singers in front, the musicians last, between them girls playing tambourines:
- 26 "Bless God in the great congregation, the LORD, O you who are of Israel's fountain!"
- 27 There is Benjamin, the least of them, in the lead, the princes of Judah in a body, the princes of Zebulun, the princes of Naphtali.
- 28 Summon your might, O God; show your strength, O God, as you have done for us before.
- 29 Because of your temple at Jerusalem kings bear gifts to you.
- 30 Rebuke the wild animals that live among the reeds, the herd of bulls with the calves of the peoples. Trample under foot those who lust after tribute; scatter the peoples who delight in war.
- 31 Let bronze be brought from Egypt; let Ethiopia hasten to stretch out its hands to God.
- 32 Sing to God, O kingdoms of the earth; sing praises to the Lord, Selah
- 33 O rider in the heavens, the ancient heavens; listen, he sends out his voice, his mighty voice.
- 34 Ascribe power to God, whose majesty is over Israel; and whose power is in the skies.
- 35 Awesome is God in his sanctuary, the God of Israel; he gives power and strength to his people. Blessed be God!

Psalm 69

- 1 Save me, O God, for the waters have come up to my neck.
- 2 I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me.

3 በጩኸት ደከምሁ ጉሮሮዬም ሰለለ፤ አምላኬን ስጠብቅ ዓይኖቼ ፈዘዙ።

4 በከንቱ የሚጠሉኝ ከራሴ ጠጉር በዙ፤ በዓመፅ ያሚያሳድዱኝ ጠላቶቼ በረቱ፤ በዚያን ጊዜ ያልቀማሁትን መለስሁ።

5 አቤቱ፣ አንተ ስንፍናዬን ታውቃለህ፤ ኃጢአቴም ከአንተ አልተሰወረም።

6 አቤቱ የሠራዊት አምላክ፣ ተስፋ የሚያደርጉህ በእኔ አይፈሩ፤ የእስራኤል አምላክ ሆይ፣ የሚሹህ በእኔ አይነወሩ።

7 ስለ አንተ ስድብን ታግሻለሁና፤ እፍረትም ፊቴን ሸፍናለችና።

8 ለወንድሞቼ እንደ ሌላ፣ ለእናቴ ልጆችም እንደ እንግዳ ሆንሁባቸው።

9 የቤትህ ቅንዓት በልታኛለችና፤ የሚሰድቡህም ስድብ በላዬ ወድቆአልና።

10 ነፍሴን በጾም አስመረርሁአት፣ ለስድብም ሆነብኝ።

11 ማቅ ለበስሁ ምሳሌም ሆንሁባቸው።

12 በደጅ የሚቀመጡ በእኔ ይጫወታሉ፤ ወይን የሚጠጡ እኔን ይዘፍናሉ።

13 አቤቱ፣ በመልካሙ ጊዜ ጸሎቴ ወደ አንተ ነው፤ አቤቱ፣ በምሕረትህ ብዛት በማዳንህም እውነት አድምጠኝ።

14 እንዳይውጠኝ ከረግረግ አውጣኝ፤ ከሚጠሉኝና ከጥልቅ ውኃ አስጥለኝ።

15 የውኃው ማዕበል አያስጥመኝ፤ ጥልቁም አይዋጠኝ፤ ጉድጓድም አፋን በእኔ ላይ አይዘጋ።

16 አቤቱ፣ ምሕረትህ መልካም ናትና ስማኝ። እንደ ርኅራኄህም ብዛት ወደ እኔ ተመልከት፤

3 I am weary with my crying; my throat is parched. My eyes grow dim with waiting for my God.

4 More in number than the hairs of my head are those who hate me without cause; many are those who would destroy me, my enemies who accuse me falsely. What I did not steal must I now restore?

5 O God, you know my folly; the wrongs I have done are not hidden from you.

6 Do not let those who hope in you be put to shame because of me, O Lord GOD of hosts; do not let those who seek you be dishonored because of me, O God of Israel.

7 It is for your sake that I have borne reproach, that shame has covered my face.

8 I have become a stranger to my kindred, an alien to my mother's children.

9 It is zeal for your house that has consumed me; the insults of those who insult you have fallen on me.

10 When I humbled my soul with fasting, they insulted me for doing so.

11 When I made sackcloth my clothing, I became a byword to them.

12 I am the subject of gossip for those who sit in the gate, and the drunkards make songs about me.

13 But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love, answer me. With your faithful help

14 rescue me from sinking in the mire; let me be delivered from my enemies and from the deep waters.

15 Do not let the flood sweep over me, or the deep swallow me up, or the Pit close its mouth over me.

16 Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me.

17 ክባሪያህም ፊትህን አትሰውር፤ ተጨንቁአለሁና ፈጥነህ አድምጠኝ።

18 ነፍሴን ተመልክተህ ተቤግጥ፤ ስለ ጠላቶቼም አድነኝ።

19 አንተ ስድቤን እፍረቴንም ነውራንም ታውቃለህ፤ የሚያስጨንቁኝ ሁሉ በፊትህ ናቸው።

20 ነፍሴ ስድብንና ኃሣርን ታገሠኝ፤ አስተዛዛኝም ተመኘሁ አላገኘሁም። የሚያጽናኝም አጣሁ።

21 ለመብሌ ሐሞት ሰጡኝ፤ ለጥማቴም ሆምጣጤ አጠጡኝ።

22 ማዕዳቸው በፈታቸው ለወጥመድ ለፍዳ ለዕንቅፋት ትሁንባቸው፤

23 ዓይኖቻቸው እንዳያዩ ይጨልሙ፤ ጀርባቸውም ዘወትር ይጉበጥ።

24 መዓትህን በላያቸው አፍስስ፤ የቀጣህ መቅሠፍትም ያግኛቸው።

25 ማደሪያቸው በረሃ ትሁን፤ በድንኳኖቻቸውም የሚቀመጥ አይገኝ፤

26 አንተ የቀሠፍኸውን እነርሱ አሳድደዋልና፤ በቀስሌም ላይ ጥዝጣዜ ጨመሩብኝ።

27 በኃጢአታቸው ላይ ኃጢአትን ጨምርባቸው፤ በጽድቅህም አይግቡ።

28 ከሕያዋን መጽሐፍ ይደምሰሱ፤ ከጻድቃንም ጋር አይጻፉ።

29 እኔ ችግረኛና ቀስለኛ ነኝ፤ አቤቱ፤ የፊትህ መድኃኒት ይቀበለኝ።

30 የእግዚአብሔርን ስም በዝማሬ አመሰግናለሁ፤ በምስጋናም ከፍ ከፍ አደርገዋለሁ።

31 ቀንድና ጥፍር ካበቀለ ከእምባ ጋር ይልቅ እግዚአብሔርን ደስ ያሰኘዋል።

32 ችግረኞች ያያሉ ደስ ይላቸዋል፤ እግዚአብሔርን ፈልጉ ሕያዋንም ሁኑ።

17 Do not hide your face from your servant, for I am in distress--make haste to answer me.

18 Draw near to me, redeem me, set me free because of my enemies.

19 You know the insults I receive, and my shame and dishonor; my foes are all known to you.

20 Insults have broken my heart, so that I am in despair. I looked for pity, but there was none; and for comforters, but I found none.

21 They gave me poison for food, and for my thirst they gave me vinegar to drink.

22 Let their table be a trap for them, a snare for their allies.

23 Let their eyes be darkened so that they cannot see, and make their loins tremble continually.

24 Pour out your indignation upon them, and let your burning anger overtake them.

25 May their camp be a desolation; let no one live in their tents.

26 For they persecute those whom you have struck down, and those whom you have wounded, they attack still more.

27 Add guilt to their guilt; may they have no acquittal from you.

28 Let them be blotted out of the book of the living; let them not be enrolled among the righteous.

29 But I am lowly and in pain; let your salvation, O God, protect me.

30 I will praise the name of God with a song; I will magnify him with thanksgiving.

31 This will please the LORD more than an ox or a bull with horns and hoofs.

32 Let the oppressed see it and be glad; you who seek God, let your hearts revive.

33 እግዚአብሔር ችግረኞችን ሰምቶ አልና፤ እስረኞቹንም አልናቀምና።

33 For the LORD hears the needy, and does not despise his own that are in bonds.

34 ሰማይና ምድር ባሕርም በእርስዎም የሚንቀሳቀስ ሁሉ ያመሰግኑታል።

34 Let heaven and earth praise him, the seas and everything that moves in them.

35 እግዚአብሔር ጽዮንን ያድናታልና፤ የይሁዳንም ከተሞች ይሠራልና፤ በዚያም ይቀመጣሉ ይወርሱአትማል።

35 For God will save Zion and rebuild the cities of Judah; and his servants shall live there and possess it;

36 የባሪያዎቹ ዘር ይኖሩባታል። ስሙንም የሚወድዱ በዚያ ይቀመጣሉ።

36 the children of his servants shall inherit it, and those who love his name shall live in it.

መዝሙር 70

ለመዘምራን አለቃ፤ ለመታሰቢያ፤ የዳዊት መዝሙር።

Psalm 70

1 አቤቱ፥ እኔን ለማዳን ተመልከት፤ አቤቱ፥ እኔን ለመርዳት ፍጠን።

1 Be pleased, O God, to deliver me. O LORD, make haste to help me!

2 ነፍሴን የሚሹአት ይፈሩ ይገቡሉም፤ ክፉንም የሚመክሩብኝ ወደ ኋላቸው ይመለሱ ይፈሩም።

2 Let those be put to shame and confusion who seek my life. Let those be turned back and brought to dishonor who desire to hurt me.

3 እንኳ እንኳ የሚሉኝ አፍረው ወዲያው ወደ ኋላቸው ይመለሱ።

3 Let those who say, "Aha, Aha!" turn back because of their shame.

4 የሚሹህ ሁሉ በአንተ ሐሳብ ያድርጉ ደስ ይበላቸው፤ ማዳንህን የሚወድዱ ሁልጊዜ፡- እግዚአብሔር ታላቅ ነው ይበሉ።

4 Let all who seek you rejoice and be glad in you. Let those who love your salvation say evermore, "God is great!"

5 እኔ ችግረኛና ምስኪን ነኝ፤ አቤቱ፥ እርዳኝ፤ ረዳቱ ታዳጊዬም አንተ ነህ፤ አቤቱ፥ አትዘግይ።

5 But I am poor and needy; hasten to me, O God! You are my help and my deliverer; O LORD, do not delay!

መዝሙር 71

አስቀድመው ስለ ማረኩ ስለ አሚናዳብ ልጆች የዳዊት መዝሙር።

Psalm 71

1 አቤቱ፥ አንተን ታመንሁ፤ ለዘላለም አልፈር።

1 In you, O LORD, I take refuge; let me never be put to shame.

2 በጽድቅህ አስጥለኝ ታደገኝም፤ ጆሮህን ወደ እኔ አዘንብል አድነኝም።

2 In your righteousness deliver me and rescue me; incline your ear to me and save me.

3 በጠንካራ በታ ታድነኝ ዘንድ አምላክና መሸሸጊያ ሁነኝ፤ ኃይሌ መጠጊያዬ አንተ ነህና።

3 Be to me a rock of refuge, a strong fortress, to save me, for you are my rock and my fortress.

4 አምላኬ፥ ከኃጢአተኛ እጅ፥ ከዓመፀኛና ከግፈኛም እጅ አድነኝ።

4 Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel.

5 አቤቱ፡ አንተ ተስፋዬ ነህና፡
እግዚአብሔር ሆይ፡ ከታናሽነቴ
ጀምረህ መታመኛዬ ነህና።

6 ከማኅፀን ጀምሮ በአንተ ተደገፍሁ፡፡
ከእናቴም ሆይ ጀምሮ አንተ
መሸሸጊያዬ ነህ፤ ሁልጊዜም ዝማሬዬ
ለአንተ ነው።

7 ለብዙዎች መደነቂያ ሆንሁ፤ አንተ ግን
ብርቱ መጠጊያዬ ነህ።

8 አሬን ምስጋና ምላ ሁልጊዜ ክብርህንና
ግርማህን እዘምር ዘንድ።

9 በእርጅናዬ ዘመን አትጣለኝ፤
ጉልበቴም ባለቀ ጊዜ አትተወኝ።

10 ጠላቶቼ በላዩ ተናግረዋልና፤
ነፍሴንም የሚሹአት በአንድነት
ተማክረዋልና፤ እንዲህም አሉ፡-

11 እግዚአብሔር ትቶታል፤ የሚያድነው
የለምና ተከትላችሁ ያዙት።

12 አምላክ ሆይ፡ ከእኔ አትራቅ፤
አምላኬ ሆይ፡ እኔን ለመርዳት ፍጠን።

13 ነፍሴን የሚቃወሙአት ይፈሩ
ይጥፉም፡ ጉዳቴንም የሚፈልጉ
እፍረትንና ኃሣርን ይልበሱ።

14 እኔ ግን ሁልጊዜ ተስፋ አደርጋለሁ፡፡
በምስጋናም ሁሉ ላይ እጩምራለሁ።

15 ሥራን አላውቅምና አፌ ጽድቅህን
ሁልጊዜም ማዳንህን ይናገራል።

16 በእግዚአብሔር ኃይል እገባለሁ፤
አቤቱ፡ ጽድቅህን ብቻ አስባለሁ።

17 አምላኬ፡ ከታናሽነቴ ጀምረህ
አስተማርኸኝ፤ እስከ ዛሬም
ተአምራትህን እነግራለሁ።

18 እስካረጅም እስክሸመግልም ድረስ፡፡
ለሚመጣ ትውልድም ሁሉ ክንድህን
ኃይልህንም ጽድቅህንም እስክነግር
ድረስ፡ አቤቱ፡ አትተወኝ።

19 አቤቱ፡ እስከ አርያም ታላላቅ
ነገሮችን አደረግህ፤ አምላክ ሆይ፡
እንደ አንተ ያለ ማን ነው?

5 For you, O Lord, are my hope, my
trust, O LORD, from my youth.

6 Upon you I have leaned from my
birth; it was you who took me from
my mother's womb. My praise is
continually of you.

7 I have been like a portent to many,
but you are my strong refuge.

8 My mouth is filled with your praise,
and with your glory all day long.

9 Do not cast me off in the time of old
age; do not forsake me when my
strength is spent.

10 For my enemies speak concerning
me, and those who watch for my life
consult together.

11 They say, "Pursue and seize that
person whom God has forsaken, for
there is no one to deliver."

12 O God, do not be far from me; O
my God, make haste to help me!

13 Let my accusers be put to shame and
consumed; let those who seek to hurt
me be covered with scorn and
disgrace.

14 But I will hope continually, and will
praise you yet more and more.

15 My mouth will tell of your righteous
acts, of your deeds of salvation all
day long, though their number is
past my knowledge.

16 I will come praising the mighty
deeds of the Lord GOD, I will praise
your righteousness, yours alone.

17 O God, from my youth you have
taught me, and I still proclaim your
wondrous deeds.

18 So even to old age and gray hairs, O
God, do not forsake me, until I
proclaim your might to all the
generations to come. Your power

19 and your righteousness, O God,
reach the high heavens. You who
have done great things, O God, who
is like you?

- 20 ብዙ ጭንቀትንና መከራን አሳይተኸኛልና፤ ተመለስህ ሕያውም አደረግኸኝ፤ ከምድር ጥልቅም እንደ ገና አወጣኸኝ።
- 21 ጽድቅህንም አብዛው፤ ተመልሰህም ደስ አሰኘኝ፤ ከጥልቅም እንደ ገና አወጣኸኝ።
- 22 እኔም በበገና ስለ እውነትህ አመሰግንሃለሁ፤ የእስራኤል ቅዱስ አምላክ ሆይ፤ በመሰንቆ እዘምርልሃለሁ።
- 23 ዝማሬን ባቀርብሁልህ ጊዜ ከንፈሮቼ ደስ ይላቸዋል፤ አንተ ያዳንሃትም ነፍሴ።
- 24 ጉዳቴን የሚሹ ባፈሩና በተነወሩ ጊዜ አንደበቴ ደግሞ ሁልጊዜ ጽድቅህን ይናገራል።

መዝሙር 72

ስለ ሰሎሞን።

- 1 አቤቱ፤ ፍርድህን ለንጉሥ ስጥ፤ ጽድቅህንም ለንጉሥ ልጅ፤
- 2 ሕዝብህን በጽድቅ፤ ችግረኞችህንም በፍርድ ይዳኝ ዘንድ።
- 3 ተራሮችና ከራብቶች ለሕዝብህ ሰላምን ይቀበሉ።
- 4 ለችግረኞች ሕዝብ በጽድቅ ትፈርዳለህ የድሆችንም ልጆች ታድናለህ፤ ክፉውንም ታዋርደላለህ።
- 5 ፀሐይ በሚኖርበት ዘመን ሁሉ፤ በጨረቃም ፊት ለፊት ለልጅ ልጅ ይኖራል።
- 6 እንደ ዝናብ በታጨደ መስክ ላይ፤ በምድርም ላይ እንደሚንጠባጠብ ጠብታ ይወርዳል።
- 7 በዘመኑም ጽድቅ ያብባል፤ ጨረቃም እስኪያልፍ ድረስ ሰላም ብዙ ነው።
- 8 ከባሕር እስከ ባሕር ድረስ፤ ከወንዝም እስከ ምድር ዳርቻ ድረስ ይገዛል።
- 9 በፈቱም ኢትዮጵያ ይሰግዳሉ፤ ጠላቶቹም አፈር ይልሳሉ።

- 20 You who have made me see many troubles and calamities will revive me again; from the depths of the earth you will bring me up again.
- 21 You will increase my honor, and comfort me once again.
- 22 I will also praise you with the harp for your faithfulness, O my God; I will sing praises to you with the lyre, O Holy One of Israel.
- 23 My lips will shout for joy when I sing praises to you; my soul also, which you have rescued.
- 24 All day long my tongue will talk of your righteous help, for those who tried to do me harm have been put to shame, and disgraced.

Psalms 72

- 1 Give the king your justice, O God, and your righteousness to a king's son.
- 2 May he judge your people with righteousness, and your poor with justice.
- 3 May the mountains yield prosperity for the people, and the hills, in righteousness.
- 4 May he defend the cause of the poor of the people, give deliverance to the needy, and crush the oppressor.
- 5 May he live while the sun endures, and as long as the moon, throughout all generations.
- 6 May he be like rain that falls on the mown grass, like showers that water the earth.
- 7 In his days may righteousness flourish and peace abound, until the moon is no more.
- 8 May he have dominion from sea to sea, and from the River to the ends of the earth.
- 9 May his foes bow down before him, and his enemies lick the dust.

- 10 የተርሴስና የደሴቶች ነገሥታት ስጦታን ያመጣሉ፤ የዓረብና የሳባ ነገሥታት እጅ መንሻን ያቀርባሉ።
- 11 ነገሥታት ሁሉ ይሰግዱለታል። አሕዛብም ሁሉ ይገዙለታል።
- 12 ችግረኛውን ከቀማኛው እጅ፣ ረዳት የሌለውንም ምስኪን ያድነዋልና።
- 13 ለችግረኛና ለምስኪን ይራራል፣ የችግረኞችንም ነፍስ ያድናል።
- 14 ከግፍና ከጭንቀት ነፍሳቸውን ያድናል፤ ስማቸው በፊቱ ክቡር ነው።
- 15 እርሱ ይኖራል ከዓረብም ወርቅ ይሰጡታል፤ ሁልጊዜም ወደ እርሱ ይጸልያሉ። ዘወትርም ይባርኩታል።
- 16 በምድር ውስጥ በተራሮች ላይ መጠጊያ ይሆናል፤ ፍሬውም ከሊባኖስ ይልቅ ከፍ ከፍ ይላል፤ እንደ ምድር ሣር በከተማ ይበቅላል።
- 17 ስሙ ለዘላለም ቡናክ ይሆናል፣ ከፀሐይም አስቀድሞ ስሙ ይኖራል፤ የምድር አሕዛብ ሁሉ በእርሱ ይባረካሉም አሕዛብ ሁሉ ያመሰግኑታል።
- 18 ብቻውን ተአምራትን የሚያደርግ የእስራኤል አምላክ እግዚአብሔር ይባረክ።
- 19 የምስጋናው ስም ለዓለምና ለዘላለም ይባረክ፤ ምስጋናውም ምድርን ሁሉ ይምላ። ይሁን፤ ይሁን።
- 20 የእሴይ ልጅ የዳዊት መዝሙር ተረጸመ።

መዝሙር 73
የአሳፍ መዝሙር።

- 1 ልባቸው ለቀና ለእስራኤል እግዚአብሔር እንዴት ቸር ነው።
- 2 እኔ ግን እግሮቼ ሊሰናከሉ፣ አረግመዴም ሊወድቅ ትንሽ ቀረ።

- 10 May the kings of Tarshish and of the isles render him tribute, may the kings of Sheba and Seba bring gifts.
- 11 May all kings fall down before him, all nations give him service.
- 12 For he delivers the needy when they call, the poor and those who have no helper.
- 13 He has pity on the weak and the needy, and saves the lives of the needy.
- 14 From oppression and violence he redeems their life; and precious is their blood in his sight.
- 15 Long may he live! May gold of Sheba be given to him. May prayer be made for him continually, and blessings invoked for him all day long.
- 16 May there be abundance of grain in the land; may it wave on the tops of the mountains; may its fruit be like Lebanon; and may people blossom in the cities like the grass of the field.
- 17 May his name endure forever, his fame continue as long as the sun. May all nations be blessed in him; may they pronounce him happy.
- 18 Blessed be the LORD, the God of Israel, who alone does wondrous things.
- 19 Blessed be his glorious name forever; may his glory fill the whole earth. Amen and Amen.
- 20 The prayers of David son of Jesse are ended.

Psalm 73

- 1 Truly God is good to the upright, to those who are pure in heart.
- 2 But as for me, my feet had almost stumbled; my steps had nearly slipped.

3 የኃጢአተኞችን ሰላም አይቼ በዓመፀኞች ቀንቼ ነበርና።

4 ለሞታቸው መጣጣር የለውምና፤ ኃይላቸውም ጠንካራ ነውና።

5 እንደ ሰው በድካም አልሆኑም፤ ከሰው ጋርም አልተገረፉም።

6 ስለዚህ ትዕቢት ያዛቸው፤ ኃጢአትንና በደልን ተጎናጸፉአት።

7 ዓይናቸው ስብ ስለ ሆነ ወጣ፤ ልባቸውም ከምኞታቸው ይልቅ አገኘ።

8 አስበው ክፉ ነገርን ተናገሩ። ከፍ ከፍ ብለውም በዓመፀ ተናገሩ።

9 አፋቸውን በሰማይ አኖሩ፤ አንደበታቸውም በምድር ውስጥ ተመላለሱ።

10 ስለዚህ ሕዝቤ ወደዚህ ይመለሳሉ፤ ፍጹም ጊዜም በላያቸው ይገኛል፤

11 እግዚአብሔር እንዴት ያውቃል? በልዑልስ ዘንድ በውኑ እውቀት አለ? ይላሉ።

12 እነሆ፤ እነዚህ ኃጢአተኞች ይደሰታሉ፤ ሁል ጊዜም ባለጠግነታቸውን ያበዛሉ።

13 እንዲህም አልሁ፡- በውኑ ልቤን በከንቱ አጸደቅሁ፤ እጆቼንም በንጽሕና በከንቱ አጠብቃ።

14 ሁል ጊዜም የተገረፍሁ ሆንሁ፤ መሰደቤም በማለዳ ነው።

15 እንደዚህ ብዬ ብናገር ኖሮ፤ እነሆ፤ የልጆችሆን ትውልድ በበደልሁ ነበር።

16 አውቅም ዘንድ አሰብሁ፤ ይህ ግን በፊቴ ችግር ነበረ።

17 ወደ እግዚአብሔር መቅደስ እስከገባ ድረስ፤ ፍጻሜአቸውንም እስካስተውል ድረስ።

18 በድጥ ስፍራ አስቀመጥኻቸው፤ ወደ ጥፋትም ጣልኻቸው።

19 እንዴት ለጥፋት ሆኑ! በድንገት አለቁ ስለ ኃጢአታቸውም ጠፉ።

3 For I was envious of the arrogant; I saw the prosperity of the wicked.

4 For they have no pain; their bodies are sound and sleek.

5 They are not in trouble as others are; they are not plagued like other people.

6 Therefore pride is their necklace; violence covers them like a garment.

7 Their eyes swell out with fatness; their hearts overflow with follies.

8 They scoff and speak with malice; loftily they threaten oppression.

9 They set their mouths against heaven, and their tongues range over the earth.

10 Therefore the people turn and praise them, and find no fault in them.

11 And they say, "How can God know? Is there knowledge in the Most High?"

12 Such are the wicked; always at ease, they increase in riches.

13 All in vain I have kept my heart clean and washed my hands in innocence.

14 For all day long I have been plagued, and am punished every morning.

15 If I had said, "I will talk on in this way," I would have been untrue to the circle of your children.

16 But when I thought how to understand this, it seemed to me a wearisome task,

17 until I went into the sanctuary of God; then I perceived their end.

18 Truly you set them in slippery places; you make them fall to ruin.

19 How they are destroyed in a moment, swept away utterly by terrors!

- 20 ከሕልም እንደሚነቃ፥ አቤቱ፥ ስትነቃ ምልክታቸውን ታስነውራለህ።
- 21 ልቤ ነድዶአልና፥ ኩላሊቴም ቀልጦአልና፤
- 22 እኔ የተናቅሁ ነኝ አላውቅሁምም፥ በአንተ ዘንድም እንደ እንስሳ ሆንሁ።
- 23 እኔ ግን ዘወትር ከአንተ ጋር ነኝ፥ ቀኝ እጄንም ያዝኸኝ።
- 24 በአንተ ምክር መራኸኝ፤ ከክብር ጋር ተቀበልኸኝ።
- 25 በሰማይ ያለኝ ምንድር ነው? በምድርስ ውስጥ ከአንተ ዘንድ ምን እሻለሁ?
- 26 የልቤ አምላክ ሆይ፥ ልቤና ሥጋዬ አለቀ፤ እግዚአብሔር ግን ለዘላለም እድል ፈንታዬ ነው።
- 27 እነሆ፥ ከአንተ የሚርቁ ይጠፋሉና ከአንተ ርቀው የሚያመነዝሩትንም ሁሉ አጠፋኻቸው።
- 28 ለእኔ ግን ወደ እግዚአብሔር መቅረብ ይሻለኛል፤ መታመኛዬም እግዚአብሔር ነው በጽዮን ልጅ በሮች ምስጋናህን ሁሉ እናገር ዘንድ።

መዝሙር 74

የአላፍ ጎምህርት።

- 1 አቤቱ፥ ስለ ምን ለዘወትር ጣልኸቃ? በማሰማርያህ በጎች ላይስ ቅጣህን ስለ ምን ተቈጣህ?
- 2 አስቀድመህ የፈጠርሃትን ማህበርህን፥ የተቤገሃትንም የርስትህን በትር፥ በእርስዎ ያደርህሳትን የጽዮንን ተራራ አስብ።
- 3 ጠላት በቅዱሳንህ ላይ እንደ ከፋ መጠን፥ ሁልጊዜም በትዕቢታቸው ላይ እጅህን አንጣ።
- 4 ጠላቶችህ በበዓል መካከል ተመኩ፤ የማያውቁትንም ምልክት ምልክታቸው አደረጉ።
- 5 እንደ ላይኛው መግቢያ ውስጥ በዱር እንዳሉም እንጨቶች፥ በመጥረቢያ በሮችዋን ሰበሩ።

- 20 They are like a dream when one awakes; on awaking you despise their phantoms.
- 21 When my soul was embittered, when I was pricked in heart,
- 22 I was stupid and ignorant; I was like a brute beast toward you.
- 23 Nevertheless I am continually with you; you hold my right hand.
- 24 You guide me with your counsel, and afterward you will receive me with honor.
- 25 Whom have I in heaven but you? And there is nothing on earth that I desire other than you.
- 26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
- 27 Indeed, those who are far from you will perish; you put an end to those who are false to you.
- 28 But for me it is good to be near God; I have made the Lord GOD my refuge, to tell of all your works.

Psalm 74

- 1 O God, why do you cast us off forever? Why does your anger smoke against the sheep of your pasture?
- 2 Remember your congregation, which you acquired long ago, which you redeemed to be the tribe of your heritage. Remember Mount Zion, where you came to dwell.
- 3 Direct your steps to the perpetual ruins; the enemy has destroyed everything in the sanctuary.
- 4 Your foes have roared within your holy place; they set up their emblems there.
- 5 At the upper entrance they hacked the wooden trellis with axes.

- 6 እንዲሁ በመጥረቢያና በመዶሻ ሰበሩአት።
- 7 መቅደስህን በእሳት አቃጠሉ፤ የሰምህንም ማደሪያ በምድር ውስጥ አረከሱ።
- 8 አንድ ሆነው በልባቸው በየሕዝባቸው፡- ኑ፤ የእግዚአብሔርን በዓሎች ከምድር እንሻር አሉ።
- 9 ምልክታችንን አናይም ከእንግዲህ ወዲህም ነቢይ የለም፤ እስከ መቼ እንዲኖር የሚያውቅ በኛ ዘንድ የለም።
- 10 አቤቱ፤ ጠላት እስከ መቼ ይሳደባል? ስምህን ጠላት ሁልጊዜ ያቃልላልን?
- 11 ቀኝህንም በብብትህ መካከል፤ እጅህንም ፈጽመህ ለምን ትመልሳለህ?
- 12 እግዚአብሔር ግን ከዓለም አስቀድሞ ንጉሥ ነው፤ በምድርም መካከል መድኃኒትን አደረገ።
- 13 አንተ ባሕርን በኃይልህ አጸናሃት፤ አንተ የእባቦችን ራስ በውኃ ውስጥ ሰበርህ።
- 14 አንተም የዘንዶውን ራሶች ቀጠቀጥህ፤ ለኢትዮጵያ ሰዎችም ምግባቸውን ሰጠሃቸው።
- 15 አንተ ምንጮቹንና ፈሳሾቹን ሰነጠቅህ፤ አንተ ሁልጊዜ የሚፈስሱትን ወንዞች አደረቅህ።
- 16 ቀኑ የአንተ ነው ሌሊቱም የአንተ ነው፤ አንተ ፀሐዩንና ጨረቃውን አዘጋጀህ።
- 17 አንተ የምድርን ዳርቻ ሁሉ ሠራህ፤ በጋንም ክረምትንም አንተ አደረግህ።
- 18 ይህን ፍጥረትህን አስብ። ጠላት እግዚአብሔርን ተላገደ፤ ሰነፍ ሕዝብም ስሙን አስቈጣ።
- 19 የምትገዛልህን ነፍስ ለአራዊት አትሰጣት፤ የችግረኞችህን ነፍስ ለዘወትር አትርሳ።

- 6 And then, with hatchets and hammers, they smashed all its carved work.
- 7 They set your sanctuary on fire; they desecrated the dwelling place of your name, bringing it to the ground.
- 8 They said to themselves, "We will utterly subdue them"; they burned all the meeting places of God in the land.
- 9 We do not see our emblems; there is no longer any prophet, and there is no one among us who knows how long.
- 10 How long, O God, is the foe to scoff? Is the enemy to revile your name forever?
- 11 Why do you hold back your hand; why do you keep your hand in your bosom?
- 12 Yet God my King is from of old, working salvation in the earth.
- 13 You divided the sea by your might; you broke the heads of the dragons in the waters.
- 14 You crushed the heads of Leviathan; you gave him as food for the creatures of the wilderness.
- 15 You cut openings for springs and torrents; you dried up ever-flowing streams.
- 16 Yours is the day, yours also the night; you established the luminaries and the sun.
- 17 You have fixed all the bounds of the earth; you made summer and winter.
- 18 Remember this, O LORD, how the enemy scoffs, and an impious people reviles your name.
- 19 Do not deliver the soul of your dove to the wild animals; do not forget the life of your poor forever.

- 20 ወደ ኪዳንህ ተመልከት፤ የምድር የጨለማ ስፍራዎች በኅጥአን ቤቶች ተሞልተዋልና።
- 21 ችግረኛ አፍሮ አይመለስ፤ ችግረኛና ምስኪን ስምህን ያመሰግናሉ።
- 22 አቤቱ፤ ተነሥ በቀልህንም ተበቀል፤ ሰነፎች ሁልጊዜም የተላገዱህን አሰብ።
- 23 የባሪያዎችህን ቃል አትርሳ፤ የጠላቶችህ ጡራት ሁልጊዜ ወደ አንተ ይወጣል።

መዝሙር 75

ለመዘምራን አለቃ፤ አታጥፍ። የአሳፍ የምስጋና መዝሙር።

- 1 አቤቱ፤ እናመሰግንሃለን እናመሰግንሃለን ስምህንም እንጠራሰን፤ ተአምራትህን ሁሉ እናገራለሁ።
- 2 ጊዜውን ስቀበል እኔ በቅን እፈርዳለሁ።
- 3 ምድርና በእርስዋ ውስጥ የሚኖሩት ሁሉ ቀለጡ፤ እኔም ምሰሶችዋን አጠናሁ።
- 4 ዓመፀኞችን፡- አትበድሉ አልጓቸው፤ ኃጢአተኞችንም፡- ቀንዳችሁን አታንሡ፤
- 5 ቀንዳችሁን እስከ ላይ አታንሡ፤ በእግዚአብሔርም ላይ ዓመፅን አትናገሩ።
- 6 ክብር ከምሥራቅ ወይም ከምዕራብ ወይም ከምድረ በዳ የለምና፤
- 7 እግዚአብሔር ፈራጅ ነውና ይህን ያዋርዳል ይህንም ያከብራል።
- 8 ጽዋ በእግዚአብሔር እጅ ነውና፤ ያልተቀላቀለ የወይን ጠጅ ሞላበት፤ ከዚህ ወደዚያ አገላበጠው፤ ነገር ግን አተላው አልፈሰሰም፤ የምድር ኃጢአተኞች ሁሉ ይጠጡታል።
- 9 እኔ ግን ለዘላለም ደስ ይለኛል፤ ለያዕቆብም አምላክ ዝማሬን አቀርባለሁ።
- 10 የኅጥአንን ቀንዶች ሁሉ እሰብራለሁ፤ የጻድቃን ቀንዶች ግን ከፍ ከፍ ይላሉ።

- 20 Have regard for your covenant, for the dark places of the land are full of the haunts of violence.
- 21 Do not let the downtrodden be put to shame; let the poor and needy praise your name.
- 22 Rise up, O God, plead your cause; remember how the impious scoff at you all day long.
- 23 Do not forget the clamor of your foes, the uproar of your adversaries that goes up continually.

Psalm 75

- 1 We give thanks to you, O God; we give thanks; your name is near. People tell of your wondrous deeds.
- 2 At the set time that I appoint I will judge with equity.
- 3 When the earth totters, with all its inhabitants, it is I who keep its pillars steady. Selah
- 4 I say to the boastful, "Do not boast," and to the wicked, "Do not lift up your horn;
- 5 do not lift up your horn on high, or speak with insolent neck."
- 6 For not from the east or from the west and not from the wilderness comes lifting up;
- 7 but it is God who executes judgment, putting down one and lifting up another.
- 8 For in the hand of the LORD there is a cup with foaming wine, well mixed; he will pour a draught from it, and all the wicked of the earth shall drain it down to the dregs.
- 9 But I will rejoice forever; I will sing praises to the God of Jacob.
- 10 All the horns of the wicked I will cut off, but the horns of the righteous shall be exalted.

መዝሙር 76

ለመዘምራን አለቃ፤ በበገናዎች፤ ስለ አሦራውያን፤ የአሳፍ የምስጋና መዝሙር።

- 1 እግዚአብሔር በይሁዳ ታወቀ፤ ስሙም በእስራኤል ታላቅ ነው።
- 2 ስፍራው በሳሌም፤ ማደሪያውም በጽዮን ነው።
- 3 በዚያም የቀስትን ኃይል፤ ጋሻን ሰይፍን ሰልፍንም ሰበረ፤ በዚያም ቀንዶችን ሰበረ።
- 4 አንተ በዘላለም ተራሮች ሆነህ በድንቅ ታበራለህ።
- 5 ልቦ ሰነፎች ሁሉ ደነገጡ፤ እንቅልፋቸውንም አንቀላፋ፤ ባለጠንች ሁሉ በእነርሱ እጅ ምንም አላገኙም።
- 6 የያዕቆብ አምላክ ሆይ፤ ከተግሣጽህ የተነሣ ፈረሰኞች ሁሉ አንቀላፋ።
- 7 አንተ ግን፤ አንተ ግሩም ነህ፤ ቀጣህን ማን ይቃወማል?
- 8 ፍርድን ከሰማይ አሰማህ፤ ምድር ፈራች ዝምም አለች።
- 9 ልቦ የሞሃን ያድን ዘንድ እግዚአብሔር ለፍርድ በተነሣ ጊዜ።
- 10 ሰው በፈቃዱ ያመሰግንሃልና፤ ከሕሊናቸው ትርፍም በዓልህን ያደርጋሉ።
- 11 ለአምላካችን ለእግዚአብሔር ስእለትን ክፈሉ፤ በዙሪያው ያሉ ሁሉ እጅ መንሻን ለሚያስፈራው ያገባሉ።
- 12 የመኳንንትን ነፍስ ያወጣል፤ በምድርም ነገሥታት ዘንድ ያስፈራል።

መዝሙር 77

ለመዘምራን አለቃ፤ ስለ ኤድታም፤ የአሳፍ መዝሙር።

- 1 በቃሌ ወደ እግዚአብሔር ጮኽሁ፤ ቃሌም ወደ እግዚአብሔር ነው፤ እርሱም አደመጠኝ።
- 2 በመከራዬ ቀን እግዚአብሔርን ፈለግሁት፤ እጅጅ በሌሊት በፈጽሞናቸው፤ አላረፍሁምም፤ ነፍሴም መጽናናትን አልቻለችም።

Psalm 76

- 1 In Judah God is known, his name is great in Israel.
- 2 His abode has been established in Salem, his dwelling place in Zion.
- 3 There he broke the flashing arrows, the shield, the sword, and the weapons of war. Selah
- 4 Glorious are you, more majestic than the everlasting mountains.
- 5 The stouthearted were stripped of their spoil; they sank into sleep; none of the troops was able to lift a hand.
- 6 At your rebuke, O God of Jacob, both rider and horse lay stunned.
- 7 But you indeed are awesome! Who can stand before you when once your anger is roused?
- 8 From the heavens you uttered judgment; the earth feared and was still
- 9 when God rose up to establish judgment, to save all the oppressed of the earth. Selah
- 10 Human wrath serves only to praise you, when you bind the last bit of your wrath around you.
- 11 Make vows to the LORD your God, and perform them; let all who are around him bring gifts to the one who is awesome,
- 12 who cuts off the spirit of princes, who inspires fear in the kings of the earth.

Psalm 77

- 1 I cry aloud to God, aloud to God, that he may hear me.
- 2 In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted.