

መዝሙር

Psalms

Published by

Lapsley/Brooks Foundation

Addis Ababa

Ethiopia



Dallas, Texas

USA

2001

Amharic Revised Bible 1962
Bible Society of Ethiopia

New Revised Standard Version Bible
copyright 1989

Division of Christian Education of the National Council of
Churches of Christ in the United States of America.

Published by

LAPSLEY/BROOKS FOUNDATION
Addis Ababa, Ethiopia - Dallas, Texas, USA
2001

Acknowledgement

our sincere appreciation to those who have had a part in producing
this book!

+++++

The Bible Society of Ethiopia and the American Bible Society
graciously granted us the right to use the Amharic and English
texts.

+++++

ገሩይ ጽጌ and his wife **ገሃት** originally entered the text into the
computer. **ኤርምያስ ተካ** and his wife **ሶስና በቀለ** assisted in proof
reading. And, we are indebted to **አወቀ ሙሉጌታ** and **ትፍሰህት ለማ** for
their encouragement and advice.

+++++

Most of all, we thank our Lord God, who has honoured us with
this opportunity to serve Him.

መዝሙር 1

- 1 ምስጉን ነው በክፉዎች ምክር ያልሄደ፤ በኃጢአተኞችም መንገድ ያልቆመ፤ በዋዘኞችም ወንበር ያልተቀመጠ።
- 2 ነገር ግን በእግዚአብሔር ሕግ ደስ ይለዋል፤ ሕጉንም በቀንና በሌሊት ያስባል።
- 3 እርሱም በውኃ ፈሳሾች ዳር እንደ ተተከለች፤ ፍሬዋን በየጊዜዋ እንደምትሰጥ፤ ቅጠልዋም እንደማይረግፍ ዛፍ ይሆናል፤ የሚሠራውም ሁሉ ይከናወንለታል።
- 4 ክፉዎች እንዲህ አይደሉም፤ ነገር ግን ነፋስ ጠርጎ እንደሚወስደው ትቢያ ናቸው።
- 5 ስለዚህ ክፉዎች በፍርድ፤ ኃጢአተኞችም በጻድቃን ማኅበር አይቆሙም።
- 6 እግዚአብሔር የጻድቃንን መንገድ ያውቃልና፤ የክፉዎች መንገድ ግን ትጠፋለች።

መዝሙር 2

- 1 አሕዛብ ለምን ያጉረመርማሉ? ወገኖችስ ለምን ከንቱን ይናገራሉ?
- 2 የምድር ነገሥታት ተነሡ፤ አለቆችም በእግዚአብሔርና በመሢሔ ላይ እንዲህ ሲሉ ተማከሩ፡-
- 3 ማሰርያቸውን እንበጥስ፤ ገመዳቸውንም ከእኛ እንጣል።
- 4 በሰማይ የሚኖር እርሱ ይሥቃል፤ ጌታም ይሣለቅባቸዋል።
- 5 በዚያን ጊዜ በቀጣው ይናገራቸዋል፤ በመዓቱም ያውካቸዋል።
- 6 እኔ ግን ንጉሤን ሾምሁ በተቀደሰው ተራራዩ በጽዮን ላይ።
- 7 ትእዛዙን እናገራለሁ፤ እግዚአብሔር አለኝ፡- አንተ ልጄ ነህ፤ እኔ ዛሬ ወለድሁህ።
- 8 ለምንኛ፤ አሕዛብን ለርስትህ የምድርንም ዳርቻ ለግዛትህ እሰጥሃለሁ።

Psalm 1

- 1 Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers;
- 2 but their delight is in the law of the LORD, and on his law they meditate day and night.
- 3 They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.
- 4 The wicked are not so, but are like chaff that the wind drives away.
- 5 Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous;
- 6 for the LORD watches over the way of the righteous, but the way of the wicked will perish.

Psalm 2

- 1 Why do the nations conspire, and the peoples plot in vain?
- 2 The kings of the earth set themselves, and the rulers take counsel together, against the LORD and his anointed, saying,
- 3 "Let us burst their bonds asunder, and cast their cords from us."
- 4 He who sits in the heavens laughs; the LORD has them in derision.
- 5 Then he will speak to them in his wrath, and terrify them in his fury, saying,
- 6 "I have set my king on Zion, my holy hill."
- 7 I will tell of the decree of the LORD: He said to me, "You are my son; today I have begotten you.
- 8 Ask of me, and I will make the nations your heritage, and the ends of the earth your possession.

- 9 በብረት በትር ትጠብቃቸዋለህ፤ እንደ ሸክላ ሠሪ ዕቃዎች ትቀጠቅጣቸዋለህ።
- 10 አሁንም እናንት ነገሥታት፤ ልብ አድርጉ፤ እናንት የምድር ፈራጆችም፤ ተገሡ።
- 11 ለእግዚአብሔር በፍርሃት ተገዙ፤ በረዓድም ደስ ይበላችሁ።
- 12 ተግዳሩን ተቀበሉ ጌታ እንዳይቁጣ እናንተም በመንገድ እንዳትጠፉ፤ ቀጣው ፈጥና ትንድዳለችና፤ በእርሱ የታመኑ ሁሉ የተመሰገኑ ናቸው።

መዝሙር 3

ከልጁ ከአቤሌሎም ፊት በሸሸ ጊዜ የዳዊት መዝሙር።

- 1 አቤቱ፤ የሚያስጨንቁኝ ምንኛ በዙ! በኔ ላይ የሚቆሙት ብዙ ናቸው።
- 2 ብዙ ሰዎች ነፍሴን፡- አምላክሽ አያድንሽም አልዋት።
- 3 አንተ ግን አቤቱ፤ መጠጊያዬ ነህ፤ ከብሬንና ራሴንም ከፍ ከፍ የምታደርገው አንተ ነህ።
- 4 በቃሌ ወደ እግዚአብሔር እጮሃለሁ ከተቀደስ ተራራውም ይሰማኛል።
- 5 እኔ ተኛሁ አንቀላፋሁም፤ እግዚአብሔርም ደግፎኛልና ነቃሁ።
- 6 ከሚከብቡኝ ከአእላፍ ሕዝብ አልፈራም።
- 7 ተነሥ፤ አቤቱ፤ አምላኪ ሆይ፤ አድነኝ፤ አንተ የጠላቶቼን መንጋጋ መትተሃልና፤ የክፉዎችንም ጥርስ ሰብረሃልና።
- 8 ማዳን የእግዚአብሔር ነው፤ በረከትህም በሕዝብህ ላይ ነው።

መዝሙር 4

ለመዘምራን አለቃ በበገናዎች፤ የዳዊት መዝሙር።

- 1 የጽድቁ አምላክ በጠራሁት ጊዜ መለሰልኝ፤ በጭንቀቴም አሰፋህልኝ፤ ማረኝ፤ ጸሎቴንም ሰማ።
- 2 እናንት የሰው ልጆች፤ እስከ መቼ ድረስ ልባችሁን ታከብዳላችሁ?

- 9 You shall break them with a rod of iron, and dash them in pieces like a potter's vessel."
- 10 Now therefore, O kings, be wise; be warned, O rulers of the earth.
- 11 Serve the LORD with fear, with trembling
- 12 kiss his feet, or he will be angry, and you will perish in the way; for his wrath is quickly kindled. Happy are all who take refuge in him.

Psalm 3

- 1 O LORD, how many are my foes! Many are rising against me;
- 2 many are saying to me, "There is no help for you in God." Selah
- 3 But you, O LORD, are a shield around me, my glory, and the one who lifts up my head.
- 4 I cry aloud to the LORD, and he answers me from his holy hill. Selah
- 5 I lie down and sleep; I wake again, for the LORD sustains me.
- 6 I am not afraid of ten thousands of people who have set themselves against me all around.
- 7 Rise up, O LORD! Deliver me, O my God! For you strike all my enemies on the cheek; you break the teeth of the wicked.
- 8 Deliverance belongs to the LORD; may your blessing be on your people! Selah

Psalm 4

- 1 Answer me when I call, O God of my right! You gave me room when I was in distress. Be gracious to me, and hear my prayer.
- 2 How long, you people, shall my honor suffer shame? How long will you love vain words, and seek after lies? Selah

- 3 እግዚአብሔር በጻድቁ እንደ ተገለጠ አወቁ፤ እግዚአብሔር ወደ እርሱ በተጣራሁ ጊዜ ይሰማኛል።
- 4 ተቈጡ፥ ነገር ግን ኃጢአትን አታድርጉ፤ በመኝታችሁ ሳላችሁ በልባችሁ አስቡ፤ ዝም በሉ።
- 5 የጽድቅን መሥዋዕት ሠጧ፤ በእግዚአብሔርም ታመኑ።
- 6 በጎውን ማን ያሳየናል? የሚሉ ብዙ ናቸው። አቤቱ፥ የፊትህ ብርሃን በላያችን ታወቀ።
- 7 በልቤ ደስታን ጨመርህ፤ ከስንዴ ፍሬና ከወይን ከዘይትም ይልቅ በዛ።
- 8 በሰላም እተኛለሁ አንቀላፋለሁም፤ አቤቱ፥ አንተ ብቻህን በእምነት አሳድረኸኛልና።

መዝሙር 5

ለመዘምራን አለቃ በዋሽንት፤ የጻዊት መዝሙር።

- 1 አቤቱ፥ ቃሌን አድምጥ፥ ጩኸቴንም አስተውል፤
- 2 የልመናዬን ቃል አድምጥ፥ ንጉሤና አምላኬ ሆይ፥ አቤቱ፥ ወደ አንተ እጸልያለሁና።
- 3 በማለዳ ድምጺን ትሰማለህ፥ በማለዳ በፈትህ እቆማለሁ፥ እጠብቃለሁም።
- 4 አንተ በደልን የማትወድድ አምላክ ነህና፤ ክፉ ከአንተ ጋር አያድርም።
- 5 በከንቱ የሚመኩ በዓይኖችህ ፊት አይኖሩም፤ ክፉ አድራጊዎችን ሁሉ ጠላህ።
- 6 ሐሰትን የሚናገሩትን ታጠፋቸዋለህ፤ ደም አፍሳሹንና ሸንጋዩን ሰው እግዚአብሔር ይጸየፋል።
- 7 እኔ ግን በምሕረትህ ብዛት ወደ ቤትህ እገባለሁ፤ አንተን በመፍራት ወደ ቅድስናህ መቅደስ እሰግዳለሁ።
- 8 አቤቱ፥ ስለ ጠላቶቼ በጽድቅህ ምራኝ፤ መንገዴን በፊትህ አቅና።

- 3 But know that the LORD has set apart the faithful for himself; the LORD hears when I call to him.
- 4 When you are disturbed, do not sin; ponder it on your beds, and be silent. Selah
- 5 Offer right sacrifices, and put your trust in the LORD.
- 6 There are many who say, "O that we might see some good! Let the light of your face shine on us, O LORD!"
- 7 You have put gladness in my heart more than when their grain and wine abound.
- 8 I will both lie down and sleep in peace; for you alone, O LORD, make me lie down in safety.

Psalm 5

- 1 Give ear to my words, O LORD; give heed to my sighing.
- 2 Listen to the sound of my cry, my King and my God, for to you I pray.
- 3 O LORD, in the morning you hear my voice; in the morning I plead my case to you, and watch.
- 4 For you are not a God who delights in wickedness; evil will not sojourn with you.
- 5 The boastful will not stand before your eyes; you hate all evildoers.
- 6 You destroy those who speak lies; the LORD abhors the bloodthirsty and deceitful.
- 7 But I, through the abundance of your steadfast love, will enter your house, I will bow down toward your holy temple in awe of you.
- 8 Lead me, O LORD, in your righteousness because of my enemies; make your way straight before me.

- 9 በእፋቸው እውነት የለምና፥ ልባቸውም ከንቱ ነው፤ ጉሮሮአቸው የተከፈተ መቃብር ነው፤ በምላሳቸው ይሸነግላሉ።
- 10 አቤቱ፥ ፍረድባቸው፥ በምክራቸውም ይውደቁ፤ ስለ ክፋታቸውም ብዛት አሳድዳቸው፥ እነርሱ ዐምፀውብሃልና።
- 11 በአንተ የሚታመኑት ሁሉ ግን ደስ ይላቸዋል፤ ለዘላለሙ ደስ ይላቸዋል፥ እነርሱንም ትጠብቃለህ፤ ስምህንም የሚወድዱ ሁሉ በአንተ ይመካሉ።
- 12 አንተ ጸድቁን ትባርክዋለህና፤ አቤቱ፥ እንደ ጋሻ በሞገስ ከለልኸን።

መዝሙር 6

ለመዘምራን አለቃ በበገናዎች ስለ ስምንተኛ፤ የዳዊት መዝሙር።

- 1 አቤቱ፥ በቀጣህ አትቅደህ፤ በመዓትህም አትገሥጸኝ።
- 2 ድውይ ነኝና አቤቱ፥ ማረኝ፤ አጥንቶቼ ታውከዋልና ፈውሰኝ።
- 3 ነፍሴም እጅግ ታወከኝ፤ አንተም አቤቱ፥ እስከ መቼ ድረስ ነው?
- 4 አቤቱ፥ ተመለስ ነፍሴንም አድናት፥ ስለ ቸርነትህም አደነኝ።
- 5 በሞት የሚያስብህ የለምና፥ በሲኦልም የሚያመሰግንህ ማን ነው?
- 6 በጭንቀቱ ደክሜያለሁ፤ ሌሊቱን ሁሉ አልጋዬን አጥባለሁ፥ በዕንባዬም መኝታዬን አርሳለሁ።
- 7 ዓይኔ ከቀጡ ዕንባ የተነሣ ታወከኝ፤ ከጠላቶቼ ሁሉ የተነሣ አረጀሁ።
- 8 ዓመግን የምታደርጉ ሁሉ፥ ከእኔ ራቁ፥ እግዚአብሔር የልቅሶዬን ቃል ስምቶአልና።
- 9 እግዚአብሔር ልመናዬን ሰማኝ፤ እግዚአብሔር ጸሎቴን ተቀበለ።
- 10 ጠላቶቼ ሁሉ ይፈሩ እጅግም ይገቡሉ፤ ወደ ሕይወት ይመለሱ፥ በፍጥነትም ይፈሩ።

- 9 For there is no truth in their mouths; their hearts are destruction; their throats are open graves; they flatter with their tongues.
- 10 Make them bear their guilt, O God; let them fall by their own counsels; because of their many transgressions cast them out, for they have rebelled against you.
- 11 But let all who take refuge in you rejoice; let them ever sing for joy. Spread your protection over them, so that those who love your name may exult in you.
- 12 For you bless the righteous, O LORD; you cover them with favor as with a shield.

Psalm 6

- 1 O LORD, do not rebuke me in your anger, or discipline me in your wrath.
- 2 Be gracious to me, O LORD, for I am languishing; O LORD, heal me, for my bones are shaking with terror.
- 3 My soul also is struck with terror, while you, O LORD--how long?
- 4 Turn, O LORD, save my life; deliver me for the sake of your steadfast love.
- 5 For in death there is no remembrance of you; in Sheol who can give you praise?
- 6 I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping.
- 7 My eyes waste away because of grief; they grow weak because of all my foes.
- 8 Depart from me, all you workers of evil, for the LORD has heard the sound of my weeping.
- 9 The LORD has heard my supplication; the LORD accepts my prayer.
- 10 All my enemies shall be ashamed and struck with terror; they shall turn back, and in a moment be put to shame.

መዝሙር 7

ሰለ ብንያማዊ ሰው ሰለ ኩዝ ቃል ለእግዚአብሔር የዘመረው የዳዊት መዝሙር።

- 1 አቤቱ አምላኬ፤ በአንተ ታመንሁ፤ ከሚያሳድዱኝ ሁሉ አድነኝና አውጣኝ፤
- 2 ነፍሴን እንደ አንበሳ ነጥቀው እንዳይሰብሩዋት፤ የሚያድንና የሚታደግ ሳይኖር።
- 3 አቤቱ አምላኬ፤ እንዲህስ ካደረግሁ፤ ዓመፃም በእጄ ቢኖር፤
- 4 ክፉ ላደረጉብኝም ክፉን መልሼላቸው ብሆን፤ ጠላቴንም በከንቱ ገፍቼው ብሆን፤
- 5 ጠላት ነፍሴን ያሳድዳት ያግኛትም፤ ሕይወቴንም በምድር ላይ ይርገጣት፤ ክብሬንም በትቢያ ላይ ያዋርዳት።
- 6 አቤቱ፤ በመፃትህ ተነሥ፤ በጠላቶቼ ላይ በቀጣ ተነሣባቸው፤ አቤቱ አምላኬ፤ ባዘዝኸው ትእዛዝ ንቃ።
- 7 የአሕዛብም ጉባኤ ይከብብሃል፤ በእነርሱም ላይ ወደ ከፍታ ተመለስ።
- 8 እግዚአብሔር በአሕዛብ ይፈርዳል፤ አቤቱ፤ እንደ ጽድቁ ፍረድልኝ፤ እንደ የዋህነቴም ይሁንልኝ።
- 9 የኃጥአን ክፋት ይጥፋ፤ ጸድቁን ግን አቅና፤ እግዚአብሔር ልቡናንና ኩላሊትን ይመረምራል።
- 10 እግዚአብሔር የጽድቅ ጋሻዬ ነው ልበ ቅኖችን የሚያድናቸው።
- 11 እግዚአብሔር የእውነት ዳኛ ነው፤ ኃይለኛም ታጋሽም ነው፤ ሁልጊዜም አይቈጣም።
- 12 ባትመለሱ ግን ሰይፉን ይሰላል፤ ቀስቱን ገተረ አዘጋጀም፤
- 13 የሞት መሣርያንም አዘጋጀበት፤ ፍላጻምቹንም የሚቃጠሉ አደረገ።
- 14 እነሆ፤ በዓመፃ ተጨነቀ ጉዳትን ፀነሰ ኃጢአትንም ወለደ።

Psalm 7

- 1 O LORD my God, in you I take refuge; save me from all my pursuers, and deliver me,
- 2 or like a lion they will tear me apart; they will drag me away, with no one to rescue.
- 3 O LORD my God, if I have done this, if there is wrong in my hands,
- 4 if I have repaid my ally with harm or plundered my foe without cause,
- 5 then let the enemy pursue and overtake me, trample my life to the ground, and lay my soul in the dust. Selah
- 6 Rise up, O LORD, in your anger; lift yourself up against the fury of my enemies; awake, O my God; you have appointed a judgment.
- 7 Let the assembly of the peoples be gathered around you, and over it take your seat on high.
- 8 The LORD judges the peoples; judge me, O LORD, according to my righteousness and according to the integrity that is in me.
- 9 O let the evil of the wicked come to an end, but establish the righteous, you who test the minds and hearts, O righteous God.
- 10 God is my shield, who saves the upright in heart.
- 11 God is a righteous judge, and a God who has indignation every day.
- 12 If one does not repent, God will whet his sword; he has bent and strung his bow;
- 13 he has prepared his deadly weapons, making his arrows fiery shafts.
- 14 See how they conceive evil, and are pregnant with mischief, and bring forth lies.

- 15 ጉድጓድን ማሰ ቈፈረም። ባደረገውም ጉድጓድ ይወድቃል።
- 16 ጉዳቱ በራሱ ይመለሳል፤ ዓመፃውም በአናቱ ላይ ትወርዳለች።
- 17 እግዚአብሔርን እንደ ጽድቁ መጠን አመሰግናለሁ። ለልዑል እግዚአብሔርም ስም እዘምራለሁ።

መዝሙር 8

ለመዘምራን አለቃ በዋሽንት፤ የዳዊት መዝሙር።

- 1 አቤቱ ጌታችን፤ ስምህ በምድር ሁሉ እጅግ ተመሰገነ። ምስጋናህ በሰማዮች ላይ ከፍ ከፍ ብሎ አልፏል።
- 2 ከሕፃናትና ከሚጠቡ ልጆች አፍ ምስጋናን አዘጋጀህ ስለ ጠላትህ። ጠላትንና ቁመኛን ለማጥፋት።
- 3 የጣቶችህን ሥራ ሰማዮችን ባየሁ ጊዜ፤ ጨረቃንና ከዋክብትን አንተ የሠራሃቸውን።
- 4 ታሰበው ዘንድ ሰው ምንድር ነው? ትጉበኘውም ዘንድ የሰው ልጅ ምንድር ነው?
- 5 ከመላእክት እጅግ ጥቂት አሳነሰኸው፤ በክብርና በምስጋና ዘውድ ከለልኸው።
- 6 በእጆችህም ሥራ ሁሉ ላይ ሾምኸው፤ ሁሉን ከእግሮቹ በታች አስገዛህለት።
- 7 በጎችንም ላሞችንም ሁሉ ደግሞም የምድረ በዳውን እንስሶች፤
- 8 የሰማይንም ወፎች የባሕርንም ዓሦች፤ በባሕር መንገድ የሚሄደውንም ሁሉ።
- 9 አቤቱ ጌታችን፤ ስምህ በምድር ሁሉ እጅግ ተመሰገነ።

መዝሙር 9

ለመዘምራን አለቃ፤ በሙት ላቤን፤ የዳዊት መዝሙር።

- 1 አቤቱ፤ በልቤ ሁሉ አመሰግንሃለሁ። ተአምራትህንም ሁሉ እነግራለሁ።
- 2 በአንተ ደስ ይለኛል፤ ሐሳብንም አደርጋለሁ፤ ልዑል ሆይ፤ ለስምህ እዘምራለሁ።

- 15 They make a pit, digging it out, and fall into the hole that they have made.
- 16 Their mischief returns upon their own heads, and on their own heads their violence descends.
- 17 I will give to the LORD the thanks due to his righteousness, and sing praise to the name of the LORD, the Most High.

Psalm 8

- 1 O LORD, our Sovereign, how majestic is your name in all the earth! You have set your glory above the heavens.
- 2 Out of the mouths of babes and infants you have founded a bulwark because of your foes, to silence the enemy and the avenger.
- 3 When I look at your heavens, the work of your fingers, the moon and the stars that you have established;
- 4 what are human beings that you are mindful of them, mortals that you care for them?
- 5 Yet you have made them a little lower than God, and crowned them with glory and honor.
- 6 You have given them dominion over the works of your hands; you have put all things under their feet,
- 7 all sheep and oxen, and also the beasts of the field,
- 8 the birds of the air, and the fish of the sea, whatever passes along the paths of the seas.
- 9 O LORD, our Sovereign, how majestic is your name in all the earth!

Psalm 9

- 1 I will give thanks to the LORD with my whole heart; I will tell of all your wonderful deeds.
- 2 I will be glad and exult in you; I will sing praise to your name, O Most High.

3 ጠላቶቼ ወደ ኋላ በተመለሱ ጊዜ፥ ይሰናከላሉ ከፈትህም ይጠፋሉ።

4 ፍርዴንና በቀሌን አድርገህልኛልና፤ ጽድቅን እየፈረድህ በዙፋንህ ላይ ተቀመጥህ።

5 አሕዛብን ገሠጽህ፥ ዝንጉዎችንም አጠፋህ፥ ስማቸውንም ለዘላለም ደመሰሰህ።

6 ጠላቶች በጦር ለዘላለም ጠፉ፥ ከተሞቻቸውንም አፈረሰህ፥ ዝክራቸውም በአንድነት ጠፋ።

7 እግዚአብሔር ግን ለዘላለም ይኖራል፥ ዙፋኑንም ለመፍረድ አዘጋጀ፤

8 እርሱም ዓለምን በጽድቅ ይፈርዳታል፥ አሕዛብንም በቅንነት ይዳኛቸዋል።

9 እግዚአብሔርም ለድሆች መጠጊያ ሆናቸው፥ እርሱም በመከራቸው ጊዜ ረዳታቸው ነው።

10 ስምህን የሚያውቁ ሁሉ በአንተ ይታመናሉ፥ አቤቱ፥ የሚሹህን አትተዋቸውምና።

11 በጽዮን ለሚኖር ለእግዚአብሔር ዘምሩ፥ በአሕዛብም መካከል አደራረጉን ንገሩ፤

12 ደማቸውን የሚመራመር እርሱ አስቦአልና፥ የድሆችንም ጩኸት አልረሳምና።

13 አቤቱ፥ እዘንልኝ፥ ጠላቶቼም የሚያመጡብኝን መከራ እይ፥ ከሞት ደጆች ከፍ ከፍ የምታደርገኝ፤

14 ምስጋናውን ሁሉ እናገር ዘንድ፤ በጽዮን ልጅ በደጆችዋ በማዳንህ ደስ ይለኛል።

15 አሕዛብ በሠሩት ጉድጓድ ወደቁ፥ በዚያችም በሸሸንት ወጥመድ እግራቸው ተጠመደች።

16 እግዚአብሔር ፍርድን በማድረግ የታወቀ ነው፤ ኃጢአተኛው በእጆቹ ሥራ ተጠመደ።

3 When my enemies turned back, they stumbled and perished before you.

4 For you have maintained my just cause; you have sat on the throne giving righteous judgment.

5 You have rebuked the nations, you have destroyed the wicked; you have blotted out their name forever and ever.

6 The enemies have vanished in everlasting ruins; their cities you have rooted out; the very memory of them has perished.

7 But the LORD sits enthroned forever, he has established his throne for judgment.

8 He judges the world with righteousness; he judges the peoples with equity.

9 The LORD is a stronghold for the oppressed, a stronghold in times of trouble.

10 And those who know your name put their trust in you, for you, O LORD, have not forsaken those who seek you.

11 Sing praises to the LORD, who dwells in Zion. Declare his deeds among the peoples.

12 For he who avenges blood is mindful of them; he does not forget the cry of the afflicted.

13 Be gracious to me, O LORD. See what I suffer from those who hate me; you are the one who lifts me up from the gates of death,

14 so that I may recount all your praises, and, in the gates of daughter Zion, rejoice in your deliverance.

15 The nations have sunk in the pit that they made; in the net that they hid has their own foot been caught.

16 The LORD has made himself known, he has executed judgment; the wicked are snared in the work of their own hands. Higaion. Selah

- 17 ኃጢአተኞች ወደ ሲኦል ይመለሳሉ፥ እግዚአብሔርን የሚረሱ አሕዛብም ሁሉ።
- 18 ድሀ ለዘላለም አይረሳምና፥ የችግረኞችም ተስፋቸው ለዘላለም አይጠፋም።
- 19 አቤቱ፥ ተነሥ፤ ሰውም አይበርታ፥ አሕዛብም በፊትህ ይፈረድባቸው።
- 20 አቤቱ፥ ፍርሃትን በላያቸው ጫንባቸው፤ አሕዛብ ሰዎች እንደ ሆኑ ይወቁ።

መዝሙር 10

- 1 አቤቱ፥ ለምን ርቀህ ቆምህ? በመከራም ጊዜ ለምን ትሰወራለህ?
- 2 በኃጢአተኛ ትፅቢት ድሀ ይናደዳል፤ ባሰቡት ተንኩላቸው ተጠመዱ።
- 3 ኃጢአተኛ በነፍሱ ፈቃድ ይወደሳልና፥ ዓመፀኛም ይባርካል።
- 4 ኃጢአተኛ እግዚአብሔርን አበሳጩው፥ እንደ ቀጣውም ብዛት አይመራመረውም በእርሱ ፈት እግዚአብሔር የለም።
- 5 መንገዱ ሁሉ የረከሰ ነው፥ ፍርድህም በፊቱ የፈረሰ ነው፥ ጠላቶችንም ሁሉ ይገዛቸዋል።
- 6 በልቡ ይላል፡- ለልጅ ልጅ አልታወክም ከፉም አያገኘኝም።
- 7 አፉ መርገምንና ሽንገላን ተንኩልን የተመላ ነው፤ ከምላሱ በታች ጉዳትና መከራ ነው።
- 8 በመንደሮች መሸመቅያ ይቀመጣል ገጹሐንን በስውር ይገድል ዘንድ፤ ዓይኖቹም ወደ ድኃ ይመለከታሉ።
- 9 እንደ አንበሳ በችፍግ ዱር በስውር ይሸምቃል፤ ድሀውን ለመንጠቅ ያደባል፤ ድሀውን ይነጥቀዋል በአሽክ ላውም ይሰበዋል።

- 17 The wicked shall depart to Sheol, all the nations that forget God.
- 18 For the needy shall not always be forgotten, nor the hope of the poor perish forever.
- 19 Rise up, O LORD! Do not let mortals prevail; let the nations be judged before you.
- 20 Put them in fear, O LORD; let the nations know that they are only human. Selah

Psalm 10

- 1 Why, O LORD, do you stand far off? Why do you hide yourself in times of trouble?
- 2 In arrogance the wicked persecute the poor-- let them be caught in the schemes they have devised.
- 3 For the wicked boast of the desires of their heart, those greedy for gain curse and renounce the LORD.
- 4 In the pride of their countenance the wicked say, "God will not seek it out"; all their thoughts are, "There is no God."
- 5 Their ways prosper at all times; your judgments are on high, out of their sight; as for their foes, they scoff at them.
- 6 They think in their heart, "We shall not be moved; throughout all generations we shall not meet adversity."
- 7 Their mouths are filled with cursing and deceit and oppression; under their tongues are mischief and iniquity.
- 8 They sit in ambush in the villages; in hiding places they murder the innocent. Their eyes stealthily watch for the helpless;
- 9 they lurk in secret like a lion in its covert; they lurk that they may seize the poor; they seize the poor and drag them off in their net.

- 10 ድሀ ይዋረዳል፥ ይጎብጣል፤ በኃያላኑም እጅግ ይወድቃል።
- 11 በልቡም ይላል፡- እግዚአብሔር ረስተኛል፤ ፈጽሞም እንዳያይ ፊቱን ሰወረ።
- 12 አቤቱ አምላክ ሆይ፥ ተነሥ እጅህም ከፍ ከፍ ትበል፤ ድሆችን አትርሳ።
- 13 ኃጢአተኛ ስለ ምን እግዚአብሔርን አስቈጣው? በልቡ፡- አይመራመረኝም ይላልና።
- 14 አየኸው፥ አንተ ክፋትንና ቍጣን ትመለከታለህና በእጅህ ፍጻሜን ለመስጠት፤ ድሀ ራሱን ለአንተ ይተዋል፥ ለድሀ አደግም ረዳቱ አንተ ነህ።
- 15 የኃጢአተኛንና የክፉን ክንድ ስበር፥ የኃጢአቱንም ብድራት ክፈል ሌላ እስከማይገኝ ድረስ።
- 16 እግዚአብሔር ለዘላለም ይነግሣል፤ አሕዛብ ከምድሩ ይጠፋሉ።
- 17 እግዚአብሔር የድሆችን ምኞት ሰማ፥ ጆሮውም የልባቸውን አሳብ አደመጠች።
- 18 ፍርድ ለድሀ አደግና ለችግረኛ ይደረግ ዘንድ፥ ሰዎች በምድር ላይ እፋቸውን ከፍ ከፍ ማድረግ እንዳይደግሙ።

መዝሙር 11

ለመዘምራን አለቃ፤ የዳዊት መዝሙር።

- 1 በእግዚአብሔር ታመንሁ፤ ነፍሴን፡- እንደ ወፍ ወደ ተራሮች ተቅብዘባለሁ እንዴት ትሉአታላችሁ?
- 2 ኃጢአተኞች እነሆ ቀስታቸውን ገትረዋልና፥ ፍላጻቸውንም በአውታር አዘጋጅተዋልና፥ ልቦን ቅኖችን በሰውር ይነድፉ ዘንድ።
- 3 አንተ የሠራኸውን እነሆ እነርሱ አፍርሰዋልና፤ ጻድቅ ግን ምን አደረገ?

- 10 They stoop, they crouch, and the helpless fall by their might.
- 11 They think in their heart, "God has forgotten, he has hidden his face, he will never see it."
- 12 Rise up, O LORD; O God, lift up your hand; do not forget the oppressed.
- 13 Why do the wicked renounce God, and say in their hearts, "You will not call us to account"?
- 14 But you do see! Indeed you note trouble and grief, that you may take it into your hands; the helpless commit themselves to you; you have been the helper of the orphan.
- 15 Break the arm of the wicked and evildoers; seek out their wickedness until you find none.
- 16 The LORD is king forever and ever; the nations shall perish from his land.
- 17 O LORD, you will hear the desire of the meek; you will strengthen their heart, you will incline your ear
- 18 to do justice for the orphan and the oppressed, so that those from earth may strike terror no more.

Psalms 11

- 1 In the LORD I take refuge; how can you say to me, "Flee like a bird to the mountains;
- 2 for look, the wicked bend the bow, they have fitted their arrow to the string, to shoot in the dark at the upright in heart.
- 3 If the foundations are destroyed, what can the righteous do?"

- 4 እግዚአብሔር በተቀደሰው መቅደሱ ነው፤ እግዚአብሔር፣ ዙፋኑ በሰማይ ነው፤ ዓይኖቹ ወደ ድሃ ይመለከታሉ፤ ቅንድቦቹም የሰው ልጆችን ይመረምራሉ።
- 5 እግዚአብሔር ጸድቅንና ጎጥእን ይመረምራል፤ ዓመፃን የወደዳት ግን ነፍሱን ጠልቶአል።
- 6 ወጥመድ በጎጥእን ላይ ያዘንባል እሳትና ዲን ዐውሎ ነፋስም የጽዋቸው እድል ፈንታ ነው።
- 7 እግዚአብሔር ጸድቅ ነውና፣ ጽድቅንም ይወድዳል፤ ቅንነት ግን ፊቱን ታየዋለች።

መዝሙር 12

ለመዘምራን አለቃ፣ ስለ ስምንተኛ የዳዊት መዝሙር።

- 1 አቤቱ፣ አድነኝ፤ ደግ ሰው አልቆአልና፣ ከሰው ልጆችም መተማመን ጎድሎአልና።
- 2 እርስ በርሳቸው ከንቱ ነገርን ይናገራሉ፤ በሽንገላ ከንፈር ሁለት ልብ ሆነው ይናገራሉ።
- 3 የሽንገላን ከንፈሮች ሁሉ እግዚአብሔር ያጠፋቸዋል፣ ታላቅ ነገርን የምትናገረውን ምላስ፤
- 4 ምላሳችንን እናበረታለን፤ ከንፈራችን የእኛ ነው፣ ጌታችን ማን ነው? የሚሉትን።
- 5 ስለ ድሆች መከራ፣ ስለ ችግረኞች ጩኸት እግዚአብሔር፡- አሁን እነግለሁ ይላል፤ መድኃኒትን አደርጋለሁ፣ በላዩም እገልጣለሁ።
- 6 በምድር ላይ እንደ ተፈተነ ሰባት ጊዜ እንደ ተጣራ ብር። የእግዚአብሔር ቃላት የነጹ ቃላት ናቸው።
- 7 አቤቱ፣ አንተ ጠብቀን፣ ከዚህችም ትውልድ ለዘላለም ታደገን።
- 8 በሰው ልጆች ዘንድ ምናምንቴ ከፍ ከፍ ባለ ጊዜ ክፉዎች በዙሪያው ሁሉ ይመላለሳሉ።

- 4 The LORD is in his holy temple; the Lord's throne is in heaven. His eyes behold, his gaze examines human-kind.
- 5 The LORD tests the righteous and the wicked, and his soul hates the lover of violence.
- 6 On the wicked he will rain coals of fire and sulfur; a scorching wind shall be the portion of their cup.
- 7 For the LORD is righteous; he loves righteous deeds; the upright shall behold his face.

Psalm 12

- 1 Help, O LORD, for there is no longer anyone who is godly; the faithful have disappeared from humankind.
- 2 They utter lies to each other; with flattering lips and a double heart they speak.
- 3 May the LORD cut off all flattering lips, the tongue that makes great boasts,
- 4 those who say, "With our tongues we will prevail; our lips are our own—who is our master?"
- 5 "Because the poor are despoiled, because the needy groan, I will now rise up," says the LORD; "I will place them in the safety for which they long."
- 6 The promises of the LORD are promises that are pure, silver refined in a furnace on the ground, purified seven times.
- 7 You, O LORD, will protect us; you will guard us from this generation forever.
- 8 On every side the wicked prowl, as vileness is exalted among human-kind.

መዝሙር 13

ለመዘምራን አለቃ፤ የዳዊት መዝሙር።

- 1 አቤቱ፣ እስከ መቼ ፈጽመህ ትረሳኛለህ? እስከ መቼስ ፊትህን ከእኔ ትሰውራለህ?
- 2 እስከ መቼ በነፍሴ እመካከራለሁ? ትካዜስ እስከ መቼ ሁልጊዜ ይሆናል? እስከ መቼ ጠላቴ በላዩ ይጓደዳል?
- 3 አቤቱ አምላኬ፣ እየኝ ስማኝም፤ ጠላቴ፡- አሸነፍሁት እንዳይል፤
- 4 የሚያስጨንቁኝም እኔ ብናወጥ ደስ እንዳይላቸው፤ ለሞትም እንዳልተኛ ዓይኖቼን አብራ።
- 5 እኔ ግን በቸርነትህ ታመንሁ፤ ልቤም በመድኃኒትህ ደስ ይለዋል።
- 6 የረዳኝን እግዚአብሔርን አመሰግናለሁ፤ ለልዑል እግዚአብሔር ስምም እዘምራለሁ።

መዝሙር 14

ለመዘምራን አለቃ፤ የዳዊት መዝሙር።

- 1 ሰነፍ በልቡ፡- አምላክ የለም ይላል። በሥራቸው ረከሱ፤ ጎስቄሉ፤ በጎ ነገርን የሚሠራ የለም።
- 2 የሚያስተውል እግዚአብሔርንም የሚፈልግ እንዳለ ያይ ዘንድ፤ እግዚአብሔር ከሰማይ የሰው ልጆችን ተመለከተ።
- 3 ሁሉ ዐመፁ በአንድነትም ረከሱ በጎ ነገርን የሚሠራ የለም፤ አንድም ስንኳ የለም።*
- 4 (7) ሕዝቤን እንደ እንጀራ የሚበሉ ኃጢአት የሚሠሩ ሁሉ በውኑ አያውቁምን? እግዚአብሔርንም አይጠሩትም።
- 5 (8) በዚያ በታላቅ ፍርሃት እጅግ ፈሩ፤ እግዚአብሔር በጻድቃን ትውልድ ዘንድ ነውና።

Psalm 13

- 1 How long, O LORD? Will you forget me forever? How long will you hide your face from me?
- 2 How long must I bear pain in my soul, and have sorrow in my heart all day long? How long shall my enemy be exalted over me?
- 3 Consider and answer me, O LORD my God! Give light to my eyes, or I will sleep the sleep of death,
- 4 and my enemy will say, "I have prevailed"; my foes will rejoice because I am shaken.
- 5 But I trusted in your steadfast love; my heart shall rejoice in your salvation.
- 6 I will sing to the LORD, because he has dealt bountifully with me.

Psalm 14

- 1 Fools say in their hearts, "There is no God." They are corrupt, they do abominable deeds; there is no one who does good.
- 2 The LORD looks down from heaven on humankind to see if there are any who are wise, who seek after God.
- 3 They have all gone astray, they are all alike perverse; there is no one who does good, no, not one.
- 4 Have they no knowledge, all the evildoers who eat up my people as they eat bread, and do not call upon the LORD?
- 5 There they shall be in great terror, for God is with the company of the righteous.

* የሚከተሉት ጥቅሶች በ1954 ዓ.ም. በታተመው የአግርኛ መጽሐፍ ቅዱስ ውስጥ ይገኛሉ።

(4) ጎሮሮአቸው የተከፈተ መቃብር ነው፤ በምላሳቸው ሸነገሉ፤ (5) ከከንፈራቸው በታች የእባብ መርዝ አለ፤ አፋቸው መርገምንና መራራን ተሞልቶአል፤ (6) ደምን ለማፍሰስ እግራቸው ፈጣን ነው፤ ጥፋትና ጎስቀላና በመንገዳቸው አለ፤ የሰላምን መንገድ አላወቁአትምና፤ እግዚአብሔርን መፍራት በዓይኖቸው ፊት የለም።

- 9 የድሆችን ምክር አሳፈራችሁ፤ እግዚአብሔር ግን ተስፋቸው ነው።
- 10 ከጽዮን መድኃኒትን ለእስራኤል ማን ይሰጣል? እግዚአብሔር የሕዝቡን ምርኮ በመለሰ ጊዜ፤ ያዕቆብ ደስ ይለዋል፤ እስራኤልም ሐሜት ያደርጋል።

መዝሙር 15
የዳዊት መዝሙር።

- 1 አቤቱ፤ በድንኳንህ ውስጥ ማን ያድራል? በተቀደሰውም ተራራህ ማን ይኖራል?
- 2 በቅንነት የሚሄድ፤ ጽድቅንም የሚያደርግ፤ በልቡም እውነትን የሚናገር።
- 3 በአንደበቱ የማይሸነግል፤ በባልንጀራው ላይ ክፋትን የማያደርግ፤ ዘመዶቹንም የማይሰድብ።
- 4 ኃጢአተኛ በፊቱ የተናቀ፤ እግዚአብሔርንም የሚፈሩትን የሚያከብር፤ ለባልንጀራው የሚሞል የማይከዳም።
- 5 ገንዘቡን በአራጣ የማያበድር፤ በንጹሐ ላይ መማለጃን የማይቀበል። እንዲህ የሚያደርግ ለዘላለም አይታወክም።

መዝሙር 16
የዳዊት ቅኔ።

- 1 አቤቱ፤ በአንተ ታምኛለሁና ጠብቀኝ።
- 2 እግዚአብሔርን፡- አንተ ጌታዬ ነህ አልሁ፤ ከአንተ በቀር በጎነት የለኝም።
- 3 ፈቃድህ ሁሉ በምድር ባሉት ቅዱሳንና ክቡራን ላይ ነው።
- 4 ወደ ሌላ ለሚፋጠኑት መከራቸው ይበዛል፤ የቀርባናቸውን ደም እኔ አላፈሰሰውም፤ ስማቸውንም በከንፈራ አልጠራም።
- 5 እግዚአብሔር የርስቴ እድል ፈንታና ጽዋዬ ነው፤ ዕጣዬንም የምታጠና አንተ ነህ።

- 6 You would confound the plans of the poor, but the LORD is their refuge.
- 7 O that deliverance for Israel would come from Zion! When the LORD restores the fortunes of his people, Jacob will rejoice; Israel will be glad.

Psalm 15

- 1 O LORD, who may abide in your tent? Who may dwell on your holy hill?
- 2 Those who walk blamelessly, and do what is right, and speak the truth from their heart;
- 3 who do not slander with their tongue, and do no evil to their friends, nor take up a reproach against their neighbors;
- 4 in whose eyes the wicked are despised, but who honor those who fear the LORD; who stand by their oath even to their hurt;
- 5 who do not lend money at interest, and do not take a bribe against the innocent. Those who do these things shall never be moved.

Psalm 16

- 1 Protect me, O God, for in you I take refuge.
- 2 I say to the LORD, "You are my Lord; I have no good apart from you."
- 3 As for the holy ones in the land, they are the noble, in whom is all my delight.
- 4 Those who choose another god multiply their sorrows; their drink offerings of blood I will not pour out or take their names upon my lips.
- 5 The LORD is my chosen portion and my cup; you hold my lot.

- 6 ገመድ ባማረ ስፍራ ወደቀችልኝ፤
ርስቴም ተዋበችልኝ።
- 7 የመከረኝን እግዚአብሔርን
እባርካለሁ፤ ደግሞም በሌሊት
ኩላሊቶቼ ይገሥዱኛል።
- 8 ሁልጊዜ እግዚአብሔርን በፊቴ
አየዋለሁ፤ በቀኝ ነውና አልታወክም።
- 9 ስለዚህ ልቤን ደስ አለው ምላሴም
ሐሴት አደረገኝ፤ ሥጋዬም ደግሞ
በተስፋ ታድራለች፤
- 10 ነፍሴን በሲኦል አትተዋትምና፤
ቅዱስህንም መበሰበስን ያይ ዘንድ
አትተወውም።
- 11 የሕይወትን መንገድ አሳየኸኝ፤
ከፊትህ ጋር ደስታን አጠገብኸኝ፤
በቀኝህም የዘላለም ፍሥሐ አለ።

መዝሙር 17

የዳዊት ጸሎት።

- 1 አቤቴ፤ ጽድቄን ስማ ጩኸቴንም
አድምጥ፤ በተንከብሮኝም ከንፈር ያልሆነውን
ጸሎቴን አድምጥ።
- 2 ፍርዴ ከፊትህ ይውጣ፤ ዓይኖችህም
በቅንነት ይዩ።
- 3 ልቤን ፈተንኸው በሌሊትም
ጎበኘኸኝ፤ ፈተንኸኝ፤ ምንም
አላገኘህብኝም።
- 4 የሰውን ሥራ አፈ እንዳይናገር ፈቃዴ
ነው፤ ስለ ከንፈሮችህ ቃል ጭንቅ
የሆኑ መንገዶችን ጠበቅሁ።
- 5 እግሮች እንዳይናወጡ አረማመዴን
በመንገድህ አጽና።
- 6 አቤቴ፤ ሰምተኸኛልና ወደ አንተ
ጠራሁ፤ ጆሮህን ወደ እኔ አዘንብል፤
ቃሌንም ሰማ።
- 7 የሚያምኑህን ከሚቃወሙ በቀኝህ
የምታድናቸው፤ ቸርነትህን ድንቅ
አድርገህ ግለጠው።
- 8 እንደ ዓይን ብሌን ጠብቀኝ፤
በከንፎችህ ጥላ ሰውረኝ፤

- 6 The boundary lines have fallen for me
in pleasant places; I have a goodly
heritage.
- 7 I bless the LORD who gives me
counsel; in the night also my heart
instructs me.
- 8 I keep the LORD always before me;
because he is at my right hand, I
shall not be moved.
- 9 Therefore my heart is glad, and my
soul rejoices; my body also rests
secure.
- 10 For you do not give me up to Sheol,
or let your faithful one see the Pit.
- 11 You show me the path of life. In
your presence there is fullness of
joy; in your right hand are pleasures
forevermore.

Psalm 17

- 1 Hear a just cause, O LORD; attend to
my cry; give ear to my prayer from
lips free of deceit.
- 2 From you let my vindication come;
let your eyes see the right.
- 3 If you try my heart, if you visit me
by night, if you test me, you will
find no wickedness in me; my mouth
does not transgress.
- 4 As for what others do, by the word of
your lips I have avoided the ways of
the violent.
- 5 My steps have held fast to your paths;
my feet have not slipped.
- 6 I call upon you, for you will answer
me, O God; incline your ear to me,
hear my words.
- 7 Wondrously show your steadfast
love, O savior of those who seek
refuge from their adversaries at your
right hand.
- 8 Guard me as the apple of the eye;
hide me in the shadow of your
wings,

- 9 ከሚያስጨንቁኝ ከኃጢአተኞች፣ ነፍሴንም ከሚከብቡኣት ከጠላቶቼ።
- 10 አንጀታቸውን በስብ ቋጠሩ፣ በአፋቸውም ትንቢትን ተናገሩ።
- 11 አሁንም እርምጃችንን ከበቡ፤ ዓይናቸውን ወደ ምድር ዝቅ ዝቅ አደረጉ።
- 12 እርሱ ንጥቂያን እንደሚናፍቅ አንበሳ ተሸጉጦም እንደሚኖር እንደ አንበሳ ደቦል ነው።
- 13 አቤቱ፣ ተነሥ፤ ቀድመህ ወደ ታች ጣለው፤ ነፍሴን ከኃጢአተኛ በሰይፍህ አድናት።
- 14 አቤቱ፣ ከሰዎች፣ እድል ፈንታቸው በሕይወታቸው ከሆነች ከዚህ ዓለም ሰዎች በእጅህ አድነኝ፤ ከሰወርኸው መዝገብህ ሆዳቸውን አጠገብህ፤ ልጆቻቸው ብዙ ናቸው የተረፋቸውንም ለሕፃናቶቻቸው ያተርፋሉ።
- 15 እኔ ግን በጽድቅ ፊትህን አያለሁ፤ ክብርህን ሳይ እጠግባለሁ።

መዝሙር 18

ለመዘምራን አለቃ ከሳኦል እጅና ከጠላቶቹ ሁሉ እጅ እግዚአብሔር ባዳነው ቀን በዚህ መዝሙር ቃል ለእግዚአብሔር የተናገረው የእግዚአብሔር ባሪያ የዳዊት መዝሙር። እንዲህም አለ:-

- 1 አቤቱ ጉልበቱ ሆይ፣ እወድድሃለሁ።
- 2 እግዚአብሔር ዓለቴ፣ አምባዬ፣ መድኃኒቴ፣ አምላኬ፣ በእርሱም የምተማመንበት ረዳቴ፣ መታመኛዬና የደላንነቴ ቀንድ መጠጊያዬም ነው።
- 3 ምስጋና የሚገባውን እግዚአብሔርን እጠራለሁ፣ ከጠላቶቼም እድናለሁ።
- 4 የሞት ጣር ያዘኝ፣ የዓመፅ ፈሳሽም አስፈራኝ፤
- 5 የሲኦል ጣር ከበበኝ፤ የሞት ወጥመድም ደረሰብኝ።
- 6 በጨነቀኝ ጊዜ እግዚአብሔርን ጠራሁት፣ ወደ አምላኬም ጮኸሁ፤ ከመቅደሱም ቃሌን ሰማኝ፣ ጩኸቴም በፊቱ ወደ ጆሮው ገባ።

- 9 from the wicked who despoil me, my deadly enemies who surround me.
- 10 They close their hearts to pity; with their mouths they speak arrogantly.
- 11 They track me down; now they surround me; they set their eyes to cast me to the ground.
- 12 They are like a lion eager to tear, like a young lion lurking in ambush.
- 13 Rise up, O LORD, confront them, overthrow them! By your sword deliver my life from the wicked,
- 14 from mortals--by your hand, O LORD-- from mortals whose portion in life is in this world. May their bellies be filled with what you have stored up for them; may their children have more than enough; may they leave something over to their little ones.
- 15 As for me, I shall behold your face in righteousness; when I awake I shall be satisfied, beholding your likeness.

Psalm 18

- 1 I love you, O LORD, my strength.
- 2 The LORD is my rock, my fortress, and my deliverer, my God, my rock in whom I take refuge, my shield, and the horn of my salvation, my stronghold.
- 3 I call upon the LORD, who is worthy to be praised, so I shall be saved from my enemies.
- 4 The cords of death encompassed me; the torrents of perdition assailed me;
- 5 the cords of Sheol entangled me; the snares of death confronted me.
- 6 In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears.

7 ምድርም ተንቀጠቀጠች
 ተናወጠችም፤ የተራሮችም
 መሠረቶች ተነቃነቁ፤
 እግዚአብሔርም ተቈጥቶአልና
 ተንቀጠቀጡ።

8 ከቀላጣው ጠስ ወጣ፤ ከፊቱም የሚበላ
 እሳት ነደደ፤ ፍምም ከእርሱ በራ።

9 ሰማዮችን ዝቅ ዝቅ አደረገ ወረደም፤
 ጨለማ ከእግሩ በታች ነበረ።

10 በኪሩቤልም ላይ ተቀምጦ በረረ፤
 በነፋስም ከንፍ በረረ።

11 መስወሪያውን ጨለማ አደረገ፤
 በዙሪያውም ድንኳኑ፤ በደመናት
 ውስጥ የጨለማ ውኃ ነበረ።

12 በፊቱ ካለው ብርሃን የተነሣ
 ደመናትና በረዶ የእሳት ፍምም
 አለፉ።

13 እግዚአብሔርም ከሰማያት
 አንገጦደገጦደ፤ ልዑልም ቃሉን ሰጠ።

14 ፍላጻውን ላከ በተናቸውም፤
 መብረቆችን አበዛ አወካቸውም።

15 አቤቱ፤ ከዘለፋህ ከመጻትህም
 መንፈስ እስትንፋስ የተነሣ፤
 የውኆች ምንጮች ታዩ፤ የዓለም
 መሠረቶችም ተገለጡ።

16 ከላይ ሰደደ ወሰደኝም፤ ከብዙ
 ውኆችም አወጣኝ።

17 ከብርቱዎች ጠላቶቼ ከሚጠሉኝም
 አዳኝ፤ በርትተውብኝ ነበርና።

18 በመከራዬ ቀን ደረሱብኝ፤
 እግዚአብሔር ግን ደገፋዬ ሆነ።

19 ወደ ሰፊ ስፍራም አወጣኝ፤
 ወድደኛልና አዳኝ።

20 እግዚአብሔር እንደ ጽድቁ
 ይከፍለኛል፤ እንደ እጄ ንጽሕና
 ይመልስልኛል።

7 Then the earth reeled and rocked; the
 foundations also of the mountains
 trembled and quaked, because he was
 angry.

8 Smoke went up from his nostrils, and
 devouring fire from his mouth; glow-
 ing coals flamed forth from him.

9 He bowed the heavens, and came
 down; thick darkness was under his
 feet.

10 He rode on a cherub, and flew; he
 came swiftly upon the wings of the
 wind.

11 He made darkness his covering
 around him, his canopy thick clouds
 dark with water.

12 Out of the brightness before him
 there broke through his clouds hail-
 stones and coals of fire.

13 The LORD also thundered in the
 heavens, and the Most High uttered
 his voice.

14 And he sent out his arrows, and
 scattered them; he flashed forth light-
 nings, and routed them.

15 Then the channels of the sea were
 seen, and the foundations of the
 world were laid bare at your rebuke,
 O LORD, at the blast of the breath of
 your nostrils.

16 He reached down from on high, he
 took me; he drew me out of mighty
 waters.

17 He delivered me from my strong
 enemy, and from those who hated
 me; for they were too mighty for me.

18 They confronted me in the day of my
 calamity; but the LORD was my
 support.

19 He brought me out into a broad
 place; he delivered me, because he
 delighted in me.

20 The LORD rewarded me according
 to my righteousness; according to the
 cleanness of my hands he recom-
 pensed me.

21 የእግዚአብሔርን መንገድ ጠብቄ አለሁና፥ በአምላኬም አላመፅሁም።

22 ፍርዱ ሁሉ በፊቴ ነበረና፥ ሥርዓቱንም ከፊቴ አላራቅሁም።

23 በእርሱ ዘንድ ቅን ነበርሁ፥ ከኃጢአቴም ተጠበቅሁ።

24 እግዚአብሔርም እንደ ጽድቁ እንደ እጄም ንጽሕና በዓይኖቼ ፈት መለሰልኝ።

25 ከቸር ሰው ጋር ቸር ሆነህ ትገኛለህ፤ ከቅን ሰው ጋር ቅን ሆነህ ትገኛለህ፤

26 ከንጹሕ ጋር ንጹሕ ሆነህ ትገኛለህ፤ ከጠማማም ጋር ጠማማ ሆነህ ትገኛለህ።

27 አንተ የተጠቃውን ሕዝብ ታድናለህና፥ የትዕቢተኞችን ዓይን ግን ታዋርዳለህ።

28 አንተ መብራቴን ታበራለህና፤ እግዚአብሔር አምላኬ ጨለማዬን ያበራል።

29 በአንተ ከጥፋት እድናለሁና በአምላኬም ቅጥፍን እዘልላለሁ።

30 የአምላኬ መንገድ ፍጹም ነው፥ የእግዚአብሔር ቃል የነጠረ ነው፥ በእርሱ ለሚታመኑት ሁሉ ጋሻ ነው።

31 ከእግዚአብሔር በቀር አምላክ ማን ነው? ከአምላካችን በቀር አምላክ ማን ነው?

32 ኃይልን የሚያስታጥቀኝ መንገዴንም የሚያቃና፥

33 እግሮቼን እንደ ብሔር እግሮች የሚያረታ በኮረብቶችም የሚያቆመኝ እግዚአብሔር ነው።

34 እጆቼን ሰልፍ ያስተምራል፥ በክንዴም የናስ ቀስት እንትራለሁ።

35 ለደኅንነቴም መታመኛን ሰጠኸኝ፥ ቀኝህም ትረዳኛለች፥ ትምህርትህም ለዘላለም ታጠናኛለች፥ ተግዛጽህም ታስተምረኛለች።

21 For I have kept the ways of the LORD, and have not wickedly departed from my God.

22 For all his ordinances were before me, and his statutes I did not put away from me.

23 I was blameless before him, and I kept myself from guilt.

24 Therefore the LORD has recompensed me according to my righteousness, according to the cleanness of my hands in his sight.

25 With the loyal you show yourself loyal; with the blameless you show yourself blameless;

26 with the pure you show yourself pure; and with the crooked you show yourself perverse.

27 For you deliver a humble people, but the haughty eyes you bring down.

28 It is you who light my lamp; the LORD, my God, lights up my darkness.

29 By you I can crush a troop, and by my God I can leap over a wall.

30 This God--his way is perfect; the promise of the LORD proves true; he is a shield for all who take refuge in him.

31 For who is God except the LORD? And who is a rock besides our God?--

32 the God who girded me with strength, and made my way safe.

33 He made my feet like the feet of a deer, and set me secure on the heights.

34 He trains my hands for war, so that my arms can bend a bow of bronze.

35 You have given me the shield of your salvation, and your right hand has supported me; your help has made me great.

36 አረማመዴን በበታቼ አሰፋሁ፤
እግሮቼም አልተንሸራተቱም።

37 ጠላቶቼን አሳድዳቸዋለሁ።
እይዛቸዋለሁም፤ እስካጠፋቸውም
ድረስ አልመለስም።

38 አስጨንቃቸዋለሁ ሙቆምም
አይችሉም፤ ከእግሬም በታች
ይወድቃሉ።

39 ለሰልፍም ኃይልን ታስታጥቀኛለህ፤
በበላዬ የቆሙትን ሁሉ በበታቼ
ታስገዛቸዋለህ።

40 የጠላቶቼን ጀርባ ሰጠኸኝ፤
የሚጠሉኝንም አጠፋሃቸው።

41 ጮኹ የሚረዳቸውም አልነበረም፤
ወደ እግዚአብሔርም ጮኹ አልሰ
ማቸውም።

42 እንደ ትቢያ በነፋስ ፈት
እፈጫቸዋለሁ፤ እንደ አደባባይም
ጭቃ እረግጣቸዋለሁ።

43 ከሕዝብ ክርክር ታድነኛለህ፤
የአሕዛብም ራስ አድርገህ
ትሾመኛለህ፤ የማላውቀው ሕዝብም
ይገዛልኛል።

44 በጀሮ ሰምተው ተዝቶልኝ፤ የባዕድ
ልጆች ደለሉኝ።

45 የባዕድ ልጆች አረጁ፤
በመንገዳቸውም ተሰናከሉ።

46 እግዚአብሔር ሕያው ነው፤
አምላኬም ቡሩክ ነው፤ የመድኃኒቴም
አምላክ ከፍ ከፍ ይበል።

47 በቀሌን የሚመልስልኝ አምላክ
አሕዛብን በበታቼ ያስገዛልኛል።

48 ከጠላቶቼ የሚታደገኝ እርሱ ነው፤
በእኔም ላይ ከቆሙ ከፍ ከፍ
ታደርገኛለህ፤ ከግፈኛ ሰው
ታድነኛለህ።

49 አቤቱ፤ ስለዚህ በአሕዛብ ዘንድ
አመሰግንሃለሁ፤ ለስምህም
እዘምራለሁ።

36 You gave me a wide place for my
steps under me, and my feet did not
slip.

37 I pursued my enemies and overtook
them; and did not turn back until
they were consumed.

38 I struck them down, so that they
were not able to rise; they fell under
my feet.

39 For you girded me with strength for
the battle; you made my assailants
sink under me.

40 You made my enemies turn their
backs to me, and those who hated
me I destroyed.

41 They cried for help, but there was
no one to save them; they cried to
the LORD, but he did not answer
them.

42 I beat them fine, like dust before the
wind; I cast them out like the mire
of the streets.

43 You delivered me from strife with
the peoples; you made me head of
the nations; people whom I had not
known served me.

44 As soon as they heard of me they
obeyed me; foreigners came cringing
to me.

45 Foreigners lost heart, and came
trembling out of their strongholds.

46 The LORD lives! Blessed be my
rock, and exalted be the God of my
salvation,

47 the God who gave me vengeance
and subdued peoples under me;

48 who delivered me from my enemies;
indeed, you exalted me above my
adversaries; you delivered me from
the violent.

49 For this I will extol you, O LORD,
among the nations, and sing praises
to your name.

50 የንጉሡን መድኃኒት ታላቅ ያደርጋል፤ ቸርነቱንም ለቀባው ለዳዊትና ለዜሩ ለዘላለም ይሰጣል።

መዝሙር 19

ለመዘምራን አለቃ የዳዊት መዝሙር።

- 1 ሰማያት የእግዚአብሔርን ክብር ይናገራሉ፤ የሰማይም ጠፈር የእጁን ሥራ ያወራል።
- 2 ቀን ለቀን ነገርን ታወጣለች፤ ሌሊትም ለሌሊት እውቀትን ትናገራለች።
- 3 ነገር የለም መናገርም የለም፤ ድምፃቸውም አይሰማም።
- 4 ድምፃቸው ወደ ምድር ሁሉ፤ ቃላቸውም እስከ ዓለም ዳርቻ ወጣ።
- 5 በእነርሱም ውስጥ የፀሐይን ድንኳን አደረገ፤ እርሱም እንደ ሙሽራ ከእልፍኙ ይወጣል፤ እንደ አርበኛ በመንገዱ ለመሮጥ ደስ ይለዋል።
- 6 አወጣጡ ከሰማያት ዳርቻ ነው፤ ዙሪቱም እስከ ዳርቻቸው ነው፤ ከትኩሳቱም የሚሰወር የለም።
- 7 የእግዚአብሔር ሕግ ፍጹም ነው፤ ነፍሱን ይመልሳል፤ የእግዚአብሔር ምስክር የታመነ ነው፤ ሕፃናትን ጠቢባን ያደርጋል።
- 8 የእግዚአብሔር ሥርዓት ቅን ነው፤ ልብንም ደስ ያሰኛል፤ የእግዚአብሔር ትእዛዝ ብሩህ ነው፤ ዓይንንም ያበራል።
- 9 የእግዚአብሔር ፍርሃት ንጹሕ ነው፤ ለዘላለም ይኖራል፤ የእግዚአብሔር ፍርድ እውነትና ቅንነት በአንድነት ነው።
- 10 ከወርቅና ከክቡር ዕንቅ ይልቅ ይወደዳል፤ ከማርና ከማር ወለላም ይጣፍጣል።
- 11 ባሪያህ ደግሞ ይጠብቀዋል፤ በመጠበቁም እጅግ ይጠቀማል።

50 Great triumphs he gives to his king, and shows steadfast love to his anointed, to David and his descendants forever.

Psalm 19

- 1 The heavens are telling the glory of God; and the firmament proclaims his handiwork.
- 2 Day to day pours forth speech, and night to night declares knowledge.
- 3 There is no speech, nor are there words; their voice is not heard;
- 4 yet their voice goes out through all the earth, and their words to the end of the world. In the heavens he has set a tent for the sun,
- 5 which comes out like a bridegroom from his wedding canopy, and like a strong man runs its course with joy.
- 6 Its rising is from the end of the heavens, and its circuit to the end of them; and nothing is hid from its heat.
- 7 The law of the LORD is perfect, reviving the soul; the decrees of the LORD are sure, making wise the simple;
- 8 the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is clear, enlightening the eyes;
- 9 the fear of the LORD is pure, enduring forever; the ordinances of the LORD are true and righteous altogether.
- 10 More to be desired are they than gold, even much fine gold; sweeter also than honey, and drippings of the honeycomb.
- 11 Moreover by them is your servant warned; in keeping them there is great reward.

- 12 ስሕተትን ማን ያስተውላታል?
ከተሰወረ ኃጢአት አንጻኝ።
- 13 የድፍረት ኃጢአት እንዳይገዛኝ
ባረያህን ጠብቅ፤ የዚያን ጊዜ ፍጹም
እሆናለሁ፤ ከታላቁም ኃጢአት
እንጸለሁ።
- 14 አቤቱ፣ ረድኤቴ መድኃኒቴም፣ የአፌ
ቃልና የልቤ አሳብ በፊትህ ያማረ
ይሁን።

መዝሙር 20

ለመዘምራን አለቃ፣ የዳዊት መዝሙር።

- 1 በመከራ ቀን እግዚአብሔር ይስማህ፤
የያዕቆብ አምላክ ስም ያቁምህ።
- 2 ከመቅደሱ ረድኤትን ይላክልህ፤
ከጽዮንም ያጥናህ።
- 3 ቅርባንህን ሁሉ ያስብልህ፤ የሚቃጠል
መስዋዕትህን ያለምልምልህ።
- 4 እንደ ልብህ ይስጥህ ፈቃድህንም ሁሉ
ይፈጽምልህ።
- 5 በማዳንህ ደስ ይለናል፤ በአምላካችን
ስም ከፍ ከፍ እንላለን፤ ልመናህን
ሁሉ እግዚአብሔር ይፈጽምልህ።
- 6 እግዚአብሔር የቀባውን እንዳዳነው ዛሬ
አወቅሁ፤ ከሰማይ መቅደሱ
ይመልስለታል፤ በቀኙ ብርታት
ማዳን።
- 7 እነዚያ በሰረገላ እነዚያም በፈረስ
ይታመናሉ፤ እኛ ግን በአምላካችን
በእግዚአብሔር ስም ከፍ ከፍ
እንላለን።
- 8 እነርሱ ተሰነካክለው ወደቁ፤ እኛ ግን
ተነሣን፤ ጸንተንም ቆምን።
- 9 አቤቱ፣ ንጉሥን አድነው፣ በጠራንህም
ቀን ስማን።

- 12 But who can detect their errors?
Clear me from hidden faults.
- 13 Keep back your servant also from
the insolent; do not let them have
dominion over me. Then I shall be
blameless, and innocent of great
transgression.
- 14 Let the words of my mouth and the
meditation of my heart be acceptable
to you, O LORD, my rock and my
redeemer.

Psalm 20

- 1 The LORD answer you in the day of
trouble! The name of the God of
Jacob protect you!
- 2 May he send you help from the
sanctuary, and give you support
from Zion.
- 3 May he remember all your offerings,
and regard with favor your burnt
sacrifices. Selah
- 4 May he grant you your heart's desire,
and fulfill all your plans.
- 5 May we shout for joy over your
victory, and in the name of our God
set up our banners. May the LORD
fulfill all your petitions.
- 6 Now I know that the LORD will help
his anointed; he will answer him
from his holy heaven with mighty
victories by his right hand.
- 7 Some take pride in chariots, and some
in horses, but our pride is in the
name of the LORD our God.
- 8 They will collapse and fall, but we
shall rise and stand upright.
- 9 Give victory to the king, O LORD;
answer us when we call.

መዝሙር 21

ለመዘምራን አለቃ፤ የዳዊት መዝሙር።

- 1 አቤቱ፤ በኃይልህ ንጉሥ ደስ ይለዋል፤ በማዳንህ እጅግ ሐሳብን ያደርጋል።
- 2 የልቡን ፈቃድ ሰጠኸው፤ የከንፈሩንም ልመና አልከለከልኸውም።
- 3 በባህ በረከት ደርሰህለታልና፤ ከክቡር ዕንቁ የሆነ ዘውድን በራሱ ላይ አናርህ።
- 4 ሕይወትን ለመነህ ሰጠኸውም፤ ለረጅም ዘመን ለዘላለሙ።
- 5 በማዳንህ ክብሩ ታላቅ ነው፤ ክብርንና ምስጋናን ጨመርህለት።
- 6 የዘላለም በረከትን ሰጥተኸዋልና። በፊትህም ደስታ ደስ ታሰኘዋለህ።
- 7 ንጉሥ በእግዚአብሔር ተማምኖአልና፤ በልዑልም ምሕረት አይናወጥም።
- 8 እጅህ ጠላቶችህን ሁሉ ታግኛቸው፤ ቀኝህም የሚጠሉህን ሁሉ ታግኛቸው።
- 9 በተቈጣህም ጊዜ እንደ እሳት እቶን አድርጋቸው፤ እግዚአብሔር በቀላጣው ያጠፋቸዋል፤ እሳትም ትበላቸዋለች።
- 10 ፍሬአቸውን ከምድር ዘራቸውንም ከሰው ልጆች ታጠፋለህ።
- 11 ክፋትን በአንተ ላይ ዘርግተዋልና፤ የማይቻላቸውንም ምክር አሰቡ።
- 12 ወደ ኋላቸው ትመልሳቸዋለህ፤ ፍላጻን በፊታቸው ላይ ታዘጋጃለህ።
- 13 አቤቱ፤ በኃይልህ ከፍ ከፍ በል፤ ጽናትህንም እና መሰግናለን እንዘምርማለን።

Psalms 21

- 1 In your strength the king rejoices, O LORD, and in your help how greatly he exults!
- 2 You have given him his heart's desire, and have not withheld the request of his lips. Selah
- 3 For you meet him with rich blessings; you set a crown of fine gold on his head.
- 4 He asked you for life; you gave it to him-- length of days forever and ever.
- 5 His glory is great through your help; splendor and majesty you bestow on him.
- 6 You bestow on him blessings forever; you make him glad with the joy of your presence.
- 7 For the king trusts in the LORD, and through the steadfast love of the Most High he shall not be moved.
- 8 Your hand will find out all your enemies; your right hand will find out those who hate you.
- 9 You will make them like a fiery furnace when you appear. The LORD will swallow them up in his wrath, and fire will consume them.
- 10 You will destroy their offspring from the earth, and their children from among humankind.
- 11 If they plan evil against you, if they devise mischief, they will not succeed.
- 12 For you will put them to flight; you will aim at their faces with your bows.
- 13 Be exalted, O LORD, in your strength! We will sing and praise your power.

መዝሙር 22

ለመዘምራን አለቃ ስለ ንቅት ኃይል፤ የዳዊት መዝሙር።

- 1 አምላኬ፥ አምላኬ፥ ለምን ተውኸኝ? እኔን ከማዳንና ከጩኸቴ ቃል ፋቅ ነህ።
- 2 አምላኬ፥ በቀን ወደ አንተ እጠራለሁ፥ አልመለስህልኝም፤ በሌሊትም እንኳ ፅረፍት የለኝም።
- 3 በእስራኤል የተመሰገንህ አንተ ግን በቅድስና ትኖራለህ።
- 4 አባቶቻችን አንተን ተማመኑ፥ ተማመኑ አንተም አዳንሃቸው።
- 5 ወደ አንተ ጮኹ አመለጡም፥ አንተንም ተማመኑ አላፈሩም።
- 6 እኔ ግን ትል ነኝ ሰውም አይደለሁም፤ የሰው ማላገጫ በሕዝብም ዘንድ የተናቅሁ ነኝ።
- 7 የሚያዩኝ ሁሉ ይላገዱብኛል፤ ራሳቸውን እየነቀነቁ በከንፈሮቻቸው እንዲህ ይላሉ፡-
- 8 በእግዚአብሔር ተማመነ፥ እርሱንም ያድነው፤ በወድደውስ ያድነው።
- 9 አንተ ግን ከሆድ አውጥተኸኛልና፥ በእናቴ ጡት ሳለሁም በአንተ ታመንሁ።
- 10 ከማኅፀን ጀምሮ በአንተ ላይ ተጣልሁ፤ ከእናቴ ሆድ ጀምረህ አንተ አምላኬ ነህ።
- 11 ጭንቀት ቀርባለችና የሚረዳኝም የለምና ከእኔ አትራቅ።
- 12 ብዙ በሬዎች ከበሱኝ፥ የሰሱትም ፍሪዳዎች ያዙኝ፤
- 13 እንደ ነጣቂና እንደሚጮኽ አንበሳ በላዩ አፋቸውን ከፈቱ።
- 14 እንደ ውኃ ፈሰስሁ፤ አጥንቶቼም ሁሉ ተለያዩ፤ ልቤ እንደ ሰም ሆነ፥ በአንጅቴም መካከል ቀለጠ።
- 15 ኃይል እንደ ገል ደረቀ፥ በጉሮሮዬም ምላሴ ተጣጋ፥ ወደ ሞትም አሸዋ አወረድኸኝ።

Psalm 22

- 1 My God, my God, why have you forsaken me? Why are you so far from helping me, from the words of my groaning?
- 2 O my God, I cry by day, but you do not answer; and by night, but find no rest.
- 3 Yet you are holy, enthroned on the praises of Israel.
- 4 In you our ancestors trusted; they trusted, and you delivered them.
- 5 To you they cried, and were saved; in you they trusted, and were not put to shame.
- 6 But I am a worm, and not human; scorned by others, and despised by the people.
- 7 All who see me mock at me; they make mouths at me, they shake their heads;
- 8 "Commit your cause to the LORD; let him deliver-- let him rescue the one in whom he delights!"
- 9 Yet it was you who took me from the womb; you kept me safe on my mother's breast.
- 10 On you I was cast from my birth, and since my mother bore me you have been my God.
- 11 Do not be far from me, for trouble is near and there is no one to help.
- 12 Many bulls encircle me, strong bulls of Bashan surround me;
- 13 they open wide their mouths at me, like a ravening and roaring lion.
- 14 I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast;
- 15 my mouth is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death.

16 ብዙ ውሾች ከብብውኛልና፤ የክፋተኞች ጉባኤም ያዘኝ፤ እጆቼንና እግሮቼን ቸከከሩኝ።

17 አጥንቶቼ ሁሉ ተቈጠሩ፤ እነርሱም አዩኝ ተመለከቱኝም።

18 ልብሶቼን ለራሳቸው ተከፋፈሉ፤ በቀሚሴም ላይ ዕጣ ተጣጣሉ።

19 አንተ ግን፥ አቤቱ፥ ከእኔ አትራቅ፤ አንተ ጉልበቱ፥ እኔን ለመርዳት ፍጠን።

20 ነፍሴን ከሰይፍ አድናት፥ ብቻነቴንም ከውሾች እጅ።

21 ከአንበሳ አፍ አድነኝ፥ ብቻነቴንም አንድ ቀንድ ካላቸው።

22 ስምህን ለወንድሞቼ እነግራቸዋለሁ፥ በጉባኤም መካከል አመሰግንሃለሁ።

23 እግዚአብሔርን የምትፈሩ፥ አመስግኑት፤ የያዕቆብ ዘር ሁላችሁ፥ አክብሩት፥ የእስራኤልም ዘር ሁላችሁ፥ ፍሩት።

24 የችግረኛን ችግር አልናቀምና፥ ቸልም አላለምና፤ ፊቱንም ከእኔ አልሰወረምና፥ ነገር ግን ወደ እርሱ በጮኸሁ ጊዜ ሰማኝ።

25 በታላቅ ጉባኤ ምስጋናዬ ከአንተ ዘንድ ነው። እርሱን በሚፈሩት ፊት ስእለቱን እሰጣለሁ።

26 ችግረኞች ይበላሉ፥ ይጠግቡማል፤ እግዚአብሔርንም የሚሹት ያመሰግኑታል፤ ልባቸውም ለዘላለም ሕያው ይሆናል።

27 የምድር ዳርቻዎች ሁሉ ያስቡ፥ ወደ እግዚአብሔርም ይመለሱ፤ የአሕዛብ ነገዶች ሁሉ በፊቱ ይሰግዳሉ።

28 መንግሥት ለእግዚአብሔር ነውና፥ እርሱም አሕዛብን ይገዛል።

29 የምድር ደንዳኖች ሁሉ ይበላሉ ይሰግዳሉም፤ ወደ መሬት የሚወርዱት ሁሉ በፊቱ ይንበረከካሉ፤ ነፍሴም ስለ እርሱ በሕይወት ትኖራለች።

16 For dogs are all around me; a company of evildoers encircles me. My hands and feet have shriveled;

17 I can count all my bones. They stare and gloat over me;

18 they divide my clothes among themselves, and for my clothing they cast lots.

19 But you, O LORD, do not be far away! O my help, come quickly to my aid!

20 Deliver my soul from the sword, my life from the power of the dog!

21 Save me from the mouth of the lion! From the horns of the wild oxen you have rescued me.

22 I will tell of your name to my brothers and sisters; in the midst of the congregation I will praise you:

23 You who fear the LORD, praise him! All you offspring of Jacob, glorify him; stand in awe of him, all you offspring of Israel!

24 For he did not despise or abhor the affliction of the afflicted; he did not hide his face from me, but heard when I cried to him.

25 From you comes my praise in the great congregation; my vows I will pay before those who fear him.

26 The poor shall eat and be satisfied; those who seek him shall praise the LORD. May your hearts live forever!

27 All the ends of the earth shall remember and turn to the LORD; and all the families of the nations shall worship before him.

28 For dominion belongs to the LORD, and he rules over the nations.

29 To him, indeed, shall all who sleep in the earth bow down; before him shall bow all who go down to the dust, and I shall live for him.

- 30 ዘሬ ይገዛለታል፤ የምትመጣው ትውልድ ለእግዚአብሔር ትነግረዋለች፤
- 31 ጽድቁንም ለሚወለደው ሕዝብ፤ እግዚአብሔር ያደረገውን ጽድቁን፤ ይነግራሉ።

መዝሙር 23

የዳዊት መዝሙር።

- 1 እግዚአብሔር እረኛዬ ነው፤ የሚያሳጣኝም የለም።
- 2 በለመለመ መስክ ያሳድረኛል፤ በዕረፍት ውኃ ዘንድ ይመራኛል።
- 3 ነፍሴን መለሳት፤ ስለ ስሙም በጽድቅ መንገድ መራኝ።
- 4 በሞት ጥላ መካከል እንኳ ብሄድ አንተ ከእኔ ጋር ነህና ክፉን አልፈራም፤ በትርህና ምርጥ ዝሀ እነርሱ ያጸናኑኛል።
- 5 በፊቴ ገበታን አዘጋጀሁኝ በጠላቶቼ ፊት ለፊት ራሴን በዘይት ቀባህ፤ ጽዋዬም የተረፈ ነው።
- 6 ቸርነትህና ምሕረትህ በሕይወቴ ዘመን ሁሉ ይከተሉኛል፤ በእግዚአብሔርም ቤት ለዘላለም እኖራለሁ።

መዝሙር 24

በመጀመሪያ ሰንበት የዳዊት መዝሙር።

- 1 ምድርና ሞላዋ ለእግዚአብሔር ናት፤ ዓለምም በእርሰዋም የሚኖሩ ሁሉ።
- 2 እርሱ በባሕሮች መሥርቶአታልና፤ በፈሳሾችም አጽንቶአታልና።
- 3 ወደ እግዚአብሔር ተራራ ማን ይወጣል? በቅድስናውስ ስፍራ ማን ይቆማል?
- 4 እጆቹ የነጹ፤ ልቡም ንጹሕ የሆነ፤ ነፍሱን ለከንቱ ያላነሣ፤ ለባልንጀራውም በሽንገላ ያልማለ።
- 5 እርሱ ከእግዚአብሔር ዘንድ በረከትን ከመድኃኒቱ አምላክም ምሕረትን ይቀበላል።

- 30 Posterity will serve him; future generations will be told about the Lord,
- 31 and proclaim his deliverance to a people yet unborn, saying that he has done it.

Psalm 23

- 1 The LORD is my shepherd, I shall not want.
- 2 He makes me lie down in green pastures; he leads me beside still waters;
- 3 he restores my soul. He leads me in right paths for his name's sake.
- 4 Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff-- they comfort me.
- 5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.
- 6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.

Psalm 24

- 1 The earth is the Lord's and all that is in it, the world, and those who live in it;
- 2 for he has founded it on the seas, and established it on the rivers.
- 3 Who shall ascend the hill of the LORD? And who shall stand in his holy place?
- 4 Those who have clean hands and pure hearts, who do not lift up their souls to what is false, and do not swear deceitfully.
- 5 They will receive blessing from the LORD, and vindication from the God of their salvation.

- 6 ይህች ትውልድ እርሱን የምትፈልግ ናት፤ የያዕቆብን አምላክ ፈት የምትፈልግ።
- 7 እናንተ መኳንንቶች፤ በሮችን ክፈቱ፤ የዘላለም ደጆችም ይከፈቱ፤ የክብርም ንጉሥ ይግባ።
- 8 ይህ የክብር ንጉሥ ማን ነው? እግዚአብሔር ነው። ብርቱና ኃያል፤ እግዚአብሔር ነው፤ በሰልፍ ኃያል።
- 9 እናንተ መኳንንቶች፤ በሮችን ክፈቱ፤ የዘላለም ደጆችም ይከፈቱ፤ የክብርም ንጉሥ ይግባ።
- 10 ይህ የክብር ንጉሥ ማን ነው? የጭፍሮች አምላክ እግዚአብሔር፤ እርሱ የክብር ንጉሥ ነው።

መዝሙር 25
የዳዊት መዝሙር።

- 1 አቤቱ፤ ወደ አንተ ነፍሴን አነሣለሁ።
- 2 አምላኬ፤ አንተን ታመንሁ፤ አልፈር፤ ጠላቶቼ በእኔ አይሣቱብኝ።
- 3 አንተን ተስፋ የሚያደርጉ አያፍሩም፤ በከንቱ የሚገበዙ ያፍራሉ።
- 4 አቤቱ፤ መንገድህን እመልክተኝ፤ ፍለጋህንም አስተምረኝ።
- 5 አንተ የመድኃኒቱ አምላክ ነህና በእውነትህ ምራኝ፤ አስተምረኝም፤ ቀኑን ሁሉ አንተን ተስፋ አድርጌአለሁ።
- 6 አቤቱ፤ ምሕረትህንና ቸርነትህን አስብ፤ ከጥንት ጀምሮ ናቸውና።
- 7 የልጅነቴን ኃጢአትና መተላለፍ አታስብብኝ፤ አቤቱ፤ ስለ ቸርነትህ ብዛት እንደ ምሕረትህ አስበኝ።
- 8 እግዚአብሔር ቸር ቅንም ነው፤ ስለዚህ ኃጢአተኞችን በመንገድ ይመራቸዋል።
- 9 ገሮችን በፍርድ ይመራል፤ ለገሮችም መንገድን ያስተምራቸዋል።

- 6 Such is the company of those who seek him, who seek the face of the God of Jacob. Selah
- 7 Lift up your heads, O gates! and be lifted up, O ancient doors! that the King of glory may come in.
- 8 Who is the King of glory? The LORD, strong and mighty, the LORD, mighty in battle.
- 9 Lift up your heads, O gates! and be lifted up, O ancient doors! that the King of glory may come in.
- 10 Who is this King of glory? The LORD of hosts, he is the King of glory. Selah

Psalm 25

- 1 To you, O LORD, I lift up my soul.
- 2 O my God, in you I trust; do not let me be put to shame; do not let my enemies exult over me.
- 3 Do not let those who wait for you be put to shame; let them be ashamed who are wantonly treacherous.
- 4 Make me to know your ways, O LORD; teach me your paths.
- 5 Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long.
- 6 Be mindful of your mercy, O LORD, and of your steadfast love, for they have been from of old.
- 7 Do not remember the sins of my youth or my transgressions; according to your steadfast love remember me, for your goodness' sake, O LORD!
- 8 Good and upright is the LORD; therefore he instructs sinners in the way.
- 9 He leads the humble in what is right, and teaches the humble his way.

- 10 የእግዚአብሔር መንገድ ሁሉ ቸርነትና እውነት ነው። ቃል ኪዳንንና ምስክሩን ለሚጠብቁ።
- 11 አቤቱ፥ ኃጢአቴ እጅግ ነውና ስለ ስምህ ይቅር በለኝ።
- 12 እግዚአብሔርን የሚፈራ ሰው ማን ነው? በሚመርጠው መንገድ ያስተምረዋል።
- 13 ነፍሱ በመልካም ታድራለች፥ ዘሩም ምድርን ይወርሳል።
- 14 እግዚአብሔር ለሚፈሩት ኃይላቸው ነው፥ ቃል ኪዳንንም ያስታውቃቸዋል።
- 15 እርሱ እግሮቼን ከወጥመድ ያወጣቸዋልና ዓይኖቼ ሁልጊዜ ወደ እግዚአብሔር ናቸው።
- 16 እኔ ብቻዬንና ችግረኛ ነኝና ፊትህን ወደ እኔ አድርግ ማረኝም።
- 17 የልቤ ችግር ብዙ ነው፤ ከጭንቀቴ አውጣኝ።
- 18 ድካሜንና መከራዬን እይ፥ ኃጢአቴንም ሁሉ ይቅር በለኝ።
- 19 ጠላቶቼ እንደ በዙ እይ፥ የግፍም ጥል ጠልተውኛል።
- 20 ነፍሴን ጠብቅና አድነኝ፤ አንተን ታምኛለሁና አልፈር።
- 21 አንተን ተስፋ አድርጌአለሁና የውሃትና ቅንነት ይጠብቁኝ።
- 22 አቤቱ፥ እስራኤልን ከመከራው ሁሉ አደነው።

መዝሙር 26
የዳዊት መዝሙር።

- 1 አቤቱ፥ እኔ በየውሃቴ ሄጃለሁና ፍረድልኝ፤ በእግዚአብሔርም አምኛለሁና አልናወጥም።
- 2 አቤቱ፥ ፍተኝን መርምረኝም፤ ኩላሊቴንና ልቤን ፍተን።
- 3 ምሕረትህ በዓይኔ ፊት ነውና፥ በእውነትህም ተመላለስሁ።

- 10 All the paths of the LORD are steadfast love and faithfulness, for those who keep his covenant and his decrees.
- 11 For your name's sake, O LORD, pardon my guilt, for it is great.
- 12 Who are they that fear the LORD? He will teach them the way that they should choose.
- 13 They will abide in prosperity, and their children shall possess the land.
- 14 The friendship of the LORD is for those who fear him, and he makes his covenant known to them.
- 15 My eyes are ever toward the LORD, for he will pluck my feet out of the net.
- 16 Turn to me and be gracious to me, for I am lonely and afflicted.
- 17 Relieve the troubles of my heart, and bring me out of my distress.
- 18 Consider my affliction and my trouble, and forgive all my sins.
- 19 Consider how many are my foes, and with what violent hatred they hate me.
- 20 O guard my life, and deliver me; do not let me be put to shame, for I take refuge in you.
- 21 May integrity and uprightness preserve me, for I wait for you.
- 22 Redeem Israel, O God, out of all its troubles.

Psalm 26

- 1 Vindicate me, O LORD, for I have walked in my integrity, and I have trusted in the LORD without wavering.
- 2 Prove me, O LORD, and try me; test my heart and mind.
- 3 For your steadfast love is before my eyes, and I walk in faithfulness to you.

- 4 በከንቱ ሸንጎ አልተቀመጥሁም፤ ከዓመፀኞችም ጋር አልገባሁም።
- 5 የክፉዎችን ማኅበር ጠላሁ፤ ከዝንጉዎችም ጋር አልቀመጥም።
- 6 እጆቼን በንጽሕና አጥባለሁ፤ አቤቱ፤ መሠዊያህን እዞራለሁ።
- 7 የምስጋናን ድምፅ እሰማ ዘንድ፤ ተአምራትህንም ሁሉ እነግር ዘንድ።
- 8 አቤቱ፤ የቤትህን ስፍራ የክብርህንም ማደሪያ ቦታ ወደድሁ።
- 9 ከኃጢአተኞች ጋር ነፍሴን፤ ከደም ሰዎችም ጋር ሕይወቴን አታጥፋ።
- 10 በእጃቸው ተንኩል አለባቸው፤ ቀኛቸውም መማለጃ ተሞልታለች።
- 11 እኔ ግን በየውሃቱ ሄጃለሁ፤ አድነኝ ማረኝም።
- 12 እግሮቼ በቅንነት ቆመዋልና፤ አቤቱ፤ በማኅበር አመሰግንሃለሁ።

መዝሙር 27

ሳይቀባ፤ የዳዊት መዝሙር።

- 1 እግዚአብሔር ብርሃኔና መድኃኒቴ ነው፤ የሚያስፈራኝ ማን ነው? እግዚአብሔር የሕይወቴ መታመኛዋ ነው፤ የሚያስደነግጠኝ ማን ነው?
- 2 ክፉዎች፤ አስጨናቂዎቼ ጠላቶቼም፤ ሥጋዬን ይበሉ ዘንድ በቀረቡ ጊዜ፤ እነርሱ ተሰናከሉና ወደቁ።
- 3 ሠራዊትም ቢሰፍርብኝ ልቤ አይፈራም፤ ሰልፍም ቢነግብኝ በዚህ እተማመናለሁ።
- 4 እግዚአብሔርን አንዲት ነገር ለመንሁት እርስዋንም እሻለሁ፤ በሕይወቴ ዘመን ሁሉ በእግዚአብሔር ቤት እኖር ዘንድ፤ እግዚአብሔርን ደስ የሚያሰኘውንም አይ ዘንድ፤ መቅደሱንም እመለከት ዘንድ።
- 5 በመከራዬ ቀን በድንኳኑ ሰውሮኛልና፤ በድንኳኑም መሸሸጊያ ሸሽሰኛልና፤ በዓለት ላይ ከፍ ከፍ አድርጎኛልና።

- 4 I do not sit with the worthless, nor do I consort with hypocrites;
- 5 I hate the company of evildoers, and will not sit with the wicked.
- 6 I wash my hands in innocence, and go around your altar, O LORD,
- 7 singing aloud a song of thanksgiving, and telling all your wondrous deeds.
- 8 O LORD, I love the house in which you dwell, and the place where your glory abides.
- 9 Do not sweep me away with sinners, nor my life with the bloodthirsty,
- 10 those in whose hands are evil devices, and whose right hands are full of bribes.
- 11 But as for me, I walk in my integrity; redeem me, and be gracious to me.
- 12 My foot stands on level ground; in the great congregation I will bless the LORD.

Psalm 27

- 1 The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?
- 2 When evildoers assail me to devour my flesh-- my adversaries and foes-- they shall stumble and fall.
- 3 Though an army encamp against me, my heart shall not fear; though war rise up against me, yet I will be confident.
- 4 One thing I asked of the LORD, that will I seek after: to live in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple.
- 5 For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will set me high on a rock.

- 6 እነሆ፥ አሁን በዙሪያ ባሉ በጠላቶቼ ላይ ራሴን ከፍ ከፍ አደረገ፤ በድንኳኑም የእልልታ መሥዋዕትን ሠዋሁ፥ ለእግዚአብሔር እቀኛለሁ እዘምርለትማለሁ።
- 7 አቤቱ፥ ወደ አንተ የጮኽሁትን ቃሌን ሰማኝ። ማረኝና አድምጠኝ።
- 8 አንተ ፊቴን እሹት ባልህ ጊዜ፡- አቤቱ፥ ፊትህን እሻለሁ ልቤ አንተን አለ።
- 9 ፊትህን ከእኔ አትሰውር፥ ተቈጥተህ ከባሪያህ ፈቀቅ አትበል፤ ረዳት ሁኑኝ፥ አትጣለኝም፥ የመድኃኒቴም አምላክ ሆይ፥ አትተውኝ።
- 10 አባቴና እናቴ ትተውኛልና፥ እግዚአብሔር ግን ተቀበለኝ።
- 11 አቤቱ፥ መንገድህን እስተምረኝ፥ ስለ ጠላቶቼም በቀና መንገድ ምራኝ።
- 12 የሐሰት ምስክሮችና ዓመፀኞች ተነሥተውብኛልና ለጠላቶቼ ፈቃድ አትሰጠኝ።
- 13 የእግዚአብሔርን ቸርነት በሕያዋን ምድር አይ ዘንድ አምናለሁ።
- 14 እግዚአብሔርን ተስፋ አድርግ፤ በርታ፥ ልብህም ይጽና፤ እግዚአብሔርን ተስፋ አድርግ።

መዝሙር 28

የዳዊት መዝሙር።

- 1 አቤቱ፥ ወደ አንተ እጠራለሁ፤ ዝም ብትለኝ ወደ ጓድ-ጓድ እንደሚወርዱት እንዳልመሰል፥ አንተ አምላኬ፥ ዝም አትበለኝ።
- 2 ወደ መቅደስህ ማደሪያ እጄን ባነሣሁ ጊዜ፥ ወደ አንተ የጮኽሁትን የልመናዬን ቃል ሰማ።
- 3 ከኃጥአንና ከክፉ አድራጊዎች ጋር ነፍሴን አትውሰዳት፤ ክፉትም በልባቸው እያለ ከባልንጀራቸው ጋር ሰላም ከሚናገሩት ጋር አትጣለኝ።

- 6 Now my head is lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.
- 7 Hear, O LORD, when I cry aloud, be gracious to me and answer me!
- 8 "Come," my heart says, "seek his face!" Your face, LORD, do I seek.
- 9 Do not hide your face from me. Do not turn your servant away in anger, you who have been my help. Do not cast me off, do not forsake me, O God of my salvation!
- 10 If my father and mother forsake me, the LORD will take me up.
- 11 Teach me your way, O LORD, and lead me on a level path because of my enemies.
- 12 Do not give me up to the will of my adversaries, for false witnesses have risen against me, and they are breaching out violence.
- 13 I believe that I shall see the goodness of the LORD in the land of the living.
- 14 Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

Psalms 28

- 1 To you, O LORD, I call; my rock, do not refuse to hear me, for if you are silent to me, I shall be like those who go down to the Pit.
- 2 Hear the voice of my supplication, as I cry to you for help, as I lift up my hands toward your most holy sanctuary.
- 3 Do not drag me away with the wicked, with those who are workers of evil, who speak peace with their neighbors, while mischief is in their hearts.

- 4 እንደ ሥራቸው እንደ አካሄዳቸውም ክፉት ስጣቸው፤ እንደ እጃቸውም ሥራ ስጣቸው፤ ፍዳቸውን ወደ ራሳቸው መልስ።
- 5 ወደ እግዚአብሔር ሥራ ወደ እጆቹም አደራረግ አላሰቡምና ያፈርሳቸዋል እንጂ አይወራቸውም።
- 6 የልመናዬን ቃል ሰምቶኛልና እግዚአብሔር ይመስገን።
- 7 እግዚአብሔር ኃይሉና ጋሻዬ ነው፤ ልቤ በእርሱ ታመነ እኔም ተረዳሁ፤ ሥጋዬም ደስ ይለዋል፤ ፈቅጄም አመሰግነዋለሁ።
- 8 እግዚአብሔር ለሕዝቡ ኃይላቸው ነው፤ ለቀባውም የመድኃኒቱ መታመኛ ነው።
- 9 ሕዝብህን አድን፤ ርስትህንም ባርክ፤ ጠብቃቸው፤ ለዘላለሙም ከፍ ከፍ አድርጋቸው።

መዝሙር 29

ከድንኳን በመውጣት ጊዜ፤ የዳዊት መዝሙር።

- 1 የአምላክ ልጆች ሆይ፤ ለእግዚአብሔር አምጡ። ክብርንና ምስጋናን ለእግዚአብሔር አምጡ።
- 2 የሰሙን ክብር ለእግዚአብሔር አምጡ፤ በቅድስናው ስፍራ ለእግዚአብሔር ስገዱ።
- 3 የእግዚአብሔር ድምፅ በውኆች ላይ፤ የክብር አምላክ አንጐደጐደ፤ እግዚአብሔር በብዙ ውኆች ላይ።
- 4 የእግዚአብሔር ድምፅ በኃይል ነው፤ የእግዚአብሔር ድምፅ በታላቅ ክብር ነው።
- 5 የእግዚአብሔር ድምፅ ዝግባን ይሰብራል፤ እግዚአብሔር የሊባኖስን ዝግባ ይቀጠቅጣል።
- 6 እንደ ጥጃ ሊባኖስን፤ እንደ ቀን እንዳለው አውሬ ልጅ ስርዮንን ያዘል ላቸዋል።
- 7 የእግዚአብሔር ድምፅ የእሳቱን ነበልባል ይቈርጣል።

- 4 Repay them according to their work, and according to the evil of their deeds; repay them according to the work of their hands; render them their due reward.
- 5 Because they do not regard the works of the LORD, or the work of his hands, he will break them down and build them up no more.
- 6 Blessed be the LORD, for he has heard the sound of my pleadings.
- 7 The LORD is my strength and my shield; in him my heart trusts; so I am helped, and my heart exults, and with my song I give thanks to him.
- 8 The LORD is the strength of his people; he is the saving refuge of his anointed.
- 9 O save your people, and bless your heritage; be their shepherd, and carry them forever.

Psalm 29

- 1 Ascribe to the LORD, O heavenly beings, ascribe to the LORD glory and strength.
- 2 Ascribe to the LORD the glory of his name; worship the LORD in holy splendor.
- 3 The voice of the LORD is over the waters; the God of glory thunders, the LORD, over mighty waters.
- 4 The voice of the LORD is powerful; the voice of the LORD is full of majesty.
- 5 The voice of the LORD breaks the cedars; the LORD breaks the cedars of Lebanon.
- 6 He makes Lebanon skip like a calf, and Sirion like a young wild ox.
- 7 The voice of the LORD flashes forth flames of fire.

- 8 የእግዚአብሔር ድምፅ ምድረ በዳውን ያናውጣል፤ እግዚአብሔር የቃዴሰን ምድረ በዳ ያናውጣል።
- 9 የእግዚአብሔር ድምፅ ቀላዎችን ያጠነክራቸዋል፤ ጫካዎቹንም ይገልጣል፤ ሁሉም በመቅደሱ፡- ምስጋና ይላል።
- 10 እግዚአብሔር የጥፋት ውኃን ሰብስቦአል፤ እግዚአብሔር ለዘላለም ንጉሥ ሆኖ ይቀመጣል።
- 11 እግዚአብሔር ለሕዝቡ ኃይልን ይሰጣል፤ እግዚአብሔር ሕዝቡን በሰላም ይባርካል።

መዝሙር 30

ለቤቱ መመረቅ ምስጋና፤ የዳዊት መዝሙር።

- 1 አቤቱ፥ ተቀብለኸኛልና፤ ጠላቶቼንም ደስ አላሰኘህብኝምና ከፍ ከፍ አደረግሃለሁ።
- 2 አቤቱ አምላኬ፥ ወደ አንተ ጮኸሁ ምሕረትም አደረግህልኝ።
- 3 አቤቱ፥ ነፍሴን ከሲኦል አወጣሃት፥ ወደ ጉድጓድም እንዳልወርድ አዳንኸኝ።
- 4 ቅዱሳን ሆይ፥ ለእግዚአብሔር ዘምሩ፥ ለቅድስናውም መታሰቢያ አመስግኑ።
- 5 ቍጣው ለጥቂት ጊዜ ነው፥ ሞገሱ ግን ለሕይወት ዘመን፤ ልቅሶ ማታ ይመጣል፥ ጥዋት ግን ደስታ ይሆናል።
- 6 እኔም በደስታ ይገኛለሁ፡- ለዘላለም አልታወክም አልሁ።
- 7 አቤቱ፥ በፈቃድህ ለሕይወቴ ኃይልን ሰጠሃት፤ ፈትህን መለሰህ፥ እኔም ደነገጥሁ።
- 8 አቤቱ፥ ወደ አንተ ጠራሁ፥ ወደ አምላኬም ለመንሁ።
- 9 ወደ ጥፋት ብወርድ በደሜ ምን ጥቅም አለ? አፈር ያመሰግንሃልን? እውነትህንም ይናገራልን?
- 10 እግዚአብሔር ሰማ ማረኝም፤ እግዚአብሔር ረዳቴ ሆነኝ።

- 8 The voice of the LORD shakes the wilderness; the LORD shakes the wilderness of Kadesh.
- 9 The voice of the LORD causes the oaks to whirl, and strips the forest bare; and in his temple all say, "Glory!"
- 10 The LORD sits enthroned over the flood; the LORD sits enthroned as king forever.
- 11 May the LORD give strength to his people! May the LORD bless his people with peace!

Psalm 30

- 1 I will extol you, O LORD, for you have drawn me up, and did not let my foes rejoice over me.
- 2 O LORD my God, I cried to you for help, and you have healed me.
- 3 O LORD, you brought up my soul from Sheol, restored me to life from among those gone down to the Pit.
- 4 Sing praises to the LORD, O you his faithful ones, and give thanks to his holy name.
- 5 For his anger is but for a moment; his favor is for a lifetime. Weeping may linger for the night, but joy comes with the morning.
- 6 As for me, I said in my prosperity, "I shall never be moved."
- 7 By your favor, O LORD, you had established me as a strong mountain; you hid your face; I was dismayed.
- 8 To you, O LORD, I cried, and to the LORD I made supplication:
- 9 "What profit is there in my death, if I go down to the Pit? Will the dust praise you? Will it tell of your faithfulness?"
- 10 Hear, O LORD, and be gracious to me! O LORD, be my helper!"

11 ክብራ ትዘምርላህ ዘንድ ዝምም
እንዳትል ልቅሶዬን ለደስታ
ለወጥህልኝ፤ ማቄን ቀድደህ
ደስታንም አስታጠቅኸኝ።

12 አቤቱ አምላኬ፤ ለዘላለም
አመሰግንሃለሁ።

መዝሙር 31

ለመዘምራን አለቃ፤ በማድነቅ ጊዜ፤ የዳዊት
መዝሙር።

1 አቤቱ አንተን ታመንሁ፤ ለዘላለም
አልፈር፤ በጽድቅህም አድነኝ።

2 ጆሮህን ወደ እኔ አዘንብል፤ ፈጥነህም
አድነኝ፤ ታድነኝ ዘንድ መታመኛ
አምላክና የመጠጊያ ቤት ሁነኝ።

3 አምባዬና መጠጊያዬ አንተ ነህና ስለ
ስምህ መንገዴን አቅና ምራኝም።

4 አንተ መታመኛዬ ነህና ከደበቁብኝ
ወጥመድ አውጣኝ።

5 በእጅህ ነፍሴን እሰጣለሁ፤ የእውነት
አምላክ አቤቱ፤ ተቤቸተኸኛል።

6 ከንቱ ምናምንቴነትን የጠበቁትን
ጠላህ፤ እኔ ግን በእግዚአብሔር
ታመንሁ።

7 መከራዬን አይተሃልና፤ ነፍሴንም
ከጭንቀት አድነሃታልና በምሕረትህ
ደስ ይለኛል ሐሳብም አደርጋለሁ።

8 በጠላቱ እጅ አልዘጋኸኝም፤ በሰፊም
ስፍራ እግሮቼን አቆምሁ።

9 ተቸግራለሁና አቤቱ ምራኝ፤ ዓይኔም
ከኃዘን የተነሣ ተፈጀች፤ ነፍሴም
ሆዴም።

10 ሕይወቴ በጎዘን አልቃለችና፤
ዓመታቴም በልቅሶ ጩኸት፤ ኃይሌ
በችግር ደከመ፤ አጥንቶቼም
ተነዋወጡ።

11 በጠላቶቼ ዘንድ ተነወርኹ፤
ይልቁንም በጎረቤቶቼ ዘንድ፤
ለሚያውቁኝም ፍርሃት ሆነሁ፤ በሜዳ
ያዩኝም ከእኔ ሸሹ።

11 You have turned my mourning into
dancing; you have taken off my
sackcloth and clothed me with joy,
12 so that my soul may praise you and
not be silent. O LORD my God, I
will give thanks to you forever.

Psalm 31

1 In you, O LORD, I seek refuge; do
not let me ever be put to shame; in
your righteousness deliver me.

2 Incline your ear to me; rescue me
speedily. Be a rock of refuge for me,
a strong fortress to save me.

3 You are indeed my rock and my
fortress; for your name's sake lead
me and guide me,

4 take me out of the net that is hidden
for me, for you are my refuge.

5 Into your hand I commit my spirit;
you have redeemed me, O LORD,
faithful God.

6 You hate those who pay regard to
worthless idols, but I trust in the
LORD.

7 I will exult and rejoice in your
steadfast love, because you have
seen my affliction; you have taken
heed of my adversities,

8 and have not delivered me into the
hand of the enemy; you have set my
feet in a broad place.

9 Be gracious to me, O LORD, for I am
in distress; my eye wastes away
from grief, my soul and body also.

10 For my life is spent with sorrow,
and my years with sighing; my
strength fails because of my misery,
and my bones waste away.

11 I am the scorn of all my adversaries,
a horror to my neighbors, an object
of dread to my acquaintances; those
who see me in the street flee from
me.

12 እንደ ሞተ ሰው ክልብ ተረሳሁ፥ እንደ ተበላሽ ዕቃም ሆንኩ።

13 የብዙ ሰዎችን ስድብ ሰምቻለሁና፤ በዙሪያው ፍርሃት ነበረ፤ በላዬ በእንድነት በተሰበሰቡ ጊዜ ነፍሴን ለመንጠቅ ተማክሩ።

14 አቤቱ፥ እኔ ግን በእንተ ታመንኩ፤ አንተ አምላኪ ነህ አልሁ።

15 ርሰቴ በእጅህ ነው፤ ከጠላቶቼ እጅና ከሚያሳድዱኝ አድነኝ።

16 ፊትህን በባሪያህ ላይ አብራ፥ ስለ ምሕረትህም አድነኝ።

17 አቤቱ፥ አንተን ጠርቻለሁና አልፈር፤ ክፉዎች ይፈሩ በሲኦልም ዝም ይበሉ።

18 በድፍረትና በትዕቢት በመናቅም በጻድቅ ላይ የሚናገሩ የሽንገላ ከንፈሮች ድዳ ይሁኑ።

19 በአንተ ለሚያምኑ በሰው ልጆች ፊት ያዘጋጀሃት ለሚፈሩህም የሰወርሃት፥ ቸርነትህ እንደ ምን በዛች!

20 በፊትህ መጋረጃ ከሰው ክርክር ትጋር ዳቸዋለህ፥ በድንኳንህም ከእንደበት ክርክር ትሸፍናቸዋለህ።

21 በተከበበ ከተማ የሚያስደንቅ ምሕረቱን በእኔ የገለጠ እግዚአብሔር ይመስገን።

22 እኔስ ከዓይንህ ፊት ተጣልሁ፥ በድንጋጤ አልሁ፤ አንተ ግን ወደ አንተ በጮኸሁ ጊዜ የልመናዬን ቃል ሰማኸኝ።

23 ሁላችሁ ቅዱሳኑ፥ እግዚአብሔርን ውደዱት፤ እግዚአብሔር እውነተኛችን ይፈልጋል፥ ትዕቢተኞችንም ፈጽሞ ይበቀላቸዋል።

24 በእግዚአብሔር የምታምኑ ሁላችሁ፥ በርቱ ልባችሁም ይጥና።

12 I have passed out of mind like one who is dead; I have become like a broken vessel.

13 For I hear the whispering of many-- terror all around!-- as they scheme together against me, as they plot to take my life.

14 But I trust in you, O LORD; I say, "You are my God."

15 My times are in your hand; deliver me from the hand of my enemies and persecutors.

16 Let your face shine upon your servant; save me in your steadfast love.

17 Do not let me be put to shame, O LORD, for I call on you; let the wicked be put to shame; let them go dumbfounded to Sheol.

18 Let the lying lips be stilled that speak insolently against the righteous with pride and contempt.

19 O how abundant is your goodness that you have laid up for those who fear you, and accomplished for those who take refuge in you, in the sight of everyone!

20 In the shelter of your presence you hide them from human plots; you hold them safe under your shelter from contentious tongues.

21 Blessed be the LORD, for he has wondrously shown his steadfast love to me when I was beset as a city under siege.

22 I had said in my alarm, "I am driven far from your sight." But you heard my supplications when I cried out to you for help.

23 Love the LORD, all you his saints. The LORD preserves the faithful, but abundantly repays the one who acts haughtily.

24 Be strong, and let your heart take courage, all you who wait for the LORD.

መዝሙር 32

የዳዊት ትምህርት።

- 1 መተላለፉ የቀረችለት ኃጢአቴም የተከደነችለት ምስጉን ነው።
- 2 እግዚአብሔር በደልን የማይቈጥርበት በመንፈሱም ሽንገላ የሌለበት ሰው ምስጉን ነው።
- 3 ሁልጊዜ ከመጮኼ የተነሣ ዝም ባልሁ ጊዜ አጥንቶቼ ተበላሹ፤
- 4 በቀንና በሌሊት እጅህ ከብዳብኛለችና፥ እርጥብቴም ለበጋ ትኩሳት ተለወጠ።
- 5 ኃጢአቴን ለአንተ አስታወቅሁ፥ በደሌንም አልሸፈንሁም፤ ለእግዚአብሔር መተላለፌን እነግራለሁ አልሁ፤ አንተም የልቤን ኃጢአት ተውህልኝ።
- 6 ስለዚህ ቅዱስ ሁሉ በምቼ ጊዜ ወደ አንተ ይለምናል፤ ብዙ የጥፋት ውኃም ወደ እርሱ አይቀርብም።
- 7 አንተ ለእኔ መሸሸጊያዬ ነህ፥ ከጣርም ትጠብቀኛለህ፤ ከከበሱኝ ታደኝኝ ዘንድ ደስታዬ ነህ።
- 8 አስተምርሃለሁ በምትሄድበትም መንገድ እመራሃለሁ፤ ዓይኖቼን በአንተ ላይ አጠናለሁ።
- 9 ወደ አንተ እንዳይቀርቡ በልባብና በልጋም ጉንጫቸውን እንደሚለጉሙ አቸው፥ ልብ እንደሌላቸው እንደ ፈረሰና እንደ በቅሎ አትሁኑ።
- 10 በኃጢአተኛ ብዙ መቅሠፍት አለበት፤ በእግዚአብሔር የሚታመነውን ግን ምሕረት ይከብስዋል።
- 11 ዳድታን ሆይ፥ በእግዚአብሔር ደስ ይበላችሁ ሐሜትም አድርጉ፤ ልባችሁም የቀና ሁላችሁ፥ እልል በሉ።

Psalm 32

- 1 Happy are those whose transgression is forgiven, whose sin is covered.
- 2 Happy are those to whom the LORD imputes no iniquity, and in whose spirit there is no deceit.
- 3 While I kept silence, my body wasted away through my groaning all day long.
- 4 For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah
- 5 Then I acknowledged my sin to you, and I did not hide my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the guilt of my sin. Selah
- 6 Therefore let all who are faithful offer prayer to you; at a time of distress, the rush of mighty waters shall not reach them.
- 7 You are a hiding place for me; you preserve me from trouble; you surround me with glad cries of deliverance. Selah
- 8 I will instruct you and teach you the way you should go; I will counsel you with my eye upon you.
- 9 Do not be like a horse or a mule, without understanding, whose temper must be curbed with bit and bridle, else it will not stay near you.
- 10 Many are the torments of the wicked, but steadfast love surrounds those who trust in the LORD.
- 11 Be glad in the LORD and rejoice, O righteous, and shout for joy, all you upright in heart.

መዝሙር 33

የዳዊት መዝሙር።

- 1 ዳድቃን ሆይ፥ በእግዚአብሔር ደስ ይበላችሁ፤ ለቅኖች ምስጋና ይገባል።
- 2 እግዚአብሔርን በመሰንቆ አመስግኑት፥ አሥር አውታርም ባለው በበገና ዘምሩለት።
- 3 አዲስ ቅኔም ተቀኙለት፥ በእልልታም መልካም ዝማሬ ዘምሩ፤
- 4 የእግዚአብሔር ቃል ቅን ነውና ሥራውም ሁሉ በእምነት ነውና።
- 5 ጽድቅንና ፍርድን ይወድዳል፤ የእግዚአብሔር ቸርነት ምድርን ሞላች።
- 6 በእግዚአብሔር ቃል ሰማዮች ጸኑ፥ ሠራዊታቸውም ሁሉ በአፉ እስትንፋስ፤
- 7 የባሕርን ውኃ እንደ ረዋት የሚሰበስበው፥ ቀላዮችንም በመዝገቦች የሚያኖራቸው።
- 8 ምድር ሁሉ እግዚአብሔርን ትፍራው፥ በዓለም የሚኖሩ ሁሉም ከእርሱ የተነሣ ይደንግጡ።
- 9 እርሱ ተናግሮአልና፥ ሆኑም፤ እርሱ አዘዘ፥ ጸኑም።
- 10 እግዚአብሔር የአሕዛብን ምክር ያጠፋል፥ የአሕዛብንም አሳብ ይመልሳል።
- 11 የእግዚአብሔር ምክር ግን ለዘላለም ይኖራል። የልቡም አሳብ ለልጅ ልጅ ነው።
- 12 እግዚአብሔር አምላኩ የሚሆንለት ሕዝብ ምስጉን ነው፥ እርሱ ለርስቱ የመረጠው ሕዝብ።
- 13 እግዚአብሔር ከሰማይ ተመለከተ፥ የሰውንም ልጆች ሁሉ አየ።
- 14 ከማደሪያው ቦታ ሆኖ በምድር ወደሚኖሩ ሁሉ ተመለከተ፥
- 15 እርሱ ብቻውን ልባቸውን የሠራ ሥራቸውንም ሁሉ የሚያስተውል።

Psalm 33

- 1 Rejoice in the LORD, O you righteous. Praise befits the upright.
- 2 Praise the LORD with the lyre; make melody to him with the harp of ten strings.
- 3 Sing to him a new song; play skillfully on the strings, with loud shouts.
- 4 For the word of the LORD is upright, and all his work is done in faithfulness.
- 5 He loves righteousness and justice; the earth is full of the steadfast love of the LORD.
- 6 By the word of the LORD the heavens were made, and all their host by the breath of his mouth.
- 7 He gathered the waters of the sea as in a bottle; he put the deeps in storehouses.
- 8 Let all the earth fear the LORD; let all the inhabitants of the world stand in awe of him.
- 9 For he spoke, and it came to be; he commanded, and it stood firm.
- 10 The LORD brings the counsel of the nations to nothing; he frustrates the plans of the peoples.
- 11 The counsel of the LORD stands forever, the thoughts of his heart to all generations.
- 12 Happy is the nation whose God is the LORD, the people whom he has chosen as his heritage.
- 13 The LORD looks down from heaven; he sees all humankind.
- 14 From where he sits enthroned he watches all the inhabitants of the earth--
- 15 he who fashions the hearts of them all, and observes all their deeds.

- 16 ንጉሥ በሠራዊቱ ብዛት አይደንም ጋያልም በጋይሉ ብዛት አያመልጥም።
- 17 ፈረስም ከንቱ ነው፤ አያደንም፤ በጋይሉም ብዛት አያመልጥም።
- 18 እነሆ፤ የእግዚአብሔር ዓይኖች ወደሚፈሩት ናቸው፤ በምሕረቱም ወደሚታመኑ፤
- 19 ነፍሳቸውን ከሞት ያደን ዘንድ፤ በራብም ጊዜ ይመግባቸው ዘንድ።
- 20 ነፍሳችን እግዚአብሔርን ተስፋ ታደርገዋለች፤ ረዳታችንና መጠጊያችን እርሱ ነውና።
- 21 ልባችን በእርሱ ደስ ይለዋልና፤ በቅዱስ ስሙም ታምነናልና።
- 22 አቤቱ፤ ምሕረትህ በላያችን ትሁን፤ በአንተ እንደ ታመንን።

መዝሙር 34

ባላደደው በአቤሜሌክ ፊት መልኩን በለወጠ ጊዜ በሄደም ጊዜ፤ የዳዊት መዝሙር።

- 1 እግዚአብሔርን ሁልጊዜ እባርከዋለሁ፤ ምስጋናውንም ዘወትር በአፌ ነው።
- 2 ነፍሴ በእግዚአብሔር ትከብራለች፤ ገሮችም ሰምተው ደስ ይላቸዋል።
- 3 እግዚአብሔርን ከእኔ ጋር ታላቅ አድርጉት፤ በአንድነትም ስሙን ከፍ ከፍ እናድርግ።
- 4 እግዚአብሔርን ፈለግሁት መለሰልኝም፤ ከመከራዬም ሁሉ አዳነኝ።
- 5 ወደ እርሱ ቅረቡ ያበራላችሁማል፤ ፊታችሁም አያፍርም።
- 6 ይህ ችግረኛ ጮኸ፤ እግዚአብሔርም ሰማው፤ ከመከራውም ሁሉ አዳነው።
- 7 የእግዚአብሔር መልአክ በሚፈሩት ሰዎች ዙሪያ ይሰፍራል፤ ያድናቸውማል።
- 8 እግዚአብሔር ቸር እንደ ሆነ ቅመሱ እዩም፤ በእርሱ የሚታመን ሰው ምስጉን ነው።
- 9 የሚፈሩት አንዳችን አያጡምና ቅዱሳኑ ሁሉ፤ እግዚአብሔርን ፍሩት።

- 16 A king is not saved by his great army; a warrior is not delivered by his great strength.
- 17 The war horse is a vain hope for victory, and by its great might it cannot save.
- 18 Truly the eye of the LORD is on those who fear him, on those who hope in his steadfast love,
- 19 to deliver their soul from death, and to keep them alive in famine.
- 20 Our soul waits for the LORD; he is our help and shield.
- 21 Our heart is glad in him, because we trust in his holy name.
- 22 Let your steadfast love, O LORD, be upon us, even as we hope in you.

Psalms 34

- 1 I will bless the LORD at all times; his praise shall continually be in my mouth.
- 2 My soul makes its boast in the LORD; let the humble hear and be glad.
- 3 O magnify the LORD with me, and let us exalt his name together.
- 4 I sought the LORD, and he answered me, and delivered me from all my fears.
- 5 Look to him, and be radiant; so your faces shall never be ashamed.
- 6 This poor soul cried, and was heard by the LORD, and was saved from every trouble.
- 7 The angel of the LORD encamps around those who fear him, and delivers them.
- 8 O taste and see that the LORD is good; happy are those who take refuge in him.
- 9 O fear the LORD, you his holy ones, for those who fear him have no want.

- 10 ባለጠጎች ደኸዩ፥ ተራቡም፥
እግዚአብሔርን የሚፈልጉትን ግን
ከመልካም ነገር ሁሉ አይጎድሉም።
- 11 ልጆቼ ኑ፥ ስሙኝ፤ እግዚአብሔርን
መፍራት አስተምራችኋለሁ።
- 12 ሕይወትን የሚፈቅድ ሰው ማን ነው?
በጎንም ዘመን ለማየት የሚወድድ?
- 13 አንደበትህን ከክፉ ከልክል፥
ከንፈሮችህም ሽንገላን እንዳይናገሩ።
- 14 ከክፉ ሽሽ መልካምንም አድርግ፤
ሰላምን እሻ ተከተላትም።
- 15 የእግዚአብሔር ዓይኖች ወደ ጻድቃን
ጆሮቹም ወደ ጩሽታቸው ናቸውና።
- 16 መታሰቢያቸውን ከምድር ያጠፋ
ዘንድ የእግዚአብሔር ፊት ክፉን
በሚያደርጉ ላይ ነው።
- 17 ጻድቃን ጮኹ፥ እግዚአብሔርም
ሰማቸው ከመከራቸውም ሁሉ
አዳናቸው።
- 18 እግዚአብሔር ልባቸው ለተሰበረ
ቅርብ ነው፥ መንፈሳቸው
የተሰበረውንም ያድናቸዋል።
- 19 የጻድቃን መከራቸው ብዙ ነው፥
እግዚአብሔርም ከሁሉ ያድናቸዋል።
- 20 እግዚአብሔር አጥንቶቻቸውን ሁሉ
ይጠብቃል፥ ከእነርሱም አንድ
አይሰበርም።
- 21 ኃጢአተኞችን ክፋት ይገድላቸዋል
ጻድቃንንም የሚጠሉ ይጸጸታሉ።
- 22 የባሪያዎቹን ነፍስ እግዚአብሔር
ይቤዣል፥ በእርሱም የሚያምኑ ሁሉ
አይጸጸቱም።

መዝሙር 35
የዳዊት መዝሙር።

- 1 አቤቱ፥ የሚበድሉኝን በድላቸው፥
የሚዋጉኝንም ተዋጋቸው።
- 2 ጥሩርና ጋሻ ያዝ፥ እኔንም ለመርዳት
ተነሥ።

- 10 The young lions suffer want and
hunger, but those who seek the
LORD lack no good thing.
- 11 Come, O children, listen to me; I
will teach you the fear of the LORD.
- 12 Which of you desires life, and
covets many days to enjoy good?
- 13 Keep your tongue from evil, and
your lips from speaking deceit.
- 14 Depart from evil, and do good; seek
peace, and pursue it.
- 15 The eyes of the LORD are on the
righteous, and his ears are open to
their cry.
- 16 The face of the LORD is against
evildoers, to cut off the remem-
brance of them from the earth.
- 17 When the righteous cry for help, the
LORD hears, and rescues them from
all their troubles.
- 18 The LORD is near to the broken-
hearted, and saves the crushed in
spirit.
- 19 Many are the afflictions of the
righteous, but the LORD rescues
them from them all.
- 20 He keeps all their bones; not one of
them will be broken.
- 21 Evil brings death to the wicked, and
those who hate the righteous will be
condemned.
- 22 The LORD redeems the life of his
servants; none of those who take
refuge in him will be condemned.

Psalm 35

- 1 Contend, O LORD, with those who
contend with me; fight against those
who fight against me!
- 2 Take hold of shield and buckler, and
rise up to help me!

3 ሰይፍህን ምዘዝ የሚያሳድዱኝንም መንገዳቸውን ዝጋ፤ ነፍሴን፡- መድኃኒትሽ እኔ ነኝ በላት።

4 ነፍሴን የሚሹ ሁሉ ይፈሩ ይገቡቁሉም፤ ክፉትን በእኔ ላይ የሚያስቡ ይፈሩ ወደ ሕላቸውም ይበሉ።

5 በነፋስ ፊት እንዳለ ትቢያ ይሁኑ፤ የእግዚአብሔርንም መልእክ ያስጨንቃቸው።

6 መንገዳቸው ዳጥና ጨለማ ይሁን፤ የእግዚአብሔርንም መልእክ ያሳድዳቸው።

7 በከንቱ ያጠፉኝ ዘንድ ወጥመዳቸውን ሽሽገውብኛልና፤ ነፍሴን በከንቱ አበሳጭተዋልና።

8 ያላወቁት ወጥመድ ይምጣባቸው፤ የሸሽጉትም ወጥመድ ይያዛቸው፤ በዚህ ወጥመድ ውስጥ ይውደቁ።

9 ነፍሴ ግን በእግዚአብሔር ደስ ይላታል፤ በማዳኑም ሐሴት ታደርጋለች።

10 አጥንቶቼ ሁሉ እንዲህ ይሉሃል፡- አቤቱ፤ እንደ አንተ ማን ነው? ችግረኛን ከሚቀማው እጅ፤ ችግረኛንና ድሀውንም ከሚነጥቀው እጅ ታድነዋለህ።

11 የክፋት ምስክሮች ተነሡብኝ፤ የማላውቀውንም በእኔ ላይ ተናገሩ።

12 ስለ በጎ ክፋትን መለሱልኝ፤ ነፍሴንም ልጆችን አሳጡአት።

13 እኔስ እነርሱ በታመሙ ጊዜ ማቅ ለበስሁ፤ ነፍሴንም በጾም አደክምኋት፤ ጸሎቴም ወደ ብብቴ ተመለስ።

14 ለወዳጄና ለወንድሜ እንደማደርግ አደረግሁ፤ ለእናቱም እንደሚያለቅስ ራሴን ዝቅ ዝቅ አደረግሁ።

15 በእኔ ላይ ተሰበሰቡ ደስም አላቸው፤ ግረኞች በእኔ ላይ ተሰበሰቡ እኔም አላውቅሁም፤ ቀደዱኝ አልተውኝም።

3 Draw the spear and javelin against my pursuers; say to my soul, "I am your salvation."

4 Let them be put to shame and dishonor who seek after my life. Let them be turned back and confounded who devise evil against me.

5 Let them be like chaff before the wind, with the angel of the LORD driving them on.

6 Let their way be dark and slippery, with the angel of the LORD pursuing them.

7 For without cause they hid their net for me; without cause they dug a pit for my life.

8 Let ruin come on them unawares. And let the net that they hid ensnare them; let them fall in it--to their ruin.

9 Then my soul shall rejoice in the LORD, exulting in his deliverance.

10 All my bones shall say, "O LORD, who is like you? You deliver the weak from those too strong for them, the weak and needy from those who despoil them."

11 Malicious witnesses rise up; they ask me about things I do not know.

12 They repay me evil for good; my soul is forlorn.

13 But as for me, when they were sick, I wore sackcloth; I afflicted myself with fasting. I prayed with head bowed on my bosom,

14 as though I grieved for a friend or a brother; I went about as one who laments for a mother, bowed down and in mourning.

15 But at my stumbling they gathered in glee, they gathered together against me; ruffians whom I did not know tore at me without ceasing;

16 ፈተኑኝ በግቅም ዘበቱብኝ፤ ጥርሳቸውንም በእኔ ላይ አንቀጫቅጩ።

17 አቤቱ፤ እስከ መቼ ድረስ ታይልኛለህ? ነፍሴን ከክፉ ሥራቸው ብትነቴንም ከአንበሶች አድናት።

18 አቤቱ፤ በታላቁ ጉባኤ ውስጥ እገዛልሃለሁ፤ በብዙ ሕዝብ መካከልም አመሰግንሃለሁ።

19 በግፍ የሚጠሉኝ በላዩ ደስ አይበላቸው፤ በከንቱ የሚጣሉኝም በዓይናቸው አይጣቀሱብኝ።

20 ለእኔስ ሰላምን ይናገሩኛልና፤ በቀጣም ሽንገላን ይመክራሉ።

21 አፋቸውንም በእኔ ላይ አላቀቁ፤ እሰይ እሰይ፤ ዓይናችን አየው ይላሉ።

22 አቤቱ፤ አንተ እየኸው፤ ዝም አትበል፤ አቤቱ፤ ከእኔ አትራቅ።

23 አምላኬ ጌታዬም፤ ወደ ፍርዴ ተነሥ፤ አቤቱ፤ ፍርዴን አድምጥ።

24 አቤቱ አምላኬ፤ እንደ ጽድቅህ ፍረድልኝ፤ በላዩም ደስ አይበላቸው።

25 በልባቸው፡- እሰይ እሰይ፤ ነፍሳችንን ደስ አላት አይበሉ፤ ደግሞም፡- ሞጥነው አይበሉ።

26 በመከራዬ ደስ የሚላቸው ይፈሩ፤ በአንድነትም ይገብቀሉ፤ በእኔ ላይ የሚታቡዬ እፍረትንና ጉስቀላናን ይልበሉ።

27 ጽድቄን የሚወድዱ አት ደስ ይበላቸው ሐሴትንም ያድርጉ፤ የባሪያውን ሰላም የሚወድድ እግዚአብሔር ታላቅ ይሁን ዘወትር ይበሉ።

28 ምላሴ ጽድቅህን ሁልጊዜም ምስጋናህን ይናገራል።

16 they impiously mocked more and more, gnashing at me with their teeth.

17 How long, O LORD, will you look on? Rescue me from their ravages, my life from the lions!

18 Then I will thank you in the great congregation; in the mighty throng I will praise you.

19 Do not let my treacherous enemies rejoice over me, or those who hate me without cause wink the eye.

20 For they do not speak peace, but they conceive deceitful words against those who are quiet in the land.

21 They open wide their mouths against me; they say, "Aha, Aha, our eyes have seen it."

22 You have seen, O LORD; do not be silent! O Lord, do not be far from me!

23 Wake up! Bestir yourself for my defense, for my cause, my God and my Lord!

24 Vindicate me, O LORD, my God, according to your righteousness, and do not let them rejoice over me.

25 Do not let them say to themselves, "Aha, we have our heart's desire." Do not let them say, "We have swallowed you up."

26 Let all those who rejoice at my calamity be put to shame and confusion; let those who exalt themselves against me be clothed with shame and dishonor.

27 Let those who desire my vindication shout for joy and be glad, and say evermore, "Great is the LORD, who delights in the welfare of his servant."

28 Then my tongue shall tell of your righteousness and of your praise all day long.