

መዝሙር

Psalms

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Bible Society of Ethiopia

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this book!

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

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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 ትፍስህት ለማ for
their encouragement and advice.

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

መዝሙር 1

- 1 ምስጉን ነው በከፋዎች 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 ከፋዎች እንዲህ አይደሉም፤ ነገር ግን ነፋስ ጦርጎ እንደሚወስደው ትቢያ ናቸው።
- 5 ስለዚህ ከፋዎች በፍርድ፤ ኃጢአተኞችም በጻድቃን ማኅበር አይቆሙም።
- 6 እግዚአብሔር የጻድቃንን መንገድ ያውቃልና፤ የከፋዎች 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 ወለድሁሁ።
- 8 ለምነኝ፤ 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 ሠራዕቃዎች ትቀጠቅጣቸዋለህ።
- 10 አሁንም እናንተ ነገሥታት፤ ልብ አድርጉ፤ እናንተ የምድር ፈራጆችም፤ ተገሰጹ።
- 11 ለእግዚአብሔር በፍርሃት ተገዙ፤ በረዓድም ደስ ይበላችሁ።
- 12 ተግሣዱን ተቀበሉ ጌታ እንዳይቁጣ እናንተም በመንገድ እንዳትጠፉ፤ ቀጣው ፈጥና ትነድዳለችና። 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፤ አምላኬ ሆይ፤ አድነኝ፤ አንተ የጠላቶቼን መንጋጋ መትተሃልና፤ የከፋዎችንም 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 እናንተ 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
እወቁ፤ እግዚአብሔር ወደ እርሱ
በተጣራሁ ጊዜ ይሰማኛል።
- 4 ተቈጡ፥ ነገር ግን ኃጢአትን
አታድርጉ፤ በመኝታችሁ ላላችሁ
በልባችሁ አስቡ፤ ዝም በሉ።
- 5 የጽድቅን መሥዋዕት ሠጩ፥
በእግዚአብሔርም ታመኑ።
- 6 በኅወን 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፤ የዳዊት መዝሙር።

- 1 አቤቱ፥ ቃሌን አድምጥ፥ ጩኸቴንም
አስተውል፤
- 2 የልመናዬን ቃል አድምጥ፥ ንጉሤና
አምላኬ ሆይ፥ አቤቱ፥ ወደ አንተ
እጸልያለሁና።
- 3 በማለዳ ድምፄን ትሰማለህ፥ በማለዳ
በፊትህ 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 ሽንጋዩን ሰው
እግዚአብሔር ይጸዩላል።
- 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 righte-
ousness because of my enemies;
make your way straight before me.

- 9 በአፋቸው 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 ትባርከዋለህና፤ አቤቱ፥
እንደ ጋሻ በሞገስ ከለልኸን።

መዝሙር 6

ለመዘምራን አለቃ በበገናዎች ስለ ስምንተኛ፤
የዳዊት መዝሙር።

- 1 አቤቱ፥ በቀጣህ አትቅደፈኝ፤
በመዓትህም አትገሥዳኝ።
- 2 ድውይ ነኝና አቤቱ፥ ማረኝ፤ አጥንቶቼ
ታወከዋልና 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
ሰምቶአልና።
- 9 እግዚአብሔር ልመናዬን ሰማኝ፤
እግዚአብሔር ጸሎቴን ተቀበለ።
- 10 ጠላቶቼ ሁሉ ይፈሩ እጅግም
ይገቡኝሉ፤ ወደ ሕላቸው 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 supplica-
tion; 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 ስለ 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፤
ፍላጻዎቹንም 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 pur-
suers, 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፤ ዩዳዊት መዝሙር።

- 1 አቤቱ ጌታችን፤ ስምህ በምድር ሁሉ እጅግ ተመሰገነ፤ ምስጋናህ በሰማዮች ላይ ከፍ ከፍ ብሎአልና።
- 2 ከሕፃናትና ከሚጠቡ ልጆች አፍ ምስጋናን አዘጋጀህ ስለ ጠላትህ፤ ጠላትንና ቂመኛን ለማጥፋት።
- 3 የጣቶችህን ሥራ ሰማዮችን ባየሁ ጊዜ፤ ጨረቃንና ከዋክብትን አንተ የሠራሃቸውን፤
- 4 ታስበው 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፤ ዩዳዊት 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 በደጆቸው 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. Higgaiion. 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
ሚገባቸው፤ 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 ፊት
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
ንጹሐንን 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 gener-
ations we shall not meet adversity."
- 7 Their mouths are filled with cursing
and deceit and oppression; under
their tongues are mischief and in-
iquity.
- 8 They sit in ambush in the villages; in
hiding places they murder the in-
nocent. 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 ረስቶኛል፤ ፈጽሞም እንዳያይ ፊቱን ሰወረ።
- 12 አቤቱ አምላክ ሆይ፥ ተነሥ እጅህም ከፍ ከፍ ትበል፤ ድሆችን አትርላ።
- 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 ፍርዱ 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 ተቅበዝበዝ እንዴት ትሉአታላችሁ?
- 2 ኃጢአተኞች እነሆ ቀስታቸውን ገትረዋልና፥ ፍላጻቸውንም በአውታር አዘጋጅተዋልና፥ ልቦ ቅኖችን በስውር 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.

Psalm 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 በጎጥአን 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 ጐድሎአልና።
- 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 እነማለሁ 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 ምናምንቲ 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? ትካዚስ እስከ መቼ ሁልጊዜ ይሆናል? እስከ መቼ ጠላቴ በላዬ ይንደዳል?
- 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፥ ጐስቄሉ፤ 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 የአማርኛ መጽሐፍ ቅዱስ ውስጥ ይገኛሉ።

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

- 9 የድሆችን ምክር አሳፈራችሁ፤
እግዚአብሔር ግን ተስፋቸው ነው።
- 10 ከጽዮን መድኃኒትን ለእስራኤል ማን
ይሰጣል? እግዚአብሔር የሕዝቡን
ምርኮ በመለስ 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 የሚምል
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 በነነት የለኝም።
- 3 ፈቃድህ ሁሉ በምድር ባሉት ቅዱሳንና
ክቡራን ላይ ነው።
- 4 ወደ ሌላ ለሚፋጠኑት መከራቸው
ይበዛል፤ የቀርባናቸውን ደም እኔ
አላፈስሰውም፤ ስማቸውንም
በከንፈሬ 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 desp-
ised, 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 ይገሥጹኛል።
- 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 መበስበስን 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፤ በተንከለኛም ከንፈር ያልሆነውን
ጸሎቴን አድምጥ።
- 2 ፍርዴ ከፊትህ ይውጣ፤ ዓይኖችህም
በቅንነት ይዩ።
- 3 ልቤን ፈተንኸው በሌሊትም
ጎበኝኸኝ፤ ፈተንኸኝ፤ ምንም
አላገኘህብኝም።
- 4 የሰውን ሥራ አፌ 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 ስማ።
- 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 እንጀታቸውን በሰብ 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፤
ከብርህን 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
የደግነንቴ 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 chil-
dren 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 ተቈጥቶ አልና
ተንቀጠቀጡ።
- 8 ከቀላጣው ጢስ 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
አንጐደጐደ፤ ልዑልም ቃሉን ሰጠ።
- 14 ፍላጻውን ላከ በተናቸውም፤
መብረቆችን አበዛ አወካቸውም።
- 15 አቤቱ፤ ከዘለፋህ ከመጓትህም
መንፈስ እስትንፋስ የተነሣ፤
የውኆች ምንጮች ታዩ፤ የዓለም
መሠረቶችም ተገለጡ።
- 16 ከላይ ሰደደ ወሰደኝም፤ ከብዙ
ውኆችም አወጣኝ።
- 17 ከብርቱዎች ጠላቶቼ ከሚጠሉኝም
አዳነኝ፤ በርትተውብኝ ነበርና።
- 18 በመከራዬ ቀን ደረሱብኝ፤
እግዚአብሔር ግን ደገፋዬ ሆነ።
- 19 ወደ ሰፊ ስፍራም አወጣኝ፤
ወድዶኛልና አዳነኝ።
- 20 እግዚአብሔር እንደ ጽድቄ
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 ፊት 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 ቅጥፋን 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፥ በከንዴም የናስቀስት 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 መቆምም
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 ተገዙልኝ፤ 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 ለዘፋ 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 descen-
dants forever.

Psalms 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 command-
ment of the LORD is clear, enlight-
ening 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
ባሪያህን 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 ሐሢትን ያደርጋል።
- 2 የልቡን ፈቃድ ሰጠኸው፤ የከንፈሩንም ልመና አልከለከልኸውም።
- 3 በባህ በረከት ደርሰህለታልና፤ ከክቡር ዕንቅፋ 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 በተቂጣህም ጊዜ እንደ እሳት እቶን አድርጋቸው፤ እግዚአብሔር በቀጣው 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 እናመሰግናለን እንዘምርማለን።

Psalm 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 ንጋት ኃይል፤ የዳዊት መዝሙር።

- 1 አምላኬ፥ አምላኬ፥ ለምን ተውኸኝ?
እኔን ከማዳንና ከጩኸቴ ቃል ሩቅ ነህ።
- 2 አምላኬ፥ በቀን ወደ አንተ እጠራለሁ፥
አልመለስህልኝም፤ በሌሊትም እንኳ
ዕረፍት 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 ተማመን፥ እርሱንም
ያድነው፤ ቢወድደውስ ያድነው።
- 9 አንተ ግን ከሆድ አውጥተኸኛልና፥
በእናቴ ጡት ሳለሁም በአንተ
ታመንሁ።
- 10 ከማላፀን ጀምሮ በአንተ ላይ
ተጣልሁ፤ ከእናቴ ሆድ ጀምረህ አንተ
አምላኬ ነህ።
- 11 ጭንቀት ቀርባለችና የሚረዳኝም
የለምና ከእኔ አትራቅ።
- 12 ብዙ በሬዎች ከበቡኝ፥ የሰቡትም
ፍሪዳዎች ያዙኝ፤
- 13 እንደ ነጣቂና እንደሚጮኽ አንበሳ
በላዩ አፋቸውን ከፈቱ።
- 14 እንደ ውኃ ፈሰስሁ፤ አጥንቶቼም
ሁሉ ተለያዩ፤ ልቤ እንደ ሰም ሆነ፥
በአንጀቴም 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
potsheer, and my tongue sticks to
my jaws; you lay me in the dust of
death.

- 16 ብዙ ውሾች ከብበውኛልና፤ የክፋተኞች ጉባኤም ያዘኝ፤ እጆቼንና እግሮቼን ቸነከሩኝ።
- 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 ስእለቴን 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 ምርኩዝህ እነርሱ ያጸናኑኛል።

5 በፊቴ ገበታን አዘጋጀህልኝ 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 ሰፍራ 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 አድነው።

መዝሙር 26

የዳዊት መዝሙር።

- 1 አቤቱ፥ እኔ በየውሃቴ ሄጃለሁና ፍረድልኝ፤ በእግዚአብሔርም አምኛለሁና አልናወጥም።
- 2 አቤቱ፥ ፍተነኝ 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 ተዋልታለች።
- 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 ተሰናክሉና 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 ሸሽተኛልና፤
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 gra-
cious 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 አደረገኝ፤ በድንኳኑም የእልልታ መስዋዕትን 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 ሁነኝ፥ 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፤ ከፋትም 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 breathing 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!

Psalm 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 አላስቡምና 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 አምሉ። ክብርንና ምስጋናን ለእግዚአብሔር አምሉ።
- 2 የሰሙን ክብር ለእግዚአብሔር አምሉ፤ 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፤ አንድ ቀን እንዳለው አውራ 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 የቃዴስን ምድረ በዳ ያናውጣል።

9 የእግዚአብሔር ድምፅ ዋላዎችን 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 አደርግሃለሁ።

2 አቤቱ አምላኬ፡ ወደ አንተ ጮኸሁ ምሕረትም አደረግህልኝ።

3 አቤቱ፡ ነፍሴን ከሲኦል አወጣግት፤ ወደ ጉድጓድም እንዳልወርድ አዳንኸኝ።

4 ቅዱሳን ሆይ፡ ለእግዚአብሔር ዘምሩ፤ ለቅድስናውም መታሰቢያ አመስግኑ።

5 ቀጣው ለጥቂት ጊዜ ነው፤ ሞገሱ ግን ለሕይወት ዘመን፤ ልቅሶ ማታ ይመጣል፤ ጥዋት ግን ደስታ ይሆናል።

6 እኔም በደስታ ዬ፡- ለዘላለም አልታወክም አልሁ።

7 አቤቱ፡ በፈቃድህ ለሕይወቴ ኃይልን ሰጠሃት፤ ፊትህን መለሰህ፤ እኔም ደነገጥሁ።

8 አቤቱ፡ ወደ አንተ ጠራሁ፤ ወደ አምላኬም ለመገኘት።

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 ከብሬ ትዘምርልህ ዘንድ ዝምም
እንጻትልል ቅሶዬን ለደስታ
ለወጥህልኝ፤ ማቄን ቅድደህ
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፤ ተቤዥተኸኛል።

6 ከንቱ ምናምንቲነትን የጠበቁትን
ጠላህ፤ እኔ ግን በእግዚአብሔር
ታመንሁ።

7 መከራዬን አይተሃልና፤ ነፍሴንም
ከሞንቀት አድነሃታልና በምሕረትህ
ደስ ይለኛል ሐሢትም አደርጋለሁ።

8 በጠላቱ እጅ አልዘጋኸኝም፤ በሰፊም
ስፍራ እግጂኜን አቆምሁ።

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

10 ሕይወቴ በኅዘን 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.

Psalms 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 ከልብ ተረሳሁ፥ እንደ ተበላሽ ዕቃም ሆንኩ።
- 13 የብዙ ሰዎችን ስድብ ሰምቻለሁና፤ በዙሪያው ፍርሃት ነበረ፤ በላዬ በአንድነት በተሰበሰቡ ጊዜ ነፍሴን ለመንጠቅ ተማከሩ።
- 14 አቤቱ፥ እኔ ግን በአንተ ታመንኩ፤ አንተ አምላኬ ነህ አልሁ።
- 15 ርስቴ 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 የሰርዘሃት፥ ቸርነትህ እንደ ምን በሳች!
- 20 በፊትህ መጋረጃ ከሰው ክርክር ትጋርዳቸዋለህ፥ በድንኳንህም ከአንደበት ክርክር ትሸፍናቸዋለህ።
- 21 በተከበበ ከተማ የሚያስደንቅ ምሕረቱን በእኔ የገለጠ እግዚአብሔር ይመስገን።
- 22 እኔስ ከዓይንህ ፊት ተጣልሁ፥ በድንጋጤ አልሁ፤ አንተ ግን ወደ አንተ በጮኽሁ ጊዜ የልመናዬን ቃል ሰማኸኝ።
- 23 ሁላችሁ ቅዱሳኑ፥ እግዚአብሔርን ውደዱት፤ እግዚአብሔር እውነተኞችን 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 ኃጢአቱም የተከደነችለት ምስጢን ነው።
- 2 እግዚአብሔር በደልን የማይቈጥርበት በመንፈሱም ሽንገላ የሌለበት ሰው ምስጢን 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 በልጓም ጉንጫቸውን እንደሚለጉሙ አቸው፥ ልብ እንደሌላቸው እንደ ፈረስና እንደ በቅሎ አትሁኑ።
- 10 በኃጢአተኛ ብዙ መቅሠፍት አለበት፤ በእግዚአብሔር የሚታመነውን ግን ምሕረት ይከብበዋል።
- 11 ጻድቃን 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 ጻድቃን 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 ሸርነት ምድርን ሞላች።
- 6 በእግዚአብሔር ቃል ሰማዮች ጸኑ፥ ሠራዊታቸውም ሁሉ በአፋ 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 አይድንም፤
ኃያልም በኃይሉ ብዛት አያመልጥም።
- 17 ፈረስም ከንቱ ነው፤ አያድንም፤
በኃይሉም ብዛት አያመልጥም።
- 18 እነሆ፤ የእግዚአብሔር ዓይኖች
ወደሚፈሩት ናቸው፤ በምሕረቱም
ወደሚታመኑ፤
- 19 ነፍሳቸውን ከሞት ያድን 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.

Psalm 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 ጸድቃን
ጆሮቹም ወደ ጩኸታቸው ናቸውና።
- 16 መታሰቢያቸውን ከምድር ያጠፋ
ዘንድ የእግዚአብሔር ፊት ክፉን
በሚያደርጉ ላይ ነው።
- 17 ጸድቃን ጮኹ፥ እግዚአብሔርም
ሰማቸው ከመከራቸውም ሁሉ
አዳናቸው።
- 18 እግዚአብሔር ልባቸው ለተሰበረ
ቅርብ ነው፥ መንፈሳቸው
የተሰበረውንም ያድናቸዋል።
- 19 የጸድቃን መከራቸው ብዙ ነው፥
እግዚአብሔርም ከሁሉ ያድናቸዋል።
- 20 እግዚአብሔር አጥንቶቻቸውን ሁሉ
ይጠብቃል፥ ከእነርሱም አንድ
አይሰበርም።
- 21 ኃጢአተኞችን ክፋት ይገድላቸዋል
ጸድቃንንም የሚጠሉ ይጸጸታሉ።
- 22 የባሪያዎቹን ነፍስ እግዚአብሔር
ይቤዣል፥ በእነርሱም 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 ይገብዱም፤ 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 አደከምኳት፤ ጸሎቴም ወደ ብብቴ ተመለሰ።
- 14 ለወዳጄና ለወንድሜ እንደማደርግ አደረግሁ፤ ለእናቱም እንደሚያለቅስ ራሴን ዝቅ ዝቅ አደረግሁ።
- 15 በእኔ ላይ ተሰበሰቡ ደስም አላቸው፤ ግፈኞች በእኔ ላይ ተሰበሰቡ እኔም አላውቅሁም፤ ቀደዱኝ አልተውኝምም።
- 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 በሣቅም 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 በላዬ 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፤ በላዬም ደስ አይበላቸው።

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

26 በመከራዬ ደስ የሚላቸው ይፈሩ፤
በአንድነትም ይጎስቀላሉ፤ በእኔ ላይ
የሚታቡዬ እፍረትንና ጉስቀላናን
ይልበሱ።

27 ጽድቄን የሚወድዱአት 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 con-
fusion; let those who exalt them-
selves 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 ser-
vant."

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

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፤ ማስተዋልን በጎ ማድረግንም ተው።
- 4 በመኝታው ጠማማነትን አሰበ፤ መልካም ባልሆነች መንገድ ቆሞአል፤ ከፋትን 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 አደራ-
ስጥ፥ 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 ይመለከቱዋል፥
ጥርሱንም በእርሱ ላይ ያንገጫጫል።
- 13 እግዚአብሔር ይሥቅበታል፥ ቀኑ
እንደሚደርስ አይቆይልና።
- 14 ኃጢአተኞች ሰይፋቸውን መዘዙ፥
ቀስታቸውንም ገተፉ ድሀውንና
ችግረኛውን ይጥሉ ዘንድ ልብ
ቅኖችንም ይወጉ ዘንድ፤
- 15 ሰይፋቸው ወደ ልባቸው ይግባ፥
ቀስታቸውም ይሰበር።
- 16 ለጸድቅ ያለው ጥቂት ከብዙ
ከኃጢአተኞች ሀብት ይበልጣል።
- 17 የኃጢአን 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 righte-
ous, 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 ጢስ ይጠፋሉ።
- 21 ኃጢአተኛ ይበደራል አይከፍልምም፤ ጻድቅ ግን ይራራል ይሰጣልም።
- 22 እርሱን የሚባርኩት ምድርን ይወርሳሉና፤ የሚረግሙት ግን ይጠፋሉ።
- 23 የሰው አካሄድ ከእግዚአብሔር ዘንድ ይጻናል፤ መንገዱንም ይወድዳል።
- 24 ቢወድቅም ለድንጋጂ አይጣልም፤ እግዚአብሔር እጁን ይዞ ይደግፈዋልና።
- 25 ጐለመስሁ 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፤ በእርስዋም 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 ዝግባም 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 የጸድ ቃን 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 አቤቱ፤ 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 ከብደአልና።
- 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 ተዋልታለችና፤
ለሥጋዬም ጤና የላትምና።
- 8 ታመምሁ፤ እጅግም ተቸገርሁ፤ ከልቤ
ውዝዋዜም የተነሣ ጮኽሁ።
- 9 አቤቱ፤ ፈቃዴ ሁሉ በፊትህ ነው፤
ጭንቀቴም ከአንተ አይሰወርም።
- 10 ልቤ ደገጠብኝ፤ ኃይሌም ተወችኝ፤
የዓይኖቼም ብርሃን ፈዘዘ።
- 11 ወዳጆቼም ባልንጀሮቼም ከቀስሌ
ገለል ብለው ቆሙ፤ ዘመዶቼም
ርቀው ቆሙ።
- 12 ነፍሴንም የሚሹአት በረቱብኝ፤
መከራዬንም የሚፈልጉ ከንቱን
ተናገሩ፤ ሁልጊዜም በሽንገላ
ይመክራሉ።
- 13 እኔ ግን እንደማይሰማ ደንቆሮ አፋንም
እንደማይከፍት ዲዳ ሆንሁ።
- 14 እንደማይሰማ ሰው በአፋም ተግሣጽ
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፤
ቀስሌም ሁልጊዜም በፊቴ ነውና።
- 18 በደሌን እናገራለሁና፤ ስለ ኃጢአቴም
እተከሃለሁ።
- 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 እንዳልስት መንገዴን
እጠብቃለሁ፤ ኃጢአተኛ በፊቱ
በተቃወመኝ ጊዜ በአፌ ላይ ጠባቂ
አኖራለሁ አልሁ።
- 2 ከዝምታ የተነሣ እንደ ዲዳ ሆንሁ፤
ለበን 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፤ ዘመናቼን አስረጃገፍው፤
አካሌም በፊትህ እንደ ኢምንት ነው።
ሕያው የሆነ ሰው ሁሉ በእውነት ከንቱ
ብቻ ነው።
- 6 በከንቱ ይታወካል እንጂ በእውነት ሰው
እንደ ጣላ ይመላለሳል፤ ያከማቻል
የሚሰበስብለትንም አያውቅም።
- 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 መቅደፍትህን ከእኔ አርቅ፤ ከእጅህ
ብርታት የተነሣ አልቁአለሁና።
- 11 በተግሣጽህ ስለ ኃጢአቱ ሰውን
ዘለፍኸው፤ ነፍሱም እንደ ሸረረት ድር
ታልቃለች፤ በእውነት ሰው ሁሉ
ከንቱ ነው።
- 12 አቤቱ፤ ጸሎቴን ሰማ፤ ጩኸቴንም
አድምጥ፤ ልቅሶዬንም ቸል አትበለኝ፤
እኔ በምድር ላይ መጸተኛ 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 transgres-
sions. 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 punish-
ment 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."

Psalms 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 ይገብቃሉ፤ በእኔ ላይ ክፋትን ሊያደርጉ የሚወድዱ ወደ ኋላቸው ይመለሱ ይገብቃሉም።
- 15 እስይ እስይ የሚሉኝ እፍረታቸውን ወዲያው ይከፈሉ።
- 16 አቤቱ፥ የሚፈልጉህ ሁሉ በአንተ ደስ ይበላቸው ሐሢትም ያድርጉ፤ 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

ለመዘምራት አለቃ፤ የዳዊት መዝሙር።

- 1 ለችግረኛና ለምስኪን የሚያስብ ምስጉን ነው፤ እግዚአብሔር በክፉ ቀን ያድነዋል።
- 2 እግዚአብሔር ይጠብቀዋል፤ ሕያውም ያደርገዋል፤ በምድር ላይም ያስመሰግነዋል፤ በጠላቶቹም እጅ አያሳልፈውም።
- 3 እግዚአብሔር በደዌው አልጋ ሳለ ይረዳዋል፤ መኝታውን ሁሉ በበሽታው ጊዜ ያነጥፍለታል።
- 4 እኔስ፡- አቤቱ ማረኝ፤ አንተን በድያለሁና ነፍሴን ፈውሳት አልሁ።
- 5 ጠላቶቼም 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
ያስባሉ።
- 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፤ የቆሬ ልጆች ትምህርት።

- 1 ዋላ ወደ ውኃ ምንጭ እንደሚናፍቅ፤
አቤቱ፤ እንዲሁ ነፍሴ ወደ አንተ
ትናፍቃለች።
- 2 ነፍሴ ወደ ሕያው አምላክ ተጠማች፤
መቼ እደርሳለሁ? የአምላክን ፊት
መቼ አያለሁ?
- 3 ዘወትር፡- አምላክህ ወዴት ነው?
ሲሉኝ እንባዬ 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 everlast-
ing. Amen and Amen.

Psalm 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 con-
tinually, "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? የፈቱን መድኃኒት አምላኬን አመሰግነው ዘንድ በእግዚአብሔር ታመኚ።
- 6 አምላኬ ሆይ፥ ነፍሴ በእኔ ውስጥ ታወከች፤ ስለዚህ በዮርዳኖስ ምድር በኦርሞንኤምም 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? የፈቱን መድኃኒት አምላኬን አመሰግነው ዘንድ በእግዚአብሔር ታመኚ።

መዝሙር 43

የዳዊት መዝሙር።

- 1 አቤቱ፥ ፍረድልኝ፥ ከጽድቅ ከራቁ ሕዝብም ክርክራን 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 መሠዊድ፡ ጉልማስነቴንም ደስ ወዳሰኛት ወደ አምላኬ እገባለሁ፤ አቤቱ አምላኬ፡ በበገና አመሰግንሃለሁ።
- 5 ነፍሴ ሆይ፡ ለምን ታዘኛለሽ? ለምንስ ታውኪኛለሽ? የፊቴን መድኃኒት አምላኬን አመሰግነው ዘንድ በእግዚአብሔር ታመኚ።

መዝሙር 44

ለመዘምራን አለቃ፤ የቆሬ ልጆች ትምህርት።

- 1 አቤቱ፡ በጆሮ አችን 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 ንጉሤ አንተ ነህ፤ ለያዕቆብ መድኃኒትንህ እዘዝ።
- 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 ችግራችንን ለምን
ትረሳለህ?
- 25 ነፍሳችን በመሬት ላይ
ተጐሳቀላለችና፤ ሆኖችንም 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፤ የቆሬ 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፥ በቀኝንጅናህና በውበትህ
ሰይፍህን በወገብህ ታጠቅ።
- 4 ስለ ቅንነትና ስለ የሞህነት 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 ወደድህ ዓመፃንም ጠላህ፤
ስለዚህ ከባልንጀሮችህ ይልቅ
እግዚአብሔር አምላክ የደስታ ዘይትን
ቀባህ።
- 8 በልብሶችህ ሁሉ ከርቤና ሽቱ ዝባድም
አሉ፤ ከዝሆን ጥርሶች አዳራሽ ደስ
ያስጥሃል።
- 9 የንጉሦች ሴት ልጆች ለክብርህ ናቸው፤
በወርቅ ልብስ ተገናጽፋና ተሸፋፍና
ንግሥቲቱ በቀኝህ ትቆማለች።
- 10 ልጄ ሆይ፥ ስሟ እዩ ጀሮሽንም
አዘንብዬ፤ ወንገሽን ያባትሽንም ቤት
እርሼ፤
- 11 ንጉሥ ውበትሽን ወድዶአልና፥ እርሱ
ኔታሽ ነውና።
- 12 የጢሮስ ሴቶች ልጆች እጅ መንሻን
ይዘው ይሰግዱለታል። የምድር
ባለጠገኝ አሕዛብ በፊትህ ይማላሉ።
- 13 ለሐሴቦን ንጉሥ ልጅ ሁሉ ክብርዋ
ነው፤ ልብስዋ የወርቅ መጎናጸፊያ
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 for-
ever.
- 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
ገዢዎች እድርገሽ ትሾሚያቸዋለሽ።

17 ለልጅ ልጅ ሁሉ ስምሽን ያሳስባሉ፤
ስለዚህ ለዓለምና ለዘላለም አሕዛብ
ይገዙልሃል።

መዝሙር 46

ለመዘምራን አለቃ፤ ስለ ምሥጢር፤ የቆሬ ልጆች
መዝሙር።

1 አምላካችን መጠጊያችንና ኃይላችን፤
ባገንን 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; there-
fore 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 ኃይላኞች ለእግዚአብሔር ናቸውና የአሕዛብ አለቆች ወደ አብርሃም አምላክ ተሰበስቡ፤ 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

Psalms 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.

Psalms 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 መጠጊያ 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፤ በሕዝብህ 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 ሐሣብ 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፤ የቆራ ልጆች መዝሙር።

- 1 አሕዛብ ሁላችሁ፤ ይህን ስሙ፤ በዓለም የምትኖሩትም ሁላችሁ፤ አድምጡ፤
- 2 ዝቅተኞችና ከፍተኞች፤ ባለጠንችና ድሆች በአንድነት።
- 3 አፌ ጥበብን ይናገራል፤ የልቤም አሳብ ማስተዋልን።
- 4 ጆሮዬን ወደ ምሳሌ አዘነብላለሁ፤ በበገናም ምሥጢሬን 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 ከብርአልና፤ 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፤ እረኞቻቸውም ሞት ነው፤ ቅኖችንም በማለዳ ይገዙአቸዋል፤ ውበታቸውም ከመኖሪያቸው ተለይታ በሲኦል ታረጃለች።

15 ነገር ግን እግዚአብሔር ይቀበላልና ነፍሱን ከሲኦል እጅ ይቤዣታል።

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 እንደሚጠፋ 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 የአማልክት አምላክ እግዚአብሔር ተናገረ፡ ከፀሐይም 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 ዐውሎ አለ።
- 4 በላይ ያለውን ሰማይን ምድርንም በሕዝቡ ለመፍረድ ይጠራል፤
- 5 ከእርሱ ጋር ለመሥዋዕት ኪዳን የቆሙትን ቅዱሳኑን ሰብስቡለት።
- 6 ሰማያት ጽድቁን ይናገራሉ፤ እግዚአብሔር ፈራጅ ነውና።
- 7 ሕዝቤ፤ ሰማኝ፤ ልንገርህ፤ እስራኤልም፤ ሰማኝ፤ ልመስክርብህ፤ አምላክሰ እኔ አምላክህ ነኝ።
- 8 ስለ ቊርባንህ የምዘልፍህ አይደለሁም፤ የሚቃጠል መሥዋዕትህ 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 መሥዋዕት ሠዋ፤ 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 ኋላህ ጣልህ።
- 18 ሌባውን ባየህ ጊዜ ከእርሱ ጋር ትሮጥ ነበር እድል ፈንታህንም ከአመንዘሮች ጋር አደረግህ።
- 19 አፍህ ክፋትን አበዛ፤ አንደበትህም ሽንገላን ተበተበ።
- 20 ተቀምጦህ 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 ሰውር 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."

Psalm 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 በሂሶጽ እርጫኝ፥ እነጻማለሁ፤
እጠበኝ፥ ከበረዶም ይልቅ ነጭ እሆናለሁ።
- 8 ሐሜትንና ደስታን አሰማኝ፥
የሰበርሃቸውም አጥንቶቼ ደስ ይላቸዋል።
- 9 ከኃጢአቴ ፈትህን መልስ፥ በደሌንም ሁሉ ደምስስልኝ።
- 10 አቤቱ፥ ንጹሕ ልብን ፍጠርልኝ፥
የቀናውንም መንፈስ በውስጤ አድስ።
- 11 ከፈትህ አትጣለኝ፥ ቅዱስ መንፈስህንም ከእኔ ላይ አትውሰድብኝ።
- 12 የማዳንህን ደስታ ሰጠኝ፥ በእሽታ መንፈስም ደግፈኝ።
- 13 ለሕግ ተላላፎች መንገድህን አስተምራለሁ፥ ኃጢአተኞችም ወደ አንተ ይመለሳሉ።
- 14 የመድኃኒቴ አምላክ እግዚአብሔር ሆይ፥ ከደም አድነኝ፥ እንደባጥሰኝ 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 መጣውንም 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፤ ኤደማዊው ዶይቅ መጥቶ
ለሳኦል፡- ዳዊት ወደ አቢሜሌክ ቤት መጥቶአል
ብሎ በነገረው ጊዜ፤ የዳዊት ትምህርት።

- 1 ኃያል ሆይ፥ በክፋት ለምን ትንደዳለህ?
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
ምላስን 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
ለመለመ 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 ገብደዋል፤ 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 abun-
dant 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 pre-
sence 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 አያውቁም?
እግዚአብሔርንም አይጠሩትም።
- 5 እግዚአብሔር የግብዦችን አጥንቶች በትኖአልና። በዚያ የሚያስፈራ ሳይኖር እጅግ ፈሩ፤ እግዚአብሔር ንቅአቸዋልና አሳፈርሃቸው።
- 6 መድኃኒትን ከጽዮን ለእስራኤል ማን በሰጠ! እግዚአብሔር የሕዝቡን ምርኮ በመለስ ጊዜ፤ ያዕቆብ ደስ ይለዋል እስራኤልም ሐሄት ያደርጋል።

መዝሙር 54

ለመዘምራን አለቃ፤ በበገናዎች፤ ዚፋውያን መጥተው ለሳኦል፡- እነሆ ዳዊት በእኛ ዘንድ ተሸሽጓል ብለው በነገሩት 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። በኀዘኔ ተቅበዘበዘሁ 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 ይከብቡአታል፤ 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 ይምጣቸው፤ በሕይወት ሳሉ ወደ ሲኦል ይውረዱ፤ ክፋት በማደራያቸውና በመካከላቸው ነውና።
- 16 እኔ ግን ወደ እግዚአብሔር ጮኽሁ፤ እግዚአብሔርም ሰማኝ።
- 17 በማታና በጥዋት በቀትርም እናገራለሁ እጮኽማለሁ፤ 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፤ ከዳኑም አረከሱ።
- 21 አፉ 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 ሽንጋዮች ዘመናቸው ግማሽ አይሞላም፤ እኔ ግን፤ አቤቱ፤ እታመንሃለሁ።

መዝሙር 56

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

- 1 አቤቱ፤ ሰው ረግጦኛልና ማረኝ፤ ሁልጊዜም በሰልፍ አስጨንቆኛል።
- 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 ይመለከታሉ፤ ሁልጊዜም ነፍሴን ይሸምቁብታል።
- 7 በምንም ምን አታድናቸውም፤ አሕዛብን በቀጣ ትጥላቸዋለህ።
- 8 አምላክ ሆይ፤ ሕይወቴን ነገርሁህ፤ እንባዬን እንደ ትእዛዝህ 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 blood-thirsty 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 አከብራለሁ።
- 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 እስከታልፍ
ድረስ በከንፎችህ ጥላ እታመናለሁ።
- 2 ወደሚረዳኝ እግዚአብሔር ወደ ልዑል
እግዚአብሔር እጮኸለሁ።
- 3 ከሰማይ ልኮ አዳነኝ፥ ለረገጡኝም
ውርደትን ሰጣቸው፤ እግዚአብሔር
ቸርነቱንና እውነቱን ላከ።
- 4 ነፍሴን ከአንበሶች መካከል አዳናት።
ደንግጮ 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 አጐበጡክት፤ 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 fal-
ling, 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፤ አታጥፋ። የዳዊት ቅኔ።

- 1 በእውነት ጽድቅን ብትናገሩስ፤ የሰው ልጆች ሆይ፤ በቅን ትፈርዳላችሁ፤
- 2 በልባችሁ በምድር ላይ ኃጢአትን ትሠራላችሁና፤ እጆቻችሁም ግፍን ይታታሉና።
- 3 ኅጥአን ከማኅፀን ጀምረው ተለዩ፤ ከሆድም ጀምረው ሳቱ፤ ሐሰትንም ተናገሩ።
- 4 ቍጣቸው እንደ እባብ መርዝ ነው፤ እንደ ምድር አውሬም ጆሮዋ የተደፈነ ነው።
- 5 አዋቂ ሲደግምባት የአስማተኛውን ቃል እንደማትሰማ።
- 6 እግዚአብሔር ጥርሳቸውን በአፋቸው ውስጥ ይሰብራል፤ እግዚአብሔር የአንበሶቹን መንጋጋቸውን ያደቅቃል።
- 7 እንደሚፈስስ ውኃ ይቀልጣሉ፤ እስኪያደክማቸው ድረስ ፍላጾቹን ይገትራል።
- 8 እንደሚቀልጥ ሰም ያልቃሉ፤ እሳት ወደቀች፤ ፀሐይንም አላዩአትም።
- 9 እሾኻችሁ ሳይታወቅ በትር ሆነ፤ ሕያዋን ሳላችሁ በመዓቱ ይገጥቃችኋል።
- 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፤
በላዬም ከቆሙት አስጥለኝ።
- 2 ከግፍ አድራጊዎች ታደገኝ፥ ከደም
ሰዎችም አድነኝ።
- 3 እነሆ፥ ነፍሴን ሸምቀውባታልና፥
ብርቱዎችም በላዬ ተሰበሰቡ። አቤቱ፥
በበደሉም 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 አትማራቸው።
- 6 ማታ ይመለሱ እንደ ውሾችም ይራቡ፤
በከተማም ይዙሩ።
- 7 እነሆ፥ በአፋቸው አስምተው
ይናገራሉ፤ ሰይፍም በከንፈሮቻቸው
አለ፤ ማን ይሰማል? ይላሉ።
- 8 አንተ ግን አቤቱ፥ ትሥቅባቸዋለህ፤
አሕዛብንም ሁሉ ትንቃቸዋለህ።
- 9 እግዚአብሔር መጠጊያዬ ነውና
ኃይሌን ወደ አንተ አስጠጋለሁ።
- 10 የአምላኬ ቸርነቱ ይገናኘኛል አምላኬ
በጠላቶቼ ላይ ያሳየኛል።
- 11 ሕግህን እንዳይረሱ አትግደላቸው፤
አቤቱ ጋሻዬ፥ 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 ያንጐረጉራሉ።
- 16 እኔ ግን ለኃይልህ እቀኛለሁ፤
በምሕረትህም ማልዶ ደስ ይለኛል፤
በመከራዬ ቀን መጠጊያዬና አምባዬ
ሆነኸኛልና።
- 17 ረዳቴ ሆይ፤ ለአንተ ለአምላኬ
እዘምራለሁ፤ አንተ፤ አምላኬ፤
መጠጊያዬ ምሕረቴም ነህና።

መዝሙር 60

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

- 1 አቤቱ፤ ጣልኸን አፈረስኸንም፤
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 እንዲድኑ በቀኝህ አድን፤
አድምጠኝም።
- 6 እግዚአብሔር በቅድስናው ተናገረ፤
ደስ ይለኛል፤ ሴኬምንም እካፈላለሁ፤
የሱትትንም ሸለቆ እሰፍራለሁ።
- 7 ገላዳድ የእኔ ነው፤ ምናሴም የእኔ ነው፤
ኤፍሬም 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 መራሸኝ።
- 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 ኤድታም፤ 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 አምላኬ መድኃኒቴም ነውና፤ እርሱ መጠጊያዬ ነው፤ አልታወክም።
- 7 መድኃኒቴና ክብሩ በእግዚአብሔር ነው፤ የረድኤቴ አምላክ ተስፋዬም እግዚአብሔር ነው።
- 8 የሕዝብ ማኅበር ሁላችሁ፡ በእርሱ ታመኑ፡ ልባችሁንም በፈቱ 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 ከንፈሮቼ 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፥ በከንፎችህም ጥላ
ደስ ይለኛልና።
- 8 ነፍሴ በኋላህ ተከታተለች፥ እኔንም
ቀኝህ ተቀበለችኝ።
- 9 እነርሱ ግን ነፍሴን ለከንቱ ፈለጓት፤
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።

መዝሙር 64

ለመዘምራን አለቃ፤ የዳዊት መዝሙር።

- 1 አቤቱ፥ ወደ አንተ በለመንሁ ጊዜ
ጸሎቴን ሰማኝ፥ ከጠላትም ፍርሃት
ነፍሴን አድን።
- 2 ከከፉዎች ሸንጎ ከዓመፀኞችም ብዛት
ሰውረኝ።
- 3 እንደ ሰይፍ ምላሳቸውን አሰሉ፤
መራራ ነገርን ለማድረግ፥
- 4 ንጹሕንም በሰውር ለመንደፍ ቀስትን
ገተሩ፤ ድንገት ይነድፉታል
አይፈሩም።
- 5 ለእነርሱ ለራሳቸው ክፉ ነገርን አጸኑ፤
ወጥመድን ይሰውሩ ዘንድ ተማከሩ፤
ማንስ ያየናል? ይላሉ።
- 6 ዓመፃን ፈልጓት፥ ሲፈትኑም አለቁ፤
የሰው የውስጥ አሳቡና ልቡ የጠለቀ
ነው።

- 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.

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 blame-
less; they shoot suddenly and with-
out 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 concei-
ved plot." For the human heart and
mind are deep.

- 7 እግዚአብሔርም ከፍ ከፍ ይላል።
የድንገትም ፍላጻ፤ ያቈስላቸዋል፤
- 8 አንደበታቸው ያስናክላቸዋል፤
የሚያዩአቸውም ሁሉ ይደነግጣሉ።
- 9 ሰዎች ሁሉ ፈሩ፤ የእግዚአብሔርንም
ሥራ ተናገሩ፤ ሥራውንም
አስተዋሉ።
- 10 ጻድቅ 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፤ ስማን።
- 6 በጥልበትህ ተራሮችን አጸናሃቸው፤
በኃይልም ታጥቀሃል።
- 7 የባሕሩን ጥልቀት የሞገድንም ጩኸት
ታናውቃለህ።
- 8 ከተአምራትህ የተነሣ አሕዛብ
ይደነግጣሉ፤ በምድር ዳርቻም
የሚኖሩ ይፈራሉ፤ የጥዋትንና
የማታን መውጫ ደስ ታሰኛቸዋለህ።
- 9 ምድርን ጉበኘሃት አጠጣሃትም፤
ብልጥናዋንም እጅግ አበዛህ፤
የእግዚአብሔርን ወንዝ ውኃን የተመላ
ነው፤ ምግባቸውን አዘጋጀህ እንዲሁ
ታሰናዳለህ።

- 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 good-
ness 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፤ በደዋንም
ታስተካክላለህ፤ በነጠብጣብ
ታለሰልሳታለህ፤ በቃያዋንም
ትባርካለህ።
- 11 በቸርነትህ ዓመትን ታቀዳጃለህ፤
ምድረ በዳውም ስብን ይጠግባል።
- 12 የምድረ በዳ ተራሮች ይረካሉ፤
ኮረብቶችም በደስታ ይታጠቃሉ።
- 13 ማሰማርያዎች መንጎችን ለበሱ፤
ሸለቆችም በእህል 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 የብሰ 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
ቤትህ እገባለሁ፤ በመከራዬ ጊዜ በአፌ
የተናገርሁትን ከንፈሮቼም ያሉትን
ስእሳቱን ለአንተ እፈጽማለሁ።
- 15 ከዕጣንና ከወጣጭዎች ጋር
ለሚቃጠል መሥዋዕት ፍሪዳን
አቀርባለሁ፤ ላሞችንና ፍየሎችን
እሠዋልሃለሁ።
- 16 እግዚአብሔርን የምትፈሩት ሁሉ፤
ኩ፤ ስሙኝ፤ ለነፍሴ ያደረገላትን
ልንገራችሁ።
- 17 በአፌ ወደ እርሱ ጮኸሁ፤
በአንደበቱም አመሰግንሁት።
- 18 በልቤ በደልን አይቺ ብሆን ጌታ
አይሰማኝም ነበር።
- 19 ስለዚህ እግዚአብሔር ሰማኝ፤
የልመናዬን ድምፅ 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 ያመስግኑህ፤ አሕዛብ
ሁሉ ያመስግኑህ።
- 4 ለአሕዛብ በቅን ትፈርድላቸዋለህና፤
አሕዛብንም በምድር ላይ ትመራለህና
አሕዛብ ደስ ይበላቸው ሐላትም
ያድርጉ።
- 5 አቤቱ፤ አሕዛብ ያመስግኑህ፤ አሕዛብ
ሁሉ ያመስግኑህ።

- 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.

Psalm 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 ይባርክናል።

7 እግዚአብሔር ይባርክናል፤ የምድርም
ዳርቻ ሁሉ ይፈሩታል።

መዝሙር 68

ለመዘምራት አለቃ፤ የዳዊት የምስጋና መዝሙር።

1 እግዚአብሔር ይነሣ፤ ጠላቶቹም
ይበተኑ፤ የሚጠሉትም ከፊቱ ይሸሹ።

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

3 ጸድቃንም ደስ ይበላቸው፤
በእግዚአብሔርም ፊት ሐሣቡት
ያድርጉ፤ 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
አደጋች 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 አንጠበጠቡ።

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.

Psalms 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 habi-
tation.

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 pro-
vided 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 ላባዎችዋ 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 ያድርበት ዘንድ ወደደው፤ በእውነት እግዚአብሔር ለዘላለም ያድርበታል።
- 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 የደገነነት 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 የአምላኬ 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፥ ገዢዎቹው የይሁዳ አለቆች የዛብሎን አለቆችና የንፍታሌምም 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 እጆቿን 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፤ የዳዊት መዝሙር።

1 አቤቱ፥ ውኃ እስከ ነፍሴ ደርሶብኛልና አድነኝ።

2 በጥልቅ ረግረግ ጠለቅሁ መቋሚያም የለኝም። ወደ ጥልቅ ባሕር ገባሁ ማዕበልም አሰጠመኝ።

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 ደክምሁ 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 የወራዊት 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 ሆንሁላቸው።
- 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 አይዝጋ።
- 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 ከባሪያህም ፊትህን አትሰውር፤ ተጨንቁአለሁና ፈጥነህ አድምጠኝ።
- 18 ነፍሴን ተመልክተህ ተቤጥት፤ ስለ ጠላቶቼም አድነኝ።
- 19 አንተ ስድቤን እፍረቴንም ነውሬንም ታውቃለህ፤ የሚያስጨንቁኝ ሁሉ በፊትህ ናቸው።
- 20 ነፍሴ ስድብንና ኃሣርን ታገሠኝ፤ አስተዛዛኝም ተመኘሁ አላገኘሁም። የሚያጽናናኝም አጣሁ።
- 21 ለመብሌ ሐምት ሰጡኝ፤ ለጥማቴም ሆምጣጤ አጠጡኝ።
- 22 ማዕዳቸው በፊታቸው 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 ከእምቦሳ 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
ሰምቶአልና፤ እስረኞቹንም
አልናቀምና።

34 ሰማይና ምድር ባሕርም በእርስዎም
የሚንቀሳቀስ ሁሉ ያመሰግኑታል።

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

36 የባሪያዎቹ ዘር ይኖሩባታል። ስሙንም
የሚወድዱ በዚያ ይቀመጣሉ።

መዝሙር 70

ለመዘምራን አለቃ፤ ለመታሰቢያ፤ የዳዊት
መዝሙር።

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

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

3 እንኳ እንኳ የሚሉኝ አፍረው ወዲያው
ወደ ኋላቸው ይመለሱ።

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

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

መዝሙር 71

አስቀድመው ስለ ማረኩ ስለ አሚናዳብ ልጆች
የዳዊት መዝሙር።

1 አቤቱ፤ አንተን ታመንሁ፤ ለዘላለም
አልፈር።

2 በጽድቅህ አስጥለኝ ታደገኝም፤ ጆሮህን
ወደ እኔ አዘንብል አድነኝም።

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

4 አምላኬ፤ ከኃጢአተኛ እጅ፤
ከዓመፀኛና ከግፈኛም እጅ አድነኝ።

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

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

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

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

Psalms 70

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

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

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

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

Psalms 71

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

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

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

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 አፌን ምስጋና ምላ ሁልጊዜ ክብርህንና
ግርማህን እዘምር ዘንድ።
- 9 በእርጅናዬ ዘመን አትጣለኝ፤
ጉልበቴም ባለቀ ጊዜ አትተወኝ።
- 10 ጠላቶቼ በላዬ ተናግረዋልና፤
ነፍሴንም የሚሹክት በአንድነት
ተማክረዋልና፤ እንዲህም አሉ፡-
- 11 እግዚአብሔር ትቶታል፤ የሚያድነው
የለምና ተከትላችሁ ያዙት።
- 12 አምላክ ሆይ፡ ከእኔ አትራቅ፤
አምላኬ ሆይ፡ እኔን ለመርዳት ፍጠን።
- 13 ነፍሴን የሚቃወሙክት ይፈሩ
ይጥፉም፤ ጉዳቴንም የሚፈልጉ
እፍረትንና ኃሣርን ይልቡ።
- 14 እኔ ግን ሁልጊዜ ተስፋ አደርጋለሁ፤
በምስጋናህም ሁሉ ላይ እጨምራለሁ።
- 15 ሥራን አላውቅምና አፌ ጽድቅህን
ሁልጊዜም ማዳንህን ይናገራል።
- 16 በእግዚአብሔር ኃይል እንባለሁ፤
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፤ ተመልስህም
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 ታዋርደዋለህ።
- 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 በፊቱም 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.

Psalm 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 flour-
ish 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 ቡሩክ 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 ተፈጸመ።
- 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.

መዝሙር 73

የአሳፍ መዝሙር።

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

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 ተገብደውናል።
- 7 ዓይናቸው ስብ ስለ ሆነ ወጣ፤ ልባቸውም ከምኞታቸው ይልቅ አገኘ።
- 8 አስበው ክፉ ነገርን ተናገሩ። ከፍ ከፍ ብለውም በዓመፀኛ ተናገሩ።
- 9 አፋቸውን በሰማይ አኖሩ፤ አንደበታቸውም በምድር ውስጥ ተመላለሰ።
- 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 እንዲሁም አልሁ፡- በውኑ ልቤን በከንቱ አጸደቅሁ፤ እጆቼንም በንጽሕና በከንቱ አጠብሁ።
- 14 ሁል ጊዜም የተገረፍሁ ሆንሁ፤ መሰደቤም በማለዳ ነው።
- 15 እንደዚህ ብዬ ብናገር ኖሮ፤ እነሆ፤ የልጆችህን ትውልድ በበደልሁ ነበር።
- 16 አውቅም ዘንድ አሰብሁ፤ ይህ ግን በፊቴ ችግር ነበረ።
- 17 ወደ እግዚአብሔር መቅደስ እስክገባ 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
አጠፋኸቸው።

28 ለእኔ ግን ወደ እግዚአብሔር መቅረብ
ይሻለኛል፤ መታመኛዬም
እግዚአብሔር ነው በጽዮን ልጅ በሮች
ምስጋናህን ሁሉ እናገር ዘንድ።

መዝሙር 74

የአላፍ ትምህርት።

1 አቤቱ፥ ስለ ምን ለዘወትር ጣልኸቃ?
በማስማርያህ በጎች ላይስ ቀጣህን ስለ
ምን ተቈጣህ?

2 አስቀድመህ የፈጠርሃትን ማኅበርህን፥
የተቤገሪሃትንም የርስትህን በትር፥
በእርስዋ 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፤ የስምህንም 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 ያቃልላል?
- 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 ወራህ፤ በጋንም ከረምትንም አንተ አደረግህ።
- 18 ይህን ፍጥረትህን አስብ። ጠላት እግዚአብሔርን ተላገደ፤ ሰነፍ ሕዝብም ስሙን አስቈጣ።
- 19 የምትገዛልህን ነፍስ ለአራዊት አትስጣት፤ 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 አስብ።

23 የባሪያዎችህን ቃል አትርሳ፤ የጠላቶችህ ድረት ሁልጊዜ ወደ አንተ ይወጣል።

መዝሙር 75

ለመዘምራን አለቃ፤ አታጥፋ። የአሳፍ የምስጋና መዝሙር።

1 አቤቱ፤ እናመሰግንሃለን እናመሰግንሃለን ስምህንም እንጠራለን፤ ተአምራትህን ሁሉ እናነጋላለሁ።

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 ልበ 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፤ ቀላጣህን
ማን ይቃወማል?
- 8 ፍርድን ከሰማይ አሰማህ፤ ምድር ፈራች
ዝምም አለች።
- 9 ልበ 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 ኤዶታም፤ የአሳፍ
መዝሙር።

- 1 በቃሌ ወደ እግዚአብሔር ጮኸሁ፤
ቃሌም ወደ እግዚአብሔር ነው፤
እርሱም አደመጠኝ።
- 2 በመከራዬ ቀን እግዚአብሔርን
ፈለግሁት፤ እጆቼ በሌሊት በፈቱ
ናቸው፤ 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 judg-
ment; 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.

- 3 እግዚአብሔርን አሰብሁት ደስ አለኝም፤ ተናገርሁ፥ ነፍሴም ፈዘዘች።
- 4 ዓይኖቼ እንዲተጉ ያዘሃቸው፤ ደነገጥሁ አልተናገርሁም።
- 5 የዱሮውን ዘመን አሰብሁ፤ የዘላለሙን ዓመታት አሰብሁ፤ አጠናጠንሁም
- 6 በሌሊት ከልቤ ጋር ተጫወትሁ፤ ነፍሴንም አነቃቃኋት።
- 7 እግዚአብሔር ለዘላለም ይጥላልን? እንግዲህስ ቸርነቱን አይጨምርምን?
- 8 ለዘላለምስ ምሕረቱ ለልጅ ልጅ ተቈረጠችን? የተናገረውስ ቃል አልቆአልን?
- 9 እግዚአብሔርስ ሞገሱን ረሳን? በቀጣውስ ምሕረቱን ዘጋውን?
- 10 ይህ ድካሜ ነው አልሁ፤ የልዑል ቀኝ እንደ ተለወጠ።
- 11 የእግዚአብሔርን ሥራ አስታወስሁ፤ የቀደመውን ተአምራትህን አስታወሳለሁና፤
- 12 በምግባርህም ሁሉ እናገራለሁ፤ በሥራህም እጫወታለሁ።
- 13 አቤቱ፤ መንገድህ በመቅደስ ውስጥ ነው፤ እንደ አምላካችን ያለ ታላቅ አምላክ ማን ነው?
- 14 ተአምራትን የምታደርግ አምላክ አንተ ነህ። ለሕዝብህ ኃይልን አስታወቅሃቸው።
- 15 የያዕቆብንና የዮሴፍን ልጆች፤ ሕዝብህን በክንድህ አዳንሃቸው።
- 16 አቤቱ፤ ውኆች አይህ፤ ውኆችም አይተውህ ፈሩ፤ ጥልቆች ተነዋወጡ፤ ውኆችም ጮኹ።
- 17 ደመኖች ድምፅን ሰጡ፤ ፍላጾችህም ወጡ።
- 18 የነገውድንድህ ድምፅ በዐውሎ ነበረ፤ መብረቆች ለዓለም አበሩ፤ ምድር ተናወጠች ተንቀጠቀጠችም።

- 3 I think of God, and I moan; I meditate, and my spirit faints. Selah
- 4 You keep my eyelids from closing; I am so troubled that I cannot speak.
- 5 I consider the days of old, and remember the years of long ago.
- 6 I commune with my heart in the night; I meditate and search my spirit:
- 7 "Will the Lord spurn forever, and never again be favorable?
- 8 Has his steadfast love ceased forever? Are his promises at an end for all time?
- 9 Has God forgotten to be gracious? Has he in anger shut up his compassion?" Selah
- 10 And I say, "It is my grief that the right hand of the Most High has changed."
- 11 I will call to mind the deeds of the LORD; I will remember your wonders of old.
- 12 I will meditate on all your work, and muse on your mighty deeds.
- 13 Your way, O God, is holy. What god is so great as our God?
- 14 You are the God who works wonders; you have displayed your might among the peoples.
- 15 With your strong arm you redeemed your people, the descendants of Jacob and Joseph. Selah
- 16 When the waters saw you, O God, when the waters saw you, they were afraid; the very deep trembled.
- 17 The clouds poured out water; the skies thundered; your arrows flashed on every side.
- 18 The crash of your thunder was in the whirlwind; your lightnings lit up the world; the earth trembled and shook.

19 መንገድህ በባህር ውስጥ ነው፤
ፍለጋህም በብዙ ውጥች ነው፤
አረማመድህም አልታወቀም።

20 በሙሴና በአሮን እጅ ሕዝብህን እንደ
በጎች መራሃቸው።

መዝሙር 78

የአሳፍ ትምህርት።

1 ሕዝቤ ሆይ፤ ሕጌን አድምጡ፤
ጀሮአችሁንም ወደ አፌ ቃል
አዘንብሉ።

2 አፌን በምሳሌ እከፍታለሁ፤ ከቀድሞ
ጀምሮ፤ ያለውንም ተምሳሌት
እናገራለሁ።

3 የሰማነውንና ያውቅነውን፤
አባቶቻችንም የነገሩንን፤ ለሚመጣ
ትውልድ ከልጆቻቸው አልሰወሩም።

4 የእግዚአብሔርን ምስጋናና ኃይሉን
ያደረገውንም ተአምራት ተናገሩ።

5 ለልጆቻቸው ያስታውቅ ዘንድ
ለአባቶቻችን ያዘዘውን ምስክር
በያዕቆብ አቆመ፤ በእስራኤልም ሕግን
ወራ፤

6 የሚመጣ፤ ትውልድ የሚወለዱም
ልጆች ያውቁ ዘንድ፤ ተነሥተው
ለልጆቻቸው ይነግራሉ፤

7 ተስፋቸውን በእግዚአብሔር
እንዲያደርጉ፤ የእግዚአብሔርንም
ሥራ እንዳይረሱ፤ ትእዛዙንም
እንዲጠብቁ፤

8 እንደ አባቶቻቸው እንዳይሆኑ ጠማማና
የምታስመርር ትውልድ፤ ልብዋን
ያላቀናች ትውልድ፤ ነፍስዋ
በእግዚአብሔር ዘንድ ያልታመነች።

9 የኤፍሬም ልጆች ለሰልፍ ታጥቀው
ቀስትንም ገትረው በሰልፍ ቀን ወደ
ኋላ ተመለሱ።

10 የእግዚአብሔርን ኪዳን አልጠበቁም፤
በሕጉም ለመመለስ እንቢ አሉ፤

11 መልካም ሥራውንና ያሳያቸውን
ተአምራቱን ረሱ፤

19 Your way was through the sea, your
path, through the mighty waters; yet
your footprints were unseen.

20 You led your people like a flock by
the hand of Moses and Aaron.

Psalm 78

1 Give ear, O my people, to my
teaching; incline your ears to the
words of my mouth.

2 I will open my mouth in a parable; I
will utter dark sayings from of old,

3 things that we have heard and known,
that our ancestors have told us.

4 We will not hide them from their
children; we will tell to the coming
generation the glorious deeds of the
LORD, and his might, and the
wonders that he has done.

5 He established a decree in Jacob, and
appointed a law in Israel, which he
commanded our ancestors to teach to
their children;

6 that the next generation might know
them, the children yet unborn, and
rise up and tell them to their chil-
dren,

7 so that they should set their hope in
God, and not forget the works of
God, but keep his commandments;

8 and that they should not be like their
ancestors, a stubborn and rebellious
generation, a generation whose heart
was not steadfast, whose spirit was
not faithful to God.

9 The Ephraimites, armed with the bow,
turned back on the day of battle.

10 They did not keep God's covenant,
but refused to walk according to his
law.

11 They forgot what he had done, and
the miracles that he had shown them.

- 12 በግብጽ አገርና በጣኔዎስ በረሃ በአባቶቻቸው ፊት የሠራውን ተአምራት።
- 13 ባሕርን ከፍሎ አሳለፋቸው፤ ውኆችን እንደ ክምር አቆመ።
- 14 ቀን በደመና መራቸው፤ ሌሊቱንም ሁሉ በእሳት ብርሃን።
- 15 ዓለቱን በምድረ በዳ ሰነጠቀ፤ ከጥልቅ እንደሚገኝ ያህል በብዙ አጠጣቸው።
- 16 ውኃን ከጭንጫ አወጣ፤ ውኃንም እንደ ወንዞች አፈሰሰ።
- 17 ነገር ግን ይበድሉት ዘንድ እንደ ገና ደገሙ፤ ልዑልንም በምድረ በዳ አስቈጡት።
- 18 ለነፍሳቸው መብልን ይፈልጉ ዘንድ፤ እግዚአብሔርን በልባቸው ፈተኑት።
- 19 እግዚአብሔርን እንዲህ ብለው አሙት፡- እግዚአብሔር በምድረ በዳ ማዕድን ያሰናዳ ዘንድ ይችላልን?
- 20 ዓለቱን መታ፤ ውኆችም ወጡ፤ ወንዞችም ጐረፉ፤ እንጂራን መስጠትስ ይችላልን? ለሕዝቡስ ማዕድን ያዘጋጃልን?
- 21 እግዚአብሔርም ይህን ሰምቶ ተቈጣ፤ በያዕቆብም ላይ እሳት ነደደ፤ መዓትም በእስራኤል ላይ መጣ፤
- 22 በእግዚአብሔር አላመኑምና፤ በመድኃኒቱም አልተማመኑምና።
- 23 ደመናውንም ከላይ አዘዘ፤ የሰማይንም ደጆች ከፈተ፤
- 24 ይበሉም ዘንድ መናን አዘነበላቸው፤ የሰማይንም እንጂራ ሰጣቸው።
- 25 የመላክትንም እንጂራ ሰው በላ ስንቅንም እስከተርፋቸው ላከላቸው።
- 26 ከሰማይ የምሥራቅን ነፋስ አስነሣ፤ በኃይሉም የደቡብን ነፋስ አመጣ፤
- 12 In the sight of their ancestors he worked marvels in the land of Egypt, in the fields of Zoan.
- 13 He divided the sea and let them pass through it, and made the waters stand like a heap.
- 14 In the daytime he led them with a cloud, and all night long with a fiery light.
- 15 He split rocks open in the wilderness, and gave them drink abundantly as from the deep.
- 16 He made streams come out of the rock, and caused waters to flow down like rivers.
- 17 Yet they sinned still more against him, rebelling against the Most High in the desert.
- 18 They tested God in their heart by demanding the food they craved.
- 19 They spoke against God, saying, "Can God spread a table in the wilderness?"
- 20 Even though he struck the rock so that water gushed out and torrents overflowed, can he also give bread, or provide meat for his people?"
- 21 Therefore, when the LORD heard, he was full of rage; a fire was kindled against Jacob, his anger mounted against Israel,
- 22 because they had no faith in God, and did not trust his saving power.
- 23 Yet he commanded the skies above, and opened the doors of heaven;
- 24 he rained down on them manna to eat, and gave them the grain of heaven.
- 25 Mortals ate of the bread of angels; he sent them food in abundance.
- 26 He caused the east wind to blow in the heavens, and by his power he led out the south wind;

- 27 ሥጋን እንደ አፈር፤ የሚበርፋትንም
ወፎች እንደ ባሕር አሸዋ
አዘነበላቸው፤
- 28 በሰፈራቸው መካከል፤
በድንኳናቸውም ዙሪያ ወደቀ።
- 29 በሉ እጅግም ጠገቡ፤ ምኞታቸውንም
ሰጣቸው።
- 30 ከወደዱትም አላሳጣቸውም፤
መብላቸውም ገና በአፋቸው ሳለ፤
- 31 የእግዚአብሔር ቁጣ በላያቸው
መጣ፤ ከእነርሱም ከፍ ያሉትን ገደለ፤
የእስራኤልንም ምርጦች አሰናከለ።
- 32 ከዚህም ሁሉ ጋር እንደ ገና በደሉ፤
ተአምራቱንም አላመኑም፤
- 33 ቀኖቻቸውም በከንቱ አለቁ፤
ዓመቶቻቸውም በችኩላ።
- 34 በገደላቸውም ጊዜ ወዲያው ፈለጉት፤
ተመለሱ ወደ እግዚአብሔርም
ገመገሙ፤
- 35 ረዳታቸውም እግዚአብሔር፤
መድኃኒታቸውም ልዑል አምላክ
እንደ ሆነ አሰቡ።
- 36 በአፋቸው ብቻ ወደዱት፤
በአንደበታቸውም ዋሹበት፤
- 37 ልባቸውም ከእርሱ ጋር አልቀናም፤
በቃል ኪዳንም አልተማመኑትም።
- 38 እርሱ ግን መላሪ ነው፤
ኃጢአታቸውንም ይቅር አላቸው፤
አላጠፋቸውምም፤ ቁጣውንም
መመለስ አበዛ፤ መዓቱንም ሁሉ
አላቃጠለም።
- 39 ወጥቶ የማይመለስ መንፈስ፤ ሥጋም
እንደ ሆኑ አሰበ።
- 40 በምድረ በዳ ምን ያህል አስቈጡት፤
በበረሃም አሳዘኑት።
- 41 ተመለሱ፤ እግዚአብሔርንም
ፈተኑት፤ የእስራኤልንም ቅዱስ
አሳዘኑት።
- 27 he rained flesh upon them like dust,
winged birds like the sand of the
seas;
- 28 he let them fall within their camp, all
around their dwellings.
- 29 And they ate and were well filled,
for he gave them what they craved.
- 30 But before they had satisfied their
craving, while the food was still in
their mouths,
- 31 the anger of God rose against them
and he killed the strongest of them,
and laid low the flower of Israel.
- 32 In spite of all this they still sinned;
they did not believe in his wonders.
- 33 So he made their days vanish like a
breath, and their years in terror.
- 34 When he killed them, they sought
for him; they repented and sought
God earnestly.
- 35 They remembered that God was
their rock, the Most High God their
redeemer.
- 36 But they flattered him with their
mouths; they lied to him with their
tongues.
- 37 Their heart was not steadfast toward
him; they were not true to his
covenant.
- 38 Yet he, being compassionate, for-
gave their iniquity, and did not
destroy them; often he restrained his
anger, and did not stir up all his
wrath.
- 39 He remembered that they were but
flesh, a wind that passes and does
not come again.
- 40 How often they rebelled against him
in the wilderness and grieved him in
the desert!
- 41 They tested God again and again,
and provoked the Holy One of
Israel.

- 42 እነርሱም እጁን አላሰቡም፤
ከጠላቶቻቸው እጅ ያዳነበትን ቀን፤
- 43 በግብጽ ያደረገውን ተአምራቱን፤
በጣኔዎስም በረሃ ያደረገውን ድንቁን።
- 44 ወንዞቻቸውንም ወደ ደም ለወጠ፤
ምንጮቻቸውን ደግሞ እንዳይጠጡ።
- 45 ዝንቦችንም በላያቸው ሰደደባቸው፤
በሉአቸውም፤ በጌጥንቸውም
አጠፋቸው።
- 46 ፍሬያቸውን ለኩብኩባ፤
ሥራቸውንም ለአንበጣ ሰጠ።
- 47 ወይናቸውን በበረዶ፤ በለሳቸውንም
በአመዳይ አጠፋ።
- 48 እንስሶቻቸውን ለበረዶ፤
ሀብታቸውንም ለእሳት ሰጠ።
- 49 የመዓቱን መቅወፍት በላያቸው
ሰደደ፤ መቅወፍትን መዓትንም
መከራንም በክፉዎች መላእክት
ሰደደ።
- 50 ለቀጣው መንገድን ጠረገ፤
ነፍሳቸውንም ከሞት አላዳናትም፤
እንስሶቻቸውንም በሞት ውስጥ ዘጋ፤
- 51 በኩሮቻቸውን ሁሉ በግብጽ፤ የድካ
ማቸውንም መጀመሪያ በካም
ድንኳኖች ገደለ።
- 52 ሕዝቡን ግን እንደ በጎች አሰማ
ራቸው፤ እንደ መንጋም በምድረ በዳ
መራቸው።
- 53 በተስፋም መራቸው አልፈሩምም፤
ጠላቶቻቸውንም ባሕር ደፈናቸው።
- 54 ወደ መቅደሱም ተራራ አገባቸው፤
ቀኙ ወደ ፈጠረችው ወደዚህች
ተራራ፤
- 55 ከፊታቸውም አሕዛብን አባረረ፤
ርስቱንም በገመድ አካፈላቸው፤
የእስራኤልንም ወገኖች በቤታቸው
አኖረ።
- 56 ነገር ግን ልዑል እግዚአብሔርን
ፈተኑት አስቈጡትም፤ ምስክሩንም
አልጠበቁም፤
- 42 They did not keep in mind his
power, or the day when he redeemed
them from the foe;
- 43 when he displayed his signs in
Egypt, and his miracles in the fields
of Zoan.
- 44 He turned their rivers to blood, so
that they could not drink of their
streams.
- 45 He sent among them swarms of
flies, which devoured them, and
frogs, which destroyed them.
- 46 He gave their crops to the caterpillar,
and the fruit of their labor to the
locust.
- 47 He destroyed their vines with hail,
and their sycamores with frost.
- 48 He gave over their cattle to the hail,
and their flocks to thunderbolts.
- 49 He let loose on them his fierce
anger, wrath, indignation, and dis-
tress, a company of destroying
angels.
- 50 He made a path for his anger; he did
not spare them from death, but gave
their lives over to the plague.
- 51 He struck all the firstborn in Egypt,
the first issue of their strength in the
tents of Ham.
- 52 Then he led out his people like
sheep, and guided them in the
wilderness like a flock.
- 53 He led them in safety, so that they
were not afraid; but the sea over-
whelmed their enemies.
- 54 And he brought them to his holy
hill, to the mountain that his right
hand had won.
- 55 He drove out nations before them;
he apportioned them for a possession
and settled the tribes of Israel in
their tents.
- 56 Yet they tested the Most High God,
and rebelled against him. They did
not observe his decrees,

- 57 ተመለሱም እንደ አባቶቻቸውም ከዱ፤
እንደ ጠማማ ቀስትም ተገለበጡ፤
- 58 በከሬብታ መስገጃዎቻቸውም
አስቈጡት፤ በተቀረጹ ምስሎቻቸውም
አስቀኑት።
- 59 እግዚአብሔርም ይህን ሰምቶ ተቈጣ፤
እስራኤልንም እጅግ ናቀ፤
- 60 የሴሎምን ማደሪያ ተዋት በሰዎች
መካከል ያደረገባትን ድንኳኑን፤
- 61 ኃይላቸውን ለምርኮ፤ ሽልማቱንም
በጠላት እጅ ሰጠ።
- 62 ሕዝቡንም በጦር ውስጥ ዘጋቸው፤
ርስቱንም ቸል አላቸው።
- 63 ጉልማሶቻቸውን እሳት በላቸው፤
ቈንጃጅቶቻቸውም አላዘኑም፤
- 64 ካህናቶቻቸውም በሰይፍ ወደቁ፤
ባልቴቶቻቸውም አላለቀሱላቸውም።
- 65 እግዚአብሔርም ከእንቅልፍ
እንደሚነቃ ተነሣ፤ የወይን ስካር እንደ
ተወው እንደ ኃይልም ሰው፤
- 66 ጠላቶቹንም በኋላቸው መታ፤
የዘላለምን ኅዛር ሰጣቸው።
- 67 የዮሴፍንም ድንኳን ተዋት፤
የኤፍራምንም ወገን አልመረጠውም፤
- 68 የይሁዳን ወገን ግን መረጠ፤
የወደደውን የጽዮንን ተራራ።
- 69 መቅደሱን እንደ አርያም ሠራ፤
ለዘላለምም በምድር ውስጥ
መሠረታት።
- 70 ዳዊትንም ባሪያውን መረጠው፤
ከበጎቹም መንጋ ውስጥ ወሰደው፤
- 71 ከሚያጠቡ በጎችም በኋላ፤ ባሪያውን
ያዕቆብን ርስቱንም እስራኤልን
ይጠብቅ ዘንድ ወሰደው።
- 72 በልቡ ቅንነት ጠበቃቸው፤ በእጁም
ብልሃት መራቸው።
- 57 but turned away and were faithless
like their ancestors; they twisted like
a treacherous bow.
- 58 For they provoked him to anger
with their high places; they moved
him to jealousy with their idols.
- 59 When God heard, he was full of
wrath, and he utterly rejected Israel.
- 60 He abandoned his dwelling at
Shiloh, the tent where he dwelt
among mortals,
- 61 and delivered his power to captivity,
his glory to the hand of the foe.
- 62 He gave his people to the sword,
and vented his wrath on his heritage.
- 63 Fire devoured their young men, and
their girls had no marriage song.
- 64 Their priests fell by the sword, and
their widows made no lamentation.
- 65 Then the Lord awoke as from sleep,
like a warrior shouting because of
wine.
- 66 He put his adversaries to rout; he
put them to everlasting disgrace.
- 67 He rejected the tent of Joseph, he
did not choose the tribe of Ephraim;
- 68 but he chose the tribe of Judah,
Mount Zion, which he loves.
- 69 He built his sanctuary like the high
heavens, like the earth, which he has
founded forever.
- 70 He chose his servant David, and
took him from the sheepfolds;
- 71 from tending the nursing ewes he
brought him to be the shepherd of
his people Jacob, of Israel, his
inheritance.
- 72 With upright heart he tended them,
and guided them with skillful hand.

መዝሙር 79

የአሳፍ መዝሙር።

- 1 አቤቱ፥ አሕዛብ ወደ ርስትህ ገቡ፤ የቅድስናህንም መቅደስ አረከሱ፤ ኢየሩሳሌምንም እንደ መደብ አደረጉአት።
- 2 የባሪያዎችህንም በድኖች ለሰማይ ወፎች መብል አደረጉ፤ የጻድቃንህንም ሥራ ለምድር አራዊት፤
- 3 ደማቸውንም በኢየሩሳሌም ዙሪያ እንደ ውኃ አፈሰሱ፤ የሚቀብራቸውም አጡ።
- 4 ለጎረቤቶቻችንም ስድብ ሆንን፤ በዙሪያችንም ላሉ ሣቅና ዘበት።
- 5 አቤቱ፥ እስከ መቼ ለዘላለም ትቈጣለህ? ቅንዓትህም እንደ እሳት ይነድዳል?
- 6 ስምህን በማይጠሩ መንግሥታት ላይ በማያውቁህም አሕዛብ ላይ መዓትህን አፍስስ፤
- 7 ያዕቆብን በልተውታልና፤ ስፍራውንም ባደማ አድርገዋልና።
- 8 የቀደመውን በደላችንን አታስብብን፤ ምሕረትህ በቶሎ ታግኘን፤ እጅግ ተቸግረናልና።
- 9 አምላካችንና መድኃኒታችን ሆይ፤ እርዳን፤ ስለ ስምህ ክብር፤ አቤቱ፤ ታደገን፤ ስለ ስምህም ኃጢአታችንን አስተሰርዬልን።
- 10 አሕዛብ፤ አምላካቸው ወዴት ነው? እንዳይሉ፤ የፈሰሰውን የባሪያዎችህን ደም በቀል በዓይኖቻችን ፊት አሕዛብ ያወቁ፤
- 11 የእስረኞች ጩኸት ወደ ፊትህ ይግባ፤ እንደ ክንድህም ታላቅነት ሊገደሉ የተፈረደባቸውን አድን።
- 12 አቤቱ፥ የተዘባበቱብህን መዘባ በታቸውን ለጎረቤቶቻችን ሰባት እጥፍ በብብታቸው ክፈላቸው።

Psalm 79

- 1 O God, the nations have come into your inheritance; they have defiled your holy temple; they have laid Jerusalem in ruins.
- 2 They have given the bodies of your servants to the birds of the air for food, the flesh of your faithful to the wild animals of the earth.
- 3 They have poured out their blood like water all around Jerusalem, and there was no one to bury them.
- 4 We have become a taunt to our neighbors, mocked and derided by those around us.
- 5 How long, O LORD? Will you be angry forever? Will your jealous wrath burn like fire?
- 6 Pour out your anger on the nations that do not know you, and on the kingdoms that do not call on your name.
- 7 For they have devoured Jacob and laid waste his habitation.
- 8 Do not remember against us the iniquities of our ancestors; let your compassion come speedily to meet us, for we are brought very low.
- 9 Help us, O God of our salvation, for the glory of your name; deliver us, and forgive our sins, for your name's sake.
- 10 Why should the nations say, "Where is their God?" Let the avenging of the outpoured blood of your servants be known among the nations before our eyes.
- 11 Let the groans of the prisoners come before you; according to your great power preserve those doomed to die.
- 12 Return sevenfold into the bosom of our neighbors the taunts with which they taunted you, O Lord!

13 እኛ ሕዝብህ ግን፥ የማሰማርያህም በጎች፥ ለዘላለም እናመሰግንሃለን፤ ለልጅ ልጅም ምስጋናህን እንናገራለን።

መዝሙር 80

ለመዘምራን አለቃ፤ በመለከቶች፤ ስለ አሦራውያን፤ የአላፍ የምስክር መዝሙር።

- 1 የሴፍን እንደ መንጋ የምትመራ፥ የእስራኤል ጠባቂ ሆይ፥ አድምጥ፤ በኪሩቤል ላይ የምትቀመጥ፥ ተገለጥ።
- 2 በኤፍሬምና በብንያም በምናሴም፤ ኃይልህን አንሣ እኛንም ለማዳን ና።
- 3 አቤቱ፥ መልሰን፥ ፊትህንም አብራ፥ እኛም እንድናለን።
- 4 የሠራዊት አምላክ አቤቱ፥ በባሪያህ ጸሎት ላይ እስከ መቼ ትቈጣለህ?
- 5 የእንባ እንጀራን ትመግበናለህ፥ እንባም በስፍር ታጠጣናለህ።
- 6 ለጎረቤቶቻችን ክርክር አደረግኸን፥ ጠላቶቻችንም በላያችን ተሣለቁብን።
- 7 የሠራዊት አምላክ አቤቱ፥ መልሰን፥ ፊትህንም አብራ፥ እኛም እንድናለን።
- 8 ከግብጽ የወይን ግንድ አመጣህ፤ አሕዛብን አባረርህ እርስዋንም ተከልህ።
- 9 በፊትዋም ስፍራን አዘጋጀህ፥ ሥሮችዋንም ተከልህ ምድርንም ሞላች።
- 10 ጥላዋ ተራሮችን ከደነ፥ ጫፎችዋም እንደ እግዚአብሔር ዝግባ ሆኑ።
- 11 ቅርንጫፎችዋንም እስከ ባሕር፥ ቡቃያዋንም እስከ ወንዙ ዘረጋች።
- 12 አጥርዋን ለምን አፈረስህ? መንገድ አላፈም ሁሉ ይቀጥፋታል።
- 13 የዱር እርያ አረከላት፥ የአገር አውራም ተሰማራባት።
- 14 የሠራዊት አምላክ ሆይ፥ እንግዲህ ተመለስ፤ ከሰማይ ተመልከት፥ እይም፥ ይህችንም የወይን ግንድ ጎብኝ።

13 Then we your people, the flock of your pasture, will give thanks to you forever; from generation to generation we will recount your praise.

Psalm 80

- 1 Give ear, O Shepherd of Israel, you who lead Joseph like a flock! You who are enthroned upon the cherubim, shine forth
- 2 before Ephraim and Benjamin and Manasseh. Stir up your might, and come to save us!
- 3 Restore us, O God; let your face shine, that we may be saved.
- 4 O LORD God of hosts, how long will you be angry with your people's prayers?
- 5 You have fed them with the bread of tears, and given them tears to drink in full measure.
- 6 You make us the scorn of our neighbors; our enemies laugh among themselves.
- 7 Restore us, O God of hosts; let your face shine, that we may be saved.
- 8 You brought a vine out of Egypt; you drove out the nations and planted it.
- 9 You cleared the ground for it; it took deep root and filled the land.
- 10 The mountains were covered with its shade, the mighty cedars with its branches;
- 11 it sent out its branches to the sea, and its shoots to the River.
- 12 Why then have you broken down its walls, so that all who pass along the way pluck its fruit?
- 13 The boar from the forest ravages it, and all that move in the field feed on it.
- 14 Turn again, O God of hosts; look down from heaven, and see; have regard for this vine,

- 15 በሰው ልጅ ለአንተ ያጸናኸውን ቀኝህ
የተከላትን አንሣ።
- 16 በእሳት ተቃጥለላች ተነቅላማለች፤
ከፊትህ ተግግጽም የተነሣ ይጠፋሉ።
- 17 ለአንተ ባጸናኸው በሰው ልጅ ላይ፤
በቀኝህ ሰው ላይ እጅህ ትሁን።
- 18 ከአንተም አንራቅ፤ አድነን ስምህንም
እንጠራለን።
- 19 የሠራዊት አምላክ አቤቱ፤ መልሰን፤
ፊትህንም አብራ፤ እኛም እንድናለን።

መዝሙር 81

ለመዘምራን አለቃ፤ በዋሽንት፤ የአሳፍ መዝሙር።

- 1 በረድኤታችን በእግዚአብሔር ደስ
ይበላችሁ፤ ለያዕቆብም አምላክ እልል
በሉ።
- 2 ዝማሬውን አንሠ፡ ከበሮንም ስጡ፤ ደስ
የሚያስኘውን በገና ከመሰንቆ ጋር፤
- 3 በመባቻ ቀን በከፍተኛው በዓላችን ቀን
መለከትን ንፋ፤
- 4 ለእስራኤል ሥርዓቱ ነውና፤
የያዕቆብም አምላክ ፍርድ።
- 5 ከግብጽ በወጣ ጊዜ ለዮሴፍ ምስክር
አቆመው። ያላወቅሁትን ቋንቋ
ሰማሁ።
- 6 ጫንቃውን ከሸከም፤ እጆቼንም
በቅርጫት ከመገዛት አራቅሁ።
- 7 በመከራህ ጊዜ ጠራኸኝ አዳንሁህም፤
በተሰወረ ዐውሎም መለስሁልህ፤
በክርክር ውኃ ዘንድም ፈተንሁህ።
- 8 ሕዝቤ ሆይ፤ ሰማኝ እነግርሃለሁም፤
እስራኤል ሆይ፤ እመሰክርልሃለሁ።
- 9 አንተስ ብትሰማኝ ሌላ አምላክ አይሆን
ልህም፤ ለሌላ አምላክም
አትሰግድም።
- 10 ከግብጽ ምድር ያወጣሁህ እኔ
እግዚአብሔር አምላክህ ነኝና፤
አፍህን አስፋ እሞላለሁም።

- 15 the stock that your right hand
planted.
- 16 They have burned it with fire, they
have cut it down; may they perish at
the rebuke of your countenance.
- 17 But let your hand be upon the one at
your right hand, the one whom you
made strong for yourself.
- 18 Then we will never turn back from
you; give us life, and we will call on
your name.
- 19 Restore us, O LORD God of hosts;
let your face shine, that we may be
saved.

Psalm 81

- 1 Sing aloud to God our strength; shout
for joy to the God of Jacob.
- 2 Raise a song, sound the tambourine,
the sweet lyre with the harp.
- 3 Blow the trumpet at the new moon, at
the full moon, on our festal day.
- 4 For it is a statute for Israel, an
ordinance of the God of Jacob.
- 5 He made it a decree in Joseph, when
he went out over the land of Egypt. I
hear a voice I had not known:
- 6 "I relieved your shoulder of the
burden; your hands were freed from
the basket.
- 7 In distress you called, and I rescued
you; I answered you in the secret
place of thunder; I tested you at the
waters of Meribah. Selah
- 8 Hear, O my people, while I admonish
you; O Israel, if you would but listen
to me!
- 9 There shall be no strange god among
you; you shall not bow down to a
foreign god.
- 10 I am the LORD your God, who
brought you up out of the land of
Egypt. Open your mouth wide and I
will fill it.

- 11 ሕዝቤ ግን ቃሉን አልሰሙኝም፤
እስራኤልም አላዳመጠኝም።
- 12 እንደ ልባቸው ሥራ ተውሏቸው፤
በልባቸውም አላባላ ሄዱ።
- 13 ሕዝቤስ ሰምቶኝ ቢሆን፤ እስራኤልም
በመንገዴ ሄደው ቢሆን፤
- 14 ጠላቶቻቸውን ፈጥኜ ባዋረድላቸው-
ነበር፤ በሚያስጨንቋቸውም ላይ እጄን
በጣልሁ ነበር፤
- 15 የእግዚአብሔር ጠላቶችም በተገዙለት
ነበር፤ ዘመናቸውም ለዘላለም በሆነ
ነበር፤
- 16 ከስንዴም ስብ ባበላቸው ነበር፤
ከዓለቱም ማር ባጠገባቸው ነበር።

መዝሙር 82

የአሳፍ መዝሙር።

- 1 እግዚአብሔር በአማልክት ማኅበር
ቆመ፤ በአማልክትም መካከል
ይፈርዳል።
- 2 እስከ መቼ ሐሰትን ትፈርዳላችሁ?
እስከ መቼ ለኃጢአተኞች ፊት
ታደላላችሁ?
- 3 ለድሆችና ለድሀ አደጋች ፍረዱ፤
ለችግረኛውና ለምስኪኑ ጽድቅ
አድርጉ፤
- 4 ብቸኛውንና ችግረኛውን አድኑ፤
ከኃጢአተኞችም እጅ አስጥሉላቸው።
- 5 አያውቁም፤ አያስተውሉም፤ በጨለማ
ውስጥ ይመላለሳሉ፤ የምድር
መሠረቶች ሁሉ ተናወጡ።
- 6 እኔ ግን፡- አማልክት ናችሁ፤
ሁላችሁም የልዑል ልጆች ናችሁ፤
- 7 ነገር ግን እንደ ሰው ትሞታላችሁ፤
ከአለቆችም እንደ አንዱ
ትወድቃላችሁ አልሁ።
- 8 አቤቱ፤ ተነሥ፤ በምድር ላይ ፍርድ፤
አንተ አሕዛብን ሁሉ ትወርሳለህና።

መዝሙር 83

የአሳፍ የምስጋና መዝሙር።

- 1 አቤቱ፤ እንደ አንተ ማን ነው? አቤቱ፤
ዝም አትበል፤ ቸልም አትበል።

- 11 “But my people did not listen to my
voice; Israel would not submit to
me.
- 12 So I gave them over to their
stubborn hearts, to follow their own
counsels.
- 13 O that my people would listen to
me, that Israel would walk in my
ways!
- 14 Then I would quickly subdue their
enemies, and turn my hand against
their foes.
- 15 Those who hate the LORD would
cringe before him, and their doom
would last forever.
- 16 I would feed you with the finest of
the wheat, and with honey from the
rock I would satisfy you.”

Psalm 82

- 1 God has taken his place in the divine
council; in the midst of the gods he
holds judgment:
- 2 “How long will you judge unjustly
and show partiality to the wicked?
Selah
- 3 Give justice to the weak and the
orphan; maintain the right of the
lowly and the destitute.
- 4 Rescue the weak and the needy;
deliver them from the hand of the
wicked.”
- 5 They have neither knowledge nor
understanding, they walk around in
darkness; all the foundations of the
earth are shaken.
- 6 I say, “You are gods, children of the
Most High, all of you;
- 7 nevertheless, you shall die like mor-
tals, and fall like any prince.”
- 8 Rise up, O God, judge the earth; for
all the nations belong to you!

Psalm 83

- 1 O God, do not keep silence; do not
hold your peace or be still, O God!

- 2 እነሆ፥ ጠላቶችህ ጮኽዋልና፥ የሚጠሉህም ራሳቸውን አንሥተዋልና።
- 3 ሕዝብህን በምክር ሸነገሉአቸው፥ በቅዱሳንህም ላይ ተማከሩ።
- 4 ኑ ከሕዝብ እናጥፋቸው፥ ደግሞም የእስራኤል ስም አይታሰብ አሉ።
- 5 አንድ ሆነው በአንተ ላይ ተማከሩ፤ በአንተ ላይ ቃል ኪዳን አደረጉ፤
- 6 የኤዶማውያን ድንኳኖች እስማኤላውያንም፥ ሞዓብም አጋራውያንም፥
- 7 ጌባል አሞንም አማሌቅም፥ ፍልስጥኤማውያንም ከጢሮስ ሰዎች ጋር፤
- 8 አሦርም ከእነርሱ ጋር ተባበረ፥ ለሎጥ ልጆችም ረዳት ሆኑአቸው።
- 9 እንደ ምድያምና እንደ ሲሣራ፥ በቂሶንም ወንዝ እንደ ኢያቢስ አድርገዋቸው።
- 10 በዓይንዶር ጠፉ፥ እንደ ምድርም ጉድፍ ሆኑ።
- 11 አለቆቻቸውን እንደ ሔራብና እንደ ዜብ፥ ታላላቆቻቸውንም እንደ ዛብኔልና እንደ ስልማና አድርጋቸው፡-
- 12 የእግዚአብሔርን መሠዊያ እንወርሳለን የሚሉትን።
- 13 አምላኬ ሆይ፥ እንደ ትቢያ በነፋስ ፊትም እንደ ገለባ አድርጋቸው።
- 14 እሳት ዱርን እንደሚያቃጥል፥ ነበልባልም ተራሮች እንደሚያነድድ፥
- 15 እንዲሁ በቀጣህ አሳድዳቸው፥ በመቅሠፍትህም አስደንግጣቸው።
- 16 ፊታቸውን እፍረት ሙላው፥ አቤቱ፥ ስምህንም ይፈልጋሉ።
- 17 ይፈሩ ለዘላለሙም ይታወኩ፤ ይገብዳሉ ይጥፋም።
- 18 ስምህም እግዚአብሔር እንደ ሆነ፥ በምድር ሁሉ ላይም አንተ ብቻ ልዑል እንደ ሆንህ ይወቁ።
- 2 Even now your enemies are in tumult; those who hate you have raised their heads.
- 3 They lay crafty plans against your people; they consult together against those you protect.
- 4 They say, "Come, let us wipe them out as a nation; let the name of Israel be remembered no more."
- 5 They conspire with one accord; against you they make a covenant--
- 6 the tents of Edom and the Ishmaelites, Moab and the Hagrites,
- 7 Gebal and Ammon and Amalek, Philistia with the inhabitants of Tyre;
- 8 Assyria also has joined them; they are the strong arm of the children of Lot. Selah
- 9 Do to them as you did to Midian, as to Sisera and Jabin at the Wadi Kishon,
- 10 who were destroyed at En-dor, who became dung for the ground.
- 11 Make their nobles like Oreb and Zeeb, all their princes like Zebah and Zalmunna,
- 12 who said, "Let us take the pastures of God for our own possession."
- 13 O my God, make them like whirling dust, like chaff before the wind.
- 14 As fire consumes the forest, as the flame sets the mountains ablaze,
- 15 so pursue them with your tempest and terrify them with your hurricane.
- 16 Fill their faces with shame, so that they may seek your name, O LORD.
- 17 Let them be put to shame and dismayed forever; let them perish in disgrace.
- 18 Let them know that you alone, whose name is the LORD, are the Most High over all the earth.

መዝሙር 84

ለመዘምራን አለቃ፤ በዋሽንት፤ የቆራ ልጆች
መዝሙር።

- 1 የሠራዊት አምላክ ሆይ፥ ማደሪያዎችህ እንደምን የተወደዱ ናቸው!
- 2 ነፍሴ የእግዚአብሔርን አደባባዮች ትወድዳለች ትናፍቅማለች፤ ልቤም ሥጋዬም በሕያው አምላክ ደስ ተሰኘ።
- 3 ወፍ ለእርሰዋ ቤትን አገኘች፥ ዋናሰም ጫጩቶችዋን የምታናርበት ቤት አገኘች፤ የሠራዊት አምላክ ንጉሤም አምላኬም ሆይ፥ እርሱ መሠዊያህ ነው።
- 4 በቤትህ የሚኖሩ ሁሉ የተመሰገኑ ናቸው፤ ለዓለምና ለዘላለምም ያመሰግኑሃል።
- 5 አቤቱ፥ እርዳታው ከአንተ ዘንድ የሆነለት፥ በልቡም የላይኛውን መንገድ የሚያስብ ሰው ምስጉን ነው።
- 6 በልቅሶ ሸለቆ ውስጥ በወሰነው ስፍራ የሕግ መምህር በረከትን ይሰጣልና።
- 7 ከኃይል ወደ ኃይል ይሄዳሉ፤ የአማልክት አምላክ በጽዮን ይታያል።
- 8 የሠራዊት አምላክ አቤቱ፥ ጸሎቴን ሰማ፤ የያዕቆብ አምላክ ሆይ፥ አድምጥ።
- 9 አቤቱ፥ መታመናችንን እይልን፥ ወደ ቀባዝውም ፊት ተመልከት።
- 10 ከአእላፍ ይልቅ በአደባባዮችህ አንዲት ቀን ትሻላለች፤ በኃጥአን ድንኳኖች ከመቀመጥ ይልቅ፥ በእግዚአብሔር ቤት እጣል ዘንድ መረጥሁ።
- 11 እግዚአብሔር አምላክ ምሕረትንና እውነትን ስለ ወደደ፥ ሞገስንና ክብርን ይሰጣል፤ እግዚአብሔር በቅንነት የሚሄዱትን ከመልካም ነገር አያሳጣቸውም።
- 12 የሠራዊት አምላክ ሆይ፥ በአንተ የታመነ ሰው ምስጉን ነው።

Psalm 84

- 1 How lovely is your dwelling place, O LORD of hosts!
- 2 My soul longs, indeed it faints for the courts of the LORD; my heart and my flesh sing for joy to the living God.
- 3 Even the sparrow finds a home, and the swallow a nest for herself, where she may lay her young, at your altars, O LORD of hosts, my King and my God.
- 4 Happy are those who live in your house, ever singing your praise. Selah
- 5 Happy are those whose strength is in you, in whose heart are the highways to Zion.
- 6 As they go through the valley of Baca they make it a place of springs; the early rain also covers it with pools.
- 7 They go from strength to strength; the God of gods will be seen in Zion.
- 8 O LORD God of hosts, hear my prayer; give ear, O God of Jacob! Selah
- 9 Behold our shield, O God; look on the face of your anointed.
- 10 For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than live in the tents of wickedness.
- 11 For the LORD God is a sun and shield; he bestows favor and honor. No good thing does the LORD withhold from those who walk uprightly.
- 12 O LORD of hosts, happy is everyone who trusts in you.

መዝሙር 85

ለመዘምራን አለቃ፤ የቆራ ልጆች መዝሙር።

- 1 አቤቱ፤ ለምድርህ ሞገስን አደረግህ፤ የያዕቆብንም ምርኮ መለስህ።
- 2 የሕዝብህን ኃጢአት አስቀረህ፤ አበሳቸውንም ሁሉ ከደንህ።
- 3 መዓትህንም ሁሉ አስወገድህ፤ ከቀጣህ መቅወፍት ተመለስህ።
- 4 የመድኃኒታችን አምላክ ሆይ፤ መልሰን፤ ቀጣህንም ከእኛ መልስ።
- 5 በውኑ ለዘላለም ትቈጣናለህን? ቀጣህንስ ለልጅ ልጅ ታስረዝማለህን?
- 6 አቤቱ፤ ትመለሳለህ ታድነንማለህ፤ ሕዝቡም በአንተ ደስ ይላቸዋል።
- 7 አቤቱ፤ ምሕረትህን አሳየን፤ አቤቱ፤ መድኃኒትህንም ሰጠን።
- 8 እግዚአብሔር አምላክ የሚናገረውን እስማላሁ፤ ሰላምን ለሕዝቡና ለቅዱሳኑ ልባቸውንም ወደ እርሱ ለሚመልሱ ይናገራልና።
- 9 ነገር ግን ክብር በምድራችን ያድር ዘንድ ማዳኑ ለሚፈሩት ቅርብ ነው፤
- 10 ምሕረትና እውነት ተገናኙ፤ ጽድቅና ሰላም ተስማሙ።
- 11 እውነት ከምድር በቀለች፤ ጽድቅም ከሰማይ ተመለከተች።
- 12 እግዚአብሔርም በጎ ነገርን ይሰጣል፤ ምድራችንም ፍሬዋን ትሰጣለች።
- 13 ጽድቅ በፊቱ ይሄዳል፤ ፍለጋውንም በመንገድ ውስጥ ያኖራል።

መዝሙር 86

የዳዊት ጸሎት።

- 1 አቤቱ፤ ጆርህን ወደ እኔ አዘንብል አድምጠኝም፤ ችግረኛና ምስኪን ነኝና።
- 2 ቅዱስ ነኝና ነፍሴን ጠብቅ፤ አምላኬ ሆይ፤ አንተን የታመነውን ባሪያህን አድነው።

Psalm 85

- 1 LORD, you were favorable to your land; you restored the fortunes of Jacob.
- 2 You forgave the iniquity of your people; you pardoned all their sin. Selah
- 3 You withdrew all your wrath; you turned from your hot anger.
- 4 Restore us again, O God of our salvation, and put away your indignation toward us.
- 5 Will you be angry with us forever? Will you prolong your anger to all generations?
- 6 Will you not revive us again, so that your people may rejoice in you?
- 7 Show us your steadfast love, O LORD, and grant us your salvation.
- 8 Let me hear what God the LORD will speak, for he will speak peace to his people, to his faithful, to those who turn to him in their hearts.
- 9 Surely his salvation is at hand for those who fear him, that his glory may dwell in our land.
- 10 Steadfast love and faithfulness will meet; righteousness and peace will kiss each other.
- 11 Faithfulness will spring up from the ground, and righteousness will look down from the sky.
- 12 The LORD will give what is good, and our land will yield its increase.
- 13 Righteousness will go before him, and will make a path for his steps.

Psalm 86

- 1 Incline your ear, O LORD, and answer me, for I am poor and needy.
- 2 Preserve my life, for I am devoted to you; save your servant who trusts in you. You are my God;

- 3 አቤቱ፥ ቀኑን ሁሉ ወደ አንተ እጮኸለሁና ማረኝ።
- 4 የባሪያህን ነፍስ ደስ አሰኛት፥ አቤቱ፥ ነፍሴን ወደ አንተ አነሣለሁና።
- 5 አቤቱ፥ አንተ መሐሪና ይቅር ባይ ነህና፥ ምሕረትህም ለሚጠሩህ ሁሉ ብዙ ነውና።
- 6 አቤቱ፥ ጸሎቴን እድምጥ፥ የልመናዬንም ድምፅ ሰማ።
- 7 ትመልስልኛለህና በመከራዬ ቀን ወደ አንተ እጠራለሁ።
- 8 አቤቱ፥ ከአማልክት የሚመስልህ የለም፥ እንደ ሥራህም ያለ የለም።
- 9 ያደረግሃቸው አሕዛብ ሁሉ ይመጣሉ፥ አቤቱ፥ በፊትህም ይሰግዳሉ፥ ስምህንም ያከብራሉ፤
- 10 አቤቱ፥ ድንቅ የምታደርግ አንተ ታላቅ ነህና፥ አንተም ብቻህን ታላቅ አምላክ ነህና።
- 11 አቤቱ፥ መንገድህን ምራኝ፥ በእውነትህም እሄዳለሁ፤ ስምህን ለመፍራት ልቤ ደስ ይለዋል።
- 12 አቤቱ አምላኬ ሆይ፥ በልቤ ሁሉ አመሰግንሃለሁ፥ ለዘላለምም ስምህን አከብራለሁ፤
- 13 ምሕረትህ በእኔ ላይ ታላቅ ናትና፥ ነፍሴንም ከታችኛይቱ ሲኦል አድነሃታልና።
- 14 አቤቱ፥ ዓመፀኞች በእኔ ላይ ተነሥተዋል፥ የክፋዎችንም ማኅበር ነፍሴን ፈለጉለት፤ በፊታቸውም አላደረጉህም።
- 15 አቤቱ፥ አንተ ግን መሐሪና ርኅሩኅ አምላክ ነህ፤ መዓትህ የራቀ ምሕረትህም እውነትህም የበዛ፤
- 16 ወደ እኔ ተመልከት ማረኝም፤ ለባሪያህ ጋይልህን ስጥ፥ የሴት ባሪያህንም ልጅ አድን።
- 17 ምልክትንም ለመልካም ከእኔ ጋር አድርግ፤ የሚጠሉኝ ይዩ ይፈሩም፥ አቤቱ፥ አንተ ረድተኸኛልና፥ አጽንተኸኛልምና።
- 3 be gracious to me, O Lord, for to you do I cry all day long.
- 4 Gladden the soul of your servant, for to you, O Lord, I lift up my soul.
- 5 For you, O Lord, are good and forgiving, abounding in steadfast love to all who call on you.
- 6 Give ear, O LORD, to my prayer; listen to my cry of supplication.
- 7 In the day of my trouble I call on you, for you will answer me.
- 8 There is none like you among the gods, O Lord, nor are there any works like yours.
- 9 All the nations you have made shall come and bow down before you, O Lord, and shall glorify your name.
- 10 For you are great and do wondrous things; you alone are God.
- 11 Teach me your way, O LORD, that I may walk in your truth; give me an undivided heart to revere your name.
- 12 I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever.
- 13 For great is your steadfast love toward me; you have delivered my soul from the depths of Sheol.
- 14 O God, the insolent rise up against me; a band of ruffians seeks my life, and they do not set you before them.
- 15 But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.
- 16 Turn to me and be gracious to me; give your strength to your servant; save the child of your serving girl.
- 17 Show me a sign of your favor, so that those who hate me may see it and be put to shame, because you, LORD, have helped me and comforted me.

መዝሙር 87

የቆሬ ልጆች የምስጋና መዝሙር።

- 1 መሠረቶቹ በተቀደሱ ተራሮች ናቸው፤
- 2 ከያዕቆብ ድንኳኖች ይልቅ፤
እግዚአብሔር የጽዮንን ደጆች
ይወድዳቸዋል።
- 3 የእግዚአብሔር ከተማ ሆይ፤ በአንቺ
የተከበረ ነገር ይባላል።
- 4 የሚያውቁኝን ረዓብንና ባቢሎንን
አስባቸዋለሁ፤ እነሆ፤
ፍልስጥኤማውያን ጢሮስም
የኢትዮጵያም ሕዝብ፤ እነዚህ በዚያ
ተወለዱ።
- 5 ሰው እናታችን ጽዮን ይላል፤
በውስጥም ሰው ተወለደ፤ እርሱ
ራሱም ልዑል መሠረታት።
- 6 እግዚአብሔር ለሕዝቡ፤ በውስጥም
ለተወለዱት አለቆችዋ በመጽሐፍ
ይነግራቸዋል።
- 7 በአንቺ የሚኖሩ ሁሉ ደስ
እንደሚላቸው ይነግራቸዋል።

መዝሙር 88

የቆሬ ልጆች የምስጋና መዝሙር። ለመዘምራን
አለቃ በማክላት ለመዘመር፤ የይዝራኤልዊው
የኤማን ትምህርት።

- 1 አቤቴ፤ የመድኃኒቴ አምላክ፤ በቀንና
በሌሊት በፈትህ ጮኸሁ፤
- 2 ጸሎቴ ወደ ፊትህ ትግባ፤ ጀርህንም
ወደ ጨኸቴ አዘንብል፤
- 3 ነፍሴ መከራን ጠግባለችና፤ ሕይወቴም
ወደ ሲኦል ቀርባለችና።
- 4 ወደ ንድጓድ ከሚወርዱ ጋር
ተቈጠርሁ፤ ረዳትም እንደሌለው ሰው
ሆንሁ።
- 5 ለዘላለም እንደማታስባቸው፤ እንደ
ተገደሉና በመቃብር ውስጥ እንደ
ተጣሉ፤ በሙታን ውስጥ እንዳሉ
የተጣልሁ ሆንሁ፤ እነርሱም ከእጅህ
ተለዩ።
- 6 በጨለማና በሞት ጥላ ውስጥ፤
በታችኛው ጉድጓድ አስቀመጥኸኝ።

Psalm 87

- 1 On the holy mount stands the city he
founded;
- 2 the LORD loves the gates of Zion
more than all the dwellings of Jacob.
- 3 Glorious things are spoken of you, O
city of God. Selah
- 4 Among those who know me I
mention Rahab and Babylon; Philis-
tia too, and Tyre, with Ethiopia --
"This one was born there," they
say.
- 5 And of Zion it shall be said, "This
one and that one were born in it";
for the Most High himself will
establish it.
- 6 The LORD records, as he registers
the peoples, "This one was born
there." Selah
- 7 Singers and dancers alike say, "All
my springs are in you."

Psalm 88

- 1 O LORD, God of my salvation,
when, at night, I cry out in your
presence,
- 2 let my prayer come before you;
incline your ear to my cry.
- 3 For my soul is full of troubles, and
my life draws near to Sheol.
- 4 I am counted among those who go
down to the Pit; I am like those who
have no help,
- 5 like those forsaken among the dead,
like the slain that lie in the grave,
like those whom you remember no
more, for they are cut off from your
hand.
- 6 You have put me in the depths of the
Pit, in the regions dark and deep.

- 7 በእኔ ላይ ቀጣህ ጸና፥ መቅደፍትህን
ሁሉ በእኔ ላይ አመጣህ።
- 8 የሚያውቁኝን ከእኔ አራቅህ፤ በእነርሱ
ዘንድ ርኩስ አደረግኸኝ፤ ያዙኝ፥
መውጫም የለኝም።
- 9 ዓይኖቼም በመከራ ፈዘዙ፤ አቤቱ፥
ሁልጊዜ ወደ አንተ ጮኸሁ፥
እጆቼንም ወደ አንተ ዘረጋሁ፥
- 10 በውኑ ለሙታን ተአምራት
ታደርጋለህን? የሞቱትስ ተነሥተው
ያመሰግኑሃልን?
- 11 በመቃብርስ ውስጥ ቸርነትህን፥
እውነትህንስ በጥፋት ስፍራ
ይናገራሉን?
- 12 ተአምራትህ በጨለማ፥ ጽድቅህንም
በመርሳት ምድር ትታወቃለችን?
- 13 አቤቱ፥ እኔ ግን ወደ አንተ ጮኸሁ፤
በጥዋት ጸሎቴ ወደ ፊትህ ትደርሳለች።
- 14 አቤቱ፥ ነፍሴን ለምን ትጥላለህ?
ፊትህንስ ከእኔ ለምን ትሰውራለህ?
- 15 እኔ ከታናሽነቴ ችግረኛ ለሞትም
የቀረብሁ ነኝ፤ ከፍ ከፍ ካልሁ በኋላ
ግን ተዋረድሁ ተናቅሁም።
- 16 መቅደፍትህ በላይ አለፈ፥ ግርማህም
አስደነገጠኝ።
- 17 ሁልጊዜ እንደ ውኃ ከበቡኝ፥
በአንድነትም ያዙኝ።
- 18 ወዳጄንና ባልንጀራዬን ዘመዶቼንም
ከመከራ የተነሣ ከእኔ አራቅህ።

መዝሙር 89

የደዝራኤላዊው የኤታን ትምህርት።

- 1 አቤቱ፥ ምሕረትህን ለዘላለም
እዘምራለሁ፥ እውነትህንም በአፌ
ለልጅ ልጅ እናገራለሁ።
- 2 እንዲህ ብለሃልና፡- ምሕረት ለዘላለም
ይመሠረታል፥ እውነትህም በሰማይ
ይጸናል።

- 7 Your wrath lies heavy upon me, and
you overwhelm me with all your
waves. Selah
- 8 You have caused my companions to
shun me; you have made me a thing
of horror to them. I am shut in so
that I cannot escape;
- 9 my eye grows dim through sorrow.
Every day I call on you, O LORD; I
spread out my hands to you.
- 10 Do you work wonders for the dead?
Do the shades rise up to praise you?
Selah
- 11 Is your steadfast love declared in the
grave, or your faithfulness in Abad-
don?
- 12 Are your wonders known in the
darkness, or your saving help in the
land of forgetfulness?
- 13 But I, O LORD, cry out to you; in
the morning my prayer comes before
you.
- 14 O LORD, why do you cast me off?
Why do you hide your face from
me?
- 15 Wretched and close to death from
my youth up, I suffer your terrors; I
am desperate.
- 16 Your wrath has swept over me; your
dread assaults destroy me.
- 17 They surround me like a flood all
day long; from all sides they close in
on me.
- 18 You have caused friend and neigh-
bor to shun me; my companions are
in darkness.

Psalm 89

- 1 I will sing of your steadfast love, O
LORD, forever; with my mouth I
will proclaim your faithfulness to all
generations.
- 2 I declare that your steadfast love is
established forever; your faithfulness
is as firm as the heavens.

- 3 ከመረጥሁት ጋር ቃል ኪዳን
አደረግሁት፡ ለባሪያዬም ለዳዊት
ማልሁ፡-
- 4 ዘርህን ለዘላለም አዘጋጃለሁ፡
ዙፋንህንም ለልጅ ልጅ
እመሠርታለሁ፡
- 5 አቤቱ፡ ሰማያት ተአምራትህን
እውነትህንም ደግሞ በቅዱሳን ማኅበር
ያመሰግናሉ፡
- 6 እግዚአብሔርን በሰማይ የሚተካከለው
ማን ነው? ከአማልክትስ ልጆች
እግዚአብሔርን ማን ይመስለዋል?
- 7 በቅዱሳን ምክር እግዚአብሔር ከቡር
ነው፤ በዙሪያው ባሉት ሁሉ ላይ
ታላቅና ግሩም ነው፡
- 8 አቤቱ የሠራዊት አምላክ፡ እንደ አንተ
ያለ ማን ነው? አቤቱ፡ አንተ ብርቱ
ነህ፡ እውነትህም ይከብብሃል፡
- 9 የባሕርን ኃይል አንተ ትገዛለህ፡
የሞገዱንም መናወጥ አንተ ዝም
ታሰኘዋለህ፡
- 10 አንተ ረዓብን እንደ ተገደለ
አዋረድኸው፡ በኃይልህም ክንድ
ጠላቶችህን በተንሃቸው፡
- 11 ሰማያት የአንተ ናቸው፡ ምድርም
የአንተ ናት፤ ዓለምንና ሞላውም አንተ
መሠረትህ፡
- 12 ሰሜንና ደቡብን አንተ ፈጠርህ፤
ታቦርና አርሞንዔም በስምህ ደስ
ይላቸዋል፡
- 13 ክንድህ ከኃይልህ ጋር ነው፤ እጅህ
በረታች ቀኝህም ከፍ ከፍ አለች፡
- 14 የዙፋንህ መሠረት ጽድቅና ፍርድ
ነው፤ ምሕረትና እውነት በፊትህ
ይሄዳሉ፡
- 15 እልልታ የሚያውቅ ሕዝብ ምስጉን
ነው፤ አቤቱ፡ በፊትህ ብርሃን
ይሄዳሉ፡
- 16 በስምህ ቀኑን ሁሉ ደስ ይላቸዋል፡
በጽድቅህም ከፍ ከፍ ይላሉ፤
- 17 የኃይላቸው ትምክሕት አንተ ነህና፡
በሞገስህም ቀንዳችን ከፍ ከፍ
ይላልና፡
- 3 You said, "I have made a covenant
with my chosen one, I have sworn to
my servant David:
- 4 'I will establish your descendants
forever, and build your throne for all
generations.'" Selah
- 5 Let the heavens praise your wonders,
O LORD, your faithfulness in the
assembly of the holy ones.
- 6 For who in the skies can be compared
to the LORD? Who among the
heavenly beings is like the LORD,
- 7 a God feared in the council of the
holy ones, great and awesome above
all that are around him?
- 8 O LORD God of hosts, who is as
mighty as you, O LORD? Your
faithfulness surrounds you.
- 9 You rule the raging of the sea; when
its waves rise, you still them.
- 10 You crushed Rahab like a carcass;
you scattered your enemies with
your mighty arm.
- 11 The heavens are yours, the earth also
is yours; the world and all that is in
it--you have founded them.
- 12 The north and the south--you crea-
ted them; Tabor and Hermon joy-
ously praise your name.
- 13 You have a mighty arm; strong is
your hand, high your right hand.
- 14 Righteousness and justice are the
foundation of your throne; steadfast
love and faithfulness go before you.
- 15 Happy are the people who know the
festal shout, who walk, O LORD, in
the light of your countenance;
- 16 they exult in your name all day long,
and extol your righteousness.
- 17 For you are the glory of their
strength; by your favor our horn is
exalted.

- 18 ረድኤታችን ከእግዚአብሔር ከንጉሣችንም ከእስራኤል ቅዱስ ነውና።
- 19 በዚያ ጊዜ ለልጆችህ በራእይ ተናገርህ እንዲህም አልህ፡- ረድኤቱን በኃይል ላይ አኖርሁ፤ ከሕዝቤ የተመረጠውን ከፍ ከፍ አደረግሁ።
- 20 ባሪያዬን ዳዊትን አገኘሁት፤ ቅዱስ ዘይትም ቀባሁት።
- 21 እጄም ትረዳዋለች፤ ከንዴም ታጸናዋለች።
- 22 ጠላት በእርሱ ላይ አይጠቀምም፤ የዓመፃ ልጅም መከራ አይጨምርበትም።
- 23 ጠላቶቼን ከፊቱ አጠፋለሁ፤ የሚጠሉትንም አዋርዳቸዋለሁ።
- 24 እውነቱና ምሕረቴም ከእርሱ ጋር ነው፤ በስሜም ቀንዱ ከፍ ከፍ ይላል።
- 25 እጁን በባሕር ላይ ቀኙንም በወንዞች ላይ አኖራለሁ።
- 26 እርሱ፡- አባቴ አንተ ነህ፤ አምላኬ የመድኃኒቴም መጠጊያ ይላል።
- 27 እኔም ደግሞ በኩሬ አደርገዋለሁ፤ ከምድር ነገሥታትም ከፍ ይላል።
- 28 ለዘላለምም ምሕረቴን ለእርሱ እጠብቃለሁ፤ ከዳኔም በእርሱ ዘንድ የታመነ ነው።
- 29 ዘሩንም ለዓለምና ለዘላለም፤ ዙፋኑንም እንደ ሰማይ ዘመን አደርጋለሁ።
- 30 ልጆቼ ግን ሕጌን ቢተዉ፤ በፍርዴም ባይሄዱ፤
- 31 ሥርዓቴንም ቢያረክሱ፤ ትእዛዜንም ባይጠብቁ፤
- 32 ኃጢአታቸውን በበትር፤ በደላቸውንም በመቅሠፍት እንጋበኛታለሁ።
- 33 ምሕረቴን ግን ከእርሱ አላርቅም፤ በእውነቱም አልበድልም፤
- 18 For our shield belongs to the LORD, our king to the Holy One of Israel.
- 19 Then you spoke in a vision to your faithful one, and said: "I have set the crown on one who is mighty, I have exalted one chosen from the people.
- 20 I have found my servant David; with my holy oil I have anointed him;
- 21 my hand shall always remain with him; my arm also shall strengthen him.
- 22 The enemy shall not outwit him, the wicked shall not humble him.
- 23 I will crush his foes before him and strike down those who hate him.
- 24 My faithfulness and steadfast love shall be with him; and in my name his horn shall be exalted.
- 25 I will set his hand on the sea and his right hand on the rivers.
- 26 He shall cry to me, 'You are my Father, my God, and the Rock of my salvation!'
- 27 I will make him the firstborn, the highest of the kings of the earth.
- 28 Forever I will keep my steadfast love for him, and my covenant with him will stand firm.
- 29 I will establish his line forever, and his throne as long as the heavens endure.
- 30 If his children forsake my law and do not walk according to my ordinances,
- 31 if they violate my statutes and do not keep my commandments,
- 32 then I will punish their transgression with the rod and their iniquity with scourges;
- 33 but I will not remove from him my steadfast love, or be false to my faithfulness.

34 ኪዳኔንም አላረከሰም፤ ከከንፈሬም የወጣውን አልለውጥም።

35 ዳዊትን እንዳልዋሸው አንድ ጊዜ በቅዱስነቴ ማለሁ።

36 ዘሩ ለዘላለም፤ ዙፋኑም በፊቴ እንደ ፀሐይ ይኖራል።

37 ለዘላለም እንደ ጨረቃ ይጸናል፤ ምስክርነቴ በሰማይ የታመን ነው።

38 አንተ ግን ናቅኸው ጣልኸውም፤ የቀባኸውንም ጣልኸው።

39 የባሪያህንም ኪዳን አፈረሰህ፤ መቅደሱንም በምድር አረከሰህ።

40 ቅጥሩን ሁሉ ጣልህ፤ አምባዎቹንም አጠፋህ።

41 መንገድ አላፈም ሁሉ ተናጠቀው፤ ለጎረቤቶቹም ስድብ ሆነ።

42 የጠላቶቹንም ቀኝ ከፍ ከፍ አደረግህ፤ ጠላቶቹንም ሁሉ ደስ አሰኘህ።

43 የሰይፉንም ረድኤት መለሰህ፤ በሰልፍም ውስጥ አልደገፍኸውም።

44 ከንጽሕናውም ሻርኸው፤ ዙፋኑንም በምድር ጣልህ።

45 የዙፋኑንም ዘመን አሳነሰህ፤ በእፍረትም ሸፈንኸው።

46 አቤቱ፤ እስከ መቼ ለዘላለም ፊትህን ትመልሳለህ? እስከ መቼስ ቍጣህ እንደ እሳት ይነድጻል?

47 ችሎታዬ ምን እንደ ሆነ አስብ፤ በውኑ የሰውን ልጅ ሁሉ ለከንቱ ፈጠርኸውን?

48 ሕያው ሆኖ የሚኖር፤ ሞትንስ የማያይ ማን ነው? ነፍሱንስ ከሲኦል እጅ የሚያድን ማን ነው?

49 ለዳዊት በእውነት የማልህ፤ አቤቱ፤ የቀድሞ ምሕረትህ ወዴት ነው?

34 I will not violate my covenant, or alter the word that went forth from my lips.

35 Once and for all I have sworn by my holiness; I will not lie to David.

36 His line shall continue forever, and his throne endure before me like the sun.

37 It shall be established forever like the moon, an enduring witness in the skies." Selah

38 But now you have spurned and rejected him; you are full of wrath against your anointed.

39 You have renounced the covenant with your servant; you have defiled his crown in the dust.

40 You have broken through all his walls; you have laid his strongholds in ruins.

41 All who pass by plunder him; he has become the scorn of his neighbors.

42 You have exalted the right hand of his foes; you have made all his enemies rejoice.

43 Moreover, you have turned back the edge of his sword, and you have not supported him in battle.

44 You have removed the scepter from his hand, and hurled his throne to the ground.

45 You have cut short the days of his youth; you have covered him with shame. Selah

46 How long, O LORD? Will you hide yourself forever? How long will your wrath burn like fire?

47 Remember how short my time is-- for what vanity you have created all mortals!

48 Who can live and never see death? Who can escape the power of Sheol? Selah

49 Lord, where is your steadfast love of old, which by your faithfulness you swore to David?

50 አቤቱ፥ የባሪያዎችህን ስድብ፥
በብብቱ ብዙ አሕዛብን
የተቀበልሁትን፥

51 አቤቱ፥ ጠላቶችህን የሰደቡትን
የቀባኸውን ዘመን የሰደቡትን አስብ።

52 እግዚአብሔር ለዘላለም ይባረክ።
ይሁን ይሁን።

መዝሙር 90

የእግዚአብሔር ሰው የሙሴ ጸሎት።

1 አቤቱ፥ አንተ ለትውልድ ሁሉ
መጠጊያ ሆንህልን።

2 ተራሮች ሳይወለዱ፥ ምድርም ዓለምም
ሳይሠሩ፥ ከዘላለም እስከ ዘላለም ድረስ
አንተ ነህ።

3 ሰውን ወደ ኅሳር አትመልስም፤ የሰው
ልጆች ሆይ፥ ተመለሱ ትላለህ፤

4 ሺህ ዓመት በፊትህ እንዳለፈች እንደ
ትናንት ቀን፥ እንደ ሌሊትም ትጋት
ነውና።

5 ዘመኖች የተናቁ ይሆናሉ፥ በማለዳም
እንደ ሣር ያልፋል።

6 ማልዶ ያብባል ያልፋልም፥ በሠርክም
ጠውልጎና ደርቆ ይወድቃል።

7 እኛ በቁጣህ አልቀናልና፥ በመዓትህም
ደንግጠናልና።

8 የተሰወረውን ኃጢአታችንን በፊትህ
ብርሃን፥ በደላችንንም በፊትህ
አስቀመጥህ።

9 ዘመኖችን ሁሉ አልፎአልና፥ እኛም
በመዓትህ አልቀናልና፤
ዘመኖቻችንም እንደ ሸረራት ድር ይሆ
ናሉ።

10 የዘመኖቻችንም ዕድሜ ሰባ ዓመት፥
ቢበረታም ሰማንያ ዓመት ነው፤ በበዛ
ግን ድካምና መከራ ነው፤ ከእኛ ቶሎ
ያልፋልና፥ እኛም እንገሠጃለንና።

11 የቁጣህን ጽናት ማን ያውቃል?
ከቁጣህ ግርማ የተነሣ አለቁ።

50 Remember, O Lord, how your
servant is taunted; how I bear in my
bosom the insults of the peoples,

51 with which your enemies taunt, O
LORD, with which they taunted the
footsteps of your anointed.

52 Blessed be the LORD forever. Amen
and Amen.

Psalm 90

1 Lord, you have been our dwelling
place in all generations.

2 Before the mountains were brought
forth, or ever you had formed the
earth and the world, from everlasting
to everlasting you are God.

3 You turn us back to dust, and say,
"Turn back, you mortals."

4 For a thousand years in your sight are
like yesterday when it is past, or like
a watch in the night.

5 You sweep them away; they are like a
dream, like grass that is renewed in
the morning;

6 in the morning it flourishes and is
renewed; in the evening it fades and
withers.

7 For we are consumed by your anger;
by your wrath we are overwhelmed.

8 You have set our iniquities before
you, our secret sins in the light of
your countenance.

9 For all our days pass away under
your wrath; our years come to an
end like a sigh.

10 The days of our life are seventy
years, or perhaps eighty, if we are
strong; even then their span is only
toil and trouble; they are soon gone,
and we fly away.

11 Who considers the power of your
anger? Your wrath is as great as the
fear that is due you.

- 12 በልብ ጥበብን እንድንማር፥ ቀኝህን እንዲህ አስታውቀን።
- 13 አቤቱ፥ ተመለስ፥ እስከ መቼስ ነው? ስለ ባሪያዎችህም ተምዋገት።
- 14 በማለዳ ምሕረትህን እንጠግባለን፤ በዘመናችን ሁሉ ደስ ይለናል ሐሜትም እናደርጋለን።
- 15 መከራ ባሳየኸን ዘመን ፈንታ፥ ክፉም ባየንባቸው ዘመኖች ፋንታ ደስ ይለናል።
- 16 ባሪያዎችህንና ሥራህን እይ፥ ልጆቻቸውንም ምራ።
- 17 የአምላካችን የእግዚአብሔር ብርሃን በላያችን ይሁን። የእጆቻችንንም ሥራ በላያችን አቅና።

መዝሙር 91

የዳዊት የምስጋና መዝሙር።

- 1 በልዑል መጠጊያ የሚኖር ሁሉን በሚችል አምላክ ጥላ ውስጥ ያድራል።
- 2 እግዚአብሔርን፡- አንተ መታመኛዬ ነህ እለዋለሁ፤ አምላኬና መሸሽጊያዬ ነው። በእርሱም እታመናለሁ።
- 3 እርሱ ከአዳኝ ወጥመድ ከሚያስደነግጥም ነገር ያድንሃልና።
- 4 በላባዎቹ ይጋርድሃል፥ በክንፎቹም በታች ትተማመናለህ፤ እውነት እንደ ጋሻ ይከብብሃል።
- 5 ከሌሊት ግርማ፥ በቀን ከሚበርር ፍላጻ፥
- 6 በጨለማ ከሚሄድ ክፉ ነገር፥ ከአደጋና ከቀትር ጋኔን አትፈራም።
- 7 በአጠገብህ ሺህ በቀኝህም አሥር ሺህ ይወድቃሉ፤ ወደ አንተ ግን አይቀርብም።
- 8 በዓይኖችህ ብቻ ትመለከታለህ፥ የኃጥአንንም ብድራት ታያለህ።
- 9 አቤቱ፥ አንተ ተስፋዬ ነህና፤ ልዑልን መጠጊያህ አደረግህ።

- 12 So teach us to count our days that we may gain a wise heart.
- 13 Turn, O LORD! How long? Have compassion on your servants!
- 14 Satisfy us in the morning with your steadfast love, so that we may rejoice and be glad all our days.
- 15 Make us glad as many days as you have afflicted us, and as many years as we have seen evil.
- 16 Let your work be manifest to your servants, and your glorious power to their children.
- 17 Let the favor of the Lord our God be upon us, and prosper for us the work of our hands-- O prosper the work of our hands!

Psalm 91

- 1 You who live in the shelter of the Most High, who abide in the shadow of the Almighty,
- 2 will say to the LORD, "My refuge and my fortress; my God, in whom I trust."
- 3 For he will deliver you from the snare of the fowler and from the deadly pestilence;
- 4 he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.
- 5 You will not fear the terror of the night, or the arrow that flies by day,
- 6 or the pestilence that stalks in darkness, or the destruction that wastes at noonday.
- 7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.
- 8 You will only look with your eyes and see the punishment of the wicked.
- 9 Because you have made the LORD your refuge, the Most High your dwelling place,

- 10 ክፉ ነገር ወደ አንተ አይቀርብም፤
መቅወፍትም ወደ ቤትህ አይገባም።
- 11 በመንገድህ ሁሉ ይጠብቁህ ዘንድ
መላእክቱን ስለ አንተ ያዝዛቸዋልና፤
- 12 እግርህም በድንጋይ እንዳትሰናከል
በእጆቻቸው ያነሡሃል።
- 13 በተተላና በእባብ ላይ ትጫማለህ፤
አንበሳውንና ዘንዶውን ትረግጣለህ።
- 14 በእኔ ተማምኖአልና አስጥለዋለሁ፤
ስሜንም አውቆአልና እጋርደዋለሁ።
- 15 ይጠራኛል እመልስለትማለሁ፤
በመከራውም ጊዜ ከእርሱ ጋራ እሆ
ናለሁ፤ አድነዋለሁ አከብረውማለሁ።
- 16 ረጅምን ዕድሜ አጠግበዋለሁ፤
ማዳኔንም አሳየዋለሁ።

መዝሙር 92

በሰንበት ቀን የምስጋና መዝሙር።

- 1 እግዚአብሔርን ማመስገን መልካም
ነው፤ ልዑል ሆይ፤ ለስምህም ዝማራ
ማቅረብ፤
- 2 በማለዳ ምሕረትን፤ በሌሊትም
እውነትህን ማውራት
- 3 አሥር አውታር ባለው በበገና፤
ከምስጋና ጋርም በመሰንቆ።
- 4 አቤቱ፤ በሥራህ ደስ አሰኝተኸኛልና፤
በእጅህም ሥራ ደስ ይለኛልና።
- 5 አቤቱ፤ ሥራህ እጅግ ትልቅ ነው፤
አሳብህም እጅግ ጥልቅ ነው።
- 6 ሰነፍ ሰው አያውቅም፤ ልብ የሌለውም
ይህን አያስተውለውም።
- 7 ኃጢአተኞች እንደ ሣር ሲበቅሉ ዓመፃ
የሚያደርጉ ሁሉ ሲለመልሙ፤
ለዘላለም ዓለም እንዲጠፋ ነው።
- 8 አቤቱ፤ አንተ ግን ለዘላለም ልዑል
ነህ፤
- 9 አቤቱ፤ እነሆ፤ ጠላቶችህ ይጠፋሉና፤
ዓመፃንም የሚሠሩ ሁሉ ይበተናሉና።

- 10 no evil shall befall you, no scourge
come near your tent.
- 11 For he will command his angels
concerning you to guard you in all
your ways.
- 12 On their hands they will bear you
up, so that you will not dash your
foot against a stone.
- 13 You will tread on the lion and the
adder, the young lion and the serpent
you will trample under foot.
- 14 Those who love me, I will deliver; I
will protect those who know my
name.
- 15 When they call to me, I will answer
them; I will be with them in trouble,
I will rescue them and honor them.
- 16 With long life I will satisfy them,
and show them my salvation.

Psalm 92

- 1 It is good to give thanks to the
LORD, to sing praises to your name,
O Most High;
- 2 to declare your steadfast love in the
morning, and your faithfulness by
night,
- 3 to the music of the lute and the harp,
to the melody of the lyre.
- 4 For you, O LORD, have made me
glad by your work; at the works of
your hands I sing for joy.
- 5 How great are your works, O LORD!
Your thoughts are very deep!
- 6 The dullard cannot know, the stupid
cannot understand this:
- 7 though the wicked sprout like grass
and all evildoers flourish, they are
doomed to destruction forever,
- 8 but you, O LORD, are on high
forever.
- 9 For your enemies, O LORD, for your
enemies shall perish; all evildoers
shall be scattered.

- 10 ቀንዴ አንድ ቀንድ እንዳለው ከፍ ከፍ ይላል፤ ሽምግልናዬም በዘይት ይለመልማል።
- 11 ዓይኔም በጠላቶቼ ላይ አየች፤ ጆሮዬም በእኔ ላይ በቆሙ በክፉዎች ላይ ሰማች።
- 12 ጻድቅ እንደ ዘንባባ ያፈራል፤ እንደ ሊባኖስ ዝግባም ያድጋል።
- 13 በእግዚአብሔር ቤት ውስጥ ተተክለዋል፤ በአምላካችንም አደባባይ ውስጥ ይበቅላሉ።
- 14 ያን ጊዜ በለመለመ ሽምግልና ያፈራሉ ደስተኞችም ሆነው ይኖራሉ።
- 15 አምላኬ እግዚአብሔር እውነተኛ እንደ ሆነ ይነግራሉ፤ በእርሱም ዘንድ ዓመፃ የለም።

መዝሙር 93

በሰንበት ቀን የምስጋና መዝሙር።

- 1 እግዚአብሔር ነገሠ፤ ክብርንም ለበሰ፤ እግዚአብሔር ኃይልን ለበሰ፤ ታጠቀም፤ ዓለምን እንዳትናወጥ አጸናት።
- 2 ዙፋንህ ከጥንት ጀምሮ የተዘጋጀ ነው፤ አንተም ከዘላለም ነህ።
- 3 አቤቱ፤ ወንዞች ከፍ ከፍ አደረጉ፤ ወንዞች ቃሎቻቸውን ከፍ ከፍ አደረጉ።
- 4 ከብዙ ውኆች ድምፅ ከባሕርም ታላቅ ሞገድ ይልቅ እግዚአብሔር በከፍታው ድንቅ ነው።
- 5 ምስክርህ እጅግ የታመነ ነው፤ አቤቱ፤ እስከ ረጅም ዘመን ድረስ ለቤትህ ቅድስና ይገባል።

መዝሙር 94

በአራተኛ ሰንበት የዳዊት መዝሙር።

- 1 እግዚአብሔር የበቀል አምላክ ነው። የበቀል አምላክ ተገለጠ።
- 2 የምድር ፈራጅ ሆይ፤ ከፍ ከፍ በል፤ ለትዕቢተኞች ፍዳቸውን ክፈላቸው።

- 10 But you have exalted my horn like that of the wild ox; you have poured over me fresh oil.
- 11 My eyes have seen the downfall of my enemies; my ears have heard the doom of my evil assailants.
- 12 The righteous flourish like the palm tree, and grow like a cedar in Lebanon.
- 13 They are planted in the house of the LORD; they flourish in the courts of our God.
- 14 In old age they still produce fruit; they are always green and full of sap,
- 15 showing that the LORD is upright; he is my rock, and there is no unrighteousness in him.

Psalm 93

- 1 The LORD is king, he is robed in majesty; the LORD is robed, he is girded with strength. He has established the world; it shall never be moved;
- 2 your throne is established from of old; you are from everlasting.
- 3 The floods have lifted up, O LORD, the floods have lifted up their voice; the floods lift up their roaring.
- 4 More majestic than the thunders of mighty waters, more majestic than the waves of the sea, majestic on high is the LORD!
- 5 Your decrees are very sure; holiness befits your house, O LORD, forevermore.

Psalm 94

- 1 O LORD, you God of vengeance, you God of vengeance, shine forth!
- 2 Rise up, O judge of the earth; give to the proud what they deserve!

- 3 አቤቱ፥ ኃጢአተኞች እስከ መሬት
ኃጢአተኞች እስከ መፄ ይጓደዳሉ?
- 4 ይከራከራሉ፥ ዓመፃንም ይናገራሉ፤
ዓመፃንም የሚያደርጉ ሁሉ ይናገራሉ።
- 5 አቤቱ፥ ሕዝብን አዋረዱ፥ ርስትህንም
አስቸገሩ።
- 6 ባልቴቲቱንና ድሀ አደጉን ገደሉ፥
ስደተኛውንም ገደሉ።
- 7 እግዚአብሔር አያይም፥ የያዕቆብ
አምላክ አያስተውልም አሉ።
- 8 የሕዝብ ደንቆሮች ሆይ፥ አስተውሉ፤
ሰነፎችማ መፄ ይጠበባሉ?
- 9 ጆሮን የተከለው አይሰማምን? ዓይንን
የሠራው አያይምን?
- 10 አሕዛብንስ የሚገሥጸው፥ ለሰውም
እውቀት የሚያስተምረው እርሱ
አይዘልፍምን?
- 11 የሰዎች አሳብ ከንቱ እንደ ሆነ
እግዚአብሔር ያውቃል።
- 12-13 ለኃጢአተኛ ጉድጓድ እስኪቈረር
ድረስ ከክፉዎች ዘመናት ይወገድ
ዘንድ፥ አቤቱ፥ አንተ የገሠጽኸው
ሕግህንም ያስተማርኸው ሰው ምስጉን
ነው።
- 14 እግዚአብሔር ሕዝቡን አይጥልምና፥
ርስቱንም አይተውምና
- 15 ፍርድ ወደ ጽድቅ እስኪመልስ ድረስ
ልብ ቅኖችም ሁሉ ይከተሉአታል።
- 16 በክፉዎች ላይ ለእኔ የሚቆም ማን
ነው? ዓመፃንስ በሚያደርጉ ላይ ለእኔ
የሚከራከር ማን ነው?
- 17 እግዚአብሔር የረዳኝ ባይሆን ነፍሴ
ለጥቂት ጊዜ በሲኦል ባደረች ነበር።
- 18 እግሮቼ ተሰናከሉ ባልሁ ጊዜ፥
አቤቱ፥ ምሕረትህ ረዳኝ።
- 19 አቤቱ፥ ለልቤ እንደ መከራዋ ብዛት
ማጽናናትህ ነፍሴን ደስ አሰኛት።
- 3 O LORD, how long shall the wicked,
how long shall the wicked exult?
- 4 They pour out their arrogant words;
all the evildoers boast.
- 5 They crush your people, O LORD,
and afflict your heritage.
- 6 They kill the widow and the stranger,
they murder the orphan,
- 7 and they say, "The LORD does not
see; the God of Jacob does not
perceive."
- 8 Understand, O dullest of the people;
fools, when will you be wise?
- 9 He who planted the ear, does he not
hear? He who formed the eye, does
he not see?
- 10 He who disciplines the nations, he
who teaches knowledge to human-
kind, does he not chastise?
- 11 The LORD knows our thoughts, that
they are but an empty breath.
- 12 Happy are those whom you dis-
cipline, O LORD, and whom you
teach out of your law,
- 13 giving them respite from days of
trouble, until a pit is dug for the
wicked.
- 14 For the LORD will not forsake his
people; he will not abandon his
heritage;
- 15 for justice will return to the righte-
ous, and all the upright in heart will
follow it.
- 16 Who rises up for me against the
wicked? Who stands up for me
against evildoers?
- 17 If the LORD had not been my help,
my soul would soon have lived in
the land of silence.
- 18 When I thought, "My foot is
slipping," your steadfast love, O
LORD, held me up.
- 19 When the cares of my heart are
many, your consolations cheer my
soul.

- 20 በሕግ ላይ ዓመፅን የሚሠራ የዓመፅ ዙፋን ከአንተ ጋር አንድ ይሆናልን?
 21 የጸድቅን ነፍስ ያደቡባታል፤ በንጹሕ ደምም ይፈርዳሉ።
 22 እግዚአብሔር መጠጊያ ሆነኝ፤ አምላኬ የተስፋዬም ረዳት ነው።
 23 እንደ በደላቸውም እንደ ክፋታቸውም ፍዳቸውን ይከፍላቸዋል፤ አምላካችን እግዚአብሔርም ያጠፋቸዋል።

መዝሙር 95

የዳዊት ምስጋና መዝሙር።

- 1 ኑ፤ በእግዚአብሔር ደስ ይበለን፤ ለአምላክ ለመድኃኒታችን እልል እንበል።
 2 በምስጋና ወደ ፊቱ እንድረስ፤ በዝማሬም ለእርሱ እልል እንበል፤
 3 እግዚአብሔር ታላቅ አምላክ ነውና፤ በአማልክትም ሁሉ ላይ ታላቅ ንጉሥ ነውና።
 4 እግዚአብሔር ሕዝቡን አይጥላቸውም፤ የምድር ዳርቻዎችም በእጁ ውስጥ ናቸው፤ የተራሮች ከፍታዎች የእርሱ ናቸው።
 5 ባሕር የእርሱ ናት እርሱም አደረጋት፤ የብስንም እጆቹ ሠሩአት።
 6 ኑ፤ እንስገድ ለእርሱም እንገዛ፤ በእርሱ ባደረገን በእግዚአብሔር ፊት እንበርክ።
 7 እርሱ አምላካችን ነውና፤ እኛ የማሰማርያው ሕዝብ የእጁም በጎች ነንና።
 8 በምድረ በዳ እንደ ተፈታተኑት እንዳስቆጡት ጊዜ፤ ዛሬ ድምፁን ብትሰሙ ልባችሁን አታጽኑ።
 9 የተፈታተኑኝ አባቶቻችሁ ፈተኑኝ ሥራዬንም አዩ።
 10 ያችን ትውልድ አርባ ዓመት ተቈጥቻት ነበር፡- ሁልጊዜ ልባቸው ይስታል፤ እነርሱም መንገዴን አላወቁም አልሁ።
 11 ወደ ዕረፍቱም እንዳይገቡ በቁጣዬ ማልሁ።

- 20 Can wicked rulers be allied with you, those who contrive mischief by statute?
 21 They band together against the life of the righteous, and condemn the innocent to death.
 22 But the LORD has become my stronghold, and my God the rock of my refuge.
 23 He will repay them for their iniquity and wipe them out for their wickedness; the LORD our God will wipe them out.

Psalm 95

- 1 O come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!
 2 Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!
 3 For the LORD is a great God, and a great King above all gods.
 4 In his hand are the depths of the earth; the heights of the mountains are his also.
 5 The sea is his, for he made it, and the dry land, which his hands have formed.
 6 O come, let us worship and bow down, let us kneel before the LORD, our Maker!
 7 For he is our God, and we are the people of his pasture, and the sheep of his hand. O that today you would listen to his voice!
 8 Do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness,
 9 when your ancestors tested me, and put me to the proof, though they had seen my work.
 10 For forty years I loathed that generation and said, "They are a people whose hearts go astray, and they do not regard my ways."
 11 Therefore in my anger I swore, "They shall not enter my rest."

መዝሙር 96

ከምርኮ በኋላ ቤት በተሠራ ጊዜ።

- 1 ለእግዚአብሔር አዲስ ምስጋናን አመስግኑ፤ ምድር ሁሉ፤ እግዚአብሔርን አመስግኑ።
- 2 እግዚአብሔርን አመስግኑ ስሙንም ባርኩ፤ ዕለት ዕለትም ማዳኑን አውሩ።
- 3 ክብሩን ለአሕዛብ ተአምራቱንም ለወገኖች ሁሉ ንገሩ፤
- 4 እግዚአብሔር ታላቅ ምስጋናውም ብዙ ነውና፤ በአማልክትም ሁሉ ላይ የተፈራ ነውና።
- 5 የአሕዛብ አማልክት ሁሉ አጋንንት ናቸውና፤ እግዚአብሔር ግን ሰማያትን ሠራ።
- 6 ምስጋናና ውበት በፊቱ፤ ቅዱስነትና ግርማ በመቅደሱ ውስጥ ናቸው።
- 7 የአሕዛብ ወገኖች፤ ለእግዚአብሔር አምሉ፤ ክብርና ምስጋናን ለእግዚአብሔር አምሉ፤
- 8 ለስሙ የሚገባ ክብርን ለእግዚአብሔር አምሉ፤ ቍርባን ያዙ ወደ አደባባዮችም ግቡ።
- 9 በቅድስናው ስፍራ ለእግዚአብሔር ስንዱ፤ ምድር ሁሉ በፊቱ ትንዋወጥ።
- 10 በአሕዛብ መካከል፡- እግዚአብሔር ነገሠ በሉ። እንዳይናወጥም ዓለሙን እርሱ አጸናው፤ አሕዛብንም በቅንነት ይፈርዳል።
- 11 ሰማያት ደስ ይበላቸው፤ ምድርም ሐዜትን ታድርግ፤ ባሕርና ሞላዋ ይናወጡ፤
- 12 በረሃ በእርስዋም ያሉ ሁሉ ሐዜትን ያድርጉ፤ የዱር ዛፎች ሁሉ በዚያን ጊዜ በእግዚአብሔር ፊት ደስ ይላቸዋል፤
- 13 ይመጣልና፤ በምድር ላይ ሊፈርድ ይመጣልና፤ እርሱም ዓለምን በጽድቅ አሕዛብንም በቅንነት ይፈርዳል።

Psalm 96

- 1 O sing to the LORD a new song; sing to the LORD, all the earth.
- 2 Sing to the LORD, bless his name; tell of his salvation from day to day.
- 3 Declare his glory among the nations, his marvelous works among all the peoples.
- 4 For great is the LORD, and greatly to be praised; he is to be revered above all gods.
- 5 For all the gods of the peoples are idols, but the LORD made the heavens.
- 6 Honor and majesty are before him; strength and beauty are in his sanctuary.
- 7 Ascribe to the LORD, O families of the peoples, ascribe to the LORD glory and strength.
- 8 Ascribe to the LORD the glory due his name; bring an offering, and come into his courts.
- 9 Worship the LORD in holy splendor; tremble before him, all the earth.
- 10 Say among the nations, "The LORD is king! The world is firmly established; it shall never be moved. He will judge the peoples with equity."
- 11 Let the heavens be glad, and let the earth rejoice; let the sea roar, and all that fills it;
- 12 let the field exult, and everything in it. Then shall all the trees of the forest sing for joy
- 13 before the LORD; for he is coming, for he is coming to judge the earth. He will judge the world with righteousness, and the peoples with his truth.

መዝሙር 97

- 1 እግዚአብሔር ነገሠ፤ ምድር ሐሣትን ታድርግ፤ ብዙ ደሴቶችም ደስ ይበላቸው።
- 2 ደመና ጭጋግም በዙሪያው ናቸው፤ ጽድቅና ፍርድ የዙፋኑ መሠረት ናቸው።
- 3 እሳት በፊቱ ይሄዳል፤ ጠላቶቹንም በዙሪያው ያቃጥላል።
- 4 መብረቆቹ ለዓለም አበሩ፤ ምድር አየችና ተናወጠች።
- 5 ተራሮችም ከእግዚአብሔር ፊት፤ ከምድር ሁሉ ጌታ ፊት እንደ ሰም ቀለጡ።
- 6 ሰማያት የእርሱን ጽድቅ አወሩ፤ አሕዛብም ሁሉ ክብሩን አዩ።
- 7 ለተቀረጸ ምስል የሚሰግዱ ሁሉ፤ በጣዖቶቻቸውም የሚመኩ ይፈሩ፤ መላእክቱ ሁሉ፤ ስገዱለት።
- 8 አቤቱ፤ ስለ ፍርድህ ጽዮን ሰምታ ደስ አላት፤ የይሁዳም ሴት ልጆች ደስ አላቸው፤
- 9 አንተ፤ እግዚአብሔር፤ በምድር ላይ ሁሉ ልዑል ነህና፤ በአማልክትም ሁሉ ላይ እጅግ ከፍ ከፍ ብለሃልና።
- 10 እግዚአብሔርን የምትወዱ፤ ክፋትን ጥሉ፤ እግዚአብሔር የቅዱሳኑን ነፍሶች ይጠብቃል፤ ከኃጥአንም እጅ ያድናቸዋል።
- 11 ብርሃን ለጸድቃን፤ ደስታም ለልበ ቅኖች ወጣ።
- 12 ጸድቃን፤ በእግዚአብሔር ደስ ይበላችሁ፤ ለቅድስናውም መታሰቢያ አመስግኑ።

መዝሙር 98

የዳዊት መዝሙር።

- 1 ለእግዚአብሔር አዲስ ምስጋናን አመስግኑ፤ እግዚአብሔር ተአምራትን አድርጎአልና፤ ቀኙ የተቀደሰም ክንዱ ለእርሱ ማዳን አደረገ።

Psalm 97

- 1 The LORD is king! Let the earth rejoice; let the many coastlands be glad!
- 2 Clouds and thick darkness are all around him; righteousness and justice are the foundation of his throne.
- 3 Fire goes before him, and consumes his adversaries on every side.
- 4 His lightnings light up the world; the earth sees and trembles.
- 5 The mountains melt like wax before the LORD, before the Lord of all the earth.
- 6 The heavens proclaim his righteousness; and all the peoples behold his glory.
- 7 All worshipers of images are put to shame, those who make their boast in worthless idols; all gods bow down before him.
- 8 Zion hears and is glad, and the towns of Judah rejoice, because of your judgments, O God.
- 9 For you, O LORD, are most high over all the earth; you are exalted far above all gods.
- 10 The LORD loves those who hate evil; he guards the lives of his faithful; he rescues them from the hand of the wicked.
- 11 Light dawns for the righteous, and joy for the upright in heart.
- 12 Rejoice in the LORD, O you righteous, and give thanks to his holy name!

Psalm 98

- 1 O sing to the LORD a new song, for he has done marvelous things. His right hand and his holy arm have gotten him victory.

- 2 እግዚአብሔር ማዳኑን አስታወቀ፤ በአሕዛብም ፊት ጽድቁን ገለጠ።
- 3 ለያዕቆብ ምሕረቱን ለእስራኤልም ቤት እውነቱን አሰበ፤ የምድር ዳርቻዎች ሁሉ የአምላካችንን ማዳን አዩ።
- 4 ምድር ሁሉ ሆይ፤ ለእግዚአብሔር እልል በሉ፤ አመስግኑ፤ ደስ ይበላችሁ፤ ዘምሩም።
- 5 ለእግዚአብሔር በመሰንቆ፤ በመሰንቆና በዝማሬ ድምፅ ዘምሩ።
- 6 በዋሽንትና በመለከት ድምፅ በንጉሥ በእግዚአብሔር ፊት እልል በሉ።
- 7 ባሕርና ሞላዋ፤ ዓለምም በእርስዋም የሚኖሩ ይናወጡ።
- 8 ወንዞችም በአንድነት በእጅ ያጩ ብጭቡ፤ ተራሮች ደስ ይበላቸው፤ በምድር ሊፈርድ ይመጣልና።
- 9 ለዓለምም በጽድቅ ለአሕዛብም በቅንነት ይፈርዳል።

መዝሙር 99

የዳዊት መዝሙር።

- 1 እግዚአብሔር ነገሠ፤ አሕዛብ ይደንግጡ፤ በኪሩቤል ላይ ተቀመጠ፤ ምድር ትናወጥ።
- 2 እግዚአብሔር በጽዮን ታላቅ ነው፤ እርሱም በአሕዛብ ሁሉ ላይ ከፍ ከፍ አለ።
- 3 ግሩምና ቅዱስ ነውና ሁሉ ታላቅ ስምህን ያመስግኑ።
- 4 የንጉሥ ክብር ፍርድን ይወድዳል፤ አንተ ቅንነትን አጸናህ፤ ለያዕቆብ ፍርድንና ጽድቅን አንተ አደረግህ።
- 5 አምላካችንን እግዚአብሔርን ከፍ ከፍ አድርጉት፤ ቅዱስ ነውና ወደ እግሩ መረገጫ ስገዱ።

- 2 The LORD has made known his victory; he has revealed his vindication in the sight of the nations.
- 3 He has remembered his steadfast love and faithfulness to the house of Israel. All the ends of the earth have seen the victory of our God.
- 4 Make a joyful noise to the LORD, all the earth; break forth into joyous song and sing praises.
- 5 Sing praises to the LORD with the lyre, with the lyre and the sound of melody.
- 6 With trumpets and the sound of the horn make a joyful noise before the King, the LORD.
- 7 Let the sea roar, and all that fills it; the world and those who live in it.
- 8 Let the floods clap their hands; let the hills sing together for joy
- 9 at the presence of the LORD, for he is coming to judge the earth. He will judge the world with righteousness, and the peoples with equity.

Psalm 99

- 1 The LORD is king; let the peoples tremble! He sits enthroned upon the cherubim; let the earth quake!
- 2 The LORD is great in Zion; he is exalted over all the peoples.
- 3 Let them praise your great and awesome name. Holy is he!
- 4 Mighty King, lover of justice, you have established equity; you have executed justice and righteousness in Jacob.
- 5 Extol the LORD our God; worship at his footstool. Holy is he!

- 6 ሙሴና አሮን በካህናቱ ዘንድ፤ ሳሙኤልም ስሙን በሚጠሩት ዘንድ ናቸው። እግዚአብሔርን ጠሩት፤ እርሱም መለሰላቸው።
- 7 በደመና ዓምድም ተናገራቸው፤ ምስክሩንና የሰጣቸውን ትእዛዝ ጠበቁ።
- 8 አቤቱ አምላካችን ሆይ፤ አንተ ሰማሃቸው፤ አቤቱ፤ አንተ ማርሃቸው፤ ሥራቸውን ሁሉ ግን ተበቀልሃቸው።
- 9 አምላካችንን እግዚአብሔርን ከፍ ከፍ አድርጉት፤ በቅዱስ ተራራውም ሰገዱ፤ አምላካችን እግዚአብሔር ቅዱስ ነውና።

መዝሙር 100

የምስጋና መዝሙር።

- 1 ምድር ሁሉ፤ ለእግዚአብሔር እልል በሉ፤
- 2 በደስታም ለእግዚአብሔር ተዝቡ፤ በሐሢትም ወደ ፊቱ ግቡ።
- 3 እግዚአብሔር እርሱ አምላክ እንደ ሆነ እውቁ፤ እርሱ ሠራን እኛም አይደለንም፤ እኛስ ሕዝቡ የማሰማርያውም በጎች ነን።
- 4 ወደ ደጆቹ በመገዛት፤ ወደ አደባባዮቹም በምስጋና ግቡ፤ አመስግኑት፤ ስሙንም ባርኩ፤
- 5 እግዚአብሔር ቸር፤ ምሕረቱም ለዘላለም፤ እውነቱም ለልጅ ልጅ ነውና።

መዝሙር 101

የዳዊት መዝሙር።

- 1 አቤቱ፤ ምሕረትንና ፍርድን እቀኝልሃለሁ።
- 2 እዘምራለሁ፤ ገጹክ መንገዱንም አስተውላለሁ፤ ወደ እኔ መቼ ትመጣለህ? በቤቴ መካከል በልቤ ቅንነት እሄዳለሁ።
- 3 በዓይኔ ፊት ክፉን ነገር አላኖርሁም፤ ሕግ ተላላፊዎችን ጠላሁ።

- 6 Moses and Aaron were among his priests, Samuel also was among those who called on his name. They cried to the LORD, and he answered them.
- 7 He spoke to them in the pillar of cloud; they kept his decrees, and the statutes that he gave them.
- 8 O LORD our God, you answered them; you were a forgiving God to them, but an avenger of their wrongdoings.
- 9 Extol the LORD our God, and worship at his holy mountain; for the LORD our God is holy.

Psalm 100

- 1 Make a joyful noise to the LORD, all the earth.
- 2 Worship the LORD with gladness; come into his presence with singing.
- 3 Know that the LORD is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture.
- 4 Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name.
- 5 For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

Psalm 101

- 1 I will sing of loyalty and of justice; to you, O LORD, I will sing.
- 2 I will study the way that is blameless. When shall I attain it? I will walk with integrity of heart within my house;
- 3 I will not set before my eyes anything that is base. I hate the work of those who fall away; it shall not cling to me.

- 4 ጠማማ ልብም አልተጠጋኝም፤ ክፉ ከእኔ በራቀ ጊዜ አላወቅሁም።
- 5 ባልንጀራውን በቀስታ የሚያማን እርሱን አሳደድሁ፤ በዓይኑ ትዕቢተኛ የሆነውና ልቡ የሚሳሳው ከእኔ ጋር አይተባበርም።
- 6 ከእኔ ጋር ይኖሩ ዘንድ፤ ዓይኖቼ በምድር ምእመናን ላይ ናቸው፤ በቀና መንገድ የሚሄድ እርሱ ያገለግለኛል።
- 7 ትዕቢትን የሚያደርግ በቤቴ መካከል አይኖርም፤ ዓመፅን የሚናገር በዓይኔ ፊት አይቀናም።
- 8 ዓመፃ የሚያደርጉትን ሁሉ ከእግዚአብሔር ከተማ አጠፋቸው ዘንድ፤ የምድርን ኃጢአተኞች ሁሉ በማለዳ እገድላቸዋለሁ።

መዝሙር 102

ባዘነና ልመናውን በእግዚአብሔር ፊት ባፈሰሰ ጊዜ የችግረኛ ጸሎት።

- 1 አቤቴ፥ ጸሎቴን ስማኝ፥ ጨኸኔም ወደ አንተ ይድረስ።
- 2 በመከራዬ ቀን ፊትህን ከኔ አትመልስ፤ ጆሮህን ወደ እኔ አዘንብል፤ በጠራሁህ ቀን ፈጥነህ ስማኝ።
- 3 ዘመኔ እንደ ጢስ አልቃለችና፥ አጥንቶቼም እንደ መቃጠያ ተቃጥለዋልና።
- 4 እህል መብላት ተረስቶኛልና ተቀዋፍሁ ልቤም እንደ ሣር ደረቀ።
- 5 ከጨኸኔ ድምፅ የተነሣ አጥንቶቼ ከሥጋዬ ጋር ተጣበቁ።
- 6 እንደ ምድረ በዳ እርኩም መሰልሁ፤ በፈረሰ ቤት እንዳለ እንደ ጉጉት ሆንሁ።
- 7 ተጋሁ፥ በሰገነትም እንደሚኖር ብቸኛ ድንበጥ ሆንሁ።
- 8 ጠላቶቼ ሁልጊዜ ይሰድቡኛል፥ የሚያሳድዱኝም ተማማሉብኝ።
- 9 አመድን እንደ እህል ቅሜአለሁና፥ መጠጤንም ከእንባዬ ጋር ቀላቅያለሁና።

- 4 Perverseness of heart shall be far from me; I will know nothing of evil.
- 5 One who secretly slanders a neighbor I will destroy. A haughty look and an arrogant heart I will not tolerate.
- 6 I will look with favor on the faithful in the land, so that they may live with me; whoever walks in the way that is blameless shall minister to me.
- 7 No one who practices deceit shall remain in my house; no one who utters lies shall continue in my presence.
- 8 Morning by morning I will destroy all the wicked in the land, cutting off all evildoers from the city of the LORD.

Psalm 102

- 1 Hear my prayer, O LORD; let my cry come to you.
- 2 Do not hide your face from me in the day of my distress. Incline your ear to me; answer me speedily in the day when I call.
- 3 For my days pass away like smoke, and my bones burn like a furnace.
- 4 My heart is stricken and withered like grass; I am too wasted to eat my bread.
- 5 Because of my loud groaning my bones cling to my skin.
- 6 I am like an owl of the wilderness, like a little owl of the waste places.
- 7 I lie awake; I am like a lonely bird on the housetop.
- 8 All day long my enemies taunt me; those who deride me use my name for a curse.
- 9 For I eat ashes like bread, and mingle tears with my drink,

- 10 ከቀጣህና ከመዓትህም የተነሣ፤
አንሥተኸኛልና፤ ጥለኸኝማልና።
- 11 ዘመናዬ እንደ ጥላ አዘንብለዋል፤
እኔም እንደ ሣር ደርቄአለሁ።
- 12 አንተ ግን፤ አቤቱ፤ ለዘላለም
ትኖራለህ፤ መታሰቢያህም ለልጅ ልጅ
ነው።
- 13 አንተ ተነሥ ጽዮንንም ይቅር በላት፤
የምሕረትዋ ጊዜ ነውና፤ ዘመንዋም
ደርሶአልና፤
- 14 ባሪያዎችህም ድንጋዮችዋን
ወድደዋልና፤ ለመሬትዋም
አዝዝዋልና።
- 15 አቤቱ፤ አሕዛብ ስምህን፤
ነገሥታትም ሁሉ ክብርህን ይፈራሉ፤
- 16 እግዚአብሔር ጽዮንን ይሠራታልና፤
በክብርም ይገለጣልና።
- 17 ወደ ችግረኞች ጸሎት ተመለከተ፤
ልመናቸውንም አልናቀም።
- 18 ይህ ለሚመጣ ትውልድ ይጻፍ፤
የሚፈጠርም ሕዝብ ለእግዚአብሔር
አልል ይላል፤
- 19 እግዚአብሔር ከመቅደሱ ከፍታ ሆኖ
ተመልክቶአልና፤ ከሰማይ ሆኖ
ምድርን አይቶአልና፤
- 20 የእስረኞችን ጩኸት ይሰማ ዘንድ፤
ሊገድሉ የተፈረደባቸውን ያድን
ዘንድ፤
- 21 የእግዚአብሔርን ስም በጽዮን
ምስጋናውንም በኢየሩሳሌም ይናገሩ
ዘንድ፤
- 22 አሕዛብ በአንድነት በተሰበሰቡ ጊዜ
መንግሥታትም ለእግዚአብሔር ይዝዙ
ዘንድ።
- 23 በኃይሉ ጎዳና መለሰለት፡- የዘመኔን
አነስተኛነት ንገረኝ።
- 24 በዘመኔ እኩሌታ አትውሰደኝ፤
ዓመቶችህ ለልጅ ልጅ ናቸው።

- 10 because of your indignation and
anger; for you have lifted me up and
thrown me aside.
- 11 My days are like an evening
shadow; I wither away like grass.
- 12 But you, O LORD, are enthroned
forever; your name endures to all
generations.
- 13 You will rise up and have compas-
sion on Zion, for it is time to favor
it; the appointed time has come.
- 14 For your servants hold its stones
dear, and have pity on its dust.
- 15 The nations will fear the name of the
LORD, and all the kings of the earth
your glory.
- 16 For the LORD will build up Zion;
he will appear in his glory.
- 17 He will regard the prayer of the
destitute, and will not despise their
prayer.
- 18 Let this be recorded for a generation
to come, so that a people yet unborn
may praise the LORD:
- 19 that he looked down from his holy
height, from heaven the LORD
looked at the earth,
- 20 to hear the groans of the prisoners,
to set free those who were doomed
to die;
- 21 so that the name of the LORD may
be declared in Zion, and his praise in
Jerusalem,
- 22 when peoples gather together, and
kingdoms, to worship the LORD.
- 23 He has broken my strength in
midcourse; he has shortened my
days.
- 24 "O my God," I say, "do not take
me away at the mid-point of my life,
you whose years endure throughout
all generations."

- 25 አቤቱ፥ አንተ ከጥንት ምድርን
መሠረትህ፥ ሰማያትም የእጅህ ሥራ
ናቸው።
- 26 እነርሱ ይጠፋሉ፥ አንተ ግን
ትኖራለህ፤ ሁላቸው እንደ ልብስ
ያረጃሉ፥ እንደ መጐናጸፊያም
ትለውጣቸዋለህ፤ ይለውጡማል፤
- 27 አንተ ግን ያው አንተ ነህ፥
ዓመቶችህም ከቶ አያልቁም።
- 28 የባሪያዎችህም ልጆች ይኖራሉ፥
ዘራቸውም ለዘላለም ትጸናላች።

መዝሙር 103

የዳዊት መዝሙር።

- 1 ነፍሴ ሆይ፥ እግዚአብሔርን ባርኪ፥
አጥንቶቼም ሁሉ፥ የተቀደሰ ስሙን።
- 2 ነፍሴ ሆይ፥ እግዚአብሔርን ባርኪ፥
ምስጋናውንም ሁሉ አትርሺ፤
- 3 ኃጢአትሽን ሁሉ ይቅር የሚል፥
ደዌሽንም ሁሉ የሚፈውስ፤
- 4 ሕይወትሽን ከጥፋት የሚያድናት፥
በምሕረቱና በቸርነቱ የሚከልልሽ፤
- 5 ምኞትሽን ከበረከቱ የሚያጠግባት፥
ጉልማስነትሽን እንደ ንስር ያድሳል።
- 6 እግዚአብሔር ይቅርታ አድራጊ ነው፤
ለተበደሉ ሁሉ ይፈርዳል።
- 7 ለሙሴ መንገዱን አስታወቀ፥
ለእስራኤል ልጆችም አደራረጉን።
- 8 እግዚአብሔር መሐሪና ይቅር ባይ
ነው፥ ከቅጣ የራቀ ምሕረቱም የበዛ።
- 9 ሁልጊዜም አይቀሥፍም፥ ለዘላለምም
አይቁጣም።
- 10 እንደ ኃጢአታችን አላደረገብንም፥
እንደ በደላችንም አልከፈለንም።
- 11 ሰማይ ከምድር ከፍ እንደሚል፥
እንዲሁ እግዚአብሔር ምሕረቱን
በሚፈሩት ላይ አጠነከረ።
- 12 ምሥራቅ ከምዕራብ እንደሚርቅ፥
እንዲሁ ኃጢአታችንን ከእኛ አራቀ።

25 Long ago you laid the foundation of
the earth, and the heavens are the
work of your hands.

26 They will perish, but you endure;
they will all wear out like a garment.
You change them like clothing, and
they pass away;

27 but you are the same, and your years
have no end.

28 The children of your servants shall
live secure; their offspring shall be
established in your presence.

Psalm 103

1 Bless the LORD, O my soul, and all
that is within me, bless his holy
name.

2 Bless the LORD, O my soul, and do
not forget all his benefits--

3 who forgives all your iniquity, who
heals all your diseases,

4 who redeems your life from the Pit,
who crowns you with steadfast love
and mercy,

5 who satisfies you with good as long
as you live so that your youth is
renewed like the eagle's.

6 The LORD works vindication and
justice for all who are oppressed.

7 He made known his ways to Moses,
his acts to the people of Israel.

8 The LORD is merciful and gracious,
slow to anger and abounding in
steadfast love.

9 He will not always accuse, nor will he
keep his anger forever.

10 He does not deal with us according
to our sins, nor repay us according
to our iniquities.

11 For as the heavens are high above
the earth, so great is his steadfast
love toward those who fear him;

12 as far as the east is from the west, so
far he removes our transgressions
from us.

- 13 አባት ለልጆቹ እንደሚረራ እንዲሁ እግዚአብሔር ለሚፈሩት ይረራል፤
- 14 ፍጥረታችንን እርሱ ያውቃልና፤ አቤቱ፣ እኛ አፈር እንደ ሆንን አስብ።
- 15 ሰውስ ዘመኑ እንደ ሣር ነው፤ እንደ ዱር አበባ እንዲሁ ያብባል፤
- 16 ነፋስ በነፈሰበት ጊዜ ያልፋልና፤ ስፍራውንም ደግሞ አያውቀውምና።
- 17 የእግዚአብሔር ምሕረት ግን ከዘላለም እስከ ዘላለም በሚፈሩት ላይ፣ ጽድቁም በልጅ ልጆች ላይ ነው፤
- 18 ቃል ኪዳኑን በሚጠብቁ፣ ትእዛዙንም ያደርጉአት ዘንድ በሚያስቡ ላይ ነው።
- 19 እግዚአብሔር ዙፋኑን በሰማይ አዘጋጀ፣ መንግሥቱም ሁሉን ትገዛለች።
- 20 ቃሉን የምትፈጽሙ፣ ብርቱዎችና ኃያላን፣ የቃሉንም ድምፅ የምትሰሙ መላእክቱ ሁሉ፣ እግዚአብሔርን ባርኩ።
- 21 ሠራዊቱ ሁሉ፣ ፈቃዱን የምታደርጉ አገልጋዮቹ፣ እግዚአብሔርን ባርኩ።
- 22 ፍጥረቶቹ ሁሉ በግዛቱ ስፍራ ሁሉ፣ እግዚአብሔርን ባርኩ። ነፍሴ ሆይ፣ እግዚአብሔርን ባርኩ።
- 13 As a father has compassion for his children, so the LORD has compassion for those who fear him.
- 14 For he knows how we were made; he remembers that we are dust.
- 15 As for mortals, their days are like grass; they flourish like a flower of the field;
- 16 for the wind passes over it, and it is gone, and its place knows it no more.
- 17 But the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children,
- 18 to those who keep his covenant and remember to do his commandments.
- 19 The LORD has established his throne in the heavens, and his kingdom rules over all.
- 20 Bless the LORD, O you his angels, you mighty ones who do his bidding, obedient to his spoken word.
- 21 Bless the LORD, all his hosts, his ministers that do his will.
- 22 Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul.

መዝሙር 104

የዳዊት መዝሙር።

- 1 ነፍሴ ሆይ፣ እግዚአብሔርን ባርኩ፤ አቤቱ አምላኬ ሆይ፣ አንተ እጅግ ታላቅ ነህ፤ ክብርንና ግርማን ለበሰህ።
- 2 ብርሃንን እንደ ልብስ ለበሰህ፤ ሰማይንም እንደ መጋረጃ ዘረጋህ፤
- 3 እልፍኙን በውኃ የሚሠራ፣ ሰረገላውን ደመና የሚያደርግ፣ በነፋስ ክንፍም የሚሄድ፣
- 4 መላእክቱን መንፈስ የሚያደርግ፣ አገልጋዮቹንም የእሳት ነበልባል።
- 5 ለዘላለም እንዳትናወጥ ምድርን በመሠረትዋ ላይ መሠረታት።
- 1 Bless the LORD, O my soul. O LORD my God, you are very great. You are clothed with honor and majesty,
- 2 wrapped in light as with a garment. You stretch out the heavens like a tent,
- 3 you set the beams of your chambers on the waters, you make the clouds your chariot, you ride on the wings of the wind,
- 4 you make the winds your messengers, fire and flame your ministers.
- 5 You set the earth on its foundations, so that it shall never be shaken.

Psalm 104

- 6 በጥልቅ እንደ ልብስ ከደንሃት፥ በተራሮችም ላይ ውኆች ይቆማሉ።
- 7 ከዘለፋህም ይሸሻሉ፥ ከነጐድንድህም ድምፅ ይደነግጣሉ፤
- 8 ወደ ተራሮች ይወጣሉ፥ ወደ ቁላዎች ወዳዘጋጀህላቸው ስፍራ ይወርዳሉ፤
- 9 እንዳያልፉትም ድንበር አደረግህላቸውም ድርን ይከድኑ ዘንድ እንዳይመለሱ።
- 10 ምንጮችን ወደ ቁላዎች ይልካል፤ በተራሮች መካከል ውኆች ያልፋሉ፤
- 11 የዱር አራዊትን ሁሉ ያጠጣሉ፥ የበረሃ አህያዎችም ጥማታቸውን ይረካሉ።
- 12 የሰማይም ወፎች በእነርሱ ዘንድ ያድራሉ፥ በድንጋዩ ስንጥቅ መካከልም ይጮኻሉ።
- 13 ተራሮችን ከላይ የሚያጠግቸው፤ ከሥራህ ፍሬ ምድር ትጠግባለች።
- 14 እንጆራን ከምድር ያወጣ ዘንድ ለምለሙን ለሰው ልጆች ጥቅም፥ ሣርንም ለእንስሳ ያበቅላል።
- 15 ወይን የሰውን ልብ ደስ ያሰኛል፥ ዘይትም ፊትን ያበራል፥ እህልም የሰውን ጉልበት ያጠነክራል።
- 16 የእግዚአብሔር ዛፎች እርሱም የተከላቸው የሊባኖስ ዝግባዎች ይጠግባሉ።
- 17 በዚያም ወፎች ይዋለዳሉ፥ የሽመላ ቤትም የእነርሱ ጎረቤት ነው።
- 18 ረጃጅም ተራራዎች ለዋላዎች፥ ድንጋዮችም ለእሽኮኮች መሸሻ ናቸው።
- 19 ጨረቃን ለጊዜዎች አደረገ፤ ፀሐይም መግቢያውን ያውቃል።
- 20 ጨለማ ታደርጋለህ ሌሊትም ይሆናል፤ በእርሱም የዱር አራዊት ሁሉ ይወጡበታል።
- 21 የአንበሳ ግልገሎች ለመንጠቅ ይጮኻሉ፥ ከእግዚአብሔርም ምግባቸውን ይሻሉ።
- 6 You cover it with the deep as with a garment; the waters stood above the mountains.
- 7 At your rebuke they flee; at the sound of your thunder they take to flight.
- 8 They rose up to the mountains, ran down to the valleys to the place that you appointed for them.
- 9 You set a boundary that they may not pass, so that they might not again cover the earth.
- 10 You make springs gush forth in the valleys; they flow between the hills,
- 11 giving drink to every wild animal; the wild asses quench their thirst.
- 12 By the streams the birds of the air have their habitation; they sing among the branches.
- 13 From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work.
- 14 You cause the grass to grow for the cattle, and plants for people to use, to bring forth food from the earth,
- 15 and wine to gladden the human heart, oil to make the face shine, and bread to strengthen the human heart.
- 16 The trees of the LORD are watered abundantly, the cedars of Lebanon that he planted.
- 17 In them the birds build their nests; the stork has its home in the fir trees.
- 18 The high mountains are for the wild goats; the rocks are a refuge for the coney.
- 19 You have made the moon to mark the seasons; the sun knows its time for setting.
- 20 You make darkness, and it is night, when all the animals of the forest come creeping out.
- 21 The young lions roar for their prey, seeking their food from God.

22 ፀሐይ ስትወጣ ይሰበሰባሉ በየዋሻቸውም ይተኛሉ።

23 ሰው ወደ ተግባሩ፣ እስኪመሽም ድረስ ወደ ሥራው ይወጣል።

24 አቤቱ፣ ሥራህ እጅግ ብዙ ነው፤ ሁሉን በጥበብ አደረግህ፤ ምድርም ከፍጥረትህ ተሞላች።

25 ይህች ባሕር ታላቅና ሰፊ ናት፤ በዚያ ስፍራ ቊጥር የሌለው ተንቀሳቃሽ፣ ታላላቆችና ታናናሾች እንስሶች አሉ።

26 በዚያ ጊዜ መርከቦች ይሄዳሉ፤ በዚያም ላይ የፈጠርኸው ዘንዶ ይጫወትበታል።

27 ምግባቸውን በየጊዜው ትሰጣቸው ዘንድ እነዚህ ሁሉ አንተን ተስፋ ያደርጋሉ።

28 በሰጠሃቸውም ጊዜ ይሰበሰባሉ፤ እጅህን ትከፍታለህ፤ ከመልካም ነገርም ይጠግባሉ።

29 ፊትህን ስትሰውር ይደነግጣሉ፤ ነፍሳቸውን ታወጣለህ ይሞታሉም፤ ወደ አፈራቸውም ይመለሳሉ።

30 መንፈስህን ትልካለህ ይፈጠራሉም፤ የምድርንም ፊት ታድሳለህ።

31 የእግዚአብሔር ክብር ለዘላለም ይሁን፤ እግዚአብሔር በሥራው ደስ ይለዋል።

32 ምድርን ያያል እንደ-ትንቀጠቀጥም ያደርጋል፤ ተራሮችን ይዳስሳል ይጮሳሉም።

33 በሕይወቴ ሳለሁ ለእግዚአብሔር እቀኛለሁ፤ ለአምላኬም በምኖርበት ዘመን ሁሉ እዘምራለሁ።

34 ቃሌ ለእርሱ ይጣፍጠው፤ እኔም በእግዚአብሔር ደስ ይለኛል።

35 ኅጥአን ከምድር ይጥፉ፤ ዓመፀኞች እንግዲህ አይገኙ። ነፍሴ ሆይ፤ እግዚአብሔርን ባርኪ። ሃሌ ሉዮ።

22 When the sun rises, they withdraw and lie down in their dens.

23 People go out to their work and to their labor until the evening.

24 O LORD, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures.

25 Yonder is the sea, great and wide, creeping things innumerable are there, living things both small and great.

26 There go the ships, and Leviathan that you formed to sport in it.

27 These all look to you to give them their food in due season;

28 when you give to them, they gather it up; when you open your hand, they are filled with good things.

29 When you hide your face, they are dismayed; when you take away their breath, they die and return to their dust.

30 When you send forth your spirit, they are created; and you renew the face of the ground.

31 May the glory of the LORD endure forever; may the LORD rejoice in his works--

32 who looks on the earth and it trembles, who touches the mountains and they smoke.

33 I will sing to the LORD as long as I live; I will sing praise to my God while I have being.

34 May my meditation be pleasing to him, for I rejoice in the LORD.

35 Let sinners be consumed from the earth, and let the wicked be no more. Bless the LORD, O my soul. Praise the LORD!

መዝሙር 105

ሃሌ ሉያ።

- 1 እግዚአብሔርን አመስግኑ ስሙንም ጥሩ፥ ለአሕዛብም ሥራውን አውሩ።
- 2 ተቀኙለት፥ ዘምሩለት፥ ተአምራቱንም ሁሉ ተናገሩ።
- 3 በቅዱስ ስሙ ተጓደዱ፤ እግዚአብሔርን የሚፈልግ ልብ ደስ ይበለው።
- 4 እግዚአብሔርን ፈልጉት ትጸናላችሁም፤ ሁልጊዜ ፈቱን ፈልጉ።
- 5-6 ባሪያዎቹ የአብርሃም ዘር፥ ለእርሱም የተመረጣችሁ የያዕቆብ ልጆች ሆይ፥ የሠራትን ድንቅ አስቡ፥ ተአምራቱን የአፉንም ፍርድ።
- 7 እርሱ እግዚአብሔር አምላካችን ነው፤ ፍርዱ በምድር ሁሉ ነው።
- 8 ቃል ኪዳንን ለዘላለም፥ እስከ ሺህ ትውልድ ያዘዘውን ቃሉን አሰበ፤
- 9 ለአብርሃም ያደረገውን፥ ለይስሐቅም የማለውን፤
- 10 ለያዕቆብ ሥርዓት እንዲሆን ለእስራኤልም የዘላለም ኪዳን እንዲሆን አጸና።
- 11 እንዲህም አለ፡- ለአንተ የከነዓንን ምድር የርስታችሁን ገመድ እሰጣለሁ፤
- 12 ይህም የሆነው እነርሱ በቀጥር ጥቂቶች ሰዎች፥ እጅግ ጥቂቶችና ሰደተኞች ሲሆኑ ነው።
- 13 ከሕዝብ ወደ ሕዝብ፥ ከመንግሥታትም ወደ ሌላ ሕዝብ አለፉ።
- 14-15 የቀባኋቸውን አትዳስሱ፥ በነቢያቱም ክፉ አታድርጉ ብሎ፥ ሰው ግፍ ያደርግባቸው ዘንድ አልፈቀደም፥ ስለ እነርሱም ነገሥታትን ገወጸ።
- 16 በምድር ላይ ራብን ጠራ፥ የእህልን ኃይል ሁሉ ሰበረ።

Psalm 105

- 1 O give thanks to the LORD, call on his name, make known his deeds among the peoples.
- 2 Sing to him, sing praises to him; tell of all his wonderful works.
- 3 Glory in his holy name; let the hearts of those who seek the LORD rejoice.
- 4 Seek the LORD and his strength; seek his presence continually.
- 5 Remember the wonderful works he has done, his miracles, and the judgments he uttered,
- 6 O offspring of his servant Abraham, children of Jacob, his chosen ones.
- 7 He is the LORD our God; his judgments are in all the earth.
- 8 He is mindful of his covenant forever, of the word that he commanded, for a thousand generations,
- 9 the covenant that he made with Abraham, his sworn promise to Isaac,
- 10 which he confirmed to Jacob as a statute, to Israel as an everlasting covenant,
- 11 saying, "To you I will give the land of Canaan as your portion for an inheritance."
- 12 When they were few in number, of little account, and strangers in it,
- 13 wandering from nation to nation, from one kingdom to another people,
- 14 he allowed no one to oppress them; he rebuked kings on their account,
- 15 saying, "Do not touch my anointed ones; do my prophets no harm."
- 16 When he summoned famine against the land, and broke every staff of bread,

- 17 በፈታቸው ሰውን ላከ፤ የሴፍ ለባርነት ተሸጠ።
- 18 እግሮቹም በእግር ብረት ደክሙ፤ እርሱም በብረት ውስጥ ገባ።
- 19 ቃሉ እስኪመጣለት ድረስ፤ የእግዚአብሔር ቃል ፈተነው።
- 20 ንጉሥ ላከ ፈታውም፤ የአሕዛብም አለቃ አስፈታው።
- 21 የቤቱ ጌታ፤ የጥሪቱ ሁሉ ገዢ አደረገው፤
- 22 አለቆቹን እንደ ፈቃዱ ይገሥጽ ዘንድ፤ ሽማግሌዎቹንም ጥበበኞች ያደርጋቸው ዘንድ።
- 23 እስራኤልም ወደ ግብጽ ገባ፤ ያዕቆብም በካም አገር ተቀመጠ።
- 24 ሕዝቡንም እጅግ አበዛ፤ ከጠላቶቻቸውም ይልቅ አበረታቸው።
- 25 ሕዝቡን ይጠሉ ዘንድ በባሪያዎቹም ላይ ይተነኩሉ ዘንድ ልባቸውን ለወጠ።
- 26 ባሪያውን ሙሴን የመረጠውንም አርንን ላከ።
- 27 የተአምራቱን ነገር በላያቸው ድንቁንም በካም አገር አደረገ።
- 28 ጨለማን ላከ ጨለመባቸውም፤ በቃሉም ዐመፁ።
- 29 ውኃቸውን ወደ ደም ለወጠ፤ ግሦቻቸውንም ገደለ።
- 30 ምድራቸው የንጉሦቻቸውም ቤቶች በጓጉንቸር ሞሉ።
- 31 ተናገረ፤ የውሻ ዝንብ ትንኝም በዳርቻቸው መጡ።
- 32 ዝናባቸውን በረዶ አደረገው፤ እሳትም በምድራቸው ተቃጠለች።
- 33 ወይናቸውንና በለሳቸውን መታ፤ የአገራቸውንም ዛፍ ሁሉ ሰበረ።
- 34 ተናገረ፤ አንበጣም ስፍር ቊጥር የሌለውም ኩብኩብ መጣ፤

- 17 he had sent a man ahead of them, Joseph, who was sold as a slave.
- 18 His feet were hurt with fetters, his neck was put in a collar of iron;
- 19 until what he had said came to pass, the word of the LORD kept testing him.
- 20 The king sent and released him; the ruler of the peoples set him free.
- 21 He made him lord of his house, and ruler of all his possessions,
- 22 to instruct his officials at his pleasure, and to teach his elders wisdom.
- 23 Then Israel came to Egypt; Jacob lived as an alien in the land of Ham.
- 24 And the LORD made his people very fruitful, and made them stronger than their foes,
- 25 whose hearts he then turned to hate his people, to deal craftily with his servants.
- 26 He sent his servant Moses, and Aaron whom he had chosen.
- 27 They performed his signs among them, and miracles in the land of Ham.
- 28 He sent darkness, and made the land dark; they rebelled against his words.
- 29 He turned their waters into blood, and caused their fish to die.
- 30 Their land swarmed with frogs, even in the chambers of their kings.
- 31 He spoke, and there came swarms of flies, and gnats throughout their country.
- 32 He gave them hail for rain, and lightning that flashed through their land.
- 33 He struck their vines and fig trees, and shattered the trees of their country.
- 34 He spoke, and the locusts came, and young locusts without number;

- 35 የአገራቸውንም ለምለም ሁሉ በላ፥
የምድራቸውንም ፍሬ በላ።
- 36 የአገራቸውንም በኩር ሁሉ፥
የጉልበታቸውን መጀመሪያ ሁሉ
መታ።
- 37 ከወርቅና ከብርም ጋር አወጣቸው፥
በወገኖቻቸውም ውስጥ ደዌ አልነበረም።
- 38 ፈርተዋቸው ነበርና ግብጽ
በመውጣታቸው ደስ አላት።
- 39 ደመናን ለመሸፈኛ ዘረጋባቸው፥
እሳትንም በሌሊት ያበራላቸው ዘንድ
ዘረጋ።
- 40 ለመኑ፥ ድርጭትንም አመጣላቸው፥
የሰማይንም እንጀራ አጠገባቸው።
- 41 ዓላቱን ሰነጠቀ፥ ውኃውም ፈሰሰ፤
ወንዞች በበረሃ ሄዱ፤
- 42 ለባሪያው ለአብርሃም የነገረውን ቅዱስ
ቃሉን አስበክልና።
- 43 ሕዝቡንም በደስታ የተመረጡትንም
በእልልታ አወጣ።
- 44 የአሕዛብንም አገሮች ሰጣቸው፥
የወገኖችንም ድካም ወረሱ።
- 45 ሕጉን ይጠብቁ ዘንድ፥ ሥርዓቱንም
ይፈልጉ ዘንድ። ሃሌ ሉያ

መዝሙር 106

- 1 ሃሌ ሉያ፤ ቸር ነውና፤ ምህረቱም
ለዘላለም ነውና እግዚአብሔርን
አመስግኑ።
- 2 የእግዚአብሔርን ኃይል ሥራ ማን
ይናገራል? ምስጋናውንስ ሁሉ ማን
ያሰማል?
- 3 ፍርድን የሚጠብቁ፥ ጽድቅንም
ሁልጊዜ የሚያደርጉ ምስጋናች
ናቸው።
- 4 አቤቱ፥ በሕዝብህ ሞገስ አስበን፥
በመድኃኒትህም ጎብኘን፤
- 5 የመረጥሃቸውን በጎነት እናይ ዘንድ፥
በሕዝብህም ደስታ ደስ ይለን ዘንድ፥
ከርስትህም ጋር እንጓደድ ዘንድ።

- 35 they devoured all the vegetation in
their land, and ate up the fruit of
their ground.
- 36 He struck down all the firstborn in
their land, the first issue of all their
strength.
- 37 Then he brought Israel out with
silver and gold, and there was no
one among their tribes who stum-
bled.
- 38 Egypt was glad when they departed,
for dread of them had fallen upon it.
- 39 He spread a cloud for a covering,
and fire to give light by night.
- 40 They asked, and he brought quails,
and gave them food from heaven in
abundance.
- 41 He opened the rock, and water
gushed out; it flowed through the
desert like a river.
- 42 For he remembered his holy pro-
mise, and Abraham, his servant.
- 43 So he brought his people out with
joy, his chosen ones with singing.
- 44 He gave them the lands of the
nations, and they took possession of
the wealth of the peoples,
- 45 that they might keep his statutes and
observe his laws. Praise the LORD!

Psalm 106

- 1 Praise the LORD! O give thanks to
the LORD, for he is good; for his
steadfast love endures forever.
- 2 Who can utter the mighty doings of
the LORD, or declare all his praise?
- 3 Happy are those who observe justice,
who do righteousness at all times.
- 4 Remember me, O LORD, when you
show favor to your people; help me
when you deliver them;
- 5 that I may see the prosperity of your
chosen ones, that I may rejoice in
the gladness of your nation, that I
may glory in your heritage.

- 6 ከአባቶቻችን ጋር ኃጢአትን ሠራን፤
ዐመፅንም፤ በደልንም።
- 7 አባቶቻችን በግብጽ ሳሉ ተአምራትህን
አላስተዋሉም፤ የምሕረትህንም ብዛት
አላስቡም፤ በኤርትራ ባሕር ባለፉ ጊዜ
ዐመፀብህ።
- 8 ኃይሉን ግን ለማስታወቅ። ስለ ስሙ
አዳናቸው።
- 9 የኤርትራንም ባሕር ገሠጸ እርሱም
ደረቀ፤ እንደ ምድረ በዳ በጥልቅ
መራቸው።
- 10 ከሚጠሉአቸውም እጅ አዳናቸው፤
ከጠላትም እጅ ተቤዣቸው።
- 11 ያሳደዱአቸውንም ውኃ ደፈናቸው፤
ከእነርሱም አንድ አልቀረም።
- 12 በዚያን ጊዜ በቃሉ አመኑ፤
ምስጋናውንም ዘመሩ።
- 13 ፈጥነውም ሥራውን ረሱ፤ በምክሩም
አልታገሡም።
- 14 በምድረ በዳም ምኞትን ተመኙ፤
በበረሃም እግዚአብሔርን
ተፈታተኑት።
- 15 የለመኑትንም ሰጣቸው፤ ለነፍሳቸው
ግን ክሳትን ላከ።
- 16 ሙሴንም እግዚአብሔር የቀደሰውንም
አሮንን በሰፈር ተመቅኙአቸው።
- 17 ምድርም ተከፈተች ዳታንንም
ዋጠችው፤ የአቤሮንንም ወገን
ደፈነች፤
- 18 በማኅበራቸውም እሳት ነደደች፤
ከበልባልም ጎጥኣንን አቃጠላቸው።
- 19 በኮራብም ጥጃን ሠሩ፤ ቀልጦ
ለተሠራ ምስልም ሰገዱ።
- 20 ሣርም በሚበላ በበሬ ምሳሌ
ክብራቸውን ለወጡ።
- 21-22 ታላቅ ነገርንም በግብጽ፤
ድንቅንም በካራን ምድር፤ ግሩም
ነገርንም በኤርትራ ባሕር ያደረገውን
ያዳናቸውንም እግዚአብሔርን ረሱ።
- 6 Both we and our ancestors have
sinned; we have committed iniquity,
have done wickedly.
- 7 Our ancestors, when they were in
Egypt, did not consider your won-
derful works; they did not remember
the abundance of your steadfast love,
but rebelled against the Most High at
the Red Sea.
- 8 Yet he saved them for his name's
sake, so that he might make known
his mighty power.
- 9 He rebuked the Red Sea, and it
became dry; he led them through the
deep as through a desert.
- 10 So he saved them from the hand of
the foe, and delivered them from the
hand of the enemy.
- 11 The waters covered their adversaries;
not one of them was left.
- 12 Then they believed his words; they
sang his praise.
- 13 But they soon forgot his works; they
did not wait for his counsel.
- 14 But they had a wanton craving in
the wilderness, and put God to the
test in the desert;
- 15 he gave them what they asked, but
sent a wasting disease among them.
- 16 They were jealous of Moses in the
camp, and of Aaron, the holy one of
the LORD.
- 17 The earth opened and swallowed up
Dathan, and covered the faction of
Abiram.
- 18 Fire also broke out in their com-
pany; the flame burned up the
wicked.
- 19 They made a calf at Horeb and
worshiped a cast image.
- 20 They exchanged the glory of God
for the image of an ox that eats
grass.
- 21 They forgot God, their Savior, who
had done great things in Egypt,
- 22 wondrous works in the land of Ham,
and awesome deeds by the Red Sea.

- 23 እንዳያጠፋቸው ቀጣውን ይመልስ
ዘንድ የተመረጠው ሙሴ በመቅሠፍት
ጊዜ በፊቱ ባይቆም ኖሮ፤ ያጠፋቸው
ዘንድ ተናገረ።
- 24 የተወደደችውን ምድር ናቁ፤ በቃሉም
አልታመኑም።
- 25 በድንኳኖቻቸውም ውስጥ
አንገራገሩ፤ የእግዚአብሔርን ቃል
አልሰሙም።
- 26-27 በምድረ በዳም ይጥላቸው ዘንድ፤
ዘራቸውንም በአሕዛብ መካከል ይጥል
ዘንድ፤ በየአገሩም ይበትናቸው
ዘንድ፤ እጁን አነሣቸው።
- 28 በብዔል ፌጎርም ተባበሩበት፤
የሙታንንም መሥዋዕት በሉ።
- 29 በሥራቸውም አስመረሩት፤ ቸነፈርም
በላያቸው በዛ።
- 30 ፊንሐስም ተነሥቶ ፈረደባቸው፤
ቸነፈርም ተወ፤
- 31 ያም እስከ ዘላለም ለልጅ ልጅ ጽድቅ
ሆኖ ተቈጠረለት።
- 32-33 በክርክር ውኃ ዘንድም
አስቈጡት፤ መንፈሱን
አስመርረዋታልና፤ ስለ እነርሱም
ሙሴ ተበሳጩ፤ በከንፈሮቹም
በስንፍና ተናገረ።
- 34 እግዚአብሔርም እንዳላቸው አሕዛብን
አላጠፋም፤
- 35 ከአሕዛብም ጋር ተደባለቁ፤
ሥራቸውንም ተማሩ።
- 36 ለጣዖቶቻቸውም ተገዙ፤ ወጥመድም
ሆኑባቸው።
- 37 ወንዶች ልጆቻቸውንና ሴቶች
ልጆቻቸውን ለአጋንንት ሠው፤
- 38 የወንዶች ልጆቻቸውንና የሴቶች
ልጆቻቸውን ደም፤ ለከነዓን ጣዖቶች
የሠውአቸውን ንጹሕ ደም አፈሰሱ፤
ምድርም በደም ረከሰች።

- 23 Therefore he said he would destroy
them-- had not Moses, his chosen
one, stood in the breach before him,
to turn away his wrath from destroy-
ing them.
- 24 Then they despised the pleasant
land, having no faith in his promise.
- 25 They grumbled in their tents, and
did not obey the voice of the LORD.
- 26 Therefore he raised his hand and
swore to them that he would make
them fall in the wilderness,
- 27 and would disperse their descendants
among the nations, scattering them
over the lands.
- 28 Then they attached themselves to the
Baal of Peor, and ate sacrifices
offered to the dead;
- 29 they provoked the LORD to anger
with their deeds, and a plague broke
out among them.
- 30 Then Phinehas stood up and inter-
ceded, and the plague was stopped.
- 31 And that has been reckoned to him
as righteousness from generation to
generation forever.
- 32 They angered the LORD at the
waters of Meribah, and it went ill
with Moses on their account;
- 33 for they made his spirit bitter, and
he spoke words that were rash.
- 34 They did not destroy the peoples, as
the LORD commanded them,
- 35 but they mingled with the nations
and learned to do as they did.
- 36 They served their idols, which
became a snare to them.
- 37 They sacrificed their sons and their
daughters to the demons;
- 38 they poured out innocent blood, the
blood of their sons and daughters,
whom they sacrificed to the idols of
Canaan; and the land was polluted
with blood.

- 39 በሥራቸው ረከሱ፤ በማድረጋቸውም አመነዘሩ።
- 40 የእግዚአብሔርም ቁጥ በሕዝቡ ላይ ነደደ፤ ርስቱንም ተጸየፈ።
- 41 ወደ አሕዛብም እጅ አሳለፋቸው፤ የሚጠሉአቸውም ገዙአቸው።
- 42 ጠላቶቻቸውም ግፍ አደረጉባቸው፤ ከእጃቸውም በታች ተዋረዱ።
- 43 ብዙ ጊዜ አዳናቸው፤ ነገር ግን በምክራቸው አስመረሩት፤ በኃጢአታቸውም ተዋረዱ።
- 44 እርሱ ግን ጩኸታቸውን በሰማ ጊዜ ጭንቃቸውን ተመለከተ፤
- 45 ለእነርሱም ኪዳኑን አሰበ፤ እንደ ምሕረቱም ብዛት ተጸጸተ።
- 46 በማረኩአቸውም ሁሉ ፊት ሞገስን ሰጣቸው።
- 47 አምላካችን እግዚአብሔር ሆይ፤ አድነን፤ ቅዱስ ስምህን እናመሰግን ዘንድ፤ በምስጋናህም እንመካ ዘንድ፤ ከአሕዛብ መካከል ሰብስበን።
- 48 ከዘላለም እስከ ዘላለም የእስራኤል አምላክ እግዚአብሔር ይባረክ ሕዝብም ሁሉ አሜን ይበል። ሃሌ ሉያ።

መዝሙር 107

ሃሌ ሉያ።

- 1 ቸር ነውና፤ ምሕረቱ ለዘላለም ነውና እግዚአብሔርን አመስግኑ፤
- 2 እግዚአብሔር ያዳናቸው፤ ከጠላቶች እጅ ያዳናቸው ይናገሩ።
- 3 ከምሥራቅና ከምዕራብ፤ ከሰሜንና ከባሕር፤ ከየአገሩ ሰበሰባቸው።
- 4 ውኃ በሌለበት ምድረ በዳ ተቅበዘበዙ፤ የሚኖሩበትንም ከተማ መንገድ አላገኙም።

- 39 Thus they became unclean by their acts, and prostituted themselves in their doings.
- 40 Then the anger of the LORD was kindled against his people, and he abhorred his heritage;
- 41 he gave them into the hand of the nations, so that those who hated them ruled over them.
- 42 Their enemies oppressed them, and they were brought into subjection under their power.
- 43 Many times he delivered them, but they were rebellious in their purposes, and were brought low through their iniquity.
- 44 Nevertheless he regarded their distress when he heard their cry.
- 45 For their sake he remembered his covenant, and showed compassion according to the abundance of his steadfast love.
- 46 He caused them to be pitied by all who held them captive.
- 47 Save us, O LORD our God, and gather us from among the nations, that we may give thanks to your holy name and glory in your praise.
- 48 Blessed be the LORD, the God of Israel, from everlasting to everlasting. And let all the people say, "Amen." Praise the LORD!

Psalm 107

- 1 O give thanks to the LORD, for he is good; for his steadfast love endures forever.
- 2 Let the redeemed of the LORD say so, those he redeemed from trouble
- 3 and gathered in from the lands, from the east and from the west, from the north and from the south.
- 4 Some wandered in desert wastes, finding no way to an inhabited town;

- 5 ተራቡ ተጠሙም፤ ነፍሳቸውም በውስጣቸው አለቀች።
- 6 በተጨነቁ ጊዜ ወደ እግዚአብሔር ጮኹ፤ ከመከራቸውም አዳናቸው፤
- 7 ወደሚኖሩበት ከተማ ይሄዱ ዘንድ የቀና መንገድን መራቸው።
- 8 ለሰው ልጆች ስላደረገው ተአምራት ስለ ምሕረቱም እግዚአብሔርን ያመሰግኑ፤
- 9 የተራበችን ነፍስ አጥግቦአልና፤ የተራቁ ተችንም ነፍስ በበረከት ሞልቶአልና።
- 10 በጨለማ በሞትም ጥላ የተቀመጡ፤ በችግር በብረትም የታሰሩ፤
- 11 የእግዚአብሔርን ቃል ስለ ፀመፁ፤ የልዑልንም ምክር ስለ ናቁ፤
- 12 ልባቸው በድካም ተዋረደ፤ ታመሙ የሚረዳቸውም አጡ።
- 13 በተጨነቁ ጊዜ ወደ እግዚአብሔር ጮኹ፤ በመከራቸውም አዳናቸው።
- 14 ከጨለማና ከሞት ጥላ አወጣቸው፤ እስራታቸውንም ሰበረ።
- 15 ለሰው ልጆች ስላደረገው ተአምራት ስለ ምሕረቱም እግዚአብሔርን ያመሰግኑ፤
- 16 የናሱን ደዶች ሰብሮአልና፤ የብረቱንም መወርወሪያ ቈርጦአልና።
- 17 ስለ ዓመፃቸው ሰነፉ፤ ስለ ኃጢአታቸውም ተቸገሩ።
- 18 ሰውነታቸው መብልን ሁሉ ተጸዩፈች፤ ወደ ሞትም ደጆች ቀረቡ።
- 19 በተጨነቁ ጊዜም ወደ እግዚአብሔር ጮኹ፤ ከመከራቸውም አዳናቸው።
- 20 ቃሉን ላከ ፈወሳቸውም፤ ከጥፋታቸውም አዳናቸው።
- 21 ለሰው ልጆች ስላደረገው ተአምራት ስለ ምሕረቱም እግዚአብሔርን ያመሰግኑ፤
- 5 hungry and thirsty, their soul fainted within them.
- 6 Then they cried to the LORD in their trouble, and he delivered them from their distress;
- 7 he led them by a straight way, until they reached an inhabited town.
- 8 Let them thank the LORD for his steadfast love, for his wonderful works to humankind.
- 9 For he satisfies the thirsty, and the hungry he fills with good things.
- 10 Some sat in darkness and in gloom, prisoners in misery and in irons,
- 11 for they had rebelled against the words of God, and spurned the counsel of the Most High.
- 12 Their hearts were bowed down with hard labor; they fell down, with no one to help.
- 13 Then they cried to the LORD in their trouble, and he saved them from their distress;
- 14 he brought them out of darkness and gloom, and broke their bonds asunder.
- 15 Let them thank the LORD for his steadfast love, for his wonderful works to humankind.
- 16 For he shatters the doors of bronze, and cuts in two the bars of iron.
- 17 Some were sick through their sinful ways, and because of their iniquities endured affliction;
- 18 they loathed any kind of food, and they drew near to the gates of death.
- 19 Then they cried to the LORD in their trouble, and he saved them from their distress;
- 20 he sent out his word and healed them, and delivered them from destruction.
- 21 Let them thank the LORD for his steadfast love, for his wonderful works to humankind.

22 የምስጋና መስዋዕትንም ይሠውሉት፥
በእልልታም ሥራውን ይገኛሉ።

23 በመርከቦች ወደ ባሕር የሚወርዱ፥
በታላቅ ውኃ ሥራቸውን የሚሠሩ፥

24 እነርሱ የእግዚአብሔርን ሥራ፥
በጥልቅም ያላቸውን ድንቁን አዩ።

25 ተናገረ፥ ዐውሎ ነፋስም ተነሣ፤
ሞገድም ከፍ ከፍ አለ።

26 ወደ ሰማይ ይወጣሉ ወደ ጥልቅም
ይወርዳሉ፤ ነፍሳቸውም በመከራ
ቀለጠች።

27 ደነገጡ እንደ ሰካርም ተንገደገዱ፥
ጥበባቸውም ሁሉ ተዋጠች።

28 በተጨነቁ ጊዜ ወደ እግዚአብሔር
ጮኹ፥ ከመከራቸውም አዳናቸው።

29 ዐውሎንም ጸጥ አደረገ፥ ሞገዱም
ዝም አለ።

30 ዝም ብሎአልና ደስ አላቸው፤ ወደ
ፈለጉትም ወደብ መራቸው።

31 ለሰው ልጆች ሰላደረገው ተአምራት
ስለ ምሕረቱም እግዚአብሔርን
ያመስግኑ።

32 በአሕዛብ ጉባኤ ከፍ ከፍ ያድርጉት፥
በሽማግሌዎችም ሸንጎ ያመስግኑት።

33 ወንዞችን ምድረ በዳ፥ የውኃውንም
ምንጮች ደረቅ አደረጋቸው፤

34 ከተቀመጡባት ክፋት የተነሣ
ፍሬያማዋን ምድር ጨው አደረጋት።

35 ምድረ በዳን ለውኃ መቆሚያ፥
ደረቁንም ምድር የውኃ ምንጮች
አደረገ።

36 በዚያም ራብተኞችን አስቀመጠ፥
የሚኖርባትንም ከተማ ሠሩ።

37 እርሻዎችንም ዘሩ ወይኖችንም
ተከሉ፥ የእህልንም ሰብል አደረጉ።

38 ባረካቸውም እጅግም በዙ፤
እንስሶቻቸውንም አላሳነሰባቸውም።

22 And let them offer thanksgiving
sacrifices, and tell of his deeds with
songs of joy.

23 Some went down to the sea in ships,
doing business on the mighty waters;

24 they saw the deeds of the LORD, his
wondrous works in the deep.

25 For he commanded and raised the
stormy wind, which lifted up the
waves of the sea.

26 They mounted up to heaven, they
went down to the depths; their
courage melted away in their cala-
mity;

27 they reeled and staggered like
drunkards, and were at their wits'
end.

28 Then they cried to the LORD in
their trouble, and he brought them
out from their distress;

29 he made the storm be still, and the
waves of the sea were hushed.

30 Then they were glad because they
had quiet, and he brought them to
their desired haven.

31 Let them thank the LORD for his
steadfast love, for his wonderful
works to humankind.

32 Let them extol him in the congrega-
tion of the people, and praise him in
the assembly of the elders.

33 He turns rivers into a desert, springs
of water into thirsty ground,

34 a fruitful land into a salty waste,
because of the wickedness of its
inhabitants.

35 He turns a desert into pools of
water, a parched land into springs of
water.

36 And there he lets the hungry live,
and they establish a town to live in;

37 they sow fields, and plant vineyards,
and get a fruitful yield.

38 By his blessing they multiply
greatly, and he does not let their
cattle decrease.

- 39 እነርሱ በችግር በከፋት በጭንቀት ተዋረዱ እያነሱም ሄዱ፤
- 40 በአለቶችም ላይ ኅዛርን፤ አፈሰሰ፤ መንገድም በሌለበት በምድረ በዳ አሳታቸው።
- 41 ችግረኛንም ከችግሩ ረዳው፤ እንደ በጎች መንጋ ወገን አደረገው።
- 42 ቅኖች ያያሉ፤ ደስም ይላቸዋል፤ ኃጢአትም ሁሉ አፍዋን ትዘጋለች።
- 43 ጥበበኛ የሆነና ይህን የሚጠብቅ ማን ነው? እርሱ የእግዚአብሔርን ምሕረት ያስተውላል።

መዝሙር 108

የዳዊት የምስጋና መዝሙር።

- 1 ልቤ ጽኑ ነው፤ አቤቱ፤ ልቤ ጽኑ ነው፤ እቀኛለሁ በክብራም እዘምራለሁ።
- 2 በገና ሆይ፤ ተነሥ፤ መሰንቆም፤ እኔም ማልጄ እነሣለሁ።
- 3 አቤቱ፤ በአሕዛብ መካከል አመሰግንሃለሁ፤ በወገኖችም መካከል እዘምርልሃለሁ፤
- 4 ምሕረትህ በሰማይ ላይ ታላቅ ናትና፤ እውነትህም እስከ ደመናት ድረስ ነውና።
- 5 አቤቱ፤ በሰማያት ላይ ከፍ ከፍ በል፤ ክብርህም በምድር ሁሉ ላይ ትሁን።
- 6 ወዳጆችህ ይድኑ ዘንድ፤ በቀኝህ አድን አድምጠኝም።
- 7 እግዚአብሔር በቅድስናው ተናገረ፡- ደስ ይለኛል፤ ሴኬምንም እካፈላለሁ፤ የሱኮትንም ሸለቆ እሰፍራለሁ።
- 8 ገላዳድ የእኔ ነው ምናሴም የእኔ ነው፤ ኡፍራም የራሴ መጠጊያ ነው። ይሁዳ ንጉሤ ነው።
- 9 ሞዓብ መታጠቢያዬ ነው፤ በኤዶም ያስ ላይም ጫማዬን እዘረጋለሁ፤ ፍልስጥኤም ይገዙልኛል።
- 10 ወደ ጽኑ ከተማ ማን ይወስደኛል? ማንስ እስከ ኤዶም ያስ ይመራኛል?

- 39 When they are diminished and brought low through oppression, trouble, and sorrow,
- 40 he pours contempt on princes and makes them wander in trackless wastes;
- 41 but he raises up the needy out of distress, and makes their families like flocks.
- 42 The upright see it and are glad; and all wickedness stops its mouth.
- 43 Let those who are wise give heed to these things, and consider the steadfast love of the LORD.

Psalm 108

- 1 My heart is steadfast, O God, my heart is steadfast; I will sing and make melody. Awake, my soul!
- 2 Awake, O harp and lyre! I will awake the dawn.
- 3 I will give thanks to you, O LORD, among the peoples, and I will sing praises to you among the nations.
- 4 For your steadfast love is higher than the heavens, and your faithfulness reaches to the clouds.
- 5 Be exalted, O God, above the heavens, and let your glory be over all the earth.
- 6 Give victory with your right hand, and answer me, so that those whom you love may be rescued.
- 7 God has promised in his sanctuary: "With exultation I will divide up Shechem, and portion out the Vale of Succoth.
- 8 Gilead is mine; Manasseh is mine; Ephraim is my helmet; Judah is my scepter.
- 9 Moab is my washbasin; on Edom I hurl my shoe; over Philistia I shout in triumph."
- 10 Who will bring me to the fortified city? Who will lead me to Edom?

- 11 አቤቱ፡ የጣልኸኝ አንተ
አይደለህምን? አምላክ ሆይ፡
ከሠራዊታችን ጋር አትወጣም።
- 12 በመከራችን ረድኤትን ሰጠን፤
የሰውም ማዳን ከንቱ ነው።
- 13 በእግዚአብሔር ኃይልን እናደርጋለን፤
እርሱም የሚያስጨንቁንን
ያዋርዳቸዋል።

መዝሙር 109

ለመዘምራን አለቃ፤ የዳዊት መዝሙር።

- 1 አምላክ ሆይ፡ ምሥጋናዬን ዝም
አትበል፤
- 2 የኃጢአተኛ አፍና የተንከለኛ አፍ
በላዬ ተላቅቀውብኛልና፤ በሽንገላ
አንደበትም በላዬ ተናገሩ፤
- 3 በጥል ቃል ከበቡኝ፡ በከንቱም
ተሰለፉብኝ።
- 4 በወደድኋቸው ፋንታ አጣሉኝ፤ እኔ
ግን እጸልያለሁ።
- 5 በመልካም ፋንታ ክፉን
በወደድኋቸውም ፋንታ ጠላትነትን
መለሱልኝ።
- 6 በላዩ ኃጢአተኛን ሹም፤ ሰይጣንም
በቀኙ ይቁም።
- 7 በተምዋገተም ጊዜ ተረትቶ ይውጣ፤
ጸሎቱም ኃጢአት ትሁንበት።
- 8 ዘመኖቹም ጥቂት ይሁኑ፤ ሹሙቱንም
ሌላ ይውሰድ።
- 9 ልጆቹም ድሀ አደግ ይሁኑ፤ ሚስቱም
መበለት ትሁን።
- 10 ልጆቹም ተናውጠው ይቅበዝበዙ
ይለምኑም፤ ከሰፍራቸውም ይባረሩ።
- 11 ባለዕዳም ያለውን ሁሉ ይበርብረው፤
እንግዶችም ድካሙን ሁሉ
ይበዝብዙት።
- 12 የሚያዝዘውንም አያግኝ። ለድሀ አደግ
ልጆቹም የሚረራ አይኑር።
- 13 ልጆቹ ይጥፉ፤ በአንድ ትውልድ
ስሙ ይደምሰስ።

- 11 Have you not rejected us, O God?
You do not go out, O God, with our
armies.
- 12 O grant us help against the foe, for
human help is worthless.
- 13 With God we shall do valiantly; it is
he who will tread down our foes.

Psalm 109

- 1 Do not be silent, O God of my praise.
- 2 For wicked and deceitful mouths are
opened against me, speaking against
me with lying tongues.
- 3 They beset me with words of hate,
and attack me without cause.
- 4 In return for my love they accuse me,
even while I make prayer for them.
- 5 So they reward me evil for good, and
hatred for my love.
- 6 They say, "Appoint a wicked man
against him; let an accuser stand on
his right.
- 7 When he is tried, let him be found
guilty; let his prayer be counted as
sin.
- 8 May his days be few; may another
seize his position.
- 9 May his children be orphans, and his
wife a widow.
- 10 May his children wander about and
beg; may they be driven out of the
ruins they inhabit.
- 11 May the creditor seize all that he
has; may strangers plunder the fruits
of his toil.
- 12 May there be no one to do him a
kindness, nor anyone to pity his
orphaned children.
- 13 May his posterity be cut off; may his
name be blotted out in the second
generation.

- 14 የአባቶቹ ኃጢአት በእግዚአብሔር ፊት ትታሰብ፤ የእናቱም ኃጢአት አትደምሰስ።
- 14 May the iniquity of his father be remembered before the LORD, and do not let the sin of his mother be blotted out.
- 15 በእግዚአብሔር ፊት ሁልጊዜ ይኑሩ፤ መታሰቢያቸው ከምድር ይጥፋ።
- 15 Let them be before the LORD continually, and may his memory be cut off from the earth.
- 16 ምሕረትን ያደርግ ዘንድ አላሰበምና ችግረኛንና ምስኪንን ልቡ የተሰበረውንም ሰው ይገድል ዘንድ አሳደደ።
- 16 For he did not remember to show kindness, but pursued the poor and needy and the brokenhearted to their death.
- 17 መርገምን ወደደ ወደ እርሱም መጣች፤ በረከትንም አልመረጠም ከእርሱም ራቆች።
- 17 He loved to curse; let curses come on him. He did not like blessing; may it be far from him.
- 18 መርገምን እንደ ልብስ ለበሳት፤ እንደ ውኃም ወደ አንጀቱ፤ እንደ ቅባትም ወደ አጥንቱ ገባች።
- 18 He clothed himself with cursing as his coat, may it soak into his body like water, like oil into his bones.
- 19 እንደሚለብሰው ልብስ። ሁልጊዜም እንደሚታጠቀው ትጥቅ ይሁነው።
- 19 May it be like a garment that he wraps around himself, like a belt that he wears every day.
- 20 ይህ ሥራ ከእግዚአብሔር ዘንድ በሚያጣሉኝ በነፍሴም ላይ ክፉን በሚናገሩ ነው።
- 20 May that be the reward of my accusers from the LORD, of those who speak evil against my life.
- 21 አንተ ግን አቤቱ ጌታዬ፤ ስለ ስምህ ምሕረትህን በእኔ ላይ አድርግ፤ ምሕረትህ መልካም ናትና አድነኝ።
- 21 But you, O LORD my Lord, act on my behalf for your name's sake; because your steadfast love is good, deliver me.
- 22 እኔ ችግረኛ ምስኪንም ነኝና፤ ልቤም በውስጤ ደነገጠብኝ።
- 22 For I am poor and needy, and my heart is pierced within me.
- 23 እንዳለፈ ጥላ አለቅሁ፤ እንደ አንበጣም እረገፍሁ።
- 23 I am gone like a shadow at evening; I am shaken off like a locust.
- 24 ጉልበቶቼ በጾም ደከሙ፤ ሥጋዬም ቅቤ በማጣት ከሳ።
- 24 My knees are weak through fasting; my body has become gaunt.
- 25 እኔም በእነርሱ ዘንድ ለነውር ሆንሁ፤ ባዩኝ ጊዜ ራሳቸውን ነቀነቁ።
- 25 I am an object of scorn to my accusers; when they see me, they shake their heads.
- 26 አቤቱ አምላኬ፤ እርዳኝ፤ እንደ ምሕረትህም አድነኝ።
- 26 Help me, O LORD my God! Save me according to your steadfast love.
- 27 አቤቱ፤ እጅህ ይህች እንደ ሆነች፤ አንተም ይህችን እንዳደረግህ ይወቁ።
- 27 Let them know that this is your hand; you, O LORD, have done it.
- 28 እነርሱ ይራግማሉ አንተ ግን ባርክ፤ በእኔ ላይ የሚነሡ ይፈሩ፤ ባሪያህ ግን ደስ ይበለው።
- 28 Let them curse, but you will bless. Let my assailants be put to shame; may your servant be glad.

- 29 የሚያጣሉኝ እፍረትን ይልበሱ፤
እፍረታቸውን እንደ መግናጸፊያ
ይልበሱአት።
- 30 እግዚአብሔርን በአፌ እጅግ
አመሰግናለሁ። በብዙዎችም መካከል
አከብረዋለሁ፤
- 31 ነፍሱን ከሚያሳድዱአት ያድን ዘንድ፤
በድሀ ቀኝ ቆሞአልና።

መዝሙር 110

የዳዊት መዝሙር።

- 1 እግዚአብሔር ጌታዬን፡- ጠላቶችህን
ለእግርህ መቀመጫ እስካደርግልህ
ድረስ በቀኝ ተቀመጥ አለው።
- 2 እግዚአብሔር የኃይልን በትር ከጽዮን
ይልክልሃል፤ በጠላቶችህም መካከል
ግዛ።
- 3 ከአንተ ጋር ቀድሞ በኃይልህ ቀን፤
በቅዱሳን ብርሃን፤ ከአጥቢያ ኮከብ
አስቀድሞ ከሆድ ወለድሁህ።
- 4 እንደ መልክ ጼዴቅ ሥርዓት አንተ
ለዘላለም ካህን ነህ ብሎ፤
እግዚአብሔር ማለ አይጸጸትም።
- 5 እግዚአብሔር በቀኝህ ነገሥታትን
በቀጣው ቀን ይቀጠቅጣቸዋል።
- 6 በአሕዛብ መካከል ይፈርዳል፤
ሬሳዎችንም ያበዛል፤ በሰፊ ምድር
ላይ ራሶችን ይቀጠቅጣል።
- 7 በመንገድ ከፈሳሽ ውኃ ይጠጣል፤
ስለዚህ ራስ ከፍ ከፍ ይላል።

መዝሙር 111

- 1 ሃሌ ሉያ። አቤቱ፤ በቅኖች ሸንጎ
በጉባኤም በፍጹም ልቤ
አመሰግንሃለሁ።
- 2 የእግዚአብሔር ሥራ ታላቅ ናት፤ ደስ
በሚሰጥላት ሁሉ ዘንድ የተፈለገች
ናት።
- 3 ሥራው ምስጋናና ግርማ ነው፤
ጽድቁም ለዘላለም ይኖራል።

- 29 May my accusers be clothed with
dishonor; may they be wrapped in
their own shame as in a mantle.
- 30 With my mouth I will give great
thanks to the LORD; I will praise
him in the midst of the throng.
- 31 For he stands at the right hand of the
needy, to save them from those who
would condemn them to death.

Psalm 110

- 1 The LORD says to my lord, "Sit at
my right hand until I make your
enemies your footstool."
- 2 The LORD sends out from Zion your
mighty scepter. Rule in the midst of
your foes.
- 3 Your people will offer themselves
willingly on the day you lead your
forces on the holy mountains. From
the womb of the morning, like dew,
your youth will come to you.
- 4 The LORD has sworn and will not
change his mind, "You are a priest
forever according to the order of
Melchizedek."
- 5 The Lord is at your right hand; he
will shatter kings on the day of his
wrath.
- 6 He will execute judgment among the
nations, filling them with corpses; he
will shatter heads over the wide
earth.
- 7 He will drink from the stream by the
path; therefore he will lift up his
head.

Psalm 111

- 1 Praise the LORD! I will give thanks
to the LORD with my whole heart,
in the company of the upright, in the
congregation.
- 2 Great are the works of the LORD,
studied by all who delight in them.
- 3 Full of honor and majesty is his
work, and his righteousness endures
forever.

- 4 ለተአምራቱ መታሰቢያን አደረገ፤
እግዚአብሔር መሐሪና ይቅር ባይ
ነው።
- 5 ለሚፈሩት ምግብን ሰጣቸው፤
ኪዳንንም ለዘላለም ያስባል።
- 6 የአሕዛብን ርስት ይሰጣቸው ዘንድ፤
ለሕዝቡ የሥራውን ብርታት አላየ።
- 7 የእጆቹ ሥራ እውነትና ፍርድ ነው፤
ትእዛዙም ሁሉ የታመነ ነው።
- 8 ለዘላለምም የጸና ነው፤ በእውነትና
በቅንም የተሠራ ነው።
- 9 መድኃኒትንም ለሕዝቡ ሰደደ፤
ኪዳንንም ለዘላለም አዘዘ፤ ስሙ
የተቀደሰና የተፈራ ነው።
- 10 የጥበብ መጀመሪያ እግዚአብሔርን
መፍራት ነው፤ ለሚያደርጓትም ሁሉ
ደኅና ማስተዋል አላቸው፤
ምስጋናውም ለዘላለም ይኖራል።

መዝሙር 112

- 1 ሃሌ ሉያ፤ እግዚአብሔርን የሚፈራ፤
ትእዛዙንም እጅግ የሚወድድ ሰው
ምስጉን ነው።
- 2 ዘሩ በምድር ላይ ኃያል ይሆናል፤
የቅኖች ትውልድ ትባረካለች።
- 3 ክብርና ባለጠግነት በቤቱ ነው፤
ጽድቁም ለዘላለም ይኖራል።
- 4 ለቅኖች ብርሃን በጨለማ ወጣ፤
መሐሪና ይቅር ባይ ጸድቅም ነው።
- 5 ችር ሰው ይራራል ያበድራልም፤
በፍርድም ነገሩን ይፈጽማል።
- 6 ለዘላለም አይናወጥም፤ የጸድቅ
መታሰቢያ ለዘላለም ይኖራል።
- 7 ከክፉ ነገር አይፈራም፤
በእግዚአብሔር ለመታመን ልቡ የጸና
ነው።
- 8 በጠላቶቹ ላይ እስኪያይ ድረስ ልቡ
ጽኑ ነው፤ አይፈራም።

- 4 He has gained renown by his wonder-
ful deeds; the LORD is gracious and
merciful.
- 5 He provides food for those who fear
him; he is ever mindful of his
covenant.
- 6 He has shown his people the power of
his works, in giving them the heritage
of the nations.
- 7 The works of his hands are faithful
and just; all his precepts are trust-
worthy.
- 8 They are established forever and ever,
to be performed with faithfulness and
uprightness.
- 9 He sent redemption to his people; he
has commanded his covenant forever.
Holy and awesome is his name.
- 10 The fear of the LORD is the
beginning of wisdom; all those who
practice it have a good understanding.
His praise endures forever.

Psalm 112

- 1 Praise the LORD! Happy are those
who fear the LORD, who greatly
delight in his commandments.
- 2 Their descendants will be mighty in
the land; the generation of the upright
will be blessed.
- 3 Wealth and riches are in their houses,
and their righteousness endures for-
ever.
- 4 They rise in the darkness as a light for
the upright; they are gracious, merci-
ful, and righteous.
- 5 It is well with those who deal
generously and lend, who conduct
their affairs with justice.
- 6 For the righteous will never be moved;
they will be remembered forever.
- 7 They are not afraid of evil tidings;
their hearts are firm, secure in the
LORD.
- 8 Their hearts are steady, they will not
be afraid; in the end they will look in
triumph on their foes.

9 በተነ ለችግረኞችም ሰጠ፤ ጽድቁ ለዘላለም ዓለም ይኖራል፤ ቀንዱ በክብር ከፍ ከፍ ይላል።

10 ኃጢአተኛም አይቶ ይቁጣል፤ ጥርሱንም ያፋጫል፤ ይቀልጣልም፤ የኃጢአተኞችም ምኞት ትጠፋለች።

መዝሙር 113

1 ሃሌ ሉያ፡ የእግዚአብሔር ባሪያዎች ሆይ፥ አመስግኑት፥ የእግዚአብሔርንም ስም አመስግኑ።

2 ከዛሬ ጀምሮ እስከ ዘላለም ድረስ የእግዚአብሔር ስም ቡሩክ ይሁን።

3 ከፀሐይ መውጫ ጀምሮ እስከ መግቢያው ድረስ የእግዚአብሔር ስም ይመሰገን።

4 እግዚአብሔር በአሕዛብ ሁሉ ላይ ከፍተኛ ነው፥ ክብሩም ከሰማያት በላይ ነው።

5 እንደ አምላካችን እንደ እግዚአብሔር ማን ነው? በላይ የሚኖር፤

6 በሰማይና በምድር የተዋረዱትን የሚያይ፤

7-8 ከአለቆች ጋር ከሕዝቡም አለቆች ጋር ያኖረው ዘንድ ችግረኛን ከመሬት የሚያነሣ፥ ምስኪኑንም ከፋንድያ ከፍ የሚያደርግ፤

9 መካኒቱን በቤት የሚያኖራት፥ ደስ የተሰኘችም የልጆች እናት የሚያደርጋት። ሃሌ ሉያ።

መዝሙር 114

ሃሌ ሉያ።

1 እስራኤል ከግብጽ፥ የያዕቆብም ቤት ከእንግዳ ሕዝብ በወጣ ጊዜ፥

2 ይሁዳ መቅደሱ፥ እስራኤልም ግዛቱ ሆነ።

3 ባሕር አየች ሸሸችም፥ ዮርዳኖስም ወደ ጓላው ተመለሰ።

4 ተራሮች እንደ ኮርማዎች፥ ኮረብቶችም እንደ ጠቦቶች ዘለሉ።

9 They have distributed freely, they have given to the poor; their righteousness endures forever; their horn is exalted in honor.

10 The wicked see it and are angry; they gnash their teeth and melt away; the desire of the wicked comes to nothing.

Psalms 113

1 Praise the LORD! Praise, O servants of the LORD; praise the name of the LORD.

2 Blessed be the name of the LORD from this time on and forevermore.

3 From the rising of the sun to its setting the name of the LORD is to be praised.

4 The LORD is high above all nations, and his glory above the heavens.

5 Who is like the LORD our God, who is seated on high,

6 who looks far down on the heavens and the earth?

7 He raises the poor from the dust, and lifts the needy from the ash heap,

8 to make them sit with princes, with the princes of his people.

9 He gives the barren woman a home, making her the joyous mother of children. Praise the LORD!

Psalms 114

1 When Israel went out from Egypt, the house of Jacob from a people of strange language,

2 Judah became God's sanctuary, Israel his dominion.

3 The sea looked and fled; Jordan turned back.

4 The mountains skipped like rams, the hills like lambs.

- 5 አንቺ ባሕር የሸሸሽ፡ አንቺም የርዳኖስ ወደ ኋላሽ የተመለሰሽ፡ ምን ሆናችኋል?
- 6 እናንተም ተራሮች፡ እንደ ኮርማዎች፡ ኮረብቶችሰ፡ እንደ ጠቦቶች ለምን ዘለላችሁ?
- 7 ከያዕቆብ አምላክ ፊት፡ ከጌታ ፊት ምድር ተናወጠች፤
- 8 ድንጋዩን ወደ ውኃ መቆሚያ፡ ጭንጫውንም ወደ ውኃ ምንጭ ከለወጠ።

መዝሙር 115

- 1 ለእኛ አይደለም፡ አቤቱ፡ ለእኛ አይደለም፡ ነገር ግን ለስምህ ስለ ምሕረትህ ስለ እውነትህም ምስጋናን ስጥ።
- 2 አሕዛብ፡- አምላካቸው ወዴት ነው? አይበሉ።
- 3 አምላካችንስ በላይ በሰማይ ነው፤ በሰማይም በምድርም የፈቀደውን ሁሉ አደረገ።
- 4 የአሕዛብ ጣዖታቶች የወርቅና የብር፡ የሰው እጅ ሥራ ናቸው።
- 5 አፍ አላቸው አይናገሩምም፤ ዓይን አላቸው አያዩምም፤
- 6 ጆሮ አላቸው አይሰሙምም፤ አፍንጫ አላቸው አያሸትቱምም፤
- 7 እጅ አላቸው አይዳሰሱምም፤ እግር አላቸው አይሄዱምም፤ በጉሮሮአቸውም አይናገሩም።
- 8 የሚሠሩአቸውም የሚያምኑባቸውም ሁሉ እንደ እነርሱ ይሁኑ።
- 9 የእስራኤል ቤት ሆይ፡ በእግዚአብሔር ታመኑ፤ ረድኤታቸውና መታመኛቸው እርሱ ነው።
- 10 የአሮን ቤት ሆይ፡ በእግዚአብሔር ታመኑ ረድኤታቸውና መታመኛቸው እርሱ ነው።
- 11 እግዚአብሔርን የምትፈሩ ሆይ፡ በእግዚአብሔር ታመኑ፤ ረድኤታቸውና መታመኛቸው እርሱ ነው።
- 12 እግዚአብሔር አሰበን ይባርከንማል፤ የእስራኤልን ቤት ይባረካል፤ የአሮንንም ቤት ይባረካል።

- 5 Why is it, O sea, that you flec? O Jordan, that you turn back?
- 6 O mountains, that you skip like rams? O hills, like lambs?
- 7 Tremble, O earth, at the presence of the LORD, at the presence of the God of Jacob,
- 8 who turns the rock into a pool of water, the flint into a spring of water.

Psalm 115

- 1 Not to us, O LORD, not to us, but to your name give glory, for the sake of your steadfast love and your faithfulness.
- 2 Why should the nations say, "Where is their God?"
- 3 Our God is in the heavens; he does whatever he pleases.
- 4 Their idols are silver and gold, the work of human hands.
- 5 They have mouths, but do not speak; eyes, but do not see.
- 6 They have ears, but do not hear; noses, but do not smell.
- 7 They have hands, but do not feel; feet, but do not walk; they make no sound in their throats.
- 8 Those who make them are like them; so are all who trust in them.
- 9 O Israel, trust in the LORD! He is their help and their shield.
- 10 O house of Aaron, trust in the LORD! He is their help and their shield.
- 11 You who fear the LORD, trust in the LORD! He is their help and their shield.
- 12 The LORD has been mindful of us; he will bless us; he will bless the house of Israel; he will bless the house of Aaron;

- 13 እግዚአብሔርን የሚፈሩትን፥ ትንንሾችንና ትልልቆችን ይባርካል።
- 14 እግዚአብሔር በላያችሁ፥ በላያችሁና በልጆችሁ ላይ ይጨምር።
- 15 እናንተ ሰማይንና ምድርን ለሠራ ለእግዚአብሔር የተባረካችሁ ናችሁ።
- 16 የሰማያት ሰማይ ለእግዚአብሔር ነው፤ ምድርን ግን ለሰው ልጆች ሰጣት።
- 17 አቤቱ፥ ሙታን የሚያመሰግኑህ አይደሉም ወደ ሲኦልም የሚወርዱ ሁሉ፤
- 18 እኛ ሕያዋን ግን ከዛሬ ጀምሮ እስከ ዘላለም እግዚአብሔርን እንባርካለን። ሃሌ ሉያ።

መዝሙር 116

ሃሌ ሉያ።

- 1 እግዚአብሔር የልመናዬን ድምፅ ስምቶአልና ወደድሁት።
- 2 ጆሮውን ወደ እኔ አዘነብሎአልና በዘመኔ ሁሉ እጠራዋለሁ።
- 3 የሞት ጣር ያዘኝ፤ የሲኦልም ሕማም አገኘኝ፤ ጭንቀትንና መከራን አገኘሁ።
- 4 የእግዚአብሔርንም ስም ጠራሁ፡- አቤቱ፥ ነፍሴን አድናት።
- 5 እግዚአብሔር መሐሪና ጸድቅ ነው፥ አምላካችንም ይቅር ባይ ነው።
- 6 እግዚአብሔር ሕፃናትን ይጠብቃል፤ ተቸገርሁ እርሱም አዳኘኝ።
- 7 ነፍሴ ሆይ፥ ወደ ዕረፍትሽ ተመለሽ፤ እግዚአብሔር መልካም አድርጎልሻልና፤
- 8 ነፍሴን ከሞት፥ ዓይኔንም ከእንባ፥ እግሬንም ከመሰናከል አድኖአልና።
- 9 በሕያዋን አገር በእግዚአብሔር ፊት እሄዳለሁ።
- 10 አመንሁ ስለዚህም ተናገርሁ፤ እኔም እጅግ ተቸገርሁ።

- 13 he will bless those who fear the LORD, both small and great.
- 14 May the LORD give you increase, both you and your children.
- 15 May you be blessed by the LORD, who made heaven and earth.
- 16 The heavens are the Lord's heavens, but the earth he has given to human beings.
- 17 The dead do not praise the LORD, nor do any that go down into silence.
- 18 But we will bless the LORD from this time on and forevermore. Praise the LORD!

Psalm 116

- 1 I love the LORD, because he has heard my voice and my supplications.
- 2 Because he inclined his ear to me, therefore I will call on him as long as I live.
- 3 The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish.
- 4 Then I called on the name of the LORD: "O LORD, I pray, save my life!"
- 5 Gracious is the LORD, and righteous; our God is merciful.
- 6 The LORD protects the simple; when I was brought low, he saved me.
- 7 Return, O my soul, to your rest, for the LORD has dealt bountifully with you.
- 8 For you have delivered my soul from death, my eyes from tears, my feet from stumbling.
- 9 I walk before the LORD in the land of the living.
- 10 I kept my faith, even when I said, "I am greatly afflicted";

- 11 እኔም ከድንጋጤዬ የተነሣ፡- ሰው ሁሉ ሐሰተኛ ነው አልሁ።
- 12 ስላደረገልኝ ሁሉ ለእግዚአብሔር ምንን እመልሳለሁ?
- 13 የመድኃኒትን ጽዋ እቀበላለሁ፤ የእግዚአብሔርንም ስም እጠራለሁ።
- 14 በሕዝቡ ሁሉ ፊት ስእለቴን ለእግዚአብሔር እፈጽማለሁ።
- 15 የቅዱሳኑ ሞት በእግዚአብሔር ፊት የከበረ ነው።
- 16 አቤቱ፤ እኔ ባሪያህ ነኝ፤ ባሪያህ ነኝ፤ የሴት ባሪያህም ልጅ ነኝ፤ ሰንሰለቴን ሰበርህ።
- 17 ለአንተ የምስጋና መስዋዕትን እሠዋለሁ፤ የእግዚአብሔርንም ስም እጠራለሁ።
- 18 በሕዝቡ ሁሉ ፊት ስእለቴን ለእግዚአብሔር እፈጽማለሁ።
- 19 በእግዚአብሔር ቤት አደባባይ፤ ኢየሩሳሌም ሆይ፤ በመካከልሽም። ሃሌሉያ

መዝሙር 117

ሃሌ ሉያ።

- 1 አሕዛብ ሁላችሁ፤ እግዚአብሔርን አመስግኑት፤ ወገኖችም ሁሉ ያመስግኑት፤
- 2 ምሕረቱ በእኛ ላይ ጸንታለችና፤ የእግዚአብሔርም እውነት ለዘላለም ትኖራለች። ሃሌ ሉያ።

መዝሙር 118

ሃሌ ሉያ።

- 1 እግዚአብሔርን አመስግኑት፤ ቸር ነውና፤ ምሕረቱ ለዘላለም ናትና።
- 2 ቸር እንደ ሆነ፤ ምሕረቱ ለዘላለም እንደ ሆነች የእስራኤል ቤት አሁን ይንገሩ።
- 3 ቸር እንደ ሆነ፤ ምሕረቱ ለዘላለም እንደ ሆነች የኦሮን ቤት አሁን ይንገሩ።
- 4 ቸር እንደ ሆነ፤ ምሕረቱ ለዘላለም እንደ ሆነች እግዚአብሔርን የሚፈሩ ሁሉ አሁን ይንገሩ።

- 11 I said in my consternation, "Everyone is a liar."
- 12 What shall I return to the LORD for all his bounty to me?
- 13 I will lift up the cup of salvation and call on the name of the LORD,
- 14 I will pay my vows to the LORD in the presence of all his people.
- 15 Precious in the sight of the LORD is the death of his faithful ones.
- 16 O LORD, I am your servant; I am your servant, the child of your serving girl. You have loosed my bonds.
- 17 I will offer to you a thanksgiving sacrifice and call on the name of the LORD.
- 18 I will pay my vows to the LORD in the presence of all his people,
- 19 in the courts of the house of the LORD, in your midst, O Jerusalem. Praise the LORD!

Psalm 117

- 1 Praise the LORD, all you nations! Extol him, all you peoples!
- 2 For great is his steadfast love toward us, and the faithfulness of the LORD endures forever. Praise the LORD!

Psalm 118

- 1 O give thanks to the LORD, for he is good; his steadfast love endures forever!
- 2 Let Israel say, "His steadfast love endures forever."
- 3 Let the house of Aaron say, "His steadfast love endures forever."
- 4 Let those who fear the LORD say, "His steadfast love endures forever."

- 5 በተጨነቅሁ ጊዜ እግዚአብሔርን ጠራሁት፤ ሰማኝ አሰፋልኝም።
- 6 እግዚአብሔር ረዳቴ ነው፥ አልፈራም ሰው ምን ያደርገኛል?
- 7 እግዚአብሔር ረዳቴ ነው፥ እኔም በጠላቶቼ ላይ አያለሁ።
- 8 በሰው ከመታመን ይልቅ በእግዚአብሔር መታመን ይሻላል።
- 9 በገዢዎች ተስፋ ከማድረግ ይልቅ በእግዚአብሔር ተስፋ ማድረግ ይሻላል።
- 10 አሕዛብ ሁሉ ከበቡኝ፥ በእግዚአብሔርም ስም አሸነፍኋቸው፤
- 11 መከበቡንስ ከበቡኝ፥ በእግዚአብሔርም ስም አሸነፍኋቸው፤
- 12 ንብ ማርን እንዲከብብ ከበቡኝ፥ እሳትም በእሾህ ውስጥ እንዲነድድ ነደዱ፥ በእግዚአብሔርም ስም አሸነፍኋቸው።
- 13 ገፋሽኝ፥ ለመውደቅም ተንገዳገድሁ፤ እግዚአብሔር ግን አገዛኝ።
- 14 ኃይሌም ዝማሬዬም እግዚአብሔር ነው፥ እርሱም መድኃኒት ሆነልኝ።
- 15 የእልልታና የመድኃኒት ድምፅ በዳድቃን ድንኳን ነው፤ የእግዚአብሔር ቀኝ ኃይልን አደረገች።
- 16 የእግዚአብሔር ቀኝ ከፍ ከፍ አደረገችኝ፤ የእግዚአብሔር ቀኝ ኃይልን አደረገች።
- 17 አልሞትም በሕይወት እኖራለሁ እንጂ፥ የእግዚአብሔርንም ሥራ እናገራለሁ።
- 18 መገሠጽስ እግዚአብሔር ገሠጸኝ፤ ለሞት ግን አልሰጠኝም።
- 19 የጽድቅን ደጆች ክፈቱልኝ፤ ወደ እነርሱ ገብቼ እግዚአብሔርን አመሰግናለሁ።
- 20 ይህች የእግዚአብሔር ደጅ ናት፤ ወደ እርሷም ጸድቃን ይገባሉ።

- 5 Out of my distress I called on the LORD; the LORD answered me and set me in a broad place.
- 6 With the LORD on my side I do not fear. What can mortals do to me?
- 7 The LORD is on my side to help me; I shall look in triumph on those who hate me.
- 8 It is better to take refuge in the LORD than to put confidence in mortals.
- 9 It is better to take refuge in the LORD than to put confidence in princes.
- 10 All nations surrounded me; in the name of the LORD I cut them off!
- 11 They surrounded me, surrounded me on every side; in the name of the LORD I cut them off!
- 12 They surrounded me like bees; they blazed like a fire of thorns; in the name of the LORD I cut them off!
- 13 I was pushed hard, so that I was falling, but the LORD helped me.
- 14 The LORD is my strength and my might; he has become my salvation.
- 15 There are glad songs of victory in the tents of the righteous: "The right hand of the LORD does valiantly;
- 16 the right hand of the LORD is exalted; the right hand of the LORD does valiantly."
- 17 I shall not die, but I shall live, and recount the deeds of the LORD.
- 18 The LORD has punished me severely, but he did not give me over to death.
- 19 Open to me the gates of righteousness, that I may enter through them and give thanks to the LORD.
- 20 This is the gate of the LORD; the righteous shall enter through it.

- 21 ሰምተኸኛልና፥ መድኃኒትም
ሆነኸኛልና አመሰግንሃለሁ።
- 22 ግንበኞች የናቁት ድንጋይ፥ እርሱ
የማዕዘን ራስ ሆነ፥
- 23 ይህች ከእግዚአብሔር ዘንድ ሆነች፥
ለዓይናችንም ድንቅ ናት።
- 24 እግዚአብሔር የሠራት ቀን ይህች
ናት፤ ሐሜትን እናድርግ፥ በእርስዋም
ደስ ይበለን።
- 25 አቤቱ፥ እባክህ፥ አሁን አድን፤
አቤቱ፥ እባክህ፥ አሁን አቅና።
- 26 በእግዚአብሔር ስም የሚመጣ ቡሩክ
ነው፤ ከእግዚአብሔር ቤት
መረቅናችሁ።
- 27 እግዚአብሔር አምላክ ነው፥ ለእኛም
በራልን፤ እስከ መሠዊያው ቀንዶች
ድረስ የበዓሉን መሥዋዕት በገመድ
እሰሩት።
- 28 አንተ አምላኬ ነህ አመሰግንህማለሁ።
አንተ አምላኬ ነህ፥ ከፍ ከፍ
አደርግሃለሁ፤ ሰምተኸኛልና፥
መድኃኒትም ሆነኸኛልና
አመሰግንሃለሁ።
- 29 እግዚአብሔርን አመሰግኑ፥ ቸር
ነውና፤ ምሕረቱ ለዘላለም ናትና።

መዝሙር 119

- አሌፍ -

- 1 በመንገዳቸው ንጹሐን የሆኑ፥
በእግዚአብሔርም ሕግ የሚሄዱ
ምስጉኖች ናቸው።
- 2 ምስክሩን የሚፈልጉ፥ በፍጹም ልብ
የሚሹት ምስጉኖች ናቸው፤
- 3 ዓመፅንም አያደርጉም፥ በመንገዶቹም
ይሄዳሉ።
- 4 ትእዛዛትህን እጅግ እንጠብቅ ዘንድ
አንተ አዘዝህ።
- 5 ሥርዓትህን ለመጠበቅ፤ መንገዶቼ
ይቀኑ ዘንድ እወድድ ነበር።
- 6 ትእዛዝህን ሁሉ ስመለከት በዚያን ጊዜ
አላፍርም።

- 21 I thank you that you have answered
me and have become my salvation.
- 22 The stone that the builders rejected
has become the chief cornerstone.
- 23 This is the Lord's doing; it is
marvelous in our eyes.
- 24 This is the day that the LORD has
made; let us rejoice and be glad in it.
- 25 Save us, we beseech you, O LORD!
O LORD, we beseech you, give us
success!
- 26 Blessed is the one who comes in the
name of the LORD. We bless you
from the house of the LORD.
- 27 The LORD is God, and he has given
us light. Bind the festal procession
with branches, up to the horns of the
altar.
- 28 You are my God, and I will give
thanks to you; you are my God, I
will extol you.
- 29 O give thanks to the LORD, for he
is good, for his steadfast love
endures forever.

Psalm 119

- 1 Happy are those whose way is
blameless, who walk in the law of
the LORD.
- 2 Happy are those who keep his
decrees, who seek him with their
whole heart,
- 3 who also do no wrong, but walk in
his ways.
- 4 You have commanded your precepts
to be kept diligently.
- 5 O that my ways may be steadfast in
keeping your statutes!
- 6 Then I shall not be put to shame,
having my eyes fixed on all your
commandments.

7 አቤቱ፥ የጽድቅህን ፍርድ ስማር በቅን
ልብ አመሰግንሃለሁ።

8 ሥርዓትህን እጠብቃለሁ፤ በፍጹም
አትጣለኝ።

- ቤት -

9 ጉልማሳ መንገዱን በምን ያነጻል?
ቃልህን በመጠበቅ ነው።

10 በፍጹም ልቤ ፈለግሁሁ፤ ከትእዛዝህ
አታርቀኝ።

11 አንተ እንዳልበድል፥ ቃልህን በልቤ
ሰወርሁ።

12 አቤቱ፥ አንተ ቡሩክ ነህ፤ ሥርዓትህን
አስተምረኝ።

13 የአፍህን ፍርድ ሁሉ በከንፈሬ
ነገርሁ።

14 እንደ ብልጥግና ሁሉ በምስክርህ
መንገድ ደስ አለኝ።

15 ትእዛዝህን አሰላስላለሁ፥
መንገድህንም እፈልጋለሁ።

16 በትእዛዝህ ደስ ይለኛል፤ ቃልህንም
አልረሳም።

- ጋሜል -

17 ለባሪያህ መልካም አድርግ ሕያው
እንድሆን፥ ቃልህንም እንድጠብቅ።

18 ዓይኖቼን ክፈት፥ ከሕግህም
ተአምራትህን አያለሁ።

19 እኔ በምድር እንግዳ ነኝ፤ ትእዛዛትህን
ከእኔ አትሰውር።

20 ነፍሴ ሁልጊዜ ፍርድህን እጅግ
ናፈቀኝ።

21 ከትእዛዛትህ የሳቱትን ትዕቢተኞችንና
ርጉማንን ዘለፍህ።

22 ምስክርህን ፈልጌአለሁና። ስድብንና
ነውርን ከእኔ አርቅ።

23 አለቆች ደግሞ ተቀምጠው እኔን
አሙኝ፤ ባሪያህ ግን ሕግህን ያሰላሰል
ነበር።

24 ምስክርህም ተደላዬ ነው፥
ሥርዓትህም መካሪዬ ነው።

7 I will praise you with an upright
heart, when I learn your righteous
ordinances.

8 I will observe your statutes; do not
utterly forsake me.

9 How can young people keep their
way pure? By guarding it according
to your word.

10 With my whole heart I seek you; do
not let me stray from your com-
mandments.

11 I treasure your word in my heart, so
that I may not sin against you.

12 Blessed are you, O LORD; teach me
your statutes.

13 With my lips I declare all the
ordinances of your mouth.

14 I delight in the way of your decrees
as much as in all riches.

15 I will meditate on your precepts, and
fix my eyes on your ways.

16 I will delight in your statutes; I will
not forget your word.

17 Deal bountifully with your servant,
so that I may live and observe your
word.

18 Open my eyes, so that I may behold
wondrous things out of your law.

19 I live as an alien in the land; do not
hide your commandments from me.

20 My soul is consumed with longing
for your ordinances at all times.

21 You rebuke the insolent, accursed
ones, who wander from your com-
mandments;

22 take away from me their scorn and
contempt, for I have kept your
decrees.

23 Even though princes sit plotting
against me, your servant will medi-
tate on your statutes.

24 Your decrees are my delight, they
are my counselors.

- ዳሌጥ -

25 ነፍሴ ወደ ምድር ተጠጋች፤ እንደ ቃልህ ሕያው አድርገኝ።

26 መንገድህን ነገርሁ ሰማኸኝም፤ ሥርዓትህን አስተምረኝ።

27 የሥርዓትህን መንገድ እንዳስተውል አድርገኝ፤ ተአምራትህንም አሰላስላለሁ።

28 ከንዘን የተነሣ ነፍሴ አንቀላፋች፤ በቃልህ አጠንክረኝ።

29 የዓመፅን መንገድ ከእኔ አርቅ፤ በሕግህም ማረኝ፤

30 የእውነትህን መንገድ መረጥሁ፤ ፍርድህንም አልረሳሁም።

31 አቤቱ፤ ምስክርህን ተጠጋሁ፤ አታሳፍረኝ።

32 ልቤን ባሰፋኸው ጊዜ፤ በትእዛዝህ መንገድ ፎጥሁ።

- ሄ -

33 አቤቱ፤ የሥርዓትህን መንገድ አስተምረኝ፤ ሁል ጊዜም እፈልገዋለሁ።

34 እንዳስተውል አድርገኝ፤ ሕግህንም እፈልጋለሁ፤ በፍጹም ልቤም እጠብቀዋለሁ።

35 እርስዋን ወድጃለሁና የትእዛዝህን መንገድ ምረኝ።

36 ልቤን ወደ ምስክርህ አዘንብል፤ ወደ ስስትም አይሁን።

37 ከንቱ ነገርን እንዳያዩ ዓይኖቼን መልስ፤ በመንገድህ ሕያው አድርገኝ።

38 እንዲፈራራህ ባሪያህን በቃልህ አጽና።

39 ፍርድህ መልካም ናትና የተጠራጠርሁትን ስድብ ከእኔ አርቅ።

40 እነሆ፤ ትእዛዝህን ናፈቅሁ፤ በጽድቅህ ሕያው አድርገኝ

- ዋው -

41 አቤቱ፤ እንደ ቃልህ፤ ምሕረትህን መድኃኒትህ ይምጡልኝ።

25 My soul clings to the dust; revive me according to your word.

26 When I told of my ways, you answered me; teach me your statutes.

27 Make me understand the way of your precepts, and I will meditate on your wondrous works.

28 My soul melts away for sorrow; strengthen me according to your word.

29 Put false ways far from me; and graciously teach me your law.

30 I have chosen the way of faithfulness; I set your ordinances before me.

31 I cling to your decrees, O LORD; let me not be put to shame.

32 I run the way of your commandments, for you enlarge my understanding.

33 Teach me, O LORD, the way of your statutes, and I will observe it to the end.

34 Give me understanding, that I may keep your law and observe it with my whole heart.

35 Lead me in the path of your commandments, for I delight in it.

36 Turn my heart to your decrees, and not to selfish gain.

37 Turn my eyes from looking at vanities; give me life in your ways.

38 Confirm to your servant your promise, which is for those who fear you.

39 Turn away the disgrace that I dread, for your ordinances are good.

40 See, I have longed for your precepts; in your righteousness give me life.

41 Let your steadfast love come to me, O LORD, your salvation according to your promise.

42 በቃልህ ታምኛለሁና ለሚሰድቡኝ በነገር እመልስላቸዋለሁ።

43 በፍርድህም ታምኛለሁና የእውነትን ቃል ከአፌ ፈጽመህ አታርቅ።

44 ለዘላለም ዓለም ሁልጊዜ ሕግህን እጠብቃለሁ።

45 ትእዛዛትህንም ፈልጌአለሁና አስፍቼ እሄዳለሁ።

46 በነገሥታት ፊት ምስክርህን እናገራለሁ፤ አላፍርምም፤

47 እጅግም በወደድኋቸው በትእዛዛትህ ደስ ይለኛል።

48 እጆቼንም ወደ ወደድኋቸው ወደ ትእዛዛትህ አነሣለሁ፤ ሥርዓትህንም አሰላስላሁ።

- ዛ። -

49 ለባሪያህ ተስፋ ያስደረግኸውን ቃልህን አስብ።

50 ቃልህ ሕያው አድርጎኛልና ይህች በመከራዬ ደስ አሰኘችኝ።

51 ትዕቢተኞች እጅግ ዐመፁ፤ እኔ ግን ከሕግህ አልራቅሁም።

52 ከጥንት የነበረውን ፍርድህን አሰብሁ፤ አቤቱ፥ ተጽናናሁም።

53 ሕግህን ከተዉ ከኃጢአተኞች የተነሣ ገዘን ያዘኝ።

54 በእንግድነቴ አገር ሥርዓትህ መዝሙር ሆነችኝ።

55 አቤቱ፥ በሌሊት ስምህን አሰብሁ፤ ሕግህንም ጠበቅሁ።

56 ትእዛዛትህንም ፈልጌአለሁና፤ ይህች ሆነችልኝ።

- ሐት -

57 እግዚአብሔር ክፍሌ ነው፤ ሕግህን እጠብቃለሁ አልሁ።

58 በፍጹም ልቤ ወደ ፊትህ ተማለልሁ፤ እንደ ቃልህ ማረኝ።

59 ስለ መንገዶችህ አሰብሁ፤ እግሬንም ወደ ምስክሮችህ መለስሁ።

42 Then I shall have an answer for those who taunt me, for I trust in your word.

43 Do not take the word of truth utterly out of my mouth, for my hope is in your ordinances.

44 I will keep your law continually, forever and ever.

45 I shall walk at liberty, for I have sought your precepts.

46 I will also speak of your decrees before kings, and shall not be put to shame;

47 I find my delight in your commandments, because I love them.

48 I revere your commandments, which I love, and I will meditate on your statutes.

49 Remember your word to your servant, in which you have made me hope.

50 This is my comfort in my distress, that your promise gives me life.

51 The arrogant utterly deride me, but I do not turn away from your law.

52 When I think of your ordinances from of old, I take comfort, O LORD.

53 Hot indignation seizes me because of the wicked, those who forsake your law.

54 Your statutes have been my songs wherever I make my home.

55 I remember your name in the night, O LORD, and keep your law.

56 This blessing has fallen to me, for I have kept your precepts.

57 The LORD is my portion; I promise to keep your words.

58 I implore your favor with all my heart; be gracious to me according to your promise.

59 When I think of your ways, I turn my feet to your decrees;

60 ትእዛዝህን ለመጠበቅ ጨክንሁ
አልዘገየሁም።

61 የኃጥአን ገመዶች ተተበተቡብኝ፤
ሕግህን ግን አልረሳሁም።

62 ስለ ጽድቅህ ፍርድ፥ በእኩለ ሌሊት
አመሰግንህ ዘንድ እነሣለሁ።

63 እኔ ለሚፈሩህ ሁሉ፥ ትእዛዝህንም
ለሚጠብቁ ባልንጀራ ነኝ።

64 አቤቱ፥ ምሕረትህ በምድር ሁሉ
ሞላች፤ ሥርዓትህን አስተምረኝ።

- ጤት -

65 አቤቱ፥ እንደ ቃልህ ለባሪያህ
መልካም አደረግህ።

66 በትእዛዛትህ ታምኛለሁና መልካም
ምክርና እውቀትን አስተምረኝ።

67 እኔ ሳልጨነቅ ሳትሁ፤ አሁን ግን
ቃልህን ጠበቅሁ።

68 አቤቱ፥ አንተ ቸር ነህ፥ በቸርነትህም
ሥርዓትህን አስተምረኝ።

69 የትዕቢተኞች ዓመፅ በላዬ በዛ፤ እኔ
ግን በፍጹም ልቤ ትእዛዛትህን
እፈልጋለሁ።

70 ልባቸው እንደ ወተት ረጋ፤ እኔ ግን
በሕግህ ደስ ይለኛል።

71 ሥርዓትህን እማር ዘንድ ያስጨነቅኸኝ
መልካም ሆነልኝ።

72 ከአእላፋት ወርቅና ብር ይልቅ የአፍህ
ሕግ ይሻለኛል።

- የድ -

73 እጆቼህ ሠሩኝ አበጃጁኝም፤
እንዳስተውል አድርገኝ፥
ትእዛዛትህንም እማራለሁ።

74 በቃልህ ታምኛለሁና የሚፈሩህ እኔን
አይተው ደስ ይላቸዋል።

75 አቤቱ፥ ፍርድህ ጽድቅ እንደ ሆነኝ፥
በእውነትህም እንዳስቸገርኸኝ
አወቅሁ።

60 I hurry and do not delay to keep
your commandments.

61 Though the cords of the wicked
ensnare me, I do not forget your
law.

62 At midnight I rise to praise you,
because of your righteous
ordinances.

63 I am a companion of all who fear
you, of those who keep your pre-
cepts.

64 The earth, O LORD, is full of your
steadfast love; teach me your sta-
tutes.

65 You have dealt well with your
servant, O LORD, according to your
word.

66 Teach me good judgment and
knowledge, for I believe in your
commandments.

67 Before I was humbled I went astray,
but now I keep your word.

68 You are good and do good; teach
me your statutes.

69 The arrogant smear me with lies, but
with my whole heart I keep your
precepts.

70 Their hearts are fat and gross, but I
delight in your law.

71 It is good for me that I was
humbled, so that I might learn your
statutes.

72 The law of your mouth is better to
me than thousands of gold and silver
pieces.

73 Your hands have made and fash-
ioned me; give me understanding
that I may learn your command-
ments.

74 Those who fear you shall see me
and rejoice, because I have hoped in
your word.

75 I know, O LORD, that your judg-
ments are right, and that in faithful-
ness you have humbled me.

76 ምሕረትህ ለመጽናናቴ ትሁነኝ፤
እንደ ቃልህም ለባሪያህ ይሁነው።

77 ሕግህ ተድላዬ ናትና ቸርነትህ
ትምጣልኝ፤ በሕይወትም ልኑር።

78 ትዕቢተኞች በዓመፅ ጠምመው
ብኛልና ይፈሩ፤ እኔ ግን በትእዛዝህ
እጫወታለሁ።

79 የሚፈሩህና ምስክሮችህን የሚያውቁ
ወደ እኔ ይመለሱ።

80 እንዳላፍር ልቤ በሥርዓትህ የቀና
ይሁን።

- ካፍ -

81 ነፍሴ መድኃኒትህን ናፈቀች፤
በቃልህም ታመንሁ።

82 መቼ ታጽናናኛለህ እያልሁ ዓይኖቼ
ስለ ቃልህ ፈዘዙ።

83 በጢስ እንዳለ አቁማዳ ሆኛለሁና፤
ሥርዓትህን ግን አልረሳሁም።

84 የባሪያህ ዘመኖች ስንት ናቸው?
በሚያሳድዱኝሰ ላይ መቼ
ትፈርድልኛለህ?

85 ኃጢአተኞች ጨዋታን ነገሩኝ፤
አቤቱ፤ እንደ ሕግህ ግን አይደለም።

86 ትእዛዛትህ ሁሉ እውነት ናቸው፤
በዓመፅ አሳድደውኛል፤ እርዳኝ።

87 ከምድር ሊያጠፉኝ ጥቂት
ቀርቶአቸው ነበር፤ እኔ ግን
ትእዛዛትህን አልተውሁም።

88 እንደ ምሕረትህ ሕያው አድርገኝ፤
የአፍህንም ምስክር እጠብቃለሁ።

- ላሜድ -

89 አቤቱ፤ ቃልህ በሰማይ ለዘላለም
ይኖራል።

90 እውነትህ ለልጅ ልጅ ናት፤ ምድርን
መሠረትሃት እርስዋም ትኖራለች።

91 ሁሉም ባሪያዎችህ ናቸውና ቀኑ
በትእዛዝህ ይኖራል።

92 ሕግህ ተድላዬ ባይሆን፤ ቀድሞ
በጉስቀኝልናዬ በጠፋሁ ነበር።

76 Let your steadfast love become my
comfort according to your promise
to your servant.

77 Let your mercy come to me, that I
may live; for your law is my delight.

78 Let the arrogant be put to shame,
because they have subverted me with
guile; as for me, I will meditate on
your precepts.

79 Let those who fear you turn to me,
so that they may know your decrees.

80 May my heart be blameless in your
statutes, so that I may not be put to
shame.

81 My soul languishes for your salva-
tion; I hope in your word.

82 My eyes fail with watching for your
promise; I ask, "When will you
comfort me?"

83 For I have become like a wineskin
in the smoke, yet I have not forgot-
ten your statutes.

84 How long must your servant
endure? When will you judge those
who persecute me?

85 The arrogant have dug pitfalls for
me; they flout your law.

86 All your commandments are endur-
ing; I am persecuted without cause;
help me!

87 They have almost made an end of
me on earth; but I have not forsaken
your precepts.

88 In your steadfast love spare my life,
so that I may keep the decrees of
your mouth.

89 The LORD exists forever; your
word is firmly fixed in heaven.

90 Your faithfulness endures to all
generations; you have established the
earth, and it stands fast.

91 By your appointment they stand
today, for all things are your ser-
vants.

92 If your law had not been my delight,
I would have perished in my misery.

93 በእርሱ ሕይወት አድርገኸኛልና ፍርድህን ለዘላለም አልረሳም።

94 እኔ የአንተ ነኝ፤ ፍርድህን ፈልጌአልሁና አድነኝ።

95 ኃጢአተኞች ያጠፉኝ ዘንድ ጠበቁኝ፤ ምስክርህን ግን መረመርሁ።

96 የሥራህን ሁሉ ፍጻሜ አየሁ፤ ትእዛዝህ ግን እጅግ ሰፊ ነው።

- ሚሞ -

97 አቤቱ፥ ሕግህን እንደ ምን እጅግ ወደድሁ! ቀኑን ሁሉ እርሱ ትዝታዬ ነው።

98 ለዘላለም ለእኔ ነውና ትእዛዝህ ከጠላቶቼ ይልቅ አስተዋይ አደረገኝ።

99 ምስክርህ ትዝታዬ ነውና ካስተማሩኝ ሁሉ ይልቅ አስተዋልሁ።

100 ትእዛዝህን ፈልጌአልሁና ከሽማግሌዎች ይልቅ አስተዋልሁ።

101 ቃልህን እጠብቅ ዘንድ ከክፉ መንገድ ሁሉ እግራን ከለከልሁ።

102 አስተምረኸኛልና ከፍርድህ አልራቅሁም።

103 ቃልህ ለጉሮሮዬ ጣፋጭ ነው፤ ከማርና ከወለላ ይልቅ ለአፌ ጣፈጠኝ።

104 ከትእዛዝህ የተነሣ አስተዋልሁ፤ ስለዚህ የሐሰትን መንገድ ጠላሁ።

- ፍን -

105 ሕግህ ለእግራ መብራት፥ ለመንገዴ ብርሃን ነው።

106 የጽድቅህን ፍርድ እጠብቅ ዘንድ ማልሁ፥ አጸናሁም።

107 እጅግ ተቸገርሁ፤ አቤቱ፥ እንደ ቃልህ ሕይወት አድርገኝ።

108 አቤቱ፥ ከአፌ የሚወጣውን ቃል ውደድ፥ ፍርድህንም አስተምረኝ።

109 ነፍሴ ሁልጊዜ በእጅህ ውስጥ ናት፤ ሕግህን ግን አልረሳሁም።

93 I will never forget your precepts, for by them you have given me life.

94 I am yours; save me, for I have sought your precepts.

95 The wicked lie in wait to destroy me, but I consider your decrees.

96 I have seen a limit to all perfection, but your commandment is exceedingly broad.

97 Oh, how I love your law! It is my meditation all day long.

98 Your commandment makes me wiser than my enemies, for it is always with me.

99 I have more understanding than all my teachers, for your decrees are my meditation.

100 I understand more than the aged, for I keep your precepts.

101 I hold back my feet from every evil way, in order to keep your word.

102 I do not turn away from your ordinances, for you have taught me.

103 How sweet are your words to my taste, sweeter than honey to my mouth!

104 Through your precepts I get understanding; therefore I hate every false way.

105 Your word is a lamp to my feet and a light to my path.

106 I have sworn an oath and confirmed it, to observe your righteous ordinances.

107 I am severely afflicted; give me life, O LORD, according to your word.

108 Accept my offerings of praise, O LORD, and teach me your ordinances.

109 I hold my life in my hand continually, but I do not forget your law.

110 ኃጢአተኞች ወጥመድን ዘረጉብኝ፤
ከትእዛዝህ ግን አልሳትሁም።

111 የልቤ ደስታ ነውና ምስክርህን
ለዘላለም ወረስሁ።

112 ለዘላለም ለፍጻሜውም ትእዛዝህን
አደርግ ዘንድ ልቤን አዘነበልሁ።

- ሳምኬት -

113 ዓመፀኞችን ጠላሁ፤ ሕግህን ግን
ወደድሁ።

114 እንተ ረዳቴና መጠጊያዬ ነህ፤
በቃልህም ተማመንሁ።

115 እናንተ ኃጢአተኞች፤ ከእኔ ራቁ፤
የአምላኬንም ትእዛዝ ልፈልግ።

116 እንደ ቃልህ ደግፈኝ፤ ሕያውም
እሆናለሁ። ከተስፋዬም አፈፈር።

117 እርዳኝ እድናለሁም፤ ሁልጊዜም
ሥርዓትህን እመረምራለሁ።

118 ምኞታቸው ዓመፃ ነውና ከሥርዓትህ
የሚርቁትን ሁሉ አጉሳቄላቸው።

119 የምድርን ኃጢአተኞች ሁሉ እንደ
ርድሰት አጠፋቸው፤ ስለዚህ
ምስክርህን ወደድሁ።

120 ሥጋዬ አንተን ከመፍራት የተነሣ
ደንገጠ፤ ከፍርድህ የተነሣ ፈርቻለሁ።

- ፩ -

121 ፍርድንና ጽድቅን ሠራሁ፤
ለሚያስጨንቁኝ አሳልፌህ አትስጠኝ።

122 ባሪያህን በመልካም ጠብቀው፤
ትዕቢተኞችም አይጋፉኝ።

123 ዓይኖቼ ለማዳንህ፤ ለጽድቅህም
ቃል ፈዘዙ።

124 ለባሪያህ እንደ ምሕረትህ አድርግ፤
ሥርዓትህንም አስተምረኝ።

125 እኔ ባሪያህ ነኝ፤ እንዳስተውል
አድርገኝ፤ ምስክርህንም አውቃለሁ።

126 ለእግዚአብሔር የሥራ ጊዜ ነው፤
ሕግህንም ሻሩት።

110 The wicked have laid a snare for
me, but I do not stray from your
precepts.

111 Your decrees are my heritage
forever; they are the joy of my heart.

112 I incline my heart to perform your
statutes forever, to the end.

113 I hate the double-minded, but I
love your law.

114 You are my hiding place and my
shield; I hope in your word.

115 Go away from me, you evildoers,
that I may keep the commandments
of my God.

116 Uphold me according to your
promise, that I may live, and let me
not be put to shame in my hope.

117 Hold me up, that I may be safe and
have regard for your statutes con-
tinually.

118 You spurn all who go astray from
your statutes; for their cunning is in
vain.

119 All the wicked of the earth you
count as dross; therefore I love your
decrees.

120 My flesh trembles for fear of you,
and I am afraid of your judgments.

121 I have done what is just and right;
do not leave me to my oppressors.

122 Guarantee your servant's well-
being; do not let the godless oppress
me.

123 My eyes fail from watching for
your salvation, and for the fulfill-
ment of your righteous promise.

124 Deal with your servant according
to your steadfast love, and teach me
your statutes.

125 I am your servant; give me
understanding, so that I may know
your decrees.

126 It is time for the LORD to act, for
your law has been broken.

127 ስለዚህ ከወርቅና ከፅንቅ ይልቅ
ትእዛዝህን ወደድሁ።

128 ስለዚህ ወደ ትእዛዝህ ሁሉ አቀናሁ፤
የዓመፅንም መንገድ ሁሉ ጠላሁ።

- ፌ -

129 ምስክሮችህ ድንቆች ናቸው፤ ስለዚህ
ነፍሴ ፈለገቻቸው።

130 የቃልህ ፍቺ ያበራል፤ ሕፃናትንም
አስተዋዮች ያደርጋል።

131 አፌን ከፈትሁ፤ አለከለክሁም፤ ወደ
ትእዛዝህ ናፍቄአለሁና።

132 ስምህን ለሚወድዱ
እንድምታደርገው ፍርድ፤ ወደ እኔ
ተመልከተ ማረኝም።

133 አካሄድን እንደ ቃልህ አቅና፤
ኃጢአትም ሁሉ አይግዛኝ።

134 ከሰው ግፍ አድነኝ፤ ትእዛዝህንም
እጠብቃለሁ።

135 በባሪያህ ላይ ፈትህን አብራ፤
ሥርዓትህንም አስተምረኝ።

136 ሕግህን አልጠበቅሁምና የውኃ ፈሳሽ
ከዓይኖቼ ፈሰሰ።

- ጸዴ -

137 አቤቱ፤ አንተ ጸድቅ ነህ፤ ፍርድህም
ቅን ነው።

138 ምስክርህን በጽድቅ አዘዝህ፤
እጅግም ቅን ነው።

139 ጠላቶቼ ቃልህን ረስተዋልና የቤትህ
ቅንዓት አቀለጠኝ።

140 ቃልህ እጅግ የነጠረ ነው፤ ባሪያህም
ወደደው።

141 እኔ ታናሽና የተናቅሁ ነኝ፤
ትእዛዛትህን ግን አልረሳሁም።

142 ጽድቅህ የዘላለም ጽድቅ ነው፤
ቃልህም እውነት ነው።

143 መከራና ችግር አገኙኝ፤ ትእዛዛትህ
ግን ተድላዬ ናቸው።

144 ምስክርህ ለዘላለም ጽድቅ ነው፤
እንዳስተውል አድርገኝ፤ በሕይወትም
አኑረኝ።

127 Truly I love your commandments
more than gold, more than fine gold.

128 Truly I direct my steps by all your
precepts; I hate every false way.

129 Your decrees are wonderful; there-
fore my soul keeps them.

130 The unfolding of your words gives
light; it imparts understanding to the
simple.

131 With open mouth I pant, because I
long for your commandments.

132 Turn to me and be gracious to me,
as is your custom toward those who
love your name.

133 Keep my steps steady according to
your promise, and never let iniquity
have dominion over me.

134 Redeem me from human oppres-
sion, that I may keep your precepts.

135 Make your face shine upon your
servant, and teach me your statutes.

136 My eyes shed streams of tears
because your law is not kept.

137 You are righteous, O LORD, and
your judgments are right.

138 You have appointed your decrees
in righteousness and in all faithful-
ness.

139 My zeal consumes me because my
foes forget your words.

140 Your promise is well tried, and
your servant loves it.

141 I am small and despised, yet I do
not forget your precepts.

142 Your righteousness is an everlast-
ing righteousness, and your law is
the truth.

143 Trouble and anguish have come
upon me, but your commandments
are my delight.

144 Your decrees are righteous forever;
give me understanding that I may
live.

- ቆፍ -

145 በፍጹም ልቤ ጮኸሁ፤ አቤቱ፤ ስማኝ፤ ሥርዓትህን እፈልጋለሁ።

146 ወደ አንተ ጮኸሁ፤ አድነኝ፤ ምስክርህንም እጠብቃለሁ።

147 ማለዳ ጮኸሁ፤ ቃልህንም ተስፋ አድርጌአለሁ።

148 ቃልህን አስብ ዘንድ ዓይኖቼ ለመማለድ ቀደሙ።

149 አቤቱ፤ እንደ ቸርነትህ ድምፂን ስማ፤ እንደ ፍርድህ ሕያው አድርገኝ።

150 በዓመፃ የሚያሳድዱኝ ቀረቡ፤ ከሕግህም ራቁ።

151 አቤቱ፤ አንተ ቅርብ ነህ፤ መንገዶችህም ሁሉ ቅኖች ናቸው።

152 ከዘላለም እንደ መሠረትኸው ከቀድሞ ጀምሮ ከምስክርህ የተነሣ አወቅሁ።

- ሬስ -

153 ሕግህን አልረሳሁምና ችግሬን ተመልከት አድነኝም።

154 ፍርዴን ፍረድ አድነኝም፤ ስለ ቃልህ ሕያው አድርገኝ።

155 መድኃኒት ከኅጥአን ሩቅ ነው፤ ሥርዓትህን አልፈለጉምና።

156 አቤቱ፤ ቸርነትህ እጅግ ብዙ ነው፤ እንደ ፍርድህ ሕያው አድርገኝ።

157 ያሳደዱኝና ያስጨነቁኝ ብዙዎች ናቸው፤ ከምስክር ግን ፈቀቅ አላልሁም።

158 ቃልህን አልጠበቁምና ሰነፎችን አይቼ አዘንሁ።

159 ትእዛዝህን እንደ ወደድሁ ተመልከት፤ አቤቱ፤ በምሕረትህ ሕያው አድርገኝ።

160 የቃልህ መጀመሪያ እውነት ነው፤ የጽድቅህንም ፍርድ ሁሉ ለዘላለም ነው።

145 With my whole heart I cry; answer me, O LORD. I will keep your statutes.

146 I cry to you; save me, that I may observe your decrees.

147 I rise before dawn and cry for help; I put my hope in your words.

148 My eyes are awake before each watch of the night, that I may meditate on your promise.

149 In your steadfast love hear my voice; O LORD, in your justice preserve my life.

150 Those who persecute me with evil purpose draw near; they are far from your law.

151 Yet you are near, O LORD, and all your commandments are true.

152 Long ago I learned from your decrees that you have established them forever.

153 Look on my misery and rescue me, for I do not forget your law.

154 Plead my cause and redeem me; give me life according to your promise.

155 Salvation is far from the wicked, for they do not seek your statutes.

156 Great is your mercy, O LORD; give me life according to your justice.

157 Many are my persecutors and my adversaries, yet I do not swerve from your decrees.

158 I look at the faithless with disgust, because they do not keep your commands.

159 Consider how I love your precepts; preserve my life according to your steadfast love.

160 The sum of your word is truth; and every one of your righteous ordinances endures forever.

- ፡፡ -

161 ገዢዎች በከንቱ አሳደዱኝ፤ ከቃልህ የተነሣ ግን ልቤ ደነገጠብኝ።

162 ብዙ ምርኮ እንዳገኘ በቃልህ ደስ አለኝ።

163 ዓመፃን ጠላሁ ተጸየፍሁም፤ ሕግን ግን ወደድሁ።

164 ስለ ጽድቅህ ፍርድ ሰባት ጊዜ በቀን አመሰግንሃለሁ።

165 ሕግህን ለሚወድዱ ብዙ ሰላም ነው፤ ሶንቅፋትም የለባቸውም።

166 አቤቱ፤ ማዳንህን ተስፋ አደርግሁ፤ ትእዛዛትህንም ጠበቅሁ።

167 ነፍሴ ምስክርህን ጠበቀች እጅግም ወደደችው።

168 መንገዶቼ ሁሉ በፊትህ ናቸውና ትእዛዛህንና ምስክርህን ጠበቅሁ።

- ቃው -

169 አቤቱ፤ ጸሎቴ ወደ ፊትህ ትቅረብ፤ እንደ ቃልህም አስተዋይ አድርገኝ።

170 ልመናዬ ወደ ፊትህ ትድረስ፤ እንደ ቃልህ አድነኝ።

171 ሥርዓትህን አስተምረኸኛልና ከንፈሮቼ ምስጋናን አወጡ።

172 ትእዛዛትህ ሁሉ ጽድቅ ናቸውና አንደበቴ ቃልህን ተናገረ።

173 ትእዛዛትህን መርጫለሁና እጅህ የሚያድነኝ ይሁን።

174 አቤቱ፤ ማዳንህን ናፈቅሁ፤ ሕግህም ተድላዬ ነው።

175 ነፍሴ ትኑርልኝ ታመሰግንህማለች፤ ፍርድህም ይርዳኝ።

176 እንደ ጠፉ በግ ተቅበዘበዘሁ፤ ትእዛዛትህን አልረሳሁምና ባሪያህን ፈልገው።

161 Princes persecute me without cause, but my heart stands in awe of your words.

162 I rejoice at your word like one who finds great spoil.

163 I hate and abhor falsehood, but I love your law.

164 Seven times a day I praise you for your righteous ordinances.

165 Great peace have those who love your law; nothing can make them stumble.

166 I hope for your salvation, O LORD, and I fulfill your commandments.

167 My soul keeps your decrees; I love them exceedingly.

168 I keep your precepts and decrees, for all my ways are before you.

169 Let my cry come before you, O LORD; give me understanding according to your word.

170 Let my supplication come before you; deliver me according to your promise.

171 My lips will pour forth praise, because you teach me your statutes.

172 My tongue will sing of your promise, for all your commandments are right.

173 Let your hand be ready to help me, for I have chosen your precepts.

174 I long for your salvation, O LORD, and your law is my delight.

175 Let me live that I may praise you, and let your ordinances help me.

176 I have gone astray like a lost sheep; seek out your servant, for I do not forget your commandments.

መዝሙር 120

የመዳርግ መዝሙር።

- 1 በተጨነቅሁ ጊዜ ወደ እግዚአብሔር ጮኸሁ፤ ሰማኝም።
- 2 ከዓመፀኛ ከንፈር ከሸንጋይም አንደበት፤ አቤቱ፤ ነፍሴን አድናት።
- 3 ስለ ሽንገላ አንደበት ምንም ይሰጡሃል? ምንስ ይጨምራሃል?
- 4 እንደ በረሃ እንጨት ፍም የጋያላን ፍላጾች የተሰሉ ናቸው።
- 5 መኖሪያዬ የራቀ እኔ ወየልኝ፤ በቁዳር ድንኳኖች አደርሁ።
- 6 ሰላምን ከሚጠሉ ጋር ነፍሴ ብዙ ጊዜ ኖረች።
- 7 እኔ ሰላማዊ ነኝ፤ በተናገሩት ጊዜ ግን በከንቱ ተሰለፉብኝ።

መዝሙር 121

የመዳርግ መዝሙር።

- 1 ዓይኖቼ ወደ ተራሮች አነሣሁ፤ ረዳቴ ከወዴት ይምጣ?
- 2 ረዳቴ ሰማይና ምድርን ከሠራ ከእግዚአብሔር ዘንድ ነው።
- 3 እግርህን ለመናወጥ አይሰጠውም፤ የሚጠብቅህም አይተኛም።
- 4 እነሆ፤ እስራኤልን የሚጠብቅ አይተኛም አያንቀላፋምም።
- 5 እግዚአብሔር ይጠብቅሃል፤ እግዚአብሔርም በቀኝ እጅህ በኩል ይጋርድሃል።
- 6 ፀሐይ በቀን አያቃጥልህም ጨረቃም በሌሊት።
- 7 እግዚአብሔር ከክፉ ሁሉ ይጠብቅሃል፤ ነፍስህንም ይጠብቃል።
- 8 ከዛሬ ጀምሮ እስከ ዘላለም እግዚአብሔር መውጣትህና መግባትህን ይጠብቃል።

መዝሙር 122

የዳዊት የመዳርግ መዝሙር።

- 1 ወደ እግዚአብሔር ቤት እንሄድ ባሉኝ ጊዜ ደስ አለኝ።

Psalm 120

- 1 In my distress I cry to the LORD, that he may answer me:
- 2 "Deliver me, O LORD, from lying lips, from a deceitful tongue."
- 3 What shall be given to you? And what more shall be done to you, you deceitful tongue?
- 4 A warrior's sharp arrows, with glowing coals of the broom tree!
- 5 Woe is me, that I am an alien in Meshech, that I must live among the tents of Kedar.
- 6 Too long have I had my dwelling among those who hate peace.
- 7 I am for peace; but when I speak, they are for war.

Psalm 121

- 1 I lift up my eyes to the hills-- from where will my help come?
- 2 My help comes from the LORD, who made heaven and earth.
- 3 He will not let your foot be moved; he who keeps you will not slumber.
- 4 He who keeps Israel will neither slumber nor sleep.
- 5 The LORD is your keeper; the LORD is your shade at your right hand.
- 6 The sun shall not strike you by day, nor the moon by night.
- 7 The LORD will keep you from all evil; he will keep your life.
- 8 The LORD will keep your going out and your coming in from this time on and forevermore.

Psalm 122

- 1 I was glad when they said to me, "Let us go to the house of the LORD!"

- 2 ኢየሩሳሌም ሆይ፥ እግሮቻችን በአደባባይሽ ቆሙ።
- 3 ኢየሩሳሌምስ እርስ በርስዋ እንደ ተገጠጠች ከተማ ተሠርታለች።
- 4 የእግዚአብሔርን ስም ያመስግኑ ዘንድ፥ ለእስራኤል ምስክር ሊሆኑ የእግዚአብሔር ነገዶች ወደዚያ ይወጣሉ።
- 5 ዙፋኖች በዚያ ለፍርድ ተቀምጠዋልና፥ የዳዊት ቤት ዙፋኖች።
- 6 ለኢየሩሳሌም ሰላምን ለምኑ፤ አንተንም ለሚወድዱ ልማት ይሁን።
- 7 በኃይልህ ሰላም፥ በጌጠኛ ቤትህም ልማት ይሁን።
- 8 ስለ ወንድሞቼ ስለ ባልንጀሮቼም፥ በውስጥሽ ሰላም ይሁን አልሁ።
- 9 ስለ አምላካችን ስለ እግዚአብሔር ቤት ላንቺ መልካምነትሽን ፈለግሁ።

መዝሙር 123

የመዓርግ መዝሙር።

- 1 በሰማይ የምትኖር ሆይ፥ ዓይኖቼን ወደ አንተ አነግሁ።
- 2 እነሆ፥ የባሪያዎች ዓይኖች ወደ ጌታቸው እጅ እንደ ሆኑ፥ የባሪያይቱም ዓይን ወደ እመቤትዋ እጅ እንደ ሆነ፥ እንዲሁ እስኪምረን ድረስ ዓይኖችን ወደ አምላካችን ወደ እግዚአብሔር ነው።
- 3 ማረን፥ አቤቱ፥ ማረን፤ ንቀትን እጅግ ጠግበናልና፤
- 4 የባለጠገች ስድብና የትዕቢተኞችን ንቀት ነፍሳችን እጅግ ጠገበች።

መዝሙር 124

የዳዊት የመዓርግ መዝሙር።

- 1 እግዚአብሔር ከእኛ ጋር ባይሆን እስራኤል እንዲህ ይበል፡-
- 2 እግዚአብሔር ከእኛ ጋር ባይሆን ሰዎች በእኛ ላይ በተነሡ ጊዜ፥

- 2 Our feet are standing within your gates, O Jerusalem.
- 3 Jerusalem--built as a city that is bound firmly together.
- 4 To it the tribes go up, the tribes of the LORD, as was decreed for Israel, to give thanks to the name of the LORD.
- 5 For there the thrones for judgment were set up, the thrones of the house of David.
- 6 Pray for the peace of Jerusalem: "May they prosper who love you.
- 7 Peace be within your walls, and security within your towers."
- 8 For the sake of my relatives and friends I will say, "Peace be within you."
- 9 For the sake of the house of the LORD our God, I will seek your good.

Psalm 123

- 1 To you I lift up my eyes, O you who are enthroned in the heavens!
- 2 As the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the LORD our God, until he has mercy upon us.
- 3 Have mercy upon us, O LORD, have mercy upon us, for we have had more than enough of contempt.
- 4 Our soul has had more than its fill of the scorn of those who are at ease, of the contempt of the proud.

Psalm 124

- 1 If it had not been the LORD who was on our side --let Israel now say--
- 2 if it had not been the LORD who was on our side, when our enemies attacked us,

- 3 ቀጣቸውን በላያችን በነደደ ጊዜ፥
በዚያን ጊዜ ሕያዋን ሳለን በዋጡን
ነበር፤
- 4 በዚያን ጊዜ ውኃ ባሰጠመን ነበር፥
በነፍሳችንም ላይ ፈሳሽ ባለፈ ነበር፤
- 5 በዚያን ጊዜ የጐርፍ ውኃ በነፍሳችን
ላይ ባለፈ ነበር።
- 6 ለጥርሳቸው ንክሻ ያላደረገን
እግዚአብሔር ይባረክ።
- 7 ነፍሳችን እንደ ወፍ ከአዳኞች ወጥመድ
አመለጠች። ወጥመድ ተሰበረ እኛም
አመለጥን።
- 8 ረድኤታችን ሰማይንና ምድርን በሠራ
በእግዚአብሔር ስም ነው።

መዝሙር 125

የመዳርግ መዝሙር።

- 1 በእግዚአብሔር የታመኑ
እንደማይታወክ ለዘላለም እንደሚኖር
እንደ ጽዮን ተራራ ናቸው።
- 2 ተራሮች በኢየሩሳሌም ዙሪያ እንደ
ሆኑ፥ ከዛሬ ጀምሮ ለዘላለም፤
እግዚአብሔር በሕዝቡ ዙሪያ ነው።
- 3 ጻድቃን እጃቸውን ወደ ክፋት
እንዳይዘረጉ የኃጥአን በትር በጻድቃን
ዕጣ ላይ አይኖርም።
- 4 አቤቱ፥ ለቸሮች ልባቸውም ለቀና
መልካምን አድርግ።
- 5 ወደ ጠማማነት የሚመለሱትን ግን
ዓመፃን ከሚሠሩት ጋር እግዚአብሔር
ይወስዳቸዋል። ሰላም በእስራኤል ላይ
ይሁን።

መዝሙር 126

የመዳርግ መዝሙር።

- 1 እግዚአብሔር የጽዮንን ምርኮ በመለሰ
ጊዜ፥ እጅግ ደስተኞች ሆንን።
- 2 በዚያን ጊዜ አፋችን ደስታን፥
አንደበታችንም ሐሴትን ሞላ፤ በዚያን
ጊዜ በአሕዛብ ዘንድ፦ እግዚአብሔር
ታላቅ ነገርን አደረገላቸው ተባለ።

- 3 then they would have swallowed us
up alive, when their anger was
kindled against us;
- 4 then the flood would have swept us
away, the torrent would have gone
over us;
- 5 then over us would have gone the
raging waters.
- 6 Blessed be the LORD, who has not
given us as prey to their teeth.
- 7 We have escaped like a bird from the
snare of the fowlers; the snare is
broken, and we have escaped.
- 8 Our help is in the name of the LORD,
who made heaven and earth.

Psalm 125

- 1 Those who trust in the LORD are like
Mount Zion, which cannot be
moved, but abides forever.
- 2 As the mountains surround Jerusalem,
so the LORD surrounds his people,
from this time on and forevermore.
- 3 For the scepter of wickedness shall
not rest on the land allotted to the
righteous, so that the righteous might
not stretch out their hands to do
wrong.
- 4 Do good, O LORD, to those who are
good, and to those who are upright
in their hearts.
- 5 But those who turn aside to their own
crooked ways the LORD will lead
away with evildoers. Peace be upon
Israel!

Psalm 126

- 1 When the LORD restored the fortunes
of Zion, we were like those who
dream.
- 2 Then our mouth was filled with
laughter, and our tongue with shouts
of joy; then it was said among the
nations, "The LORD has done great
things for them."

- 3 እግዚአብሔር ታላቅ ነገርን አደረገልን፤ ደስም አለን።
- 4 አቤቱ፤ በደቡብ እንዳሉ ፈሳሾች ምርኮአችንን መልስ።
- 5 በልቅሶ የሚዘፋ በደስታ ይለቅማሉ።
- 6 በሄዱ ጊዜ፤ ዘራቸውን ተሸክመው እያለቀሱ ተሰማሩ፤ በተመለሱ ጊዜ ግን ነዶአቸውን ተሸክመው ደስ እያላቸው ይመጣሉ።

መዝሙር 127

የመዳርግ መዝሙር።

- 1 እግዚአብሔር ቤትን ካልሠራ፤ ሠራተኞች በከንቱ ይደክማሉ፤ እግዚአብሔር ከተማን ካልጠበቀ፤ ጠባቂ በከንቱ ይተጋል።
- 2 በማለዳ መገሥገሣችሁም ከንቱ ነው። ለወዳጆቹ እንቅልፍን በሰጠ ጊዜ፤ እናንተ የመከራን እንጀራ የምትበሉ፤ ከተቀመጣችሁበት ተነሡ።
- 3 እነሆ፤ ልጆች የእግዚአብሔር ስጦታ ናቸው፤ የሆድም ፍሬ የእርሱ ዋጋ ነው።
- 4 በጋያል እጅ እንዳሉ ፍላጾች፤ የጐልማስነት ልጆች እንዲሁ ናቸው።
- 5 ከእነርሱ ዘንድ ምኞቱን የሚፈጽም ብፁዕ ሰው ነው፤ ጠላቶቻቸውን በአደባባይ በተናገሩ ጊዜ እርሱ አያፍርም።

መዝሙር 128

የመዳርግ መዝሙር።

- 1 እግዚአብሔርን የሚፈሩት ሁሉ፤ በመንገዶቹም የሚሄዱ ምስጢኖች ናቸው።
- 2 የድካምህንም ፍሬ ትመገባለህ፤ ምስጢን ነህ መልካምም ይሆንልሃል።
- 3 ሚስትህ በቤትህ እልፍኝ ውስጥ እንደሚያፈራ ወይን ናት፤ ልጆችህ በማዕድህ ዙሪያ እንደ ወይራ ቡቃያ ናቸው።
- 4 እነሆ፤ እግዚአብሔርን የሚፈራ ሰው እንዲህ ይባረካል።

- 3 The LORD has done great things for us, and we rejoiced.
- 4 Restore our fortunes, O LORD, like the watercourses in the Negeb.
- 5 May those who sow in tears reap with shouts of joy.
- 6 Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves.

Psalm 127

- 1 Unless the LORD builds the house, those who build it labor in vain. Unless the LORD guards the city, the guard keeps watch in vain.
- 2 It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved.
- 3 Sons are indeed a heritage from the LORD, the fruit of the womb a reward.
- 4 Like arrows in the hand of a warrior are the sons of one's youth.
- 5 Happy is the man who has his quiver full of them. He shall not be put to shame when he speaks with his enemies in the gate.

Psalm 128

- 1 Happy is everyone who fears the LORD, who walks in his ways.
- 2 You shall eat the fruit of the labor of your hands; you shall be happy, and it shall go well with you.
- 3 Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.
- 4 Thus shall the man be blessed who fears the LORD.

5 እግዚአብሔር ከጽዮን ይባርክህ፤
በሕይወትህ ዘመን ሁሉ፤
የኢየሩሳሌምን መልካምነትዋን
ታያለህ።

6 የልጆችህንም ልጆች ታያለህ።
በእስራኤል ላይ ሰላም ይሁን።

መዝሙር 129

የመዓርግ መዝሙር።

1 እስራኤል፡- ከትንሽነቴ ጀምሮ ብዙ
ጊዜ ተሰለፉብኝ ይበል፤

2 ከትንሽነቴ ጀምሮ ብዙ ጊዜ
ተሰለፉብኝ፤ ነገር ግን አላሸነፉኝም።

3 ኃጢአተኞች በጀርባዬ ላይ መቶኝ፤
ኃጢአታቸውንም አስረዘሙክት።

4 እግዚአብሔር ጻድቅ ነው፤
የኃጢአተኞችን አንገታቸውን ቈረጠ።

5 ጽዮንን የሚጠሉ ሁሉ ይፈሩ፤ ወደ
ኋላቸውም ይመለሱ።

6 በሰገነት ላይ እንደ በቀለ ሣር፤ ሳይነቀል
እንደሚደርቅ፤

7 ለሚያጭደው እጁን፤ ነዶዎቹን
ለሚሰበስብ እቅፉን እንደማይሞላ
ይሁት።

8 በመንገዱም የሚያልፉ፡-
የእግዚአብሔር በረከት በእናንተ ላይ
ይሁን፤ በእግዚአብሔር ስም
እንመርቃችኋለን አይሉም።

መዝሙር 130

የመዓርግ መዝሙር።

1 አቤቱ፤ አንተን ከጥልቅ ጠራሁህ።

2 አቤቱ፤ ድምዳሜን ስማ፤ ጆሮህ
የልመናዬን ቃል የሚያደምጥ ይሁን።

3 አቤቱ፤ ኃጢአትን ብትጠባበቅ፤
አቤቱ፤ ማን ይቆማል?

4 ይቅርታ ከአንተ ዘንድ ነውና።

5 አቤቱ፤ ስለ ስምህ ተስፋ አደረግሁህ፤
ነፍሴ በሕግህ ታገወች።

5 The LORD bless you from Zion. May
you see the prosperity of Jerusalem
all the days of your life.

6 May you see your children's children.
Peace be upon Israel!

Psalms 129

1 "Often have they attacked me from
my youth" --let Israel now say--

2 "often have they attacked me from
my youth, yet they have not prevail-
led against me.

3 The plowers plowed on my back;
they made their furrows long."

4 The LORD is righteous; he has cut
the cords of the wicked.

5 May all who hate Zion be put to
shame and turned backward.

6 Let them be like the grass on the
housetops that withers before it
grows up,

7 with which reapers do not fill their
hands or binders of sheaves their
arms,

8 while those who pass by do not say,
"The blessing of the LORD be upon
you! We bless you in the name of
the LORD!"

Psalms 130

1 Out of the depths I cry to you, O
LORD.

2 Lord, hear my voice! Let your ears be
attentive to the voice of my supplica-
tions!

3 If you, O LORD, should mark
iniquities, Lord, who could stand?

4 But there is forgiveness with you, so
that you may be revered.

5 I wait for the LORD, my soul waits,
and in his word I hope;

- 6 ከማለዳው ሰዓት ጀምሮ እስከ ሌሊት ነፍሴ በእግዚአብሔር ታመነች።
- 7 ከእግዚአብሔር ዘንድ ምሕረት፤ በእርሱም ዘንድ ብዙ ማዳን ነውና እስራኤል በእግዚአብሔር ይታመን።
- 8 እርሱም እስራኤልን ከኃጢአቱ ሁሉ ያድነዋል።

መዝሙር 131

የዳዊት መዓርግ መዝሙር።

- 1 አቤቱ፤ ልቤ አይታበይብኝ፤ ዓይኖቼም ከፍ ከፍ አይበሉብኝ፤ ከትልልቆች ጋር፤ ከእኔም ይበልጥ ከሚከበሩ ጋር አልሄድሁም።
- 2 ነፍሴን አሳረፍኋት፤ የእናቱንም ጡት እንዳስተውት ዝም አሰኘኋት፤ ነፍሴ የእናቱን ጡት እንዳስተውት በእኔ ውስጥ ናት።
- 3 ከዛሬ ጀምሮ እስከ ዘላለም እስራኤል በእግዚአብሔር ይታመን።

መዝሙር 132

የመዓርግ መዝሙር።

- 1 አቤቱ፤ ዳዊትን ገርነቱንም ሁሉ አስብ፤
- 2 ለእግዚአብሔር እንደ ማለ፤ ለያዕቆብም አምላክ እንደ ተሳለ፡-
- 3 በእውነት ወደ ቤቱ ድንኳን አልገባም፤ ወደ ምንጣፌም አልጋ አልወጣም፤
- 4 ለዓይኖቼም መኝታ ለሽፋሽፍቶቼም እንቅልፍ፤ ለጉንጮቼም ዕረፍትን አልሰጥም፤
- 5 ለእግዚአብሔር ስፍራ፤ ለያዕቆብ አምላክ ማደሪያ እስካገኝ ድረስ ብሎ።
- 6 እነሆ፤ በኤፍራታ ሰማነው፤ በዱር ውስጥም አገኘነው።
- 7 ወደ ማደሪያዎቹ እንገባለን፤ እግሮቹ በሚቆሙበት ስፍራ እንሰማዳለን።
- 8 አቤቱ፤ ወደ ዕረፍትህ ተነሥ፤ አንተና የመቅደስህ ታቦት።

- 6 my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning.
- 7 O Israel, hope in the LORD! For with the LORD there is steadfast love, and with him is great power to redeem.
- 8 It is he who will redeem Israel from all its iniquities.

Psalm 131

- 1 O LORD, my heart is not lifted up, my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me.
- 2 But I have calmed and quieted my soul, like a weaned child with its mother; my soul is like the weaned child that is with me.
- 3 O Israel, hope in the LORD from this time on and forevermore.

Psalm 132

- 1 O LORD, remember in David's favor all the hardships he endured;
- 2 how he swore to the LORD and vowed to the Mighty One of Jacob,
- 3 "I will not enter my house or get into my bed;
- 4 I will not give sleep to my eyes or slumber to my eyelids,
- 5 until I find a place for the LORD, a dwelling place for the Mighty One of Jacob."
- 6 We heard of it in Ephrathah; we found it in the fields of Jaar.
- 7 "Let us go to his dwelling place; let us worship at his footstool."
- 8 Rise up, O LORD, and go to your resting place, you and the ark of your might.

- 9 ካህናቶችህ ጽድቅን ይልቡ፥ ቅዱሳንህም ደስ ይበላቸው።
- 10 ስለ ዳዊት ስለ ባሪያህ የቀባኸውን ሰው ፊት አትመልስ።
- 11 እግዚአብሔር ለዳዊት በእውነት ማለ አይጸጽትምም፥ እንዲህ ብሎ፡- ከሆ ድህ ፍሬ በዙፋንህ ላይ አስቀምጣለሁ።
- 12 ልጆችህ ኪዳኔን፥ ይህንም የማስተምራቸውን ምስክራን ቢጠብቁ፥ ልጆቻቸው ደግሞ በዙፋንህ ላይ ለዘላለም ይቀመጣሉ።
- 13 እግዚአብሔር ጽዮንን መርጦአታልና፥ ማደሪያውም ትሆነው ዘንድ ወድዶአታልና፥ እንዲህ ብሎ፡-
- 14 ይህች ለዘላለም ማረፊያዬ ናት፤ መርጧታለሁና በዚህች አድራሰሁ።
- 15 አርጌቶችዋን እጅግ እባርካለሁ፥ ድሆችዋንም እንጀራ አጠግባለሁ።
- 16 ካህናቶችዋንም ደኅንነትን አለብሳቸዋለሁ፥ ቅዱሳኖችዋም እጅግ ደስ ይላቸዋል።
- 17 በዚያ ለዳዊት ቀንድን አበቅላለሁ፥ ለቀባሁትም ሰው መብራትን አዘጋጃለሁ።
- 18 ጠላቶችንም እፍረትን አለብሳቸዋለሁ፤ በእርሱ ግን ቅድስናዬ ያብባል።
- 9 Let your priests be clothed with righteousness, and let your faithful shout for joy.
- 10 For your servant David's sake do not turn away the face of your anointed one.
- 11 The LORD swore to David a sure oath from which he will not turn back: "One of the sons of your body I will set on your throne.
- 12 If your sons keep my covenant and my decrees that I shall teach them, their sons also, forevermore, shall sit on your throne."
- 13 For the LORD has chosen Zion; he has desired it for his habitation:
- 14 "This is my resting place forever; here I will reside, for I have desired it.
- 15 I will abundantly bless its provisions; I will satisfy its poor with bread.
- 16 Its priests I will clothe with salvation, and its faithful will shout for joy.
- 17 There I will cause a horn to sprout up for David; I have prepared a lamp for my anointed one.
- 18 His enemies I will clothe with disgrace, but on him, his crown will gleam."

መዝሙር 133

የዳዊት የመዓርግ መዝሙር።

- 1 ወንድሞች በኅብረት በቀመጡ፥ እነሆ፥ መልካም ነው፥ እነሆም፥ ያማረ ነው።
- 2 ከራስ እስከ ጢም እንደሚፈስስ፥ እስከ አርን ጢም፥ በልብሱ መደረቢያ እንደሚወርድ ሽቱ ነው።
- 3 በጽዮን ተራሮች እንደሚወርድ እንደ አርሞንዲም ጠል ነው፤ በዚያ እግዚአብሔር በረከቱን ሕይወትንም እስከ ዘላለም አዝዝቶልና።

Psalm 133

- 1 How very good and pleasant it is when kindred live together in unity!
- 2 It is like the precious oil on the head, running down upon the beard, on the beard of Aaron, running down over the collar of his robes.
- 3 It is like the dew of Hermon, which falls on the mountains of Zion. For there the LORD ordained his blessing, life forevermore.

መዝሙር 134

የመዓረግ መዝሙር።

- 1 እነሆ፥ እግዚአብሔርን ባርኩ፥ በአምላካችን ቤት አደባባዩች የምትቆሙ እናንተ የእግዚአብሔር ባሪያዎች ሁላችሁ።
- 2 በሌሊት በቤተ መቅደስ ውስጥ እጆቻችሁን አንሁ፥ እግዚአብሔርንም ባርኩ።
- 3 ሰማይንና ምድርን የሠራ እግዚአብሔር ከጽዮን ይባርክህ።

መዝሙር 135

- 1 ሃሌ ሉያ፥ የእግዚአብሔርን ስም አመሰግኑ፤ እናንተ የእግዚአብሔር ባሪያዎች ሆይ፥ አመሰግኑት።
- 2 በእግዚአብሔር ቤት ውስጥ፥ በአምላካችን ቤት አደባባይ የምትቆሙ።
- 3 እግዚአብሔር ቸር ነውና እግዚአብሔርን አመሰግኑ፤ ለስሙ ዘምሩ፥ መልካም ነውና፤
- 4 እግዚአብሔር ያዕቆብን ለራሱ፥ እስራኤልንም ለመዝገቡ መርጦታልና፤
- 5 እግዚአብሔር ታላቅ እንደ ሆነ፥ ጌታችንም ከአማልክት ሁሉ እንዲበልጥ አውቁአለሁና።
- 6 በሰማይና በምድር በባሕርና በጥልቆች ሁሉ፥ እግዚአብሔር የወደደውን ሁሉ አደረገ።
- 7 ከምድር ዳር ደመናትን ያወጣል፤ በዝናብ ጊዜ መብረቅን አደረገ፤ ነፋሳትንም ከመዛግብቱ ያወጣል።
- 8 የግብጽን በኩር ልጆች ከሰው ጀምሮ እስከ እንስሳ ድረስ መታ።
- 9 ግብጽ ሆይ፥ በመካከልሽ በፈርዖንና በባሪያዎቹ ሁሉ ላይ ተአምራትንና ድንቅን ሰደደ።
- 10 ብዙ አሕዛብን መታ፥ ብርቱዎችንም ነገሥታት ገደለ።

Psalm 134

- 1 Come, bless the LORD, all you servants of the LORD, who stand by night in the house of the LORD!
- 2 Lift up your hands to the holy place, and bless the LORD.
- 3 May the LORD, maker of heaven and earth, bless you from Zion.

Psalm 135

- 1 Praise the LORD! Praise the name of the LORD; give praise, O servants of the LORD,
- 2 you that stand in the house of the LORD, in the courts of the house of our God.
- 3 Praise the LORD, for the LORD is good; sing to his name, for he is gracious.
- 4 For the LORD has chosen Jacob for himself, Israel as his own possession.
- 5 For I know that the LORD is great; our Lord is above all gods.
- 6 Whatever the LORD pleases he does, in heaven and on earth, in the seas and all deeps.
- 7 He it is who makes the clouds rise at the end of the earth; he makes lightnings for the rain and brings out the wind from his storehouses.
- 8 He it was who struck down the firstborn of Egypt, both human beings and animals;
- 9 he sent signs and wonders into your midst, O Egypt, against Pharaoh and all his servants.
- 10 He struck down many nations and killed mighty kings--

- 11 የአሞራውያንን ንጉሥ ሴዎንን፤
የባሳንንም ንጉሥ ዐግን፤ የከነዓንን
መንግሥታት ሁሉ ገደለ፤
- 12 ምድራቸውንም ርስት አድርጎ
ለእስራኤል ለሕዝቡ ርስት ሰጠ።
- 13 አቤቱ፤ ስምህ ለዘላለም ነው፤
ዝክርህም ለልጅ ልጅ ነው፤
- 14 እግዚአብሔር ለሕዝቡ ይፈርዳልና፤
ባሪያዎቹንም ይረዳልና።
- 15 የአሕዛብ ጣዖታት የብርና የወርቅ፤
የሰው እጅ ሥራ ናቸው።
- 16 አፍ አላቸው፤ አይናገሩምም፤ ዓይን
አላቸው፤ አያዩምም፤
- 17 ጆሮ አላቸው፤ አይሰሙምም፤
እስትንፋስም በአፋቸው የለም።
- 18 የሚሠሩ አቸው ሁሉ
የሚታመኑባቸውም ሁሉ እንደ እነርሱ
ይሁን።
- 19 የእስራኤል ቤት ሆይ፤
እግዚአብሔርን ባርኩት። የአሮን ቤት
ሆይ፤ እግዚአብሔርን ባርኩት፤
- 20 የሌዊ ቤት ሆይ፤ እግዚአብሔርን
ባርኩት እግዚአብሔርን የምትፈሩት
ሆይ፤ እግዚአብሔርን ባርኩት።
- 21 በኢየሩሳሌም የሚያደር
እግዚአብሔር ከጽዮን የተባረከ ነው።
ሃሌ ሉያ።

መዝሙር 136

- 1 እግዚአብሔርን አመስግኑ፤ ቸር
ነውና፤ ምሕረቱ ለዘላለም ነውና።
- 2 የአማልክትን አምላክ አመስግኑ፤
ምሕረቱ ለዘላለም ነውና።
- 3 የጌቶችን ጌታ አመስግኑ፤ ምሕረቱ
ለዘላለም ነውና፤
- 4 እርሱ ብቻውን ታላቅ ተአምራትን
ያደረገ፤ ምሕረቱ ለዘላለም ነውና፤
- 5 ሰማያትን በብልሃት የሠራ፤ ምሕረቱ
ለዘላለም ነውና፤

- 11 Sihon, king of the Amorites, and
Og, king of Bashan, and all the
kingdoms of Canaan--
- 12 and gave their land as a heritage, a
heritage to his people Israel.
- 13 Your name, O LORD, endures
forever, your renown, O LORD,
throughout all ages.
- 14 For the LORD will vindicate his
people, and have compassion on his
servants.
- 15 The idols of the nations are silver
and gold, the work of human hands.
- 16 They have mouths, but they do not
speak; they have eyes, but they do
not see;
- 17 they have ears, but they do not hear,
and there is no breath in their
mouths.
- 18 Those who make them and all who
trust them shall become like them.
- 19 O house of Israel, bless the LORD!
O house of Aaron, bless the LORD!
- 20 O house of Levi, bless the LORD!
You that fear the LORD, bless the
LORD!
- 21 Blessed be the LORD from Zion, he
who resides in Jerusalem. Praise the
LORD!

Psalm 136

- 1 O give thanks to the LORD, for he is
good, for his steadfast love endures
forever.
- 2 O give thanks to the God of gods, for
his steadfast love endures forever.
- 3 O give thanks to the Lord of lords,
for his steadfast love endures for-
ever;
- 4 who alone does great wonders, for his
steadfast love endures forever;
- 5 who by understanding made the
heavens, for his steadfast love
endures forever;

- 6 ምድርን በውኃ ላይ ያጸና፤ ምሕረቱ ለዘላለም ነውና፤ 6 who spread out the earth on the waters, for his steadfast love endures forever;
- 7 ብቻውን ታላላቅ ብርሃናትን የሠራ፤ ምሕረቱ ለዘላለም ነውና፤ 7 who made the great lights, for his steadfast love endures forever;
- 8 ለፀሐይ ቀንን ያስገዛው፤ ምሕረቱ ለዘላለም ነውና፤ 8 the sun to rule over the day, for his steadfast love endures forever;
- 9 ለጨረቃና ለከዋክብትም ሌሊትን ያስገዛቸው፤ ምሕረቱ ለዘላለም ነውና፤ 9 the moon and stars to rule over the night, for his steadfast love endures forever;
- 10 ከበዙራቸው ጋር ግብጽን የመታ፤ ምሕረቱ ለዘላለም ነውና፤ 10 who struck Egypt through their firstborn, for his steadfast love endures forever;
- 11 እስራኤልንም ከመካከላቸው ያወጣ፤ ምሕረቱ ለዘላለም ነውና፤ 11 and brought Israel out from among them, for his steadfast love endures forever;
- 12 በጸናች እጅ በተዘረጋችም ክንድ፤ ምሕረቱ ለዘላለም ነውና፤ 12 with a strong hand and an outstretched arm, for his steadfast love endures forever;
- 13 የኤርትራን ባሕር በየክፍሉ የከፈለ፤ ምሕረቱ ለዘላለም ነውና፤ 13 who divided the Red Sea in two, for his steadfast love endures forever;
- 14 እስራኤልን በመካከሉ ያሳለፈ፤ ምሕረቱ ለዘላለም ነውና፤ 14 and made Israel pass through the midst of it, for his steadfast love endures forever;
- 15 ፈርዖንንና ሠራዊቱን በኤርትራ ባሕር የጣለ፤ ምሕረቱ ለዘላለም ነውና፤ 15 but overthrew Pharaoh and his army in the Red Sea, for his steadfast love endures forever;
- 16 ሕዝቡን በምድረ በዳ የመራ፤ ምሕረቱ ለዘላለም ነውና፤ 16 who led his people through the wilderness, for his steadfast love endures forever;
- 17 ታላላቅ ነገሥታትን የመታ፤ ምሕረቱ ለዘላለም ነውና፤ 17 who struck down great kings, for his steadfast love endures forever;
- 18 ብርቱዎችንም ነገሥታት የገደለ፤ ምሕረቱ ለዘላለም ነውና፤ 18 and killed famous kings, for his steadfast love endures forever;
- 19 የአሞራውያንን ንጉሥ ሴዎንን፤ ምሕረቱ ለዘላለም ነውና፤ 19 Sihon, king of the Amorites, for his steadfast love endures forever;
- 20 የባሳንን ንጉሥ ዐግን፤ ምሕረቱ ለዘላለም ነውና፤ 20 and Og, king of Bashan, for his steadfast love endures forever;
- 21 ምድራቸውን ርስት አድርጎ የሰጠ፤ ምሕረቱ ለዘላለም ነውና፤ 21 and gave their land as a heritage, for his steadfast love endures forever;
- 22 ለባሪያው ለእስራኤል ርስት፤ ምሕረቱ ለዘላለም ነውና። 22 a heritage to his servant Israel, for his steadfast love endures forever.
- 23 እኛን በመዋረዳችን አስቦናልና፤ ምሕረቱ ለዘላለም ነውና፤ 23 It is he who remembered us in our low estate, for his steadfast love endures forever;

- 24 ከጠላቶቻችንም እጅ አድናናልና፤
ምሕረቱ ለዘላለም ነውና፤
- 25 ለሥጋ ሁሉ ምግብን የሚሰጥ፤
ምሕረቱ ለዘላለም ነውና።
- 26 የሰማይን አምላክ አመስግኑ፤ ምሕረቱ
ለዘላለም ነውና።

መዝሙር 137

- 1 በባቢሎን ወንዞች አጠገብ በዚያ
ተቀመጥን፤ ጽዮንንም ባሰብናት ጊዜ
አለቀስን።
- 2 በአኻያ ዛፎችዋ ላይ መሰንቆቻችንን
ሰቀልን።
- 3 የማረኩን በዚያ የዝማሬን ቃል
ፈለጉብን፤ የወሰዱንም፡- የጽዮንን
ዝማሬ ዘምሩልን አሉን።
- 4 የእግዚአብሔርን ዝማሬ በባዕድ ምድር
እንዴት እንዘምራለን?
- 5 ኢየሩሳሌም ሆይ፤ ብረሳሽ፤ ቀኝ
ትርሳኝ።
- 6 ባላስብሽ፤ ምላሴ በጉሮሮዬ ይጣበቅ፤
ከደስታዬ ሁሉ በላይ ኢየሩሳሌምን
ባልወድድ።
- 7 አቤቱ፤ በኢየሩሳሌም ቀን የኤዶምን
ልጆች አስብ፡- እስከ መሠረትዋ
ድረስ አፍርሱ አፍርሱ ያሉአትን።
- 8 አንቺ ወራዳ የባቢሎን ልጅ ሆይ፤ ስለ
ተበቀልሽን የሚበቀልሽ የተመሰገነ
ነው።
- 9 ሕፃናቶችሽን ይዞ በዓለት ላይ
የሚፈጠፍጣቸው የተመሰገነ ነው።

መዝሙር 138

የዳዊት መዝሙር።

- 1 አቤቱ፤ በፍጹም ልቤ አመስግንሃለሁ፤
የአፌን ነገር ሰምተኸኛልና፤
በመላእክት ፊት እዘምርልሃለሁ።
- 2 ወደ ቅዱስ መቅደስህ እሰግዳለሁ፤ ስለ
ምሕረትህና ስለ እውነትህ ስምህንም
አመስግናለሁ፤ በሁሉ ላይ ቅዱስ
ስምህን ከፍ ከፍ አድርገሃልና።

- 24 and rescued us from our foes, for
his steadfast love endures forever;
- 25 who gives food to all flesh, for his
steadfast love endures forever.
- 26 O give thanks to the God of heaven,
for his steadfast love endures for-
ever.

Psalm 137

- 1 By the rivers of Babylon-- there we
sat down and there we wept when
we remembered Zion.
- 2 On the willows there we hung up our
harps.
- 3 For there our captors asked us for
songs, and our tormentors asked for
mirth, saying, "Sing us one of the
songs of Zion!"
- 4 How could we sing the Lord's song
in a foreign land?
- 5 If I forget you, O Jerusalem, let my
right hand wither!
- 6 Let my tongue cling to the roof of my
mouth, if I do not remember you, if
I do not set Jerusalem above my
highest joy.
- 7 Remember, O LORD, against the
Edomites the day of Jerusalem's fall,
how they said, "Tear it down! Tear
it down! Down to its foundations!"
- 8 O daughter Babylon, you devastator!
Happy shall they be who pay you
back what you have done to us!
- 9 Happy shall they be who take your
little ones and dash them against the
rock!

Psalm 138

- 1 I give you thanks, O LORD, with my
whole heart; before the gods I sing
your praise;
- 2 I bow down toward your holy temple
and give thanks to your name for
your steadfast love and your faithful-
ness; for you have exalted your
name and your word above every-
thing.

- 3 በጠራሁህ ቀን በፍጥነት አድምጠኝ፤
ነፍሴን በኃይልህ በብዙ አጸናሃት።
- 4 አቤቱ፥ የምድር ነገሥታት ሁሉ
ያመሰግኑሃል፤ የእፍህን ቃል ሁሉ
ሰምተዋልና።
- 5 በእግዚአብሔርም መንገድ ይዘምራሉ፤
የእግዚአብሔር ክብር ታላቅ ነውና።
- 6 እግዚአብሔር ከፍ ያለ ነውና፥ ወደ
ችግረኞችም ይመለከታልና፤
ትዕቢተኞችንም ከሩቅ ያውቃል።
- 7 በመከራ መካከል እንኳ ብሄድ፥ አንተ
ሕያው ታደርገኛለህ፤ በጠላቶቼ ቍጣ
ላይ እጆቼን ትዘረጋለህ፥ ቀኝህም
ታድነኛለኝ።
- 8 እግዚአብሔር ብድራትን
ይመልሰልኛል፤ አቤቱ፥ ምሕረትህ
ለዘላለም ነው፤ አቤቱ፥ የእጅህን
ሥራ ቸል አትበል።

መዝሙር 139

ለመዘምራት አለቃ፤ የዳዊት መዝሙር።

- 1 አቤቱ፥ መረመርኸኝ፥ አወቅኸኝም።
- 2 አንተ መቀመጤንና መነሣቴን አወቅህ፤
አሳቤን ሁሉ ከሩቅ አስተዋልህ።
- 3 ፍለጋዬንና ዕረፍቴን አንተ መረመርህ፤
መንገዶቼን ሁሉ ቀድመህ አወቅህ።
- 4 የዓመፃ ቃል በእንደበቴ እንደሌለ።
- 5 አቤቱ፥ አንተ እነሆ የቀድሞውንና
የኋላውን አወቅህ፤ አንተ ፈጠርኸኝ፥
እጅህንም በላዬ አደረግህ።
- 6 እውቀትህ ከእኔ ይልቅ ተደነቀኝ፤
በረታች፥ ወደ እርስዋም ለመድረስ
አልችልም።
- 7 ከመንፈስህ ወዴት እሄዳለሁ? ከፊትህስ
ወዴት እሸሻለሁ?
- 8 ወደ ሰማይ ብወጣ፥ አንተ በዚያ አለህ።
ወደ ሲኦልም ብወርድ፥ በዚያ አለህ።
- 9 እንደ ንስር የንጋትን ክንፍ ብወስድ፥
እስከ ባሕር መጨረሻም ብበርር፥

- 3 On the day I called, you answered
me, you increased my strength of
soul.
- 4 All the kings of the earth shall praise
you, O LORD, for they have heard
the words of your mouth.
- 5 They shall sing of the ways of the
LORD, for great is the glory of the
LORD.
- 6 For though the LORD is high, he
regards the lowly; but the haughty
he perceives from far away.
- 7 Though I walk in the midst of
trouble, you preserve me against the
wrath of my enemies; you stretch
out your hand, and your right hand
delivers me.
- 8 The LORD will fulfill his purpose for
me; your steadfast love, O LORD,
endures forever. Do not forsake the
work of your hands.

Psalm 139

- 1 O LORD, you have searched me and
known me.
- 2 You know when I sit down and when
I rise up; you discern my thoughts
from far away.
- 3 You search out my path and my lying
down, and are acquainted with all
my ways.
- 4 Even before a word is on my tongue,
O LORD, you know it completely.
- 5 You hem me in, behind and before,
and lay your hand upon me.
- 6 Such knowledge is too wonderful for
me; it is so high that I cannot attain
it.
- 7 Where can I go from your spirit? Or
where can I flee from your pre-
sence?
- 8 If I ascend to heaven, you are there; if
I make my bed in Sheol, you are
there.
- 9 If I take the wings of the morning
and settle at the farthest limits of the
sea,

10 በዚያ እጅህ ትመራኛለች፡ ቀኝህም ትይዘኛለች።

11 በውኑ ጨለማ ትሸፍነኛለች ብል፡ ሌሊት በዙሪያዬ ብርሃን ትሆናለች፤

12 ጨለማ በአንተ ዘንድ አይጨልምምና፡ ሌሊትም እንደ ቀን ታበራለችና፤ እንደ ጨለማዋ እንዲሁ ብርሃንዋ ነው።

13 አቤቱ፡ አንተ ኩላሊቴን ፈጥረሃልና፡ በእናቴም ሆድ ሰውረኸኛል።

14 ግሩምና ድንቅ ሆኜ ተፈጥራለሁና አመሰግንሃለሁ፤ ሥራህ ድንቅ ነው፡ ነፍሴም እጅግ ታውቀዋለች።

15 እኔ በሰውር በተሠራሁ ጊዜ፡ አካሌም በምድር ታች በተሠራ ጊዜ አጥንቶቼ ከአንተ አልተሰወሩም።

16 ያልተሠራ አካሌን ዓይኖችህ አየኝ፤ የተፈጠሩ ቀኖቼ ሁሉ አንድ ስንኳ ሳይኖር በመጽሐፍህ ተጻፉ።

17 አቤቱ፡ አሳቦችህ በእኔ ዘንድ እንደ ምን እጅግ የተከበሩ ናቸው! ቅጥራቸውም እንደ ምን በዛ!

18 ብቂጥራቸው ከአሸዋ ይልቅ ይበዛሉ፤ ተነሣሁም፡ እኔም ገና ከአንተ ጋር ነኝ።

19 አቤቱ፡ አንተ ኃጢአተኞችን የምትገድል ከሆንህስ፡ የደም ሰዎች ሆይ፡ ከእኔ ፈቀቅ በሉ።

20 በክፋት ይናገሩብሃልና፤ ጠላቶችህም በከንቱ ያምፁብሃል።

21 አቤቱ፡ የሚጠሉህን እኔ የጠላሁ አይደለሁምን? ስለ ጠላቶችህም አልተሰቀቅሁምን?

22 ፍጹም ጥል ጠላኋቸው፡ ጠላቶችም ሆኑኝ።

23 አቤቱ፡ መርምረኝ ልቤንም እወቅ፤ ፍተነኝ መንገዴንም እወቅ፤

24 በደልንም በእኔ ውስጥ ብታገኝ እይ፤ የዘላለምንም መንገድ ምራኝ።

10 even there your hand shall lead me, and your right hand shall hold me fast.

11 If I say, "Surely the darkness shall cover me, and the light around me become night,"

12 even the darkness is not dark to you; the night is as bright as the day, for darkness is as light to you.

13 For it was you who formed my inward parts; you knit me together in my mother's womb.

14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.

15 My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

16 Your eyes beheld my unformed substance. In your book were written all the days that were formed for me, when none of them as yet existed.

17 How weighty to me are your thoughts, O God! How vast is the sum of them!

18 I try to count them--they are more than the sand; I come to the end--I am still with you.

19 O that you would kill the wicked, O God, and that the bloodthirsty would depart from me--

20 those who speak of you maliciously, and lift themselves up against you for evil!

21 Do I not hate those who hate you, O LORD? And do I not loathe those who rise up against you?

22 I hate them with perfect hatred; I count them my enemies.

23 Search me, O God, and know my heart; test me and know my thoughts.

24 See if there is any wicked way in me, and lead me in the way everlasting.

መዝሙር 140

ለመዘምራት አለቃ የዳዊት መዝሙር።

- 1-2 አቤቱ፥ ከክፉ ሰው አድነኝ፥ በልባቸውም ክፉ ካሰቡ ከዓመፀኞች ሰዎች ጠብቀኝ፤ ቀኑን ሁሉ ለሰልፍ ይከማቻሉ።
- 3 ምላሳቸውን እንደ እባብ ሳሉ፤ ከከንፈራቸው በታች የእፉኝት መርዝ ነው።
- 4 አቤቱ፥ ከኃጢአተኞች እጅ ጠብቀኝ፤ እርምጃዬንም ሊያሰናክሉ ከመከፋ ከዓመፀኞች አድነኝ።
- 5 ትዕቢተኞች ወጥመድን ሰውፋብኝ፤ ለእግሮቼም የወጥመድ ገመድን ዘረጉ፤ በመንገድ ዕንቅፋትን አኖሩ።
- 6 እግዚአብሔርንም፡- አንተ አምላኬ ነህ፤ የልመናዬን ቃል፥ አቤቱ፥ አድምጥ አልሁት።
- 7 አቤቱ፥ ጌታዬ፥ የመድኃኒቱ ጉልበት፥ በሰልፍ ቀን ራሴን ሸፈንህ።
- 8 አቤቱ፥ ከምኞቱ የተነሣ ለኃጢአተኞች አትስጠኝ፤ በላዬ ተማከሩ፤ እንዳይጓደዱ አትተወኝ።
- 9 የሚከብቡኝን ራስ የከንፈራቸው ክፋት ይክደናቸው።
- 10 የእሳት ፍም በላያቸው ይውደቅ፤ እንዳይነሡም ወደ እሳትና ወደ ማዕበል ይጣሉ።
- 11 ተናጋሪ ሰው በምድር ውስጥ አይጸናም፤ ዓመፀኛን ሰው ክፋት ለጥፋት ይፈልገዋል።
- 12 እግዚአብሔር ለድሀ ዳኝነትን ለችግረኛም ፍርድን እንዲያደርግ አወቅሁ።
- 13 ዳድ ቃንም በእውነት ስምህን ያመሰግናሉ፤ ቀኖችም በፊትህ ይኖራሉ።

Psalm 140

- 1 Deliver me, O LORD, from evildoers; protect me from those who are violent,
- 2 who plan evil things in their minds and stir up wars continually.
- 3 They make their tongue sharp as a snake's, and under their lips is the venom of vipers. Selah
- 4 Guard me, O LORD, from the hands of the wicked; protect me from the violent who have planned my downfall.
- 5 The arrogant have hidden a trap for me, and with cords they have spread a net, along the road they have set snares for me. Selah
- 6 I say to the LORD, "You are my God; give ear, O LORD, to the voice of my supplications."
- 7 O LORD, my Lord, my strong deliverer, you have covered my head in the day of battle.
- 8 Do not grant, O LORD, the desires of the wicked; do not further their evil plot. Selah
- 9 Those who surround me lift up their heads; let the mischief of their lips overwhelm them!
- 10 Let burning coals fall on them! Let them be flung into pits, no more to rise!
- 11 Do not let the slanderer be established in the land; let evil speedily hunt down the violent!
- 12 I know that the LORD maintains the cause of the needy, and executes justice for the poor.
- 13 Surely the righteous shall give thanks to your name; the upright shall live in your presence.

መዝሙር 141

የዳዊት መዝሙር።

- 1 አቤቱ፥ ወደ አንተ ጮኽሁ፤ ሰማኝ፤
ወደ አንተ ስጮኽም የልመናዬን ቃል
አድምጥ።
- 2 ጸሎቴን በፊትህ እንደ ዕጣን
ተቀበልልኝ፤ እጅ መንሣቴም እንደ
ሠርክ መሥዋዕት ትሁን።
- 3 አቤቱ፥ ለአፌ ጠባቂ አኑር፤
የከንፈሮቼንም መዝጊያ ጠብቅ።
- 4 ልቤን ወደ ክፉ ነገር አትመልሰው፤
ዓመፃን ከሚያደርጉ ሰዎች ጋር
ለኃጢአት ምክንያት እንዳልሰጥ፤
ከምርጦቻቸውም ጋር አልተባበር።
- 5 ጻድቅ በምሕረት ይገሥጻኝ፤
ይዘለፈኝም፤ የኃጢአተኛ ዘይት ግን
ራሴን አይቅባ፤ ጸሎቴ ገና
በክፋታቸው ላይ ነውና።
- 6 ኃያላናቸው በዓለት አጠገብ ተጣሉ፤
ጣፋጭ ናትና ቃሌን ይሰማሉ።
- 7 በምድር ላይ እንደ ተሰነጠቀ እንደ
መሬት ዓል፤ እንዲሁ አጥንቶቻችን
በሲኦል ተበተኑ።
- 8 አቤቱ ጌታ፥ ዓይኖቼ ወደ አንተ
ናቸውና፤ በአንተ ታመንሁ፤ ነፍሴን
አታውጣት።
- 9 ከሰወሩብኝ ወጥመድ፤ ዓመፅንም
ከሚያደርጉ ሰዎች ዕንቅፋት ጠብቀኝ።
- 10 እኔ ብቻዬን እስካልፍ ድረስ
ኃጢአተኞች በወጥመዳቸው
ይውደቁ።

መዝሙር 142

ጸሎት፤ በዋሻ በነበረ ጊዜ፤ የዳዊት ትምህርት።

- 1 በቃሌ ወደ እግዚአብሔር ጮኽሁ፤
በቃሌ ወደ እግዚአብሔር ለመንሁ።
- 2 ልመናዬን በፊቱ አፈስሳለሁ፤
መከራዬንም በፊቱ እናገራለሁ።
- 3 ነፍሴ በውስጤ ባለቀች ጊዜ መንገዴን
አወቅሁ፤ በምሄድባት በዚያች መንገድ
ወጥመድን ሰወሩብኝ።

Psalm 141

- 1 I call upon you, O LORD; come
quickly to me; give ear to my voice
when I call to you.
- 2 Let my prayer be counted as incense
before you, and the lifting up of my
hands as an evening sacrifice.
- 3 Set a guard over my mouth, O
LORD; keep watch over the door of
my lips.
- 4 Do not turn my heart to any evil, to
busy myself with wicked deeds in
company with those who work in-
iquity; do not let me eat of their
delicacies.
- 5 Let the righteous strike me; let the
faithful correct me. Never let the oil
of the wicked anoint my head, for
my prayer is continually against their
wicked deeds.
- 6 When they are given over to those
who shall condemn them, then they
shall learn that my words were
pleasant.
- 7 Like a rock that one breaks apart and
shatters on the land, so shall their
bones be strewn at the mouth of
Sheol.
- 8 But my eyes are turned toward you,
O GOD, my Lord; in you I seek
refuge; do not leave me defenseless.
- 9 Keep me from the trap that they have
laid for me, and from the snares of
evildoers.
- 10 Let the wicked fall into their own
nets, while I alone escape.

Psalm 142

- 1 With my voice I cry to the LORD;
with my voice I make supplication to
the LORD.
- 2 I pour out my complaint before him; I
tell my trouble before him.
- 3 When my spirit is faint, you know
my way. In the path where I walk
they have hidden a trap for me.

- 4 ወደ ቀኝ ተመለከትሁ አየሁም፤ የሚያውቀኝም አጣሁ፤ መሸሸጊያም የለኝም፤ ስለ ነፍሴም የሚመራመር የለም።
- 5 አቤቱ፤ ወደ አንተ ጮኸሁ፡- አንተ ተስፋዬ ነህ፤ በሕያዋንም ምድር አንተ እድል ፈንታዬ ነህ አልሁ።
- 6 እጅግ ተቸግሬአለሁና ወደ ልመናዬ አድምጥ፤ በርትተውብኛልና ከሚያሳድዱኝ አድነኝ።
- 7 አቤቱ፤ ስምህን አመሰግን ዘንድ፤ ነፍሴን ከወህኒ አውጣት፤ ዋጋዬን እስክትሰጠኝ ድረስ ጻድቃን እኔን ይጠብቃሉ።

መዝሙር 143

ልጁ ባሳደደው ጊዜ፤ የዳዊት መዝሙር።

- 1 አቤቱ፤ ጸሎቴን ስማ፤ በእውነትህ ልመናዬን አድምጥ፤ በጽድቅህም መልስልኝ።
- 2 ሕያው ሁሉ በፊትህ ጻድቅ አይደለምና ከባሪያህ ጋር ወደ ፍርድ አትግባ።
- 3 ጠላትህ ነፍሴን አሳድዶአታል፤ ሕይወቴንም በምድር ውስጥ አጎስቅሎአታል፤ ቀድሞ እንደ ሞተ ሰው በጨለማ አኑሮኛል።
- 4 ነፍሴ በውስጤ አለቀችብኝ፤ ልቤም በውስጤ ደነገጠብኝ።
- 5 የቀድሞውን ዘመን አሰብሁ፤ ሥራህንም ሁሉ አሰላለልሁ፤ የእጅህንም ሥራ ተመለከትሁ።
- 6 እጆቼን ወደ አንተ ዘረጋሁ፤ ነፍሴም እንደ ምድረ በዳ አንተን ተጠማች።
- 7 አቤቱ፤ ፈጥነህ ስማኝ፤ ነፍሴ አልቃለች፤ ፊትህን ከኔ አትመልስ፤ ወደ ጉድጓድም እንደሚወርዱ አልሁን።
- 8 አንተን ታምኛለሁና በማለዳ ምሕረትህን አሰማኝ፤ አቤቱ፤ ነፍሴን ወደ አንተ አንሥቻለሁና የምሄድበትን መንገድ አስታውቀኝ።

- 4 Look on my right hand and see-- there is no one who takes notice of me; no refuge remains to me; no one cares for me.
- 5 I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living."
- 6 Give heed to my cry, for I am brought very low. Save me from my persecutors, for they are too strong for me.
- 7 Bring me out of prison, so that I may give thanks to your name. The righteous will surround me, for you will deal bountifully with me.

Psalm 143

- 1 Hear my prayer, O LORD; give ear to my supplications in your faithfulness; answer me in your righteousness.
- 2 Do not enter into judgment with your servant, for no one living is righteous before you.
- 3 For the enemy has pursued me, crushing my life to the ground, making me sit in darkness like those long dead.
- 4 Therefore my spirit faints within me; my heart within me is appalled.
- 5 I remember the days of old, I think about all your deeds, I meditate on the works of your hands.
- 6 I stretch out my hands to you; my soul thirsts for you like a parched land. Selah
- 7 Answer me quickly, O LORD; my spirit fails. Do not hide your face from me, or I shall be like those who go down to the Pit.
- 8 Let me hear of your steadfast love in the morning, for in you I put my trust. Teach me the way I should go, for to you I lift up my soul.

- 9 አቤቱ፥ ወደ አንተ ተማፅኛለሁና
ከጠላቶቼ አድነኝ።
- 10 እንተ አምላኬ ነህና ፈቃድህን
ለማድረግ አስተምረኝ፤ ቅዱስ
መንፈስህም በጽድቅ ምድር ይምራኝ።
- 11 አቤቱ፥ ስለ ስምህ ሕያው አድርገኝ፤
በጽድቅህም ነፍሴን ከመከራዋ
አውጣት።
- 12 በምሕረትህ ጠላቶቼን ደምስሳቸው፥
እኔ ባሪያህ ነኝና ነፍሴን
የሚያስጨንቁአትን ሁሉ አጥፋቸው።

መዝሙር 144

ስለ ኃልያድ፤ የዳዊት መዝሙር።

- 1 እግዚአብሔር አምላኬ ይባረክ፥
ለእጆቼ ሰልፍን፥ ለጣቶቼም ዘመቻን
የሚያስተምር፤
- 2 መሐሪዬና መሸሸጊያዬ፥ መጠጊያዬና
መድኃኒቴ፤ ረዳቴና መታመኛዬም፤
ሕዝቤንም ከእኔ በታች የሚያስገዛልኝ።
- 3 አቤቱ፥ እርሱን ታውቀው ዘንድ ሰው
ምንድር ነው? ታስብለት ዘንድ የሰው
ልጅ ምንድር ነው?
- 4 ሰው ከንቱን ነገር ይመስላል፤ ዘመኑ
እንደ ጥላ ያልፋል።
- 5 አቤቱ፥ ሰማዮችህን ዝቅ ዝቅ
አድርጋቸው ውረድም፤ ተራሮችን
ዳስሳቸው ይጢሱም።
- 6 መብረቆችህን ብልጭ አድርጋቸው
በትናቸውም፤ ፍላጾችህን ላካቸው
አስደንግጣቸውም።
- 7-8 እጅህን ከእርያም ላክ አድነኝም
ከብዙ ውጭች፥ አፋቸውም ምናምንን
ከሚናገር፥ ቀኛቸው የሐሰት ቀኝ
ከሆነ፥ ከባዕድ ልጆች እጅ አስጥልኝ።
- 9 አቤቱ፥ አዲስ ቅኔ እቀኛልሃለሁ፤
አሥር አውታር ባለው በገና
እዘምርልሃለሁ።
- 10 ለነገሥታት መድኃኒትን የሚሰጥ፥
ባሪያውን ዳዊትን ከክፉ ሰይፍ
የሚያድነው እርሱ ነው።

- 9 Save me, O LORD, from my ene-
mies; I have fled to you for refuge.
- 10 Teach me to do your will, for you
are my God. Let your good spirit
lead me on a level path.
- 11 For your name's sake, O LORD,
preserve my life. In your righteous-
ness bring me out of trouble.
- 12 In your steadfast love cut off my
enemies, and destroy all my adver-
saries, for I am your servant.

Psalm 144

- 1 Blessed be the LORD, my rock, who
trains my hands for war, and my
fingers for battle;
- 2 my rock and my fortress, my strong-
hold and my deliverer, my shield, in
whom I take refuge, who subdues
the peoples under me.
- 3 O LORD, what are human beings that
you regard them, or mortals that you
think of them?
- 4 They are like a breath; their days are
like a passing shadow.
- 5 Bow your heavens, O LORD, and
come down; touch the mountains so
that they smoke.
- 6 Make the lightning flash and scatter
them; send out your arrows and rout
them.
- 7 Stretch out your hand from on high;
set me free and rescue me from the
mighty waters, from the hand of
aliens,
- 8 whose mouths speak lies, and whose
right hands are false.
- 9 I will sing a new song to you, O God;
upon a ten-stringed harp I will play
to you,
- 10 the one who gives victory to kings,
who rescues his servant David.

- 11 አድነኝ፥ አፋቸውም ምናምንን
ከሚናገር፥ ቀኛቸውም የሐሰት ቀኝ
ከሆነ፥ ከባዕድ ልጆች እጅ አስጥለኝ።
- 12 ልጆቻቸው በጉልማስነታቸው እንደ
አዲስ አትክልት የሆኑ፥ ሴቶች
ልጆቻቸውም እንደ እልፍኝ ያማሩና
ያጌጡ፤
- 13 ዕቃ ቤቶቻቸውም የተሞሉ በየዓይነቱ
ዕቃ የሚሰጡ፥ በጎቻቸውም ብዙ
የሚወልዱ፥ በማሰማርያቸውም
የሚበዙ፤
- 14 ላሞቻቸውም የሚሰቡ፤ ቅጥራቸውም
መፍረሻና መውጫ የሌለው፥
በአደባባዮቻቸውም ዋይታ የሌለ፤
- 15 እንደዚህ የሚሆን ሕዝብ የተመሰገነ
ነው፤ እግዚአብሔር አምላኩ የሆነ
ሕዝብ ምስጉን ነው።

መዝሙር 145

የጳዊት የምስጋና መዝሙር።

- 1 አምላኬ ንጉሤ ሆይ፥ ከፍ ከፍ
አደርግሃለሁ፥ ስምህንም ለዘላለም
ዓለምም እባርካለሁ።
- 2 በየቀኑ ሁሉ እባርክሃለሁ፥ ስምህንም
ለዘላለም ዓለምም አመሰግናለሁ።
- 3 እግዚአብሔር ታላቅ ነው እጅግም
የተመሰገነ ነው፤ ለታላቅነቱም ፍጻሜ
የለውም።
- 4 ትውልደ ትውልደ ሥራህን
ያመሰግናሉ፥ ኃይልህንም ያወራሉ።
- 5 የቅድስናህን ግርማ ክብር ይናገራሉ፥
ተአምራትህንም ይነጋገራሉ።
- 6 የግርማህንም ኃይል ይናገራሉ፥
ታላቅነትህንም ይነጋገራሉ፥
ብርታትህንም ይነጋገራሉ።
- 7 የቸርነትህን ብዛት መታሰብ ያወጣሉ፥
በጽድቅህም ሐላጌትን ያደርጋሉ።
- 8 እግዚአብሔር ርኅሩኅና መላሪ ነው፥
ከቀላባ የራቀ፥ ምሕረቱም ብዙ ነው፤

- 11 Rescue me from the cruel sword,
and deliver me from the hand of
aliens, whose mouths speak lies, and
whose right hands are false.
- 12 May our sons in their youth be like
plants full grown, our daughters like
corner pillars, cut for the building of
a palace.
- 13 May our barns be filled, with
produce of every kind; may our
sheep increase by thousands, by tens
of thousands in our fields,
- 14 and may our cattle be heavy with
young. May there be no breach in
the walls, no exile, and no cry of
distress in our streets.
- 15 Happy are the people to whom such
blessings fall; happy are the people
whose God is the LORD.

Psalm 145

- 1 I will extol you, my God and King,
and bless your name forever and
ever.
- 2 Every day I will bless you, and praise
your name forever and ever.
- 3 Great is the LORD, and greatly to be
praised; his greatness is unsearch-
able.
- 4 One generation shall laud your works
to another, and shall declare your
mighty acts.
- 5 On the glorious splendor of your
majesty, and on your wondrous
works, I will meditate.
- 6 The might of your awesome deeds
shall be proclaimed, and I will
declare your greatness.
- 7 They shall celebrate the fame of your
abundant goodness, and shall sing
aloud of your righteousness.
- 8 The LORD is gracious and merciful,
slow to anger and abounding in
steadfast love.

- 9 እግዚአብሔር ለሚታገሙት ቸር ነው።
ምሕረቱም በሥራው ሁሉ ላይ ነው።
- 10 አቤቱ፣ ሥራህ ሁሉ ያመሰግኑሃል፤
ቅዱሳንህም ይባርኩሃል።
- 11 የመንግሥትህን ክብር ይናገራሉ፤
ኃይልህንም ይነጋገራሉ።
- 12 ለሰው ልጆች ኃይልህን
የመንግሥትህንም ግርማ ክብር
ያስታውቁ ዘንድ።
- 13 መንግሥትህ የዘላለም መንግሥት
ናት፤ ግዛትህም ለልጅ ልጅ ነው።
- 14 እግዚአብሔር በቃሎቹ የታመነ ነው፤
በሥራውም ሁሉ ጸድቅ ነው።
እግዚአብሔር የተፍገመገሙትን ሁሉ
ይደግፋቸዋል፤ የወደቁትንም
ያነሣቸዋል።
- 15 የሁሉ ዓይን አንተን ተስፋ ያደርጋል፤
አንተም ምግባቸውን በየጊዜው
ትሰጣቸዋለህ።
- 16 አንተ እጅህን ትከፍታለህ፤ ሕይወት
ላለውም ሁሉ መልካምን ታጠግባለህ።
- 17 እግዚአብሔር በመንገዱ ሁሉ ጸድቅ
ነው በሥራውም ሁሉ ቸር ነው።
- 18 እግዚአብሔር ለሚጠሩት ሁሉ፤
በእውነት ለሚጠሩት ሁሉ ቅርብ ነው።
- 19 ለሚፈሩት ምኞታቸውን ያደርጋል፤
ልመናቸውንም ይሰማል
ያድናቸዋልም።
- 20 እግዚአብሔር የሚወድዱትን ሁሉ
ይጠብቃል፤ ኃጢአተኞችንም ሁሉ
ያጠፋል።
- 21 አፌ የእግዚአብሔርን ምስጋና
ይናገራል፤ ሥጋም ሁሉ ለዘላለም
ዓለም የተቀደሰውን ስሙን ይባርክ።

መዝሙር 146

የሐጊና የዘካርያስ መዝሙር።

- 1 ሃሌ ሉያ። ነፍሴ ሆይ፤ እግዚአብሔርን
አመስግኚ።
- 2 በሕይወቴ እግዚአብሔርን
አመሰግናለሁ፤ በምኖርበት ዘመን ሁሉ
ለእምላኬ እዘምራለሁ።

- 9 The LORD is good to all, and his
compassion is over all that he has
made.
- 10 All your works shall give thanks to
you, O LORD, and all your faithful
shall bless you.
- 11 They shall speak of the glory of
your kingdom, and tell of your
power,
- 12 to make known to all people your
mighty deeds, and the glorious
splendor of your kingdom.
- 13 Your kingdom is an everlasting
kingdom, and your dominion
endures throughout all generations.
The LORD is faithful in all his
words, and gracious in all his deeds.
- 14 The LORD upholds all who are
falling, and raises up all who are
bowed down.
- 15 The eyes of all look to you, and you
give them their food in due season.
- 16 You open your hand, satisfying the
desire of every living thing.
- 17 The LORD is just in all his ways,
and kind in all his doings.
- 18 The LORD is near to all who call
on him, to all who call on him in
truth.
- 19 He fulfills the desire of all who fear
him; he also hears their cry, and
saves them.
- 20 The LORD watches over all who
love him, but all the wicked he will
destroy.
- 21 My mouth will speak the praise of
the LORD, and all flesh will bless
his holy name forever and ever.

Psalm 146

- 1 Praise the LORD! Praise the LORD,
O my soul!
- 2 I will praise the LORD as long as I
live; I will sing praises to my God
all my life long.

- 3 ማዳን በማይችሉ በሰው ልጆችና በአለቆች አትታመኑ።
- 4 ነፍሱ ትወጣለች ወደ መሬቱም ይመለሳል፤ ያን ጊዜ ምክሩ ሁሉ ይጠፋል።
- 5 የያዕቆብ አምላክ ረዳቱ የሆነ ተስፋውም በአምላኩ በእግዚአብሔር የሆነ ሰው ምስጉን ነው፤
- 6 እርሱም ሰማይንና ምድርን ባሕርንም፣ በእነርሱ ያለውንም ሁሉ የፈጠረ፤ እውነትን ለዘላለም የሚጠብቅ፤
- 7 ለተበደሉት የሚፈርድ፣ ለተራቡ ምግብን የሚሰጥ ነው። እግዚአብሔር የታሰሩትን ይፈቃል፤
- 8 እግዚአብሔር የወደቁትን ያነሣል፤ እግዚአብሔር ዕውሮችን ጥበበኞች ያደርጋቸዋል፤ እግዚአብሔር ጻድቃን ይወድዳል፤
- 9 እግዚአብሔር ስደተኞችን ይጠብቃል፤ ድሀ አደጎችንና ባልቴቶችን ይቀበላል፤ የኃጢአተኞችንም መንገድ ያጠፋል።
- 10 እግዚአብሔር ለዘላለም ይነግሣል፤ ጽዮን ሆይ፣ አምላክሽ ለልጅ ልጅ ነው። ሃሌ ሉያ።
- 3 Do not put your trust in princes, in mortals, in whom there is no help.
- 4 When their breath departs, they return to the earth; on that very day their plans perish.
- 5 Happy are those whose help is the God of Jacob, whose hope is in the LORD their God,
- 6 who made heaven and earth, the sea, and all that is in them; who keeps faith forever;
- 7 who executes justice for the oppressed; who gives food to the hungry. The LORD sets the prisoners free;
- 8 the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down; the LORD loves the righteous.
- 9 The LORD watches over the strangers; he upholds the orphan and the widow, but the way of the wicked he brings to ruin.
- 10 The LORD will reign forever, your God, O Zion, for all generations. Praise the LORD!

መዝሙር 147

የሐጌና የዘካርያስ መዝሙር።

- 1 እግዚአብሔርን አመስግኑ፤ መዝሙር መልካም ነውና። ለአምላካችን ምስጋና ያማረ ነው።
- 2 እግዚአብሔር ኢየሩሳሌምን ይሠራል፤ ከእስራኤልም የተበተኑትን ይሰበስባል።
- 3 ልባቸውን የቆሰሉትን ይፈውሳል፤ ሕማማቸውንም ይጠግናል።
- 4 የከዋክብትንም ብዛት ይቁጥራል፤ ሁሉንም በየስማቸው ይጠራቸዋል።
- 5 ጌታችን ታላቅ ነው፤ ኃይሉም ታላቅ ነው፤ ለጥበቡም ቊጥር የለውም።
- 6 እግዚአብሔር የዋሃንን ያነሣል፤ ኃጢአተኞችን ግን እስከ ምድር ድረስ ያዋርዳል።
- 1 Praise the LORD! How good it is to sing praises to our God; for he is gracious, and a song of praise is fitting.
- 2 The LORD builds up Jerusalem; he gathers the outcasts of Israel.
- 3 He heals the brokenhearted, and binds up their wounds.
- 4 He determines the number of the stars; he gives to all of them their names.
- 5 Great is our Lord, and abundant in power; his understanding is beyond measure.
- 6 The LORD lifts up the downtrodden; he casts the wicked to the ground.

- 7 ለእግዚአብሔር በምስጋና ዘምሩ፤
ለአምላካችንም በመሰንቆ ዘምሩ፤
- 8 ሰማዩን በደመናት ይሸፍናል ለምድርም
ዝናብን ያዘጋጃል፤ ሣርን በተራሮች
ላይ ያበቅላል፤ ለምለሙንም ለሰው
ልጆች ጥቅም።
- 9 ለሚጠሩት ለቀራዎች ጫጩቶች
ለእንስሶችም ምግባቸውን ይሰጣል።
- 10 የፈረስን ኃይል አይወድድም፤
በሰውም ጭን አይደሰትም።
- 11 እግዚአብሔር በሚፈሩት፤
በምሕረቱም በሚታመኑት ይደሰታል።
- 12 ኢየሩሳሌም ሆይ፤ እግዚአብሔርን
አመስግኒ፤
- 13 ጽዮንም ሆይ፤ ለአምላክሽ እልል
በዪ፤ የደጆችሽን መወርወሪያ
አጽንቶአልና፤ ልጆችንም በውስጥሽ
ባርኮአልና።
- 14 በወሰንሽም ሰላምን አደረገ፤
የሰንዴንም ስብ አጠገበሽ።
- 15 ነገሩን ወደ ምድር ይሰድዳል፤ ቃሉም
እጅግ ፈጥኖ ይሮጣል።
- 16 አመዳዩን እንደ ባዘቶ ይሰጣል፤
ጉሙን እንደ አመድ ይበትነዋል፤
- 17 በረዶውን እንደ ፍርፋሪ ያወርዳል፤
በበረዶውስ ፊት ማን ይቆማል?
- 18 ቃሉን ልኮ ያቀልጠዋል፤ ነፋሱን
ያነፍሳል፤ ውጥችንም ያፈስሳል።
- 19 ቃሉን ለያዕቆብ፤ ሥርዓቱንና ፍርዱን
ለእስራኤል ይናገራል።
- 20 ለሌሎች አሕዛብ ሁሉ እንዲህ
አላደረገም፤ ፍርዱንም
አልገለጠላቸውም። ሃሌ ሉያ።

መዝሙር 148

የሐጌና የዘርያስ መዝሙር።

- 1 ሃሌ ሉያ። እግዚአብሔርን ከሰማያት
አመስግኑት፤ በኦርያም አመስግኑት።
- 2 መላእክቱ ሁሉ፤ አመስግኑት፤
ሠራዊቱ ሁሉ፤ አመስግኑት።

- 7 Sing to the LORD with thanksgiving;
make melody to our God on the lyre.
- 8 He covers the heavens with clouds,
prepares rain for the earth, makes
grass grow on the hills.
- 9 He gives to the animals their food,
and to the young ravens when they
cry.
- 10 His delight is not in the strength of
the horse, nor his pleasure in the
speed of a runner;
- 11 but the LORD takes pleasure in
those who fear him, in those who
hope in his steadfast love.
- 12 Praise the LORD, O Jerusalem!
Praise your God, O Zion!
- 13 For he strengthens the bars of your
gates; he blesses your children
within you.
- 14 He grants peace within your borders;
he fills you with the finest of wheat.
- 15 He sends out his command to the
earth; his word runs swiftly.
- 16 He gives snow like wool; he scatters
frost like ashes.
- 17 He hurls down hail like crumbs--
who can stand before his cold?
- 18 He sends out his word, and melts
them; he makes his wind blow, and
the waters flow.
- 19 He declares his word to Jacob, his
statutes and ordinances to Israel.
- 20 He has not dealt thus with any other
nation; they do not know his
ordinances. Praise the LORD!

Psalm 148

- 1 Praise the LORD! Praise the LORD
from the heavens; praise him in the
heights!
- 2 Praise him, all his angels; praise him,
all his host!

- 3 ፀሐይና ጨረቃ፥ አመስግኑት፤
ከዋክብትና ብርሃን ሁሉ፥
አመስግኑት።
- 4 ሰማየ ሰማያት፥ አመስግኑት የሰማያት
በላይም ውኃ።
- 5 እርሱ ብሎአልና፥ ሆኑም፤ እርሱም
አዝዞአልና፥ ተፈጠሩም፤
የእግዚአብሔርን ስም ያመስግኑት።
- 6 ለዘላለም ዓለም አቆማቸው፤ ትእዛዝን
ሰጠ፥ አያልፉምም።
- 7 እባቦች ጥልቆችም ሁሉ፥
እግዚአብሔርን ከምድር አመስግኑት፤
- 8 እሳትና በረዶ አመዳይና ውርጭ፥
ቃሉን የሚያደርግ ዐውሎ ነፋስም፤
- 9 ተራሮች ከራብቶችም ሁሉ፥
የሚያፈራም ዛፍ ዝግባም ሁሉ፤
- 10 አራዊትም እንስሳትም ሁሉ፥
ተንቀሳቃሾችም የሚበርሩ ወፎችም፤
- 11 የምድር ነገሥታት አሕዛብም ሁሉ፥
አለቆች የምድርም ፈራጆች ሁሉ፤
- 12 ጉልማሶችና ቈነጃጅቶች፥
ሽማግሌዎችና ልጆች፤
- 13 የእግዚአብሔርን ስም ያመስግኑ፤
ስሙ ብቻውን ከፍ ከፍ ብሎአልና፥
ምስጋናውም በሰማይና በምድር ላይ
ነው።
- 14 የሕዝቡንም ቀንድ ከፍ ከፍ
ያደርጋል፤ የቅዱሳንንም ሁሉ ምስጋና
ወደ እርሱ ለቀረበ ለእስራኤል ልጆች
ሕዝብ ከፍ ከፍ ያደርጋል። ሃሌ ሉያ።

መዝሙር 149

- 1 ሃሌ ሉያ፤ ለእግዚአብሔር አዲሱን ቅኔ
ተቀኙለት፤ ምስጋናው በቅዱሳኑ
ጉባኤ ነው።
- 2 እስራኤል በፈጣሪው ደስ ይበለው፥
የጽዮንም ልጆች በንጉሣቸው ሐሳትን
ያድርጉ።
- 3 ስሙን በዘፈን ያመስግኑ፥ በከበሮና
በመሰንቆም ይዘምሩለት።

- 3 Praise him, sun and moon; praise
him, all you shining stars!
- 4 Praise him, you highest heavens, and
you waters above the heavens!
- 5 Let them praise the name of the
LORD, for he commanded and they
were created.
- 6 He established them forever and ever;
he fixed their bounds, which cannot
be passed.
- 7 Praise the LORD from the earth, you
sea monsters and all deeps,
- 8 fire and hail, snow and frost, stormy
wind fulfilling his command!
- 9 Mountains and all hills, fruit trees and
all cedars!
- 10 Wild animals and all cattle, creeping
things and flying birds!
- 11 Kings of the earth and all peoples,
princes and all rulers of the earth!
- 12 Young men and women alike, old
and young together!
- 13 Let them praise the name of the
LORD, for his name alone is exal-
ted; his glory is above earth and
heaven.
- 14 He has raised up a horn for his
people, praise for all his faithful, for
the people of Israel who are close to
him. Praise the LORD!

Psalm 149

- 1 Praise the LORD! Sing to the LORD
a new song, his praise in the
assembly of the faithful.
- 2 Let Israel be glad in its Maker; let the
children of Zion rejoice in their
King.
- 3 Let them praise his name with
dancing, making melody to him with
tambourine and lyre.

- 4 እግዚአብሔር በሕዝቡ ተደስቶአልና፡
የዋሃንንም በማዳኑ ከፍ ከፍ
ያደርጋልና።
- 5 ቅዱሳን በክብር ይመካሉ፤
በምንጣፋቸውም ላይ ሐሢትን
ያደርጋሉ።
- 6 የእግዚአብሔር ምስጋና በጉሮሮአቸው
ነው፤ ሁለት አፍ ያለውም ሰዶፍ
በእጃቸው ነው።
- 7 በእሕዛብ ላይ በቀልን በሰዎችም
መካከል ቅጣትን ያደርጉ ዘንድ፤
- 8 ንጉሦቻቸውን በሰንሰለት፤
አለቆቻቸውንም በእግር ብረት ያስፋ
ዘንድ፤
- 9 የተጻፈውን ፍርድ ያደርጉባቸው
ዘንድ። ለቅዱሳን ሁሉ ይህች ክብር
ናት። ሃሌ ሉያ።

መዝሙር 150

- 1 ሃሌ ሉያ። እግዚአብሔርን በመቅደሱ
አመስግኑት፤ በኃይሉ ጠፈር
አመስግኑት።
- 2 በችሎቱ አመስግኑት፤ በታላቅነቱ
ብዛት አመስግኑት።
- 3 በመለከት ድምፅ አመስግኑት፤ በበገናና
በመሰንቆ አመስግኑት።
- 4 በከበሮና በዘፈን አመስግኑት፤
በአውታርና በእምቢልታ አመስግኑት።
- 5 ድምፁ መልካም በሆነ ጸናጽል
አመስግኑት፤ እልልታ ባለው ጸናጽል
አመስግኑት።
- 6 እስትንፋስ ያለው ሁሉ እግዚአብሔርን
ያመስግን። ሃሌ ሉያ።

- 4 For the LORD takes pleasure in his
people; he adorns the humble with
victory.
- 5 Let the faithful exult in glory; let
them sing for joy on their couches.
- 6 Let the high praises of God be in
their throats and two-edged swords
in their hands,
- 7 to execute vengeance on the nations
and punishment on the peoples,
- 8 to bind their kings with fetters and
their nobles with chains of iron,
- 9 to execute on them the judgment
decreed. This is glory for all his
faithful ones. Praise the LORD!

Psalm 150

- 1 Praise the LORD! Praise God in his
sanctuary; praise him in his mighty
firmament!
- 2 Praise him for his mighty deeds;
praise him according to his surpass-
ing greatness!
- 3 Praise him with trumpet sound; praise
him with lute and harp!
- 4 Praise him with tambourine and
dance; praise him with strings and
pipe!
- 5 Praise him with clanging cymbals;
praise him with loud clashing cym-
bals!
- 6 Let everything that breathes praise the
LORD! Praise the LORD!