



תהלים ~ מזמור לדוד

T'hilim ~ Psalm 23

(א) מְזֻמֹּר לְדָוִד - יי רְעִי לֹא אֶחְסֶר. (ב) בְּנֵאוֹת דְּשָׂא יִרְבִּיצָנִי,
עַל־מֵי מְנַחֹת יִנְהַלְנִי. (ג) נַפְשִׁי יִשׁוּבָב, יִנְחֵנִי בְּמַעְגְּלֵי־צֶדֶק
לְמַעַן שְׁמוֹ. (ד) גַּם כִּי־אֵלֶךְ בְּגִיא צְלָמוֹת, לֹא־אִירָא רָע,
כִּי־אֲתָה עִמָּדִי, שְׁבִטָּה וּמִשְׁעֲנֵתָה הֵמָּה יִנְחֵמְנִי. (ה) תַּעֲרֹךְ לְפָנָי |
שְׁלַחַן נֶגֶד צִרְרִי, דִּשְׁנֵת בְּשֶׁמֶן רֹאשִׁי, כּוֹסֵי רוּיָהּ. (ו) אֶךְ | טוֹב
וַחֲסֵד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי, וְשִׁבְתִּי בְּבַיִת־יְיָ לְאָרְךָ יָמִים.

(1) Miz-mor l'Daw-vid: A-do-noy ro-i lo ech-sawr. (2) Bin-os de-sheh yar-bi-tzei-ni, al mei m'nu-chos y'na-ha-lei-ni. (3) Naf'shi y'sho-veiv, yan-chei-ni v'ma-g'lei tze-dek l'ma-an sh'mo. (4) Gam ki ei-leich b'gei tzal-maw-ves, lo i-rav raw, ki a-taw i-maw-di, shiv-t'chaw u-mish-an-te-chaw hei-maw y'na-cha-mu-ni. (5) Ta-a-roch l'faw-nai shul-chawn ne-ged tzor'rawy, di-shan-taw va-she-men ro-shi, ko-si r'vaw-yaw. (6) Ach tov vaw-che-sed yir-d'fu-ni kol y'mei cha-yawy, v'shav-ti b'veis A-do-noy l'o-rech yaw-mim.

Traditional translation:

(1) A Psalm of David: The Lord is my shepherd; I shall not want. (2) He maketh me to lie down in green pastures; He leadeth me beside the still waters. (3) He restoreth my soul; He guideth me in straight paths for His name's sake. (4) Yea, though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me; Thy rod and Thy staff, they comfort me. (5) Thou preparest a table before me in the presence of mine enemies; Thou hast annointed my head with oil; my cup runneth over. (6) Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord forever.

Modern translation:

(1) A Psalm of David (Daw-vid): THE ETERNAL (A-do-noy) is my Shepherd; I shall not want. (2) You lay me down in green meadows; You lead me beside refreshing streams. (3) You restore my soul; You guide me along righteous paths for Your Name's sake. (4) Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me. Your rod and Your staff - they comfort me. (5) Prepare my table in the presence of my enemies. You saturated my head with oil; my cup overflows. (6) May only goodness and kindness follow me all the days of my life; may I dwell in the house of THE ETERNAL forever.

Interpretive translation by Rabbi Avraham Sutton:

(1) A Chant [to cut through the concealment of this world] by David: HASHEM is my Shepherd. I shall never lack [for I know now that He is with me in all my trials]. (2) He has laid me down in luxuriant meadows, shepherded me along restful streams. (3) Time and again, He has revived my soul [and drawn me close to Him]. He has guided me along paths of justice and righteousness so that I could thereby proclaim His Name [and His care of all creatures to the whole world]. (4) Now, even if I must walk through a deep valley overshadowed by [suffering and] death, I will fear no evil, for You [Your Presence and Your great lovingkindness] accompany me. Both Your rod [the suffering that cleanses me] and Your staff [the Torah that guides me] comfort me [and assure me that You have not abandoned my life to chance]. (5) [O God] prepare my royal table over and against my adversaries. You have anointed my head with oil [wisdom]. My cup [heart] overflows [with thanks to You for everything You have given me]. (6) Let [me continue to perceive] Your goodness and kindness [in all that] comes upon me all the days [and even the dark nights] of my life. May I [merit to] dwell in the House of HASHEM throughout my entire life and beyond into eternity. [May the world truly become God's House, and mankind know Your Presence everywhere, forever.]