

Tehilim 16

Michtam ledavid, shamerêni El ki chassiti vach
Amart ladonai, Adonai áta, tovati bal alêcha
Licdoshim asher baárets hêma, veadire col cheftsi vam
Yirbu atsebotam, acher maharu, bal assich niskehem midam, uval essa et shemotam al
sefatai
Adonai menat chelki vechossi, ata tomich gorali
Chavalim nafelu li baneimim, af nachalat shafera alai
Avarech et Adonai asher iaatsáni, af lelot yisserúni chil'iotai
Shivíti Adonai lenegdi tamid, ki mimini bal emot
Lachen samach libi vaiáguel kevodi, af bessari yishcon lavêtach
Ki lo taazov nafshi lish'ol, lo titen chassidechá lir'ot shachat
Todiêni orach chayim, sóva semachot et panêcha, neimot biminechá nétsach

Tehilim 32

Ledavid maskil, ashrê nessui pêsha kessui chataá
Ashrê adam lo iach'shov Adonai lo avon, veen berucho remiia
Ki hecheráshti balu atsamai, beshagati col haiom
Ki iomam valaila tichbad alai iadêcha, nepach leshadi becharvonê cáyits sêla
Chatati odiacha vaavoni lo chissíti, amarti ode alê feshai ladonai, veata nassáta avon chatati
sêla
Al zot yitpalel col chassid elêcha leet metso, rac leshétef máyim rabim elav lo iaguú
Ata séter li mitsar titserêni, ranê falet tessovevêni sêla
Askilechá veorechá bedérech zu telech, iátsa alêcha eni
Al tihui kessus keféred en havin, beméteq varéssen edio livlom bal kerov elêcha
Rabim mach'ovim larashá, vehabotêach badonai chéssed iessovevênu
Simchu badonai veguílu tsadikim, veharnínu col yishrê lev

Tehilim 41

Lamnatsêach mizmor ledavid
Ashrê maskil el dal, beiom raá iemaletêhu Adonai
Adonai yishmerêhu vichaiêhu veushar baártes, veal titenêhu benéfesh oievav

Adonai yis'adênu al éres devai, col mishcavo hafáchta vecholió
Ani amárti Adonai chonêni, refaá nafshi ki chatáti lach
Oievai iomeru ra li, matai iamut veavad shemo
Veim ba lir'ot shav iedaber, libo yicbats áven lo, ietse lachuts iedaber
lachad alai yit'lachashu col soneai, alai iach'shevu raá li
Devar belí'íaal iatsuc bo, vaasher shachav lo iossif lacum
Gam ish shelomi asher batachti vo ochel lachmi, higdil alai akev
Veata Adonai chonêni vahakimêni, vaashalema lahem
Bezot iadáti ki chafáts'ta bi, ki lo iaría oievi alai
Vaani betumi tamáchta bi, vatatsivêni lefanêcha leolam
Baruch Adonai Elohe Yisrael mehaolam vead haolam, amen veamen

Tehilim 42

Lamnatsêach maskil livnê Côrach
Keaial taarog al afikê máyim, ken nafshi taarog elêcha Elohim
Tsamea nafshi lelohim leel chai, matai avo veerae penê Elohim
Haíta li dim'ati léchem iomam valaila, beemor elai col haiom aie Elohêcha
Éle ezkera veesh'pechá alai nafshi, ki eevor bassach edadem ad bet Elohim, becol riná
vetodá hamon chogueg
Ma tishtochachi nafshi vatehemi alai, hochíli lelohim ki od odênu ieshuót panav
Elohai alai nafshi tishtochach, al ken ezcorchá meérets larden vechermonim mehar mits'ar
Tehom el tehom core lecol tsinorêcha, col mishbarêcha vegalêcha alai aváru
Iomam ietsave Adonai chasdo uvalaila shiro imi, tefila leel chaiai
Omera leel sal'i, láma shechachtáni, láma coder elech beláchats oiev
Berétsach beatsmotai cherfuni tsorerai, beomram elai col haiom aie Elohêcha
Ma tishtochachi nafshi uma tehemi alai, hochili lelohim ki od odênu ieshuót panai velohai

Tehilim 59

Lamnatsêach al tash'chet ledavid michtam, bishlôach Shaul vayishmeru et habáyit lahamito
Hatsilêni meoievai Elohai, mimitcomemai tessaguevêni
Hatsilêni mipôale áven, umeanshê damim hoshiêni

Ki hine arevu lenafshi, iagúru alai azim, lo fish'i velo chatati Adonai
Beli avon ierutsun veyiconánu, ura licrati ur'e
Veata Adonai Elohim Tsevaót Elohê Yisrael, hakítsa lifcód col hagoyim, al tachon col bogdê áven sêla
Iashúvu laérev iehemu chacálev vissovevu ir
Hine iabiun befihem charavót bessiftotehem, ki mi shomêa
Veata Adonai tis'chac lámo, til'ag lechol goyim
Uzo elêcha eshmora, ki Elohim misgabi
Elohê chasdi iecademêni, Elohim iar'êni veshoreraí
Al taharguem pen yish'kechú ami, haniêmo vechelechá vehoridêmo maguinênu Adonai
Chatat pímo devar sefatêmo, veyilachedú vigeonam umeala umicachash iessapêru
Cale bechema cale veenêmo, veiedeú ki Elohim moshel beiaacov leafsê haárets sêla
Veishúvu laérev iehemu chacálev, vissovevu ir
Hema ieniun leechol, im lo yisbeú vaialínu
Vaani ashir uzêcha vaaranen labóker chasdêcha, ki hayíta misgav li umanos beiom tsar li
Uzi elêcha azamêra, ki Elohim misgabi Elohê chasdi

Tehilim 77

Lamnatsêach al iedutun leassaf mizmor
Coli el Elohim veets'áca, coli el Elohim vahaazin elai
Beiom tsarati Adonai daráshti, iadi laila niguera velo tafug, meana hinachem nafshi
Ezkerá Elohim veehemaia, assícha vetit'atef ruchi sêla
Acházta shemurot enai, nif'amtí velo adaber
Chishávti iamim mikédem, shenot olamim
Ezkerá neguinati balaila, im levavi assícha, vaichapes ruchi
Haleolamim yiznach Adonai, velo iossif lirtsot od
Heafes lanétsach chasdo, gámar ômer ledor vador
Hashachach chanot El, im cafats beaf rachamav sêla
Vaomar chaloti hi, shenot iemin Elion
Ezcor maalelê lá ki ezkerá mikédem pil'êcha
Vehaguíti vechol paolêcha, uvaalilotêcha assícha

Elohim bacódesch darkêcha, mi El gadol kelohim
Ata hael ôsse féle, hodáta vaamim uzêcha
Gaálta bizrôa amêcha, benê laacov veiossef sêla
Raúcha máyim Elohim, raúcha máyim iachílu, af yirguezú tehomot
Zoremu máyim avot col natenu shechakim, af chatsatsêcha yit'haláchu
Col raamcha bagalgal, héiru verakim tevel, ragueza vatir'ash haárets
Baiam darkêcha, ushevilêcha bamáyim rabim, veikevotêcha lo nodáu
Nachíta chatson amêcha, beiad Moshe veaharon

Tehilim 90

Tefila lemoshe ish haelohim, Adonai, maon ata hayíta lánu bedor vador
Betérem harim iuládu vatecholel érets vetevel, umeolam ad olam ata El
Tashêv enosh ad daca, vatômer shúvu vene adam
Ki élef shanim beenêcha keiom etmol ki iaavor, veashmura valaila
Zeramtam shena yihiu, baboker kechatsir iachalof
Baboker iatsits vechalaf, laérev iemolel veiavesh
Ki chalínu veapêcha, uvachamatechá niv'hálnu
Shata avonotênu lenegdêcha, alumênu lim'or panêcha
Ki chol iamênu panu veevratêcha, kilínu shanênu chemo hêgue
leme shenotênu vahem shiv'im shana, veim bigvurot shemonim shana verobam amal
vaáven, ki gaz chish vanaúfa
Mi iodêa oz apêcha, ucheyir'atecha evratêcha
Limnot iamênu ken hoda, venavi levav chochmá
Shuva Adonai ad matai, vehinachem al avadêcha
Sabeênu vaboker chasdêcha, uneranena venismechá bechol iamênu
Samechênu kimot initánu, shenot raínu raá
Ierae el avadêcha faolêcha, vahadarechá al benehem
Vihi nôam Adonai Elohênu alênu, umaassê iadênu conena alênu, umaassê iadênu conenêhu

Tehilim 105

Hodú ladonai kir'u vishmó, hodú vaamim alilotav

Shíru lo, zamerú lo, síchu bechol nifleotav
Hit'halelu beshem codsho, yismach lev mevac'shê Adonai
Dirshu Adonai veuzo, bakeshú fanav tamid
Zichru nifleotav asher assa, mofetav umishpetê fiv
Zéra Avraham avdo, benê laacov bechirav
Hu Adonai Elohênu, bechol haárets mishpatav
Zachar leolam berito, davar tsivá leélef dor
Asher carat et Avraham, ushvuato leysis'chac
Vaiaamidêha leiaacov lechoç, leysisrael berit olam
Lemor lechá eten et érets Kenáan, chével nachalatchem
Bihiotam metê mispar, kim'at vegarim ba
Vayit'halechu migoi el goi, mimamlacha el am acher
Lo hiníach adam leoshcam, vaiôchach alehem melachim
Al tigueú vimshichai, velinviai al tarêu
Vayicra raav al haárets, col mate léchem shavar
Shalach lifnehem ish, leéved nimcar lossef
Inú vakével raglo, barzel báa nafsho
Ad et bo devaro, imrat Adonai tserafát'hu
Shálach mélech vaiatirêhu, moshel amim vaifatechêhu
Samo adon leveto, umoshel bechol kiniano
Leessor sarav benafsho, uzkenav iechakem
Vaiavo Yisrael Mitsráyim, veiaacov gar beérets Cham
Vaiêfer et amo meod, vaiaatsimêhu mitsarav
Hafach libam lisnô amo, lehit'nakel baavadav
Shalach Moshe avdo, Aharon asher báchar bo
Sámu vam divrê ototav, umofetim beérets Cham
Shálach chóshech vaiach'shich, velo maru et devaro
Hafach et memehem ledam, vaiámet et degatam
Sharats artsam tsefardeim, bechadrê malchehem
Amar vaiavo arov, kinim bechol guevulam
Natan guishmehem barad, esh lehavot beartsam

Vaiach gafnam uteenatam, vaishaber ets guevulam
Amar vaiavo arbe, veiélec veen mispar
Vaiôchal col essev beartsam, vaiôchal peri admatam
Vaiach col bechor beartsam, reshit lechol onam
Vaiotsiem bechéssef vezahav, veen bishvatav coshel
Samach Mitsaráyim betsetam, ki nafal pachdam alehem
Paras anan lemassach, veesh lehair laila
Shaal vaiave selav, veléchem shamáyim iasbiem
Pátach tsur vaiazúvu máyim, halechu batsiit nahar
Ki zachar et devar codsho, et Avraham avdo
Vaiotsi amo vessasson, beriná et bechirav
Vayiten lahem artsot goyim, vaamal leumim yiráshu
Baavur yishmerú chucav, vetoratav yintsôru, halelu lá

Tehilim 137

Al naharot bavel, sham iashávnú gam bachínu bezoch'rênu et Tsión
Al aravim betocha talínu kinorotênu
Ki sham sheelúnu shovênu divrê shir vetolalênu simchá, shíru lánu mishir Tsión
Ech nashir et shir Adonai al admat nechar
Im eshcachêch lerushaláyim, tishcach iemini
Tidbac leshoni lechiki im lo ezkerêchi, im lo aalê et lerushaláyim al rosh simchati
Zechor Adonai livnê edom et iom lerushaláyim, haomerim áru áru ad hailessod ba
Bat bavel hasheduda, ashrê sheieshalem lach et guemulech shegamalt lánu
Ashrê sheiochez venipêts et olaláyich el hassála

Tehilim 150

Halelu lá, halelú El becodsho, haleluhú birkía uzo
Haleluhú vigvurotav, haleluhú kerov gudlo
Haleluhú betéca shofar, haleluhú benével vechinor
Haleluhú betof umachol, haleluhú beminim veugav
Haleluhú vetsil'tselê sháma, haleluhú betsil'tselê teruá

Col hanesamá tehael lá, halelu lá