



*1 Aleph*

1 Blessed are those whose way is pure, □

who walk in the law of the Lord.

2 Blessed are those who keep his testimonies □

and seek him with their whole heart,

3 Those who do no wickedness, □

but walk in his ways.

4 You, O Lord, have charged □

that we should diligently keep your commandments.

5 O that my ways were made so direct □

that I might keep your statutes.

6 Then should I not be put to shame, □

because I have regard for all your commandments.

7 I will thank you with an unfeigned heart, □

when I have learned your righteous judgements.

8 I will keep your statutes; □

O forsake me not utterly.

*2 Beth*

9 How shall young people cleanse their way □

to keep themselves according to your word?

10 With my whole heart have I sought you; □

O let me not go astray from your commandments.

11 Your words have I hidden within my heart, □

that I should not sin against you.

12 Blessed are you, O Lord; □

O teach me your statutes.

13 With my lips have I been telling □

of all the judgements of your mouth.

14 I have taken greater delight in the way of your testimonies □

than in all manner of riches.

15 I will meditate on your commandments □

and contemplate your ways.

16 My delight shall be in your statutes □

and I will not forget your word.

*3 Gimmel*

17 O do good to your servant that I may live, □

and so shall I keep your word.

18 Open my eyes, that I may see □

the wonders of your law.

19 I am a stranger upon earth; □

hide not your commandments from me.

20 My soul is consumed at all times □

with fervent longing for your judgements.

21 You have rebuked the arrogant; □

cursed are those who stray from your commandments.

22 Turn from me shame and rebuke, □

for I have kept your testimonies.

23 Rulers also sit and speak against me, □

but your servant meditates on your statutes.

24 For your testimonies are my delight; □

they are my faithful counsellors.

*4 Daleth*

25 My soul cleaves to the dust; □

O give me life according to your word.

26 I have acknowledged my ways and you have answered me; □

O teach me your statutes.

27 Make me understand the way of your commandments, □

and so shall I meditate on your wondrous works.

28 My soul melts away in tears of sorrow; □

raise me up according to your word.

29 Take from me the way of falsehood; □

be gracious to me through your law.

30 I have chosen the way of truth □

and your judgements have I laid before me.

31 I hold fast to your testimonies; □

O Lord, let me not be put to shame.

32 I will run the way of your commandments, □

when you have set my heart at liberty.

*5 He*

33 Teach me, O Lord, the way of your statutes □

and I shall keep it to the end.

34 Give me understanding and I shall keep your law; □

I shall keep it with my whole heart.

35 Lead me in the path of your commandments, □

for therein is my delight.

36 Incline my heart to your testimonies □

and not to unjust gain.

37 Turn away my eyes lest they gaze on vanities; □

O give me life in your ways.

38 Confirm to your servant your promise, □

which stands for all who fear you.

39 Turn away the reproach which I dread, □

because your judgements are good.

40 Behold, I long for your commandments; □

in your righteousness give me life.

*6 Waw*

41 Let your faithful love come unto me, O Lord, □

even your salvation, according to your promise.

42 Then shall I answer those who taunt me, □

for my trust is in your word.

43 O take not the word of truth utterly out of my mouth, □

for my hope is in your judgements.

44 So shall I always keep your law; □

I shall keep it for ever and ever.

45 I will walk at liberty, □

because I study your commandments.

46 I will tell of your testimonies, even before kings, □

and will not be ashamed.

47 My delight shall be in your commandments, □

which I have greatly loved.

48 My hands will I lift up to your commandments,

which I love, □

and I will meditate on your statutes.

*7 Zayin*

49 Remember your word to your servant, □

on which you have built my hope.

50 This is my comfort in my trouble, □

that your promise gives me life.

51 The proud have derided me cruelly, □

but I have not turned aside from your law.

52 I have remembered your everlasting judgements, O Lord, □

and have been comforted.

53 I am seized with indignation at the wicked, □

for they have forsaken your law.

54 Your statutes have been like songs to me □

in the house of my pilgrimage.

55 I have thought on your name in the night, O Lord, □

and so have I kept your law.

56 These blessings have been mine, □

for I have kept your commandments.

*8 Heth*

57 You only are my portion, O Lord; □

I have promised to keep your words.

58 I entreat you with all my heart, □

be merciful to me according to your promise.

59 I have considered my ways □

and turned my feet back to your testimonies.

60 I made haste and did not delay □

to keep your commandments.

61 Though the cords of the wicked entangle me, □

I do not forget your law.

62 At midnight I will rise to give you thanks, □

because of your righteous judgements.

63 I am a companion of all those who fear you, □

those who keep your commandments.

64 The earth, O Lord, is full of your faithful love; □

instruct me in your statutes.

*9 Teth*

65 You have dealt graciously with your servant, □

according to your word, O Lord.

66 O teach me true understanding and knowledge, □

for I have trusted in your commandments.

67 Before I was afflicted I went astray, □

but now I keep your word.

68 You are gracious and do good; □

O Lord, teach me your statutes.

69 The proud have smeared me with lies, □

but I will keep your commandments with my whole heart.

70 Their heart has become gross with fat, □

but my delight is in your law.

71 It is good for me that I have been afflicted, □

that I may learn your statutes.

72 The law of your mouth is dearer to me □

than a hoard of gold and silver.

*10 Yodh*

73 Your hands have made me and fashioned me; □

give me understanding, that I may learn your commandments.

74 Those who fear you will be glad when they see me, □

because I have hoped in your word.

75 I know, O Lord, that your judgements are right, □

and that in very faithfulness you caused me to be troubled.

76 Let your faithful love be my comfort, □

according to your promise to your servant.

77 Let your tender mercies come to me, that I may live, □

for your law is my delight.

78 Let the proud be put to shame, for they wrong me with lies; □

but I will meditate on your commandments.

79 Let those who fear you turn to me, □

even those who know your testimonies.

80 Let my heart be sound in your statutes, □

that I may not be put to shame.

*11 Kaph*

81 My soul is pining for your salvation; □

I have hoped in your word.

82 My eyes fail with watching for your word, □

while I say, 'O when will you comfort me?'

83 I have become like a wineskin in the smoke, □

yet I do not forget your statutes.

84 How many are the days of your servant? □

When will you bring judgement on those who persecute me?

85 The proud have dug pits for me □

in defiance of your law.

86 All your commandments are true; □

help me, for they persecute me with falsehood.

87 They had almost made an end of me on earth, □

but I have not forsaken your commandments.

88 Give me life according to your loving-kindness; □

so shall I keep the testimonies of your mouth.

*12 Lamedh*

89 O Lord, your word is everlasting; □

it ever stands firm in the heavens.

90 Your faithfulness also remains from one generation to another; □

you have established the earth and it abides.

91 So also your judgements stand firm this day, □

for all things are your servants.

92 If your law had not been my delight, □

I should have perished in my trouble.

93 I will never forget your commandments, □

for by them you have given me life.

94 I am yours, O save me! □

For I have sought your commandments.

95 The wicked have waited for me to destroy me, □

but I will meditate on your testimonies.

96 I have seen an end of all perfection, □

but your commandment knows no bounds.

*13 Mem*

97 Lord, how I love your law! □

All the day long it is my study.

98 Your commandments have made me wiser than my enemies, □

for they are ever with me.

99 I have more understanding than all my teachers, □

for your testimonies are my meditation.

100 I am wiser than the aged, □

because I keep your commandments.

101 I restrain my feet from every evil way, □

that I may keep your word.

102 I have not turned aside from your judgements, □

for you have been my teacher.

103 How sweet are your words on my tongue! □

They are sweeter than honey to my mouth.

104 Through your commandments I get understanding; □

therefore I hate all lying ways.

*14 Nun*

105 Your word is a lantern to my feet □

and a light upon my path.

106 I have sworn and will fulfil it, □

to keep your righteous judgements.

107 I am troubled above measure; □

give me life, O Lord, according to your word.

108 Accept the freewill offering of my mouth, O Lord, □

and teach me your judgements.

109 My soul is ever in my hand, □

yet I do not forget your law.

110 The wicked have laid a snare for me, □

but I have not strayed from your commandments.

111 Your testimonies have I claimed as my heritage for ever; □

for they are the very joy of my heart.

112 I have applied my heart to fulfil your statutes: □

always, even to the end.

*15 Samekh*

113 I hate those who are double-minded, □

but your law do I love.

114 You are my hiding place and my shield □

and my hope is in your word.

115 Away from me, you wicked! □

I will keep the commandments of my God.

116 Sustain me according to your promise, that I may live, □

and let me not be disappointed in my hope.

117 Hold me up and I shall be saved, □

and my delight shall be ever in your statutes.

118 You set at nought those who depart from your statutes, □

for their deceiving is in vain.

119 You consider all the wicked as dross; □

therefore I love your testimonies.

120 My flesh trembles for fear of you □

and I am afraid of your judgements.

*16 Ayin*

121 I have done what is just and right; □

O give me not over to my oppressors.

122 Stand surety for your servant's good; □

let not the proud oppress me.

123 My eyes fail with watching for your salvation □

and for your righteous promise.

124 O deal with your servant according to your faithful love □

and teach me your statutes.

125 I am your servant; O grant me understanding, □

that I may know your testimonies.

126 It is time for you to act, O Lord, □

for they frustrate your law.

127 Therefore I love your commandments □

above gold, even much fine gold.

128 Therefore I direct my steps by all your precepts, □

and all false ways I utterly abhor.

*17 Pe*

129 Your testimonies are wonderful; □

therefore my soul keeps them.

130 The opening of your word gives light; □

it gives understanding to the simple.

131 I open my mouth and draw in my breath, □

as I long for your commandments.

132 Turn to me and be gracious to me, □

as is your way with those who love your name.

133 Order my steps by your word, □

and let no wickedness have dominion over me.

134 Redeem me from earthly oppressors □

so that I may keep your commandments.

135 Show the light of your countenance upon your servant □

and teach me your statutes.

136 My eyes run down with streams of water, □

because the wicked do not keep your law.

*18 Tsadhe*

137 Righteous are you, O Lord, □

and true are your judgements.

138 You have ordered your decrees in righteousness □

and in great faithfulness.

139 My indignation destroys me, □

because my adversaries forget your word.

140 Your word has been tried to the uttermost □

and so your servant loves it.

141 I am small and of no reputation, □

yet do I not forget your commandments.

142 Your righteousness is an everlasting righteousness □

and your law is the truth.

143 Trouble and heaviness have taken hold upon me, □

yet my delight is in your commandments.

144 The righteousness of your testimonies is everlasting; □

O grant me understanding and I shall live.

*19 Qoph*

145 I call with my whole heart; □

answer me, O Lord, that I may keep your statutes.

146 To you I call, O save me! □

And I shall keep your testimonies.

147 Early in the morning I cry to you, □

for in your word is my trust.

148 My eyes are open before the night watches, □

that I may meditate on your word.

149 Hear my voice, O Lord, according to your faithful love; □

according to your judgement, give me life.

150 They draw near that in malice persecute me, □

who are far from your law.

151 You, O Lord, are near at hand, □

and all your commandments are true.

152 Long have I known of your testimonies, □

that you have founded them for ever.

*20 Resh*

153 O consider my affliction and deliver me, □

for I do not forget your law.

154 Plead my cause and redeem me; □

according to your promise, give me life.

155 Salvation is far from the wicked, □

for they do not seek your statutes.

156 Great is your compassion, O Lord; □

give me life, according to your judgements.

157 Many there are that persecute and oppress me, □

yet do I not swerve from your testimonies.

158 It grieves me when I see the treacherous, □

for they do not keep your word.

159 Consider, O Lord, how I love your commandments; □

give me life according to your loving-kindness.

160 The sum of your word is truth, □

and all your righteous judgements endure for evermore.

*21 Shin*

161 Princes have persecuted me without a cause, □

but my heart stands in awe of your word.

162 I am as glad of your word □

as one who finds great spoils.

163 As for lies, I hate and abhor them, □

but your law do I love.

164 Seven times a day do I praise you, □

because of your righteous judgements.

165 Great peace have they who love your law; □

nothing shall make them stumble.

166 Lord, I have looked for your salvation □

and I have fulfilled your commandments.

167 My soul has kept your testimonies □

and greatly have I loved them.

168 I have kept your commandments and testimonies, □

for all my ways are before you.

22 *Taw*

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 shall pour forth your praise, □

when you have taught me your statutes.

172 My tongue shall sing of your word, □

for all your commandments are righteous.

173 Let your hand reach out to help me, □

for I have chosen your commandments.

174 I have longed for your salvation, O Lord, □

and your law is my delight.

175 Let my soul live and it shall praise you, □

and let your judgements be my help.

176 I have gone astray like a sheep that is lost; □

O seek your servant, for I do not forget your commandments.

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