

## Psa 102

יַעֲטֹף יֵעָנֵי לְעַנִּי כִּי- לְעַנִּי לְעַנִּי תַפְלָה 1  
he is weak/without strength because to afflicted one prayer

וּלְפָנַי וְיְהוָה יִשְׁפֹךְ שִׁיחוֹ  
his complaint/musing he pours out Yahweh and before

2 יְהוָה שְׁמַעַתָּה תִפְלֵתִי  
my prayer hear Yahweh

וְשׁוֹעַתִּי אֵלַיךָ תָּבוֹא  
she enters unto You and my cry for help

3 אַל-תְּסַתֵּר פְּנֵיךָ מִמֶּנִּי  
from me Your face hide not

בְּיוֹם לִי אֶזְנֶךָ אֵלַי הִטָּה- לִי צָר  
Your ear unto me stretch out/incline to me it afflicts/shows enmity in day

בְּיוֹם אֶקְרָא עֲנֵנִי מִהֵרָה  
answer me hasten/make haste I call in day

4 כִּי- כָּלּוּ בַעֲשָׁן יָמַי  
my days with smoke they are completed/fulfilled because

וְעַצְמוֹתַי נִחְרָו כְּמוֹ-קֶדֶד  
they are scorched like burning hearth/fireplace and my bones

5 הוּכָה- לִבִּי וַיִּבֶשׁ כַּעֲשָׂב  
my heart and it is dry like the grass/herb it is stricken

כִּי-שָׁכַחְתִּי מֵאֲכֹל לֶחֶמִי  
my bread from to eat I forgot for

6 מְקוֹלִי אֲנַחֲתִי  
by reason of voice of my groaning

דְּבַקָּה עֲצָמַי לְבִשְׂרִי  
to my flesh my bones she clings

7 דְּמִיתִי לְקֵאֶת מִדְּבַר  
wilderness to desert bird of I am like

הִיִּיתִי כְּכֹס חֲרָבוֹת  
I am like owl of wasteland

8 שִׁקְדָּתִי  
I wake/stay awake

וְאֵהִיָּה כְּצִפּוֹר בּוֹדֵד עַל-גַּג  
and I will be like bird being alone upon roof

9 כָּל-הַיּוֹם חָרְפוּנִי אוֹיְבֵי  
the day all they reproach/taunt me my enemies

מְהוֹלְלֵי בִי נִשְׁבְּעוּ  
they make a mockery of in me they swear/curse

10 כִּי-אֶפְרָא כַּלְחָם אֲכַלְתִּי  
because ashes like bread I eat

וְשָׁקַנִּי בְּבִכִי מִסַּכְתִּי  
and my drink with weeping/tears I mixed

11 מִפְּנֵי-זַעַמְךָ וְקִצְפְּךָ  
from before Your indignation and Your wrath

כִּי-נִשְׂאתַנִּי וְתִשְׁלִיכֵנִי  
because You have taken me up and You have sent/cast out me

נִטְוִי כַצֶּלֶם יָמַי 12  
stretched out like a shadow my days

וְאֲנִי כַעֲשָׂב אִיבֹשׁ  
I will be dry/wither like grass and I

וְאַתָּה יְהוָה לְעוֹלָם תֵּשֵׁב 13  
You dwell/sit enthroned to forever Yahweh and You

וְזִכְרְךָ לְדָר וְדָר  
and generation to generation and Your remembrance/memorial

אַתָּה תִקּוּם תִּרְחַם צִיּוֹן 14  
You will stand You will have compassion Zion

כִּי-עַתּ לְחַנּוּנָהּ כִּי-מוֹעֵד  
time because to show her compassion/favor time because  
it has entered/come because

כִּי-רָצוּ עַבְדֶּיךָ אֶת-אֲבָנֶיהָ 15  
because they take pleasure in Your servants her stones

וְאֶת-עִפְרָהּ יֶחֱנְנוּ  
and her dust they favor

וַיִּירָאוּ וַיִּירָאוּ אֶת-שֵׁם יְהוָה 16  
and they fear nations Name of Yahweh

וְכָל-מְלָכֵי הָאָרֶץ אֶת-כְּבוֹדְךָ  
and all of kings of the earth Your glory

כִּי-בָנָה יְהוָה צִיּוֹן 17  
because he built Yahweh Zion

בְּכְבוֹדוֹ נִרְאָה  
in His glory He appeared/was seen

תפלת הערער תפלה אל- 18  
the destitute prayer of unto He turned

את תפלתם ולא בזה  
their prayers He despised and not

זאת לדור אחרון תכתב 19  
this to generation afterward she will be/let this be written

יהלל-יה ועם נברא  
Yah it will praise being created and people

קדשו ממרום השקיף כי 20  
His holiness from height of He looks down because

הביט ארץ אל- יהוה משמים  
He looks/regards earth unto/upon from heavens Yahweh

אסיר לשמע אנקת 21  
prisoner groaning of to hear

תמותה בני לפתח  
death sons of to set free/loose

יהוה שם לספר בציון 22  
Yahweh Name of in Zion to recount

ותהללתו בירושלם  
in Jerusalem and His praise

עמים יחדו בהקבץ 23  
together peoples when gathered

וממלכות לעבד את יהוה  
Yahweh to serve and kingdoms

כֹּחִי בְּדַרְךָ עָנָה 24  
my strength in the way He humbled

יָמֵי קִצֵּר  
my days He has shortened

יָמֵי בְּחֻצֵי אֶל-תִּעְלֵנִי אֱלֹהֵי אֱמַר 25  
my days in half/midst of you will take/take me up not my God I said

בְּדוֹר דּוֹרִים שְׁנוֹתֶיךָ  
in generation of generations Your years

יִסְדַּת הָאָרֶץ לִפְנֵים 26  
You established the earth before (times)

וּמַעֲשֵׂה יְדֵיךָ שָׁמַיִם  
and deed/work of Your hands Heavens

וְאֵתָהּ יִאֲבְדוּ הֵמָּה 27  
You will stand and You they will be destroyed they

יִבְלוּ כְּבִגְדֵי וְכֻלָּם  
they will wear out like clothing and all of them

וַיִּחְלְפוּ תַחֲלִיפָם כְּלִבוּשׁ  
and they will pass away You will change them like the garment

הוּא וְאֵתָהּ 28  
He/the same and You

וְשְׁנוֹתֶיךָ לֹא יִתְמוּ  
they will be finished not and Your years

יִשְׁכּוֹנוּ עַבְדֶּיךָ בְּנֵי 29  
they will dwell/continue Your servant sons of

יִכּוֹן לִפְנֶיךָ וְזֶרְעָם  
it will be established before You and their seed/descendants