

Psalm 30

1 מִזְמוֹר שִׁיר־חֲנֻכַּת הַבַּיִת לְדָוִד
of David the house dedication of song of mizmor, song

2 אֲרוֹמְמֶךָ יְהוָה כִּי דָלִיתָנִי
You drew, picked me up because Yahweh I will lift up, extol, extol You

וְלֹא־שִׂמַּחְתָּ לִּי אֹיְבִי
over, against¹ me my enemy You gladdened and not

3 יְהוָה אֱלֹהֵי שׁוֹעֵתִי אֵלֶיךָ וַתַּרְפֵּאֵנִי
And You healed me unto You I cried out for help² my God Yahweh

4 יְהוָה הָעֲלִיתָ מִן־שְׂאוֹל נַפְשִׁי
my soul Sheol from³, out of You bring up Yahweh

חַיֵּיתָנִי (מִיֹּרְדִי-) [מִיֹּרְדִי-] בּוֹר
pit of the grave⁴ from me going down⁵ from going down You preserved me

5 זָמְרוּ לִיהוָה חֲסִידָיו
His pious ones to Yahweh they sing

וְהוֹדוּ וְהוֹדוּ לְזִכְרֹ קְדָשׁוֹ
His holiness with respect to⁶ remembrance of and they give thanks

6 כִּי רָגַע בְּאַפּוֹ חַיִּים בְּרַצוֹנוֹ
in His goodwill, favor, acceptance⁷ life⁸ in His anger moment because

בַּעֲרֵב יָלִין בְּכִי וּלְבַקֵּר רִנָּה
ringing cry of joy and by⁹ the morning weeping he lodges, passes the night in the evening

¹ Disadvantage, Williams §271.

² Cf. Psa 5:3; 18:7,42; 28:2; 72:12; 88:14; 119:147.

³ Cf. Psa 113, 117, 124, 128:2; 72:12; 88:14; 119:147.

⁴ Cf. Psa 138, 143, 147; Isa 13:15,19; 38:18

⁵ Cf. Psa 28:1; 143:7; Isa 13:15,19; 38:18

⁶ Infcs as a gerund, Will. §195.

⁷ Of specification, Will. § 273.

⁸ Cf. Psa 5:13; 30:6,8; 51:20; 89:18; 106:4

⁹ Both as days of life, lifespan, and quality of life as welfare and happiness.

⁹ Temporal, Will. §268.

7 וַאֲנִי אִמַּרְתִּי בְשָׁלוֹי
in my quietness, ease, rest I said and I

בְּלֹ-אֲמוּט לְעוֹלָם
to eternity, forever I will be shaken not

8 יְהוָה בְּרִצּוֹנְךָ הֶעֱמַדְתָּ לְהַרְרִי
to my mountain You established in Your goodwill, favor Yahweh

עַז הַסִּתְרַת פְּנֶיךָ הֵייתִי נִבְהַל
being out of my senses, terrified I was Your face You hid then

9 אֵלַיךָ יְהוָה אֶקְרָא
I cry out Yahweh unto You

וְאֶל-אֲדֹנָי אֶתְחַנֵּן
I seek favor the Lord and unto

10 מֵהַ-בְּצַע בְּדַמִּי בְּרִדְתִּי אֶל-שַׁחַת
a pit unto in my going down in my blood gain, profit what?

הַיּוֹדֵךְ עֶפְר הַיִּגִּיד אֱמֶתְךָ
Your truth/faithfulness will he declare/relate? dust will he praise You?

11 שְׁמַע-יְהוָה וַחֲנֵנִי
and show me favor Yahweh hear

יְהוָה הִיְהֶ-עֵזֶר לִי
To me one helping be Yahweh

12 הַפְּכַת מִסְפְּדֵי לְמַחֹל לִי
to, concerning me to dance my wailing, mourning You turned

פְּתַחַת שָׁקִי וַתֵּאָזְרֵנִי שְׂמֵחָה
rejoicing, joy and You girded, dressed me my sackcloth You loosed

יִהְיֶה וְלֹא כְבוֹד יִזְמְרֶךָ לְמַעַן 13
He will be silent and not glory, honor¹⁰ he will sing (to, of) You in order that

אֲזַמְרָךְ לְעוֹלָם אֱלֹהֵי יְהוָה
I will praise, thank You to eternity, forever my God Yahweh

¹⁰ “poet. of the seat of honor in the inner man, the noblest part of man” BDB cf. Gen 49:6; Psa 7:6; 16:9; 108:2; 57:9.