

Psa 38

1 מִזְמוֹר לְדָוִד לְהִזְכִּיר

to cause to remember/petition/praise to David a song

2 יְהוָה אֵל- בְּקֶצֶף תּוֹכִיחֵנִי

may He reprove/rebuke me in Your anger not Yahweh

וּבַחֲמַתְךָ תִּסְרֵנִי

You will correct/chasten me and in Your anger

3 כִּי- חֲצִיֶּךָ נִחְתּוּ בִּי

because Your arrows they penetrated in me

וַתִּנְחַת עָלַי יָדְךָ

and she came down upon me Your hand

4 אֵין- מֵתָם בְּבִשְׁרִי מִפְּנֵי זַעֲמֶךָ

there is not soundness in my flesh from before Your indignation

אֵין- שְׁלוֹם בְּעַצְמוֹתַי מִפְּנֵי חַטָּאתַי

there is not peace/wholeness in my bones from before my sin

5 כִּי- עוֹנֹתַי עָבְרוּ רֹאשִׁי

because my iniquity/guilt they pass over my head

כַּמְּשֵׂא כָבֵד יִכְבְּדוּ מִמְּנִי

like burden heavy they are heavy than/too much for me

6 הַבְּאִישׁוֹ נִמְקוּ חַבּוּרָתִי

they stink they rot my wounds

מִפְּנֵי אֹלְתַי

from before my folly

7 נִעֲוִיתִי עַד- שַׁחְתִּי מְאֹד

I am bent I am bowed down until extremity/very

כָּל-הַיּוֹם קָדַר הֵלַכְתִּי

the day all being dirty/in mourning clothes I walk

8 כִּי- כִּסְלִי מְלֵאוֹ נִקְלָה
because my loins they are filled burning

וְאֵין מְתָם בְּבִשְׂרִי
and there is not soundness/completeness in my flesh

9 נְפוּגוֹתַי וְנִדְכִיתִי עַד- מְאֹד
I am faint/feeble/numbed and I am crushed until extremity/very

שִׁאֲגָתִי מִנְהַמַּת לְבִי
I roar from growling/groaning of my heart

10 אֲדֹנָי נִגְדָדְךָ כָּל- תַּאֲוֹתַי
my Lord before You all of my desire/longing/craving

וְאֲנַחְתִּי מִמֶּךָ לֹא- נִסְתָּרָה
and my sighing/groaning from You not she is hidden

11 לְבִי סַחֲרָחַר עֲזַבְנִי כַחַי
my heart it throbs violently/palpitates it forsakes me my strength

וְאוֹר- עֵינַי גַּם- הֵם אֵין אִתִּי
and light of my eyes also/even they there is not with me

12 אֲהַבִּי וְרַעִי מִנִּגְדֵי יַעֲמֹדוּ
ones loving me/my friends and my neighbors from before they stand
נִגְעֵי נְגַעֵי

וְקָרוּבֵי מִרְחָק עֲמָדוּ
and ones near me from a distance they stood

13 וַיִּנְקְשׂוּ מִבִּקְשֵׁי נַפְשִׁי
and they set a trap ones seeking my soul/life

וְדַרְשֵׁי רַעְתִּי דְבָרוּ הִיוֹת
and ones seeking my misfortune/evil/injury they speak destruction

וּמְרֵמוֹת כָּל-הַיּוֹם יִהְיוּ
and deceits/treacheries the day all of they utter/murmur

14 וְאֲנִי כְּחֵרֶשׁ לֹא אֲשִׁמַע
I hear not like deaf and I

וְכַאֲלֵם לֹא יִפְתַּח-פִּי
his mouth he opens not and like mute/dumb

15 וְאֲהִי כְּאִישׁ אֲשֶׁר לֹא-שָׁמַע
he is hearing not which like a man and I am/have become

וְאֵין בְּפִי תוֹכַחֹת
argument/reproof in his mouth and there is not

16 כִּי-לֹדִי יְהוָה הִוָּחֵלְתִּי
I wait Yahweh for You because

אֶתָּה תַעֲנֵה אֲדֹנָי אֱלֹהֵי
my God my Lord You will answer You

17 כִּי-אָמַרְתִּי פֶן-יִשְׂמְחוּ-לִי
regarding me they will rejoice lest I spoke because

בְּמוֹט רַגְלֵי עָלַי הִגְדִּילוּ
they will be magnify themselves against me my feet in tottering of

18 כִּי-אֲנִי לְצַלַּע נִכּוֹן
being ready/established to stumble/fall I because

וּמִכְאוּבֵי נִגְדֵי תָמִיד
continuously before me and my pain

19 כִּי-עוֹנֵי אֲנִיד
I relate/declare my iniquity/evil because

אֲדָאֵג מִחַטָּאתִי
from my sin I am anxious

20 וְאֵיבֵי חַיִּים עֲצֻמוֹ
they are many/numerous living ones and my enemies

וְרַבּוֹ שֹׂנְאָי שֶׁקֶר
[with]deception/lies ones hating me and they are many

טוֹבָה
good

תַּחַת
in place of

רַעָה
evil

21 וּמִשְׁלָמִי
and ones paying back

טוֹב
good

רָדַפְתִּי
when I pursue

תַּחַת
in place of

יִשְׁטַנּוּנִי
they will be an adversary to me

יְהוָה
Yahweh

22 תַּעֲזֹבֵנִי
You will forsake me

אֵל-
not

מִמֶּנִּי
from me

תִּרְחַק
You will be far

אֱלֹהֵי אֵל-
not my God

לְעִזְרָתִי
to my help

23 חֹשֶׁה
hasten/be hasty

תְּשׁוּעָתִי
my Savior

אֲדֹנָי
my Lord