

the ruach so'ah (wind of the tempest) and storm.

|9(10)| Destroy, Adonoi, and confuse their leshon; for I see chamas (violence) and riv (strife) in the Ir (city, *i.e.*, *Jerusalem*).

|10(11)| Yomam and lailah they go about her [*Yerushalayim*] upon the chomot thereof; aven also and amal are in the midst of her [*Yerushalayim*].

|11(12)| Ruin is in the midst thereof; oppression and mirmah (guile, fraud, deceit) depart not from her rechov.

|12(13)| For it was not an oyev (enemy) that reproached me; then I could bear it; neither was it he that had sinah (hatred) for me that did exalt himself against me; then I could have hid myself from him;

|13(14)| But it was thou, an enosh (a man) equally [*valued with myself*], my aluf (intimate, friend), and me'yuda'i (deep acquaintance, familiar friend, *see Psalm 41:9*)

|14(15)| Together we took sweet sod (intimate conversation, fellowship, counsel), and walked unto the Beis Elohim with the throng.

|15(16)| Let mavet seize upon them, and let them go down chayyim into Sheol; for ra'ot (evils) are in their dwellings, and among them.

|16(17)| As for me, I will call upon Elohim; and Hashem shall save me.

|17(18)| Erev, and boker, and at tzohorayim (noon), will I pray, and cry aloud; and He shall hear my kol (voice).

|18(19)| He hath redeemed my nefesh in shalom from the battle that was against me; for there were rabbim against me.

|19(20)| El (G-d) shall hear, and afflict them, even He that abideth kedem (of old, forever). Selah. Because they

do not change, therefore they fear not Elohim.

|20(21)| He [*the faithless friend of verse 13-14*] hath laid his hands on such as are at shalom with him; he hath broken his Brit.

|21(22)| The words of his mouth were smoother than butter, but war was in his lev; his devarim were softer than shemen, yet they were drawn swords.

|22(23)| Cast thy burden upon Hashem, and He shall sustain thee; He shall never suffer the tzaddik to be moved.

|23(24)| But Thou, O Elohim, shalt bring them down into the pit of shachat; anshei damim umirmah (bloody and deceitful men) shall not live out half their yamim; but I will trust in Thee.

56 (For the director. Set to The Silent, Distant Yonah. Of Dovid. A mikhtam—when the Pelishtim seized him in Gat.) Chaneini (be merciful) unto me, O Elohim: for enosh (man) tramples upon me; kol hayom they press their attack against me.

|2(3)| Mine adversaries kol hayom trample me; for they be rabbim that fight against me, Marom (Most High).

|3(4)| What time I am afraid, I will trust in Thee.

|4(5)| In Elohim I will praise His Word [*See Yn 1:1, 14*]. In Elohim I have put my trust; I will not fear what basar can do unto me.

|5(6)| Kol hayom they twist my words; all their machsh'vot (thoughts) are against me for rah (evil).

|6(7)| They gather themselves together, they hide themselves, they are shomer over my steps, when they wait for my nefesh.

|7(8)| Shall they escape by iniquity? In Thine anger cast down the amim (peoples), O Elohim.

|8(9)| Thou hast acted as a sofer, recording my wanderings; put Thou my tears into Thy wineskin; are they not in Thy Sefer (Book)? |9(10)| On the day when I cry unto Thee, then shall mine oyevim turn back; of this I have da'as; for Elohim is for me [*Ro 8:31*].

|10(11)| In Elohim will I praise His Word; in Hashem will I praise His Word [*Yn 1:1; Mishlei 30:4; Ps 33:6; Mishlei 8:30*].

|11(12)| In Elohim have I put my trust; I will not be afraid. What can adam do unto me?

|12(13)| Thy nederim are upon me, O Elohim; I will render todot (thank offerings) unto Thee.

|13(14)| For Thou hast delivered my nefesh from mavet (death). Wilt not Thou deliver my feet from stumbling, that I may walk before Elohim in the Ohr HaChayyim (the light of the living)?

57 (For the one directing. Set to Do Not Destroy.

Mikhtam of Dovid, when he had fled from Sha'ul into the me'arah [cave]).

Channeni, O Elohim, channeni; for my nefesh taketh refuge in Thee; yes, in the tzel (shadow) of Thy wings will I make my refuge, until these devastations pass by.

|2|(3)| I will cry out unto Elohim Elyon; unto El that fulfilledeth all things for me.

|3|(4)| He shall send from Shomayim, and save me from the disgrace of him that would swallow me up. Selah. Elohim shall send forth His chesed (lovingkindness) and His emes (truth).