

|7(8)| Hashem Adonoi, Oz Yeshuati (strength of my (salvation), Thou hast covered my rosh in the Yom Neshek (Day of Arms, Day of Battle). |8(9)| Grant not, Hashem, the desires of the rashah; let not his plot succeed; lest they exalt themselves. Selah. |9(10)| As for the rosh of those that surround me, let the amal (trouble) of their own sfatayim (lips) cover them. |10(11)| Let burning coals fall upon them; let them be cast into the eish; into mahamorot (watery pits), that they rise not up again. |11(12)| Let not an ish lashon (idle talker, slanderer) be established in ha'aretz; rah shall hunt down the ish chamas to overthrow him.

|12(13)| I know that Hashem will maintain the din oni (cause of the poor), and the mishpat evyonim (the right of the needy). |13(14)| Surely the tzaddikim shall give thanks unto Thy Shem; the upright shall dwell in Thy presence.

141 (Mizmor of Dovid) Hashem, I cry unto Thee; make haste unto me; give ear unto my voice, when I cry unto Thee. |2| Let my tefillah be set forth before Thee like ketoret; and the lifting up of my hands as the minchat erev. |3| Be shomer, Hashem, over my mouth; guard the door of my lips. |4| Let not my lev incline to any evil thing, to practice wicked works with men that work iniquity; and let me not eat of their dainties. |5| Let the tzaddik strike me; it shall be chesed; and let him reprove me; it shall be shemen, which my rosh shall

not refuse; for still shall my tefillah be against their evil deeds.

|6| Their shofetim are overthrown in stony places; they hear my words; for they are pleasant.

|7| Atzameinu (our bones) are scattered at the mouth of Sheol, as when one cutteth and cleaveth wood upon ha'aretz.

|8| But mine eyes are unto Thee, Hashem Adonoi; in Thee do I take refuge; leave not my nefesh defenseless.

|9| Keep me from the pach (snare, trap) which they have laid for me, and the traps of the workers of iniquity.

|10| Let the resha'im fall into their own nets, while I escape safely.

142 (Mashkil of Dovid; A tefillah when he was in the me'arah) I cried out unto Hashem with my voice; with my voice unto Hashem did I make my techinnah (supplication).

|2|(3) I poured out my complaint before Him; I showed before Him my tzoros.

|3|(4) When my ruach became faint within me, then Thou had da'as of my path. In the way wherein I walked have they laid a pach (snare, hidden trap) for me.

|4|(5) I looked on my right, and behold, there was no man that would know me; refuge failed me; no man cared for my nefesh.

|5|(6) I cried unto Thee, Hashem; I said, Thou art my refuge and my chelek (portion) in the Eretz HaChayyim.

|6|(7) Attend unto my cry; for I am brought very low; save me from my persecutors; for they are stronger than I.

|7|(8) Release my nefesh from prison, to praise Shemecha (Thy Name); the tzaddikim shall gather about me; for Thou shalt deal bountifully with me.

143 (Mizmor of Dovid) Hear my tefillah, Hashem, give ear to my techinot (supplications); in Thy emunah answer me, and in Thy tzedakah.

|2| And enter not into mishpat with Thy eved; for in Thy sight shall no man living be yitzadak (justified).

|3| For the oyev (enemy) hath persecuted my nefesh; he hath struck down my life to the ground; he hath made me to dwell in places of choshech (darkness), like metei olam (those long dead).

|4| Therefore is my ruach become faint within me; my lev within me is desolate.

|5| I remember yamim mikedem (days of old), I meditate on all Thy works; I muse on the ma'aseh (work) of Thy hands.

|6| I stretch forth my hands unto Thee; my nefesh thirsteth after Thee, like an eretz ayefah (a parched, thirsty land). Selah.

|7| Hear me speedily, Hashem; my ruach faileth; hide not Thy face from me, lest I be like those that go down into the bor (pit).

|8| Cause me to hear Thy chesed in the boker; for in Thee do I trust; cause me to know the Derech wherein I should walk; for I lift up my nefesh unto Thee.

|9| Save me, Hashem, from mine oyevim (enemies); I flee unto Thee to hide me.

|10| Teach me to do Retzonecha (Thy will); for Thou art Elohai; may Thy Ruach Tov lead me on level ground.