

1	למנצח lmntzch for-permanent	לידיתון lidithun for-acclamation	מזמור mzmur psalm	לדוד ldud to-David	אמרתי amrthi I-said	אשמרה ashmre I-shall-keep	דרכי drki ways-of-me	מחטוא mchtua from-sinng	1 . <<To the chief Musician, [even] to Jeduthun, A Psalm of David.>> I said, I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me.			
	בלשוני blshuni in-tongue-of-me	אשמרה ashmre I-shall-keep	לפי lphi to-mouth-of-me	בעד מחסום mchsum bod muzzle	רשע rsho through	לנגדי lngdi wicked-one						
2	נאלמתי nalmthi I-am-mute	דומיה dumie stillness	חשיתי echshithi I-hush	מטוב mtub from-good	וכאבי ukabi and-pain-of-me	נעכר nokr he-is-troubled			2 I was dumb with silence, I held my peace, [even] from good; and my sorrow was stirred.			
3	חם chm he-is-warm	לבי lbi heart-of-me	בקרבי bqrbi in-within-me	בהגיגי begigi in-soliloquy	תבער thbor she-is-consuming	אש ash fire	דברתי dbrthi I-speak	בלשוני blshuni in-tongue-of-me	3 My heart was hot within me, while I was musing the fire burned: [then] spake I with my tongue,			
4	הודיעני eudioni make-known-to-me !	יהוה ieue Yahweh	קצני qtzi end-of-me	ומדת umdtth and-measure-of	ימי imi days-of-me	מה me what ?	היא eia she	אדעה adoe I-shall-know	מה me what	4 LORD, make me to know mine end, and the measure of my days, what it [is; that] I may know how frail I [am].		
	חדל chdl leaving-off	אני ani I										
5	הנה ene behold !	טפחות tphchuth handbreadths	נתתה nththe you-gave	ימי imi days-of-me	וחלדי uchldi and-transient-of-me	כאין kain as-nothing	נגדך ngdk in-front-of-you	אך ak yea	כל kl all	5 Behold, thou hast made my days [as] an handbreadth; and mine age [is] as nothing before thee: verily every man at his best state [is] altogether vanity. Selah.		
	הבל ebl vanity	כל kl all-of	אדם adm human	נצב ntzb being-stationed	סלה sle interlude							
6	אך ak yea	בצלם btzlm in-image	יתהלך ithelk he-is-going	איש aish man	אך ak yea	הבל ebl in-vain	יהמיון iemiuon they-are-clamoring	יצבר itzbr he-is-piling-up	ולא ula and-not	ידע ido he-knows	מי mi who ?	6 Surely every man walketh in a vain shew: surely they are disquieted in vain: he heapeth up [riches], and knoweth not who shall gather them.
	אספם asphm gathering-them											
7	ועתה uothe and-now	מה me what ?	קויתי quithi I-expect	אדני adni Lord-of-me	תוחלתי thuchlthi waiting-of-me	לך lk for-you	היא eia she					7 . And now, Lord, what wait I for? my hope [is] in thee.
8	מכל mkl from-all-of	פשעי phshoi transgressions-of-me	הצילני etzilni rescue-me !	חרפת chrphth reproach-of	נבל nbl decadent-one	אל al must-not-be	תשימני thshimni you-are-placing-me					8 Deliver me from all my transgressions: make me not the reproach of the foolish.
9	נאלמתי nalmthi I-am-mute	לא la not	אפתח aphthch I-shall-open	פי phi mouth-of-me	כי ki that	אתה athe you	עשית oshith you-did					9 I was dumb, I opened not my mouth; because thou didst [it].
10	הסר esr take-away !	מעלי moli from-on-me	נגעך ngok touch-of-you	מתגרת mthgrth from-stirring-of	ידך idk hand-of-you	אני ani I	כליתי klithi I-am-exhausted					10 Remove thy stroke away from me: I am consumed by the blow of thine hand.
11	בתוכחות bthukchuth in-corrections	על ol on	יורת isrth depravity	ישראל isrth you-discipline	איש aish man	ותמס uthms and-you-are-melting	כעש kosh as-moth	חמורו chmudu being-coveted-of-him	אך ak yea			11 When thou with rebukes dost correct man for iniquity, thou makest his beauty to consume away like a moth: surely every man [is] vanity. Selah.
	הבל ebl vanity	כל kl all-of	אדם adm human	סלה sle interlude								
12	שמעה shmoe hear !	תפילתי thphlthi prayer-of-me	יהוה ieue Yahweh	ושועתי ushuothi and-imploring-of-me	האזינה eazine give-ear !	אל al to	דמעתי dmothi tears-of-me	אל al must-not-be				12 Hear my prayer, O LORD, and give ear unto my cry; hold not thy peace at my tears: for I [am] a stranger with thee, [and] a sojourner, as all my fathers [were].
	תחרש thchrsh you-are-being-silent	כי ki that	גר gr sojourner	אנכי anki I	עמך omk with-you	תושב thushb guest	ככל kk as-all-of	אבותי abuthi fathers-of-me				

13 **השע ממני ואבליגה בטרם אלך ואינני**
 esho mmni uablige btrm alk uainni
 take-heed from-me that-I-shall-smile in-ere I-shall-go and-there-is-no-me

¹³ O spare me, that I may
 recover strength, before I go
 hence, and be no more.