

אֶת שְׁמִי; בִּי יִכְתְּרוּ צְדִיקִים, * כִּי תִגְמַל

< You bestow < when << the righteous will < with << Your Name;
kindness crown themselves,* me

עָלַי

<< upon me.

אֶחָיוּנוּ * כָּל בֵּית יִשְׂרָאֵל, הַנִּתְוֹנִים בְּצָרָה וּבִשְׁבִיָּה,

<< and < in distress < who are << of Israel, < House < the < Our
captivity, found entire brothers,*

הַעֹמְדִים בֵּין בַּיָּם וּבֵין בִּיבְשָׁה, הַמְּקוּם יְרַחֵם עֲלֵיהֶם

<< on < have <—may the Omni- << on land < or < at sea < whether < who are
them mercy present One whether situated

וְיוֹצִיאֵם מִצָּרָה לְרוּחָהּ, וּמֵאֲפֵלָה לְאוֹרָהּ, וּמִשְׁעָבוּד לְגִאֲלָהּ,

<< to < from < to light, < from < to relief, < from < and remove
redemption, subjugation darkness distress them

הַשֵּׁתָא בְּעֵגְלָא וּבִזְמַן קָרִיב. וְנֹאמַר: אָמֵן. (אָמֵן—Cong.)

<< Amen. << Amen. <<—and let << that comes < and in < speedily, < now,
us say: soon a time

have rescued from overwhelming odds the one who truly places his trust solely in You.

With me the righteous will crown themselves. The righteous, whose lives are predicated upon absolute trust in God, glory in every instance of miraculous

deliverance that vindicates such trust in the eyes of the world.

Our brothers. This brief plea for God's mercy on all suffering Jews is often recited communally when prayers are offered for Jews who are in danger.

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ב קוֹלִי אֶל יְהוָה אֲזַעַק, * קוֹלִי אֶל יְהוָה

< HASHEM < to < with my voice << I cry out,* < HASHEM < to < With my voice

אֶתְחַנֵּן. * אֲשַׁפֵּךְ לְפָנָיו שִׁיחִי, צָרָתִי

< my distress << my plaint; < before Him < I pour out* << I plead.*

לְפָנָיו אֲגִיד. ד בְּהִתְעִיטָה עָלַי רוּחִי, וְאַתָּה

< then You << does my spirit, < within me, < When it faints << I declare. < before Him

יָדַעַתְּ נִתִּיבָתִי; בְּאֶרֶח זֶה אֶהְלֵךְ טִמְנוּ

< they have laid < that I walk < on whatever road << my [perilous] path; < know

פֶּח לִי. ה הַבֵּיט יָמִין וּרְאֵה וְאִין לִי מִכִּיר;

<< friend; < that I have no < and see < to the right < Look << for me. < a snare

אֲבַד מָנוֹס מִמֶּנִּי, אִין דּוֹרֵשׁ לְנַפְשִׁי.

<< [to save] my life. < seeks < no one << to me, < is escape < lost

וְעַקְתִּי אֵלַיךָ יְהוָה; אֲמַרְתִּי אַתָּה מַחְסִי,

<< are my refuge, < You << I have said, << HASHEM; < to You, < I have cried out

חֶלְקִי בְּאֶרֶץ הַחַיִּים. * הַקְשִׁיבָה אֶל רִנָּתִי

< my cry, < to < Attend << of the living.* < in the land < my portion

כִּי דָלוּתִי מְאֹד, הַצִּילֵנִי מִרְדְּפֵי כִּי אֲמָצוּ

< they are < for < from my < rescue me << I have been brought < for
stronger pursuers, very low;

מִמֶּנִּי. ה הוֹצִיאָה מִמִּסְגַּר נַפְשִׁי, לְהוֹדוֹת *

< to acknowledge* << my soul < from confinement < Release << than I.

who hunted him relentlessly.

אֲזַעַק... אֶתְחַנֵּן... אֲשַׁפֵּךְ — I cry out... I plead

... I pour out... There are many forms of

prayer. In extreme moments of crisis, one can merely cry out, "Please, Hashem, help me!"

After the danger subsides somewhat, a person

can compose his thoughts and pray in a

more articulate and meditative manner (*Ibn Yachya*).

חֶלְקִי בְּאֶרֶץ הַחַיִּים — My portion in the land of the living. Even in this world, it is only in closeness to God that life has any significance and meaning.

לְהוֹדוֹת — To acknowledge publicly that You