

## 1. Aleph.

How **blessed** whose way is blameless, Who **walk** in the law of the LORD.  
 How **blessed** who keep His teachings, Who **seek** Him with all of their heart.  
 They **also** do no unrighteousness; They **walk** within His ways.  
**You** have ordained Your precepts, We'll **keep** them diligently.  
 O let **my** ways be firmly set, To **always** keep Your statutes!  
 Then I **shall** not be ashamed, When I **look** upon Your commands.  
 I'll give **thanks** with an upright heart, When I **learn** Your righteous judgments.  
 Yes, I will keep Your laws; O **do** not completely leave me!

## 2. Beth.

How **can** a young man keep his way pure? By **keeping** it by Your word.  
 With **all** my heart I have sought You; Don't **let** me stray from Your laws.  
 Your **word** I've treasured within my heart, So I will not sin against You.  
**Blessed** are You, O LORD; **Instruct** me in Your laws.  
 With my **lips** I have proclaimed, All the **rulings** of Your mouth.  
 I've **rejoiced** in the way of Your teachings, As **much** as in all wealth.  
 I will **meditate** on Your precepts, And **also** regard Your ways.  
 I will **take** delight in Your precepts; And **never** forget Your statutes.

## 3. Gimel.

Deal **bountifully** with Your servant, Let me **live** in keeping Your word.  
**Open** my eyes so that I may see, **Wonderful** things from Your law.  
 I am a stranger upon the earth; Don't **hide** from me Your commands.  
 My **soul** is crushed with a longing, For Your **judgments** at all times.  
 You **rebuke** the proud who are cursed, Who **wander** from Your commandments.  
 Take **away** my reproach and contempt, For I **hold** to what You teach.  
 Even though **princes** may sit and deride me, Your **laws** Your servant meditates.  
 Your **teachings** are also my delight; **For** they are my counselors.

## 4. Daleth.

My **soul** cleaves to the dust; **Revive** me by Your word.  
**Confessing** my ways, You give answer; **Instruct** me in Your laws.  
 To **understand** the way of Your precepts, I will **meditate** on Your wonders.  
 My **soul** is weeping from grief; O **strengthen** me by Your word.  
 Please **remove** the false way from me, And **graciously** grant me Your law.  
 I have **chosen** the faithful way; and have **placed** Your words before me.  
 I will **cling** to Your testimonies; O **LORD**, don't put me to shame!  
 I'll **run** the way of Your commands, For **You** will enlarge my heart.

## 5. He.

**Teach** me, O LORD, of Your statutes, Which I will observe to the end.  
 Give **me** understanding to keep Your law, To **keep** it with all of my heart.  
 Help **me** walk in Your commandments' path, **For** it is my delight.  
**Incline** my heart to Your teachings, And **not** to dishonest gain.  
 Turn my **eyes** away from vain things, And **revive** me in Your ways.  
 O **establish** Your word to Your servant, which **produces** reverence for You.  
 Turn **away** my reproach which I dread, For Your **rulings** all are good.  
**Behold** how I longing for Your precepts; **Revive** me through Your righteousness.

## 6. Waw.

O **LORD**, may Your graces come to me, Your **salvation** by Your word;  
 I will **answer** the one who reproaches me, **For** I trust in Your word.  
 May the **word** of truth not leave my mouth, **Because** I wait for Your rulings.  
 I'll **keep** Your law continually, Even **forever** and ever.  
 I will **walk** at liberty, **Because** I seek Your precepts.  
 I will **speak** of Your testimonies, Before **kings** and not be ashamed.  
 I will **even** take delight, in Your **commandments** which I love.  
 Lift my **hands** to Your words which I love; I will **meditate** on Your statutes.

7. Zayin.

**Remember** the word to Your servant, In **which** You have made me hope.  
This **is** my comfort in affliction, Your **word** has revived me.  
The **proud** completely deride me, Yet **I** do not stray from Your law.  
Your **rulings** of old I remember, O **LORD**, and comfort myself.  
Burning **anger** is held for the wicked, For **those** who forsake Your law.  
But Your **statutes** are my songs, In the **house** of my pilgrimage.  
O **LORD**, I remember Your name, In the **night** and keep Your law.  
**This** has become mine, **That** I observe Your precepts.

8. Heth.

The **LORD** is my portion; I've **promised** to keep Your words.  
I **sought** Your favor with all my heart; Be **gracious** to me by Your word.  
For **I** considered my ways, And **turned** my feet to Your teachings.  
I **hastened** and did not delay, To **keep** Your commandments.  
When the **cords** of the wicked encircled me, I **did** not forget Your law.  
At **midnight** I'll rise to give You thanks. Because of Your righteous laws.  
I'm a **friend** of all those who fear You, And of **those** who keep Your precepts.  
The **earth** is full of Your love, O **LORD**, teach me Your statutes.

9. Teth.

**You** have dealt well with Your servant, O **LORD**, according to Your word.  
Teach **good** discernment and knowledge, **For** I trust Your commands.  
**Before** I was afflicted I went astray, But **now** I keep Your word.  
You are **good** and You do good; **Teach** me of Your ways.  
Though the **proud** smear lies against me; All my **heart** observes Your precepts.  
**Their** heart is covered with fat, **But** I delight in Your law.  
It is **good** that I was afflicted, So **I** could learn Your statutes.  
The **law** of Your mouth is better, Than thousands in gold and silver.

10. Yodh.

Your **hands** made me and fashioned me; Help **me** understand Your commandments.  
May the **fearful** see and be glad, **Because** I wait for Your word.  
**LORD**, I **know** Your judgments are righteous, And in **faithfulness** You have afflicted me.  
May Your **love** become my comfort, By Your **word** unto Your servant.  
May Your **mercy** come so I'll live, Your **law** is my delight.  
May the **proud** be ashamed of their lies; While I **meditate** on Your precepts.  
May the **fearful** turn unto me, Even **those** who know Your teachings.  
May my **heart** become blameless in Your laws, So I will not be ashamed.

11. Kaph.

My **soul** longs for Your salvation; I **wait** upon Your word.  
My **eyes** go out for Your word, "**When** will You comfort me?"  
Though a **wineskin** in the smoke, I **will** not forget Your laws.  
How **long** are the days of Your servant? When **will** You judge those who hurt me?  
For the **proud** have dug pits for me, who are **not** in accord with Your law.  
**All** Your commandments are faithful; help **me** when I'm hurt by their lies!  
They have **almost** destroyed me on earth, But **I'll** not forsake Your precepts.  
**Revive** me according to Your love, so I'll **keep** the word of Your mouth.

12. Lamedh.

**Forever**, O **LORD**, Your **word** is settled in heaven.  
Your **faithfulness** is for all ages; You **set** the earth firm, and it stands.  
They **stand** to this day by Your ordinances, All **things** are for Your servants.  
If Your **law** not been my delight, I would have **perished** in my affliction.  
I will **never** forget Your precepts, For **by** them You revived me.  
I am **Yours**, please rescue me; For **I** have sought Your precepts.  
Though the **wicked** looked out for my harm; **yet** I discerned Your teachings.  
Saw the **limit** of all perfection; Your **command** is exceedingly broad.

13. Mem.

O how I love Your law! My meditation all through the day.  
Your commands make me wiser than my foes, For they are ever mine.  
I have insight beyond all my teachers, For Your teachings are my meditation.  
Understanding more than the aged, Because Your precepts I keep.  
I've restrained my feet from all evil, That I may keep Your word.  
I've not turned aside from Your rulings, For You Yourself have taught me.  
O how sweet are Your words to my taste! Yes, sweeter than honey to my mouth!  
From Your precepts I get understanding; So I hate every false way.

14. Nun.

Your word is a lamp to my feet, And a light to my path.  
I have sworn and I will confirm it, I'll keep Your righteous decrees.  
When I am greatly afflicted; Revive me, O LORD, by Your word.  
Accept the free gift of my mouth, O LORD, teach me of Your laws.  
Though my life is always in my hand, I will not forget Your law.  
Though the wicked have laid a snare for me, I will not stray from Your precepts.  
I've inherited Your teachings forever, And they are the joy of my heart.  
I've inclined my heart to Your laws, Forever, unto the end.

15. Samekh.

I disdain the double-minded, But I love Your law.  
My hiding place and my shield; I will wait for Your word.  
Depart from me, all you evil ones, I will keep the commands of my God.  
May Your word sustain me in my life; Never ashamed of my hope.  
Please uphold me that I may be safe, To hold Your statutes always.  
You reject all who stray from Your laws, For their lies are all in vain.  
You remove them from earth like dross; Therefore I love Your teachings.  
My flesh trembles for fear, For I revere Your judgments.

16. Ayin.

I have done justice and righteousness; Do not leave me to my foes.  
Be the promise of good to your servant; Let me not be oppressed by the proud.  
My eyes long for Your salvation, And for Your righteous word.  
With love deal with Your servant, And teach me of Your laws.  
Let me understand since I'm Your servant, That I may know Your teachings.  
It is time for the LORD to act, For they have broken Your law.  
But I love Your commands more than gold, Yes, above fine gold.  
Also I regard all your laws right, and hate every false way.

17. Pe.

Your testimonies are wonderful; Therefore my soul observes them.  
Your words unfolding gives light; and understanding to the simple.  
I opened my mouth wide and panted, For I longed for Your commandments.  
Turn to me and be gracious, As for those who love Your name.  
O establish my steps in Your word, Do not let any sin have dominion;  
Redeem me from the oppression of man, That I may keep Your precepts.  
Make Your face shine upon Your servant, And teach me all Your statutes.  
My eyes shed streams of water, for those who don't keep Your law.

18. Tsadhe.

Righteous are You, O LORD, And upright are Your judgments.  
You've commanded Your teachings in righteousness, And with exceeding faithfulness.  
My zeal has consumed me, My foes are forgetting Your words.  
Your word is very pure, Therefore Your servant loves it.  
Even though I am small and despised, Yet I'll not forget Your precepts.  
Your righteousness is everlasting, And Your law is truth.  
And though trouble and anguish may come, Your commandments are my delight.  
Your teachings are righteous forever; Help me understand and live.

19. Qoph.

I **cried** with all my heart; answer me, O **LORD!** I will keep Your laws.  
I **cried** to You; please rescue me, And I shall keep Your teachings.  
I **rise** before dawn and cry for help; I **wait** upon Your words.  
My **eyes** wait for the night watches, To **meditate** on Your word.  
Hear my **voice** according to Your love; **Revive** me, O LORD, by Your judgments.  
Those who **love** to do evil draw near; They are **far** from Your law.  
But You **also** are near, O LORD, And **all** Your commandments are truth.  
Your **testimonies** from of old, I **know** You have founded forever.

20. Resh.

**See** my trouble and rescue me, For I **will** not forget Your law.  
**Plead** my cause and redeem me; **Revive** me by Your word.  
**Salvation** is far from the wicked, For **they** do not seek Your ways.  
**Great** are Your mercies, O LORD; **Restore** me by Your decrees.  
O how **many** who stand against me, Yet I **will** not leave Your teachings.  
I see **treacherous** ones whom I loathe, Who **do** not abide in Your word.  
Please **consider** how I love Your precepts; **Revive** me, O LORD, by Your love.  
The **sum** of Your word is truth, All Your **righteous** laws are eternal.

21. Shin.

**Princes** hate me without reason, But my **heart** is in awe of Your words.  
**So** I rejoice at Your word, As **one** who finds great spoil.  
I **hate** and despise all falsehood, **But** I love Your law.  
**Seven** times daily I praise You, **Because** of Your righteous decrees.  
Those who **love** Your law have great peace, And **nothing** can cause them to stumble.  
LORD, I **hope** for Your salvation, And **keeping** Your commands.  
My soul **keeps** Your testimonies, **Exceedingly** I love them.  
Your **precepts** and teachings I'll keep, For **all** my ways are before You.

22. Tav.

Let my **cry** reach You, O LORD; Help me **understand** by Your word.  
O **let** my prayer come before You; **Deliver** me by Your word.  
Let my **lips** flow with Your praise, For **You** teach me Your statutes.  
Let my **tongue** speak of Your word, For **all** Your commandments are just.  
Let Your **hand** be ready to help, For I have chosen Your precepts.  
O LORD, **for** Your salvation I long, Your law **also** is my delight.  
Let my **soul** live that it may praise You, And **let** Your judgements help me.  
Seek Your **servant** a straying sheep, Let me **not** forget Your commands.