

Psalm 131

שִׁיר הַמַּעֲלוֹת לְדָוִד

יִי לֹא־גִבַּה לְבָבִי

1

וְלֹא־רָמוּ עֵינָי

וְלֹא־הִלַּכְתִּי בְּגִדְלוֹת

וּבִנְפִלְאוֹת מִמֶּנִּי

A song of ascents for David.

Lord, my heart has not been haughty,
nor have my eyes looked too high,
nor have I striven for great things,
nor for things too wondrous for me.

אִם־לֹא שׁוֹיֵתִי וְדוּמַמְתִּי נִפְשִׁי

2

כְּגִמְלָה עָלַי אִמּוֹ

כְּגִמְלָה עָלַי נִפְשִׁי

But I have calmed and contented myself
like a weaned babe on its mother -
like a weaned babe I am with myself.

3

יְחַל יִשְׂרָאֵל אֱלֹהֵי

מֵעַתָּה וְעַד־עוֹלָם

Wait, O Israel, for the Lord,
now and forevermore.