

# ספר-שבת

Sefer Shabat

prepared & translated  
by

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## Song for Shabatin Hebrew:

א מזמור שיר ליום השבת  
ב טוב להדות ליהוה ולזמר לשמך עליון  
ג להגיד בבקר חסדך ואמונתך בלילות  
ד עלי-עשור ועלי-נבל עלי הגיון בכנור  
ה כי שמחתני יהוה בפעלך במעשי ידיך ארנן  
ו מה-גדלו מעשיך יהוה מאד עמקו מחשבתך  
ז איש-בער לא ידע וכסיל לא-יבין את-זאת  
ח בפרח רשעים כמו עשב ויציצו כל-פעלי און להשמדם עדי-עד  
ט ואתה מרום לעלם יהוה  
י כי הנה איביך יהוה כי-הנה איביך יאבדו יתפרדו כל-פעלי און  
יא ותרם כראים קרני בלתי בשמן רענן  
יב ותבט עיני בשורי בקמים עלי מרעים תשמענה אזני  
יג צדיק כתמר יפרח כארז בלבנון ישגה  
יד שתולים בבית יהוה בחצרות אלהינו יפריחו  
טו עוד ינובון בשיבה דשנים ורעננים יהיו  
טז להגיד כי-ישר יהוה צורי ולא-עולתה בו

### T'-he-lim 92:1-16

- 1 miz-mor shir l'-yom ha-Sha-bat
- 2 tov l'-ho-dot la-Yah-veh u-l'-za-mer l'-shim-kha el-yon
- 3 l'-ha-gid ba-bo-qer khas-de-kha ve-e-mu-na-t'-kha ba-lei-lot
- 4 a-lei—a-sor va-a-lei—na-vel a-lei hi-ga-yon b'-khi-nor
- 5 ki si-makh-ta-ni Yah-veh b'-fa-a-le-kha b'-ma-a-sei ya-dei-kha a-ra-nen
- 6 mah—gad-lu ma-a-sei-kha Yah-veh m'-od am-qu makh-sh'-vo-tei-kha
- 7 ish—ba-ar lo ye-da u-kh'-sil lo—ya-vin et—zot
- 8 bif-ro-akh r'-sha-im k'-mo e-sev va-ya-tzi-tzu kol—po-a-lei a-ven  
l'-hi-sham-dam a-dei—ad
- 9 v'-a-tah ma-rom l'-o-lam Yah-veh
- 10 ki hi-neh i-vei-kha Yah-veh ki—hi-neh i-vei-kha yo-ve-du yit-par-du kol—  
po-a-lei a-ven
- 11 va-ta-rem kir-eim qar-ni ba-lo-ti b'-she-men ra-a-nan
- 12 va-ta-bet ei-ni b'-su-rai ba-qa-mim a-lai m'-re-im tish-ma-nah az-nai
- 13 tza-diq ka-ta-mar yif-rakh k'-e-rez bal-va-non yis-geh
- 14 sh'-tu-lim b'-veit Yah-veh b'-khatz-rot e-lo-hei-nu yaf-ri-khu
- 15 od y'-nu-vun b'-sei-vah d'-she-nim v'-ra-a-na-nim yih-yu
- 16 l'-ha-gid ki—ya-shar Yah-veh tzu-ri v'-lo—a-v'-la-tah bo

# Song for Shabat in English:

## Psalm 92:1-16

1 A Psalm, a song for the שבת (Sha-bat).

2 It is good to give thanks to יהוה (Yah-veh), and to sing to Your name, Most High.

3 To make Your mercies known in the morning, and Your faithfulness every night.

4 Upon ten strings and upon the harp. Upon the resonating harp.

5 For You, יהוה (Yah-veh) have made me rejoice in Your deeds: I will overcome in the works of Your hand.

6 How great are Your deeds O יהוה (Yah-veh)! Your thoughts are very deep.

7 A brutish man does not know; nor does a fool understand this.

8 The wicked sprout as the grass, and though all the deeds of the wicked flourish; the wicked deeds will be destroyed forever:

9 And You יהוה (Yah-veh) are from the heights forever.

10 For behold Your enemies יהוה (Yah-veh), for behold Your enemies will perish; all the deeds of the wicked shall be scattered.

11 And You will raise up <sup>(i)</sup>my strength<sup>(i)</sup> [my horn] as the rhino: I will be anointed with fresh oil.

12 My eyes shall see my enemy, my ears shall hear wickedness rising against me.

13 But righteousness shall flourish as a palm tree: as a cedar in לבנון (L'-va-non) it grows.

14 Those that are planted in the house of יהוה (Yah-veh) shall flourish in the courts of our God.

15 In old age they still bear fruit; they will be satisfied and prosperous;

16 As a declaration that יהוה (Yah-veh) is upright: a rock with no injustice in Him.

## Praise to יהוה in Hebrew:

א יהוה מלך תגל הארץ ישמחו איים רבים  
ב ענן וערפל סביביו צדק ומשפט מכון כסאו  
ג אש לפניו תלך ותלהט סביב צריו  
ד האירו ברקיו תבל ראתה ותחל הארץ  
ה הרים כדונג נמסו מלפני יהוה מלפני ארון כל-הארץ  
ו הגידו השמים צדקן וראו כל-העמים כבודו  
ז יבשו כל-עבדי פסל המתהללים באלילים השתחוולו כל-אלהים  
ח שמעה ותשמח ציון ותגלנה בנות יהודה למען משפטך יהוה  
ט כי-אתה יהוה עליון על-כל-הארץ מאד נעלית על-כל-אלהים  
י אהבי יהוה שנאו רע שמר נפשות חסידיו מיד רשעים יצילם  
יא אור זרע לצדיק ולישרי-לב שמחה  
יב שמחו צדיקים ביהוה והודו לזכר קדשו

### T'-he-lim 97:1-12

1 Yah-veh ma-lakh ta-gel ha-a-retz yis-m'-khu i-yim ra-bim

2 a-nan va-a-ra-fel s'-vi-vaiv tze-deq u-mish-pat m'-khon kis-o

3 esh l-fa-naiv te-lekh u-t'-la-het sa-viv tza-raiv

4 he-ir-u v'-ra-qaiv te-vel ra-a-tah va-ta-khel ha-a-retz

5 ha-rim ka-do-nag na-ma-su mil-p'-nei Yah-veh mi-lif-nei a-don  
kol—ha-a-retz

6 hi-gi-du ha-sha-ma-yim tzid-qo v'-ra-u khol—ha-a-mim k'-vo-do

7 ye-vo-shu kol—ov-dei pe-sel ha-mit-hal-lim ba-e-li-lim hish-ta-kha-vu—  
lo kol—e-lo-him

8 sham-ah va-tis-makh Tzi-yon va-ta-gel-nah b'-not Y'-hu-dah l'-ma-an  
mish-pa-tei-kha Yah-veh

9 ki—a-tah Yah-veh el-yon al—kol—ha-a-retz m'-od na-a-lei-ta al—kol—  
e-lo-him

10 o-ha-vei Yah-veh sin-u ra sho-mer naf-shot kha-si-daiv mi-yad r'-sha-im  
ya-tzi-lem

11 or za-ru-a la-tza-diq u-l'-yish-rei—lev sim-khah

12 sim-khu tza-di-qim ba- Yah-veh v'-ho-du l'-ze-khar qad-sho

## Praise to יהוה in English:

### Psalm 97:1-12

1 יהוה (Yah-veh) reigns; the earth will rejoice; the multitudes of the coasts will be glad.

2 Clouds and thick darkness surrounds Him: righteousness and judgment establishes His throne.

3 Fire goes before Him, and consumes His enemies round about.

4 His lightning illuminates the world: the earth saw it and trembled.

5 The mountains melt like wax in the presence of יהוה (Yah-veh), in the presence of the Lord of the entire earth.

6 The heavens declare His righteousness, and all the people see His glory.

7 All the servants of idols, who boast in nothingness are confounded, bow down to Him all you *[little]* gods.

8 ציון (Tzi-on) heard and was glad; and the daughters of יהודה (Y'-hu-dah) rejoiced because of Your judgments יהוה (Yah-veh).

9 For You, יהוה (Yah-veh), are high above all the earth: exalted far above all *[little]* gods.

10 They love יהוה (Yah-veh) that hate evil: He keeps the souls of His saints; He snatches them from the hand of the wicked.

11 Light is sown for the righteous, and gladness to the upright heart.

12 The righteous rejoice in יהוה (Yah-veh); and give thanks at the thought of His holiness.

## Praise to יהוה in Hebrew:

א יהוה מלך גאות לבש לבש יהוה עז התאזר אִף־תִּכּוֹן תִּבַּל בַּל־תִּמּוֹט  
ב נִכּוֹן כִּסֵּאֲךָ מֵאִז מֵעוֹלָם אַתָּה  
ג נִשְׂאוּ נְהַרּוֹת יְהוָה נִשְׂאוּ נְהַרּוֹת קוֹלָם יִשְׂאוּ נְהַרּוֹת דַּכִּים  
ד מִקְלוֹת מַיִם רַבִּים אֲדִירִים מִשְׁבְּרֵי־יָם אֲדִיר בַּמְרוֹם יְהוָה  
ה עֲדַתְךָ נֶאֱמְנוּ מֵאֵד לְבֵיתְךָ נֶאֱוָה־קֹדֶשׁ יְהוָה לְאֶרֶץ יָמִים

### T'-he-lim 93:1-5

1 Yah-veh me-lekh ge-ut la-vesh la-vesh Yah-veh oz hit-a-zar af—ti-kon te-vel bal—ti-mot

2 na-khon kis-a-kha me-az me-o-lam a-tah

3 nas-u n'-ha-rot Yah-veh nas-u n'-ha-rot qo-lam yis-u n'-ha-rot dakh-yam

4 mi-qo-lot ma-yim ra-bim a-di-rim mish-b'-rei—yam a-dir ba-ma-rom Yah-veh

5 e-do-tei-kha ne-em-nu m'-od l'-veit-kha na-a-vah—qo-desh Yah-veh l'-o-rekh ya-mim

## Praise to יהוה in English:

### Psalm 93:1-5

1 יהוה (Yah-veh) reigns, He is clothed in majesty; יהוה (Yah-veh) is clothed with strength, He is prepared: the world is established and immovable.

2 Your throne is established from eternity to eternity.

3 The streams have lifted up, יהוה (Yah-veh) the streams have lifted up their voices; the streams lift up their waves.

4 יהוה (Yah-veh) is high and more mighty than the sounds of great waters, more mighty than breaking waves.

5 Your testimony is exceedingly faithful: holiness is fitting in Your house forever and ever.

## Save me from my Enemies in Hebrew:

א למנצח מזמור לדוד  
ב עד־אנה יהוה תשכחני נצח עד־אנה תסתיר את־פניך ממני  
ג עד־אנה אשית עצות בנפשי יגון בלבבי יומם עד־אנה ירום איבי עלי  
ד הביטה ענני יהוה אלהי האירה עיני פן־אישן המות  
ה פן־יאמר איבי יכלתיו צרי יגילו כי אמוט  
ו ואני בחסדך בטחתי יגל לבי בישועתך אשירה ליהוה כי גמל עלי

### T'-he-lim 13:1-6

1 la-M'-na-tze-akh miz-mor l'-Da-vid

2 ad—a-nah Yah-veh tish-ka-khe-ni ne-tzakh ad—a-nah tas-tir et—pa-nei-kha mi-me-ni

3 ad—a-nah a-shit e-tzot b'-naf-shi ya-gon bil-va-vi yo-mam ad—a-nah ya-rum oi-vi a-lai

4 ha-bi-tah a-ne-ni Yah-veh e-lo-hai ha-i-rah ei-nai pen—i-shan ha-ma-vet

5 pen—yo-mar oi-vi y'-khal-tiv tza-rai ya-gi-lu ki e-mot

6 va-a-ni b'-khas-d'-kha va-takh-ti ya-gel li-bi bi-shu-a-te-kha a-shi-rah la-Yah-veh ki ga-mal a-lai

## Save me from my Enemies in English:

### Psalm 13:1-6

1 To the Chief-Musician, a psalm to דָּוִד (Da-vid).

2 How long will you forget me יהוה (Yah-veh)? Forever? How long will Your face be hidden from me?

3 How long will grief, daily be the counsel of my soul? How long will my enemies rise up against me?

4 Consider my afflictions יהוה (Yah-veh) my God, make my eyes to shine lest I sleep with the dead.

5 Lest my enemies say, "I have prevailed over him/her," and my adversaries rejoice for I am shaken.

6 But in Your mercy I trust, my heart rejoices in Your salvation, I will sing to יהוה (Yah-veh) for He has recompensed me.

## Forgive me in Hebrew:

א שיר המעלות ממעמקים קראתיך יהוה  
ב אדני שמעה בקולי תהיינה אזניך קשבות לקול תחנוני  
ג אם-עונות תשמר-יה אדני מי יעמד  
ד כי-עמד הסליחה למען תורא  
ה קייתי יהוה קותה נפשי ולדברו הוחלתי  
ו נפשי לאדני משמרים לבקר שמרים לבקר  
ז יחל ישראל אל-יהוה כי-עם-יהוה החסד והרבה עמו פדות  
ח והוא יפדה את-ישראל מכל עונתיו

### T'-he-lim 130:1-8

- 1 shir ha-ma-a-lot mi-ma-a-ma-qim q'-ra-ti-kha Yah-veh
- 2 a-do-nai shim-ah v'-qo-li tih-yei-nah az-nei-kha qa-shu-vot l'-qol ta-kha-nu-nai
- 3 im—a-vo-not tish-mar—Yah a-do-nai mi ya-a-mod
- 4 ki—im-kha has-li-khah l'-ma-an ti-va-re
- 5 qi-vi-ti Yah-veh qiv-tah naf-shi v'-lid-va-ro ho-hal-ti
- 6 naf-shi la-do-nai mi-shom-rim la-bo-qer shom-rim la-bo-qer
- 7 ya-khel Yis-ra-el el—Yah-veh ki—im—Yah-veh ha-khe-sed v'-har-beh i-mo f'-dut
- 8 v'-hu yif-deh et—Yis-ra-el mi-kol a-vo-no-taiv

## Forgive me in English:

### Psalm 130:1-8

- 1 A song of degrees, from the depths I have cried to you יהוה (Yah-veh).
- 2 Lord, hear my voice: let Your ears be attentive to my plea for mercy.
- 3 If You, יה (Yah), keep records of iniquities, who could survive?
- 4 But with You there is forgiveness, so that You will be held in awe.
- 5 I wait for יהוה (Yah-veh), my soul waits and in His words I have hope.
- 6 The Lord keeps my soul like a watchman from morning to morning.
- 7 Hope ישראל (Yis-ra-el) in יהוה (Yah-veh), for with יהוה (Yah-veh) there is mercy, and with Him is great redemption.
- 8 And He will ransom ישראל (Yis-ra-el) from all their iniquities.

## Sh'ma in Hebrew: (*facing East*)

ד שמע ישראל יהוה אלהינו יהוה אחד  
ה ואהבת את יהוה אלהיך בכל לבבך ובכל נפשך ובכל מאדך  
ו והיו הדברים האלה אשר אנכי מצוך היום על לבבך

### D'-ra-rim 6:4-6

4 sh'ma Yis-ra-el Yah-veh e-lo-hei-nu, Yah-veh e-khad

5 v'-a-hav-ta et Yah-veh e-lo-hei-kha b'-kol—l'-vav-kha u'-v'-khol—naf-sh'-kha  
u'-v'-khol—m'-o-de-kha

6 v'-ha-yu ha-d'-va-rim ha-e-leh a-sheh a-no-khi m'-tzav-kha ha-yom  
al—l'-va-ve-kha

## Sh'ma in English: (*facing East*)

### Deuteronomy 6:4-6

4 Hear **ישראל** (Yis-ra-el), **יהוה** (Yah-veh) our God, **יהוה** (Yah-veh) is the only one.

5 And you will love **יהוה** (Yah-veh) your God in all your heart and in all your soul and in all your strength.

6 And the words that I commanded you this day will be in your heart.

## Love Your Neighbor in Hebrew:

לאֲתִקְּמוּם וְלֹאֲתִטֹּר אֶת־בְּנֵי עַמֶּךָ וְאָהַבְתָּ לְרֵעֶךָ כַּמּוֹד אֲנִי יְהוָה

**va-Yiq-ra 19:18** lo—ti-qom v'-lo—ti-tor et—b'-nei a-me-kha  
v'-a-hav-ta l'-re-a-kha ka-mo-kha a-ni Yah-veh

## Love Your Neighbor in English:

**Leviticus 19:18** You shall not avenge or hold a grudge against the children of your people, and you will love your close friend as yourself: I am **יהוה** (Yah-veh).

## The Blessing in Hebrew:

יברכך יהוה וישמרך  
יאר יהוה פניו אליך ויחנך  
ישא יהוה פניו אליך וישם לך שלום

### ba-Mid-bar 6:24-26

24 y'-va-rekh-kha Yah-veh v'-yish-m'-re-kha

25 ya-er Yah-veh pa-naiv e-lei-kha vi-khu-ne-kha

26 yi-sa Yah-veh pa-naiv e-lei-kha v'-ya-sem l'-kha sha-lom

## The Blessing in English:

### Numbers 6:24-26

May יהוה (Yah-veh) cause you to lie down so that you may rest. May He touch and caress you. May He prepare you for what is ahead. May He watch over you. May He keep you from harm. May He cause goodness to grow in you and take away the bad. May He arrange your life and cause you to flourish.

May He cheer you up and gladden your heart. May He cause His light to shine through you. May He show you tenderness, favor and love in His presence.

May He show you kindness and be delicate towards you. May He show you His generosity, mercy, compassion and desire for you as it comes forth from the depths of His soul. May He lift you out of your pit and deliver you from the things that hold you prisoner. May He draw you to His chest and cast His eyes on yours. May He show you His love and desire for you as He cradles you in His arms. May He bear your punishment and pardon you of your sin. May He take you for His bride.

May He establish a foundation in you. May He place His name on your heart and mind and make your body His Temple. May you be His treasure. May you always be on His mind.

May He draw you near and comfort you when you are afraid. May He assure you there is nothing to fear because He is with you. May you and all that concerns you be at peace because He is your friend.