

- 44 Karera waga koto wo kikite tachima-  
chi ware ni shitagai ;  
Kotokunibito wa kitarite omoneri tsu-  
kaen.
- 45 Kotokunibito wa otoroete,  
Sono shiro yori ononoki iden.
- 46 IEHOBA wa ikite imaseri ; waga iwa wa  
homubeki kana !  
Waga sukui no Kami wa agamubeki  
kana !
- 47 Waga tame ni ata wo mukui,  
Kotokunibito wo ware ni matsuwase  
tamau wa kono Kami nari.
- 48 Kami wa ware wo ata yori sukui  
tamau,  
Ge ni nanji wa ware ni sakaraite okori  
tatsu mono no ue ni ware wo age ;  
Araburu hito yori ware wo tasuke  
idashi tamau.
- 49 Kono yue ni, IEHOBA yo, ware moro-  
moro no kunibito no naka nite nanji  
ni kansha shi,  
Nanji no mi na wo home utawan.
- 50 IEHOBA wa oi naru sukui wo sono o ni  
atae ;  
Sono jukōja Dabide to sono sue to ni,  
Yoyo kagiri naku awaremi wo tare  
tamau.
- 19** Uta no Kami ni utawashimeta Dabide  
no Uta.
- 1 Moromoro no ten wa Kami no eikwō  
wo aravashi ;  
Ōzora wa sono mi te no waza wo shi-  
mesu.
- 2 Kono hi kotoba wo kano hi ni tsutae,  
Kono yo chishiki wo kano yo ni  
okuru.
- 3 Katarazu, iwazu ;  
Sono koe kikoezaru ni :
- 4 Sono hibiki wa zenchi ni amaneku,  
Sono kotoba wa chi no hate ni made  
oyobu.  
Kami wa kashiko ni agebari wo hi no  
tame ni mōke tamaeri.
- 5 Hi wa niimuko ga iwai no tono wo  
izuru gotoku,  
Masurao ga kiso hashiru wo yorokobi  
ni nitari.
- 6 Sono idetatsu ya ten no hashi yori shi,  
Sono meguri yuku ya ten no hate ni  
itaru :
- Mono to shite sono atatamari wo  
kōburazaru wa nashi.
- 7 IEHOBA no nori wa mattaku shite, tama-  
shii wo iki kaerashime ;  
IEHOBA no akashi wa kataku shite,  
oroka naru mono wo satokarashimu.
- 8 IEHOBA no satoishi wa naoku shite,  
kokoro wo yorokobashime ;  
IEHOBA no imashime wa kiyoku shite,  
manako wo akiraka narashimu.
- 9 IEHOBA wo kashikomi osoruru miehi  
wa kiyoku shite, yoyo ni tayuru koto  
naku ;  
IEHOBA no sabaki wa makoto ni shite,  
kotogotoku tadashi.
- 10 Kore wo kogane ni kuraburu mo, ōku  
no majiri naki kogane ni kuraburu  
mo iyamasarite shitōboku ;  
Kore wo mitsu ni kuraburu mo, hachi  
no su no shitatari ni kuraburu mo  
iyamasarite amashi.
- 11 Nanji no shimobe wa korera ni yorite  
imashime wo uku ;  
Korera wo mamoraba oi naru mukui  
aran.
- 12 Tare ka onore no ayamachi wo shiri en  
ya ?  
Negawaku wa, ware wo kakuretaru  
toga yori toki hanachi tamae.
- 13 Negawaku wa, nanji no shimobe wo  
hiki tomete, kotosara naru tsumi wo  
okasashimezu ;  
Sore wo waga shu tarashime tamau  
nakare ;  
Sareba ware kizu naki mono to narite,  
oi naru toga wo manukaruru wo  
en.
- 14 IEHOBA waga iwa, waga aganainushi  
yo,  
Waga kuchi no kotoba, waga kokoro  
no omoi nanji no mae ni yorokobaru-  
ru koto wo eshime tamae.
- 20** Uta no Kami ni utawashimeta Dabide  
no Uta.
- 1 Negawaku wa, IEHOBA nayami no hi  
ni nanji ni kotae ;  
Yakobu no Kami no mi na nanji wo  
takaki ni age ;
- 2 Seijo yori tasuke wo nanji ni okuri,  
Shion yori chikara wo nanji ni atae ;

- 3 Nanji no moromoro no sasagemono wo  
mi kokoro ni tome,  
Nanji no hansai wo uke tamawan koto  
wo. [Sera
- 4 Negawaku wa, nanji ga kokoro no negai  
wo yurushi,  
Nanji no hakarigoto wo kotogotoku  
togeshime tamawan koto wo.
- 5 Warera nanji no sukui ni yorite yoro-  
kobi utai,  
Warera no Kami no mi na ni yorite  
hata wo taten :  
Negawaku wa, IEHOBA nanji no moro-  
moro no motome wo togeshime  
tamawan koto wo.
- 6 Ware ima IEHOBA sono jukōja wo  
sukui tamau wo shiru ;  
IEHOBA sono kiyoki ten yori  
Migi no te naru sukui no chikara nite  
kare ni kotae tamawan.
- 7 Aruiwa kuruma wo tanomi, aruiwa  
uma wo tanomi to suru mono ari :  
Saredo warera wa waga Kami IEHOBA  
no mi na wo tobaen.
- 8 Karera wa kagami, mata taoru :  
Warera wa okite kataku tateri.
- 9 IEHOBA yo, o wo sukui tamae ;  
Warera ga yobu toki kotae tamae.
- 21** Uta no Kami ni utawashimeta Dabide  
no Uta.
- 1 IEHOBA yo, o wa nanji no chikara ni  
yorite tanoshimi ;  
Nanji no sukui ni yorite ika ni oi naru  
yorokobi wo nasan !
- 2 Nanji kare ga kokoro no negai wo  
yurushi,  
Sono kuchibiru no motome wo inami  
tamawazariki. [Sera
- 3 Sowa yoki tamamono no megumi wo  
mote kare wo mukae ;  
Majiri naki kogane no kammuri wo  
mote kare no kōbe ni itadakase  
tamaitari.
- 4 Kare inochi wo motomeshi ni, nanji  
kore wo ataete ;  
Sono yowai no hi wo yoyo kagiri naka-  
rashime tamaeri.
- 5 Nanji no sukui ni yorite sono eikwō  
oi nari :  
Nanji wa tōtoki to miizu to wo kare ni  
kise tamau.
- 6 Sowa kore wo tokoshie ni saiwai naru  
mono to nashi ;  
Mi kao no mae no yorokobi wo mote  
tanoshimase tamaeba nari.
- 7 Ō wa IEHOBA ni yori tanomi,  
Ito Takaki Mono no itsukushimi wo  
kōmuru ga yue ni ugokasaruru koto  
nakaran.
- 8 Nanji no te wa sono moromoro no ata  
wo tazune idashi ;  
Nanji no migi no te wa onore wo nikumu  
mono wo tazune idasubeshi.
- 9 Nanji ikaru toki wa karera wo moyuru  
ro no gotoku ni sen.  
IEHOBA hageshiki ikari ni yorite karera  
wo nomi tamawan :  
Hi wa karera wo kurai tsukusan.
- 10 Nanji karera no sue wo chi yori horo-  
boshi,  
Karera no tane wo hito no ko no naka  
yori horobosan.
- 11 Karera wa nanji ni mukaite ashiki  
koto wo kuwadate ;  
Toge gataki hakarigoto wo omoi  
mawaseba nari.
- 12 Nanji karera wo shite sobira wo muke  
shime,  
Sono kao ni mukaite yuzuru wo hikan.
- 13 IEHOBA yo, mi chikara wo arawashite  
mizukara wo takaku shi tamae :  
Warera wa nanji no miizu wo utai  
katsu home tataen.
- 22** Akebono no shika no shirabe ni awasete,  
Uta no Kami ni utawashimeta Dabide  
no Uta.
- 1 Waga Kami, waga Kami, nanzo ware  
wo sute tamau ya ?  
Ika nareba tōku hanarete ware wo  
sukuwazu, waga nageki no koe wo  
kiki tamawazaru ka ?
- 2 Aa waga Kami, ware hiru yobaware-  
domo, nanji kotae tamawazu ;  
Yoru yobawaredomo, ware yasuki wo  
ezu.
- 3 Sa wa are, Isuraeru no sambu no naka  
ni sumi tamau mono yo,  
Nanji wa kiyoshi.
- 4 Warera no oyatachi wa nanji ni yori  
tanomeri :  
Karera yori tanomitareba kore wo  
tasuke tamaeri.



- 5 Karera nanji wo yobite tasuke wo e; Nanji ni yori tanomite haji wo oeru koto nakariki.
- 6 Shika wa aredo ware wa mushi ni shite, hito ni arazu; Yo ni soshirare, tami ni iyashimeraru.
- 7 Subete ware wo miru mono wa ware wo azami warai; Kuchibiru wo sorashi, kōbe wo furite iu,
- 8 Kare wa IEHOBA ni yori tanomeri; IEHOBA tasukubeshi: IEHOBA kare wo yorokobi tamau ga yue ni tasukubeshi to.
- 9 Saredo nanji wa ware wo hara no uchi yori idashi tamaeru mono nari: Waga haha no futokoro ni arishi toki sude ni nanji ni yori tanomashime tamaeri.
- 10 Ware umare ideshi yori nanji ni yudaneretari: Waga haha ware wo umishi toki yori nanji wa waga Kami nari.
- 11 Ware ni tōzakari tamau nakare; nayami chikazuki, Mata sukuu mono nakereba nari.
- 12 Ōku no o ushi ware wo meguri: Bashan no chikara tsuyoki o ushi ware wo kakomeri.
- 13 Karera wa kuchi wo akete ware ni mukai, Mono wo kaki saki, hoe utagu shishi no gotoshi.
- 14 Ware mizu no gotoku sosogi idasare, Waga moromoro no hone wa hazure; Waga kokoro wa rō no gotoku narite, Hara no uchi ni toketari.
- 15 Waga chikara wa kawakite suemono no kudake no gotoku; Waga shita wa agi ni hitatsukeri; Nanji ware wo shi no chiri ni fusase tamaeri.
- 16 Sowa inu ware wo meguri; Ashiki mono no mure ware wo kakomite, Waga te oyobi waga ashi wo sashi tsuranukeri.
- 17 Waga hone wa kotogotoku kazōru bakari ni narinu; Ashiki mono me wo tomete ware wo miru:
- 18 Karera tagai ni waga koromo wo wakachi, Waga shitagi wo kuji ni su.
- 19 IEHOBA yo, toku hanare i tamau nakare; Waga chikara yo, negawaku wa, toku kitarite ware wo tasuke tamae.
- 20 Waga tamashii wo tsurugi yori tasuke idashi; Waga inochi wo inu no takeki ikioi yori nogareshime tamae.
- 21 Ware wo shishi no kuchi, mata no ushi no tsuno yori sukui idashi tamae; Nanji ware ni kotae tamaeri.
- 22 Ware nanji no mi na wo waga harakara ni nobe tsutae; Nanji wo tsudoi no naka nite home tataen.
- 23 IEHOBA wo osoruru mono yo, IEHOBA wo home tataeyo; Yakubu no moromoro no sue yo, IEHOBA wo agameyo; Isuraeru no moromoro no sue yo, IEHOBA wo kashikome.
- 24 IEHOBA wa nayamu mono no kurushimi wo karoshime sute tamawazu, Kore ni mi kao wo ōu koto naku shite; Sono sakebu toki ni kiki tamaeba nari.
- 25 Ōi naru tsudoi no naka nite waga nanji wo home tatōru wa nanji yori izuru nari: Waga chikaishi koto wa IEHOBA wo osoruru mono no mae nite kotogotoku tsukunowan.
- 26 Herikudaru mono wa kuraite aku koto wo e; IEHOBA wo tazune motomuru mono wa IEHOBA wo home tataen: Negawaku wa, nanjira no kokoro tokoshie ni ikin koto wo.
- 27 Chi no hate wa mina omoi idashite IEHOBA ni kaeri; Moromoro no kuni no yakara wa mina mi mae ni fushi ogamubeshi.
- 28 Kuni wa IEHOBA no mono nareba nari: IEHOBA wa moromoro no kunibito wo sube osame tamau.
- 29 Chi no koetaru mono wa mina kuraite IEHOBA wo ogami; Chiri ni kudaru mono to, onoga tamashii wo nagarōru koto atawazaru mono to,

- Mina sono mi mae ni hizamazukan.
- 30 Tami no sue no uchi ni IEHOBA ni tsukōru mono aran; Shu no koto wa yoyo ni katari tsutae-rarubeshi.
- 31 Karera kitarite, Kowa IEHOBA no mi waza nari tote Sono gi wo nochi ni umaruru tami ni nobe tsutaen.
- 23** Dabide no Uta.
- 1 IEHOBA wa waga bokusha nari; ware tomoshiki koto araji.
- 2 IEHOBA wa ware wo midori no no ni fusase; Iko no migiwa ni tomonai tamau.
- 3 IEHOBA wa waga tamashii wo ikashi; Mi na no yue wo mote ware wo tada-shiki michi ni michibiki tamau.
- 4 Tatoi ware shi no kage no tani wo ayumu to mo, Wazawai wo osoreji; nanji ware to tomo ni imaseba nari: Nanji no shimoto, nanji no tsue ware wo nagusamu.
- 5 Nanji waga ata no mae ni waga tame ni en wo mōke; Waga kōbe ni abura wo sosogi tamau; waga sakazuki wa afururu nari.
- 6 Waga yo ni aran kagiri wa kanarazu megumi to awaremi to ware ni soi kitaran: Ware wa tokoshie ni IEHOBA no miya ni suman.
- 24** Dabide no Uta.
- 1 Chi to sore ni mitsuru mono, sekai to sono naka ni sumu mono to wa, Mina IEHOBA no mono nari.
- 2 IEHOBA wa sono motoi wo ōumi no ue ni sue, Kore wo ōkawa no ue ni sadame tamaeri.
- 3 IEHOBA no yama ni noborubeki mono wa tare zo? Sono seijo ni tatsubeki mono wa tare zo?
- 4 Te kiyoku, kokoro isagiyoki mono; Sono tamashii munashiki koto wo aogi nozomazu, Itsuwari no chikai wo sezaru mono zo, sono hito naru.
- 5 Kakaru hito wa IEHOBA yori saiwa<sup>1</sup> wo uke, Sono sukui no Kami yori gi wo uken.
- 6 Kaku no gotoki mono wa Kami wo shita mono no yakara nari; Yakubu no Kami yo, nanji no mi kao wo motomuru mono nari. [Sera
- 7 Kado yo, nanjira no kōbe wo ageyo; Tokoshie no to yo, agare: Eikwō no Ō iri tamawan.
- 8 Eikwō no Ō wa tare naru ka? Chikara wo mochi tamau takeki IEHOBA nari, Tatakai ni takeki IEHOBA nari.
- 9 Kado yo, nanjira no kōbe wo ageyo; Tokoshie no to yo, agare: Eikwō no Ō iri tamawan.
- 10 Kono eikwō no Ō wa tare naru ka? Bangun no IEHOBA, Kore zo eikwō no Ō naru. [Sera
- 25** Dabide no Uta.
- 1 Aa IEHOBA yo, waga tamashii wa nanji wo aogi nozomu.
- 2 Waga Kami yo, ware nanji ni yori tanomeri: Negawaku wa, ware ni haji wo owashime tamau nakare; Waga ata no ware ni kachi hokoru koto nakarashime tamae.
- 3 Ge ni, nanji wo machi nozomu mono wa hajishimerarezu: Yue naku shite makoto wo ushinau mono wa haji wo uken.
- 4 IEHOBA yo, nanji no ōji wo ware ni shimeshi; Nanji no michi wo ware ni oshie tamae.
- 5 Ware wo nanji no makoto ni michibiki, ware wo oshie tamae: Nanji wa waga sukui no Kami nari; Ware hinemosu nanji wo machi nozomu.
- 6 Nanji no awaremi to itsukushimi to wa inishie yori taezu ari; IEHOBA yo, kore wo omoi idashi tamae.
- 7 Waga wakaki toki no tsumi to, waga toga to wa omoi ide tamau nakare: IEHOBA yo, nanji no megumi no yue ni, Nanji no itsukushimi ni shitagaite ware wo omoi ide tamae.



- 8 IEHOBA wa megumi fukaku shite naoku mashimaseri :  
Kakaru ga yue ni michi wo tsumibito ni oshie ;
- 9 Herikudaru mono wo tadashiki ni michibiki tamawan :  
Sono michi wo herikudaru mono ni shimeshi tamawan.
- 10 IEHOBA no moromoro no michi wa sono keiyaku to akashi to wo mamoru mono ni wa  
Itsukushimi nari, makoto nari.
- 11 Waga fugi wa ōi nari ;  
IEHOBA yo, mi na no tame ni kore wo yurushi tamae.
- 12 IEHOBA wo osoruru mono wa tare naru ka ?  
Kore ni sono erabubeki michi wo shimeshi tamawan.
- 13 Kakaru hito no tamashii wa yasuki ni sumai,  
Sono sue wa kuni wo tsugubeshi.
- 14 IEHOBA no shitashimi wa IEHOBA wo osoruru mono to tomo ni ari ;  
IEHOBA wa sono keiyaku wo karera ni shimeshi tamawan.
- 15 Waga me wa tsune ni IEHOBA ni mukau ;  
IEHOBA waga ashi wo ami yori tori idashi tamōbekereba nari.
- 16 Negawaku wa, kaeri kitarite ware wo awaremi tamae ;  
Ware hitori wabishiku, mata kurushimi oru nari.
- 17 Negawaku wa, waga kokoro no urei wo yurume ;  
Ware wo wazawai yori manukareshime tamae.
- 18 Waga nayami, waga kurushimi wo kaerimi ;  
Waga subete no tsumi wo yurushi tamae.
- 19 Waga ata wo mi tamae, karera no kazu wa ōshi ;  
Nasake naki nikumi wo mote ware wo nikumeri.
- 20 Waga tamashii wo mamori, ware wo tasuke tamae :  
Ware ni haji wo owashime tamau nakare ; ware nanji ni yori tanomeba nari.
- 21 Ware nanji wo machi nozomu,  
Negawaku wa, mattaki to naoki to ware wo mamore kashi.
- 22 Kami yo, subete no urei yori Isuraeru wo aganai idashi tamae.
- 26** Dabide no Uta.  
1 IEHOBA yo, negawaku wa, ware wo sabaki tamae ; ware waga mattaki ni yorite ayumitari :  
Shika nomi narazu, ware tayutawazu IEHOBA ni yori tanomeri.
- 2 IEHOBA yo, ware wo tadashi, mata kokoromi tamae ;  
Waga murato to kokoro to wo neri kiyome tamae.
- 3 Sowa nanji no itsukushimi waga ma-natari ni ari ;  
Ware wa nanji no makoto ni yorite ayumeri.
- 4 Ware wa munashiki hito to tomo ni suwarazariki ;  
Aku wo itsuwari kazaru mono to tomo ni wa yukaji.
- 5 Aku wo nasu mono no tsudoj wo nikumi,  
Ashiki mono to tomo ni suwaru koto wo seji.
- 6 Ware te wo araitse tsumi naki wo arawasu ;  
IEHOBA yo, kakute nanji no saidan wo meguri ;
- 7 Kansha no koe wo kikoeshime,  
Subete nanji no kusushiki mi waza wo nobe tsutaen.
- 8 IEHOBA yo, ware nanji no mashimasu ie to,  
Nanji ga eikwō no todomaru tokoro to wo itsukushimu.
- 9 Negawaku wa, waga tamashii wo tsumibito to tomo ni,  
Waga inochi wo chi wo nagasu mono to tomo ni tori osame taman nakare.
- 10 Kakaru hito no te ni wa ashiki kuwadata ari,  
Sono migi no te wa mainai nite mitsu.
- 11 Saredo ware wa waga mattaki ni yorite ayuman :  
Negawaku wa, ware wo aganai, ware wo awaremi tamae.
- 12 Waga ashi wa tairaka naru tokoro ni tatsu :

- Ware moromoro no tsudoj no naka nite IEHOBA wo home matsuran.
- 27** Dabide no Uta.  
1 IEHOBA wa waga hikari, waga sukui nari ; ware tare wo ka osoren ?  
IEHOBA wa waga inochi no chikara nari ; waga osorubeki mono wa tare zo ya ?
- 2 Ware no teki, ware no ata naru ashiki mono osoi kitarite,  
Waga niku wo kurawan to seshi ga, tsumazuki katsu taoretari.
- 3 Tatoi ikusabito ei wo tsuranete ware wo semuru to mo,  
Waga kokoro osoreji :  
Tatoi tatakai okorite ware wo semuru tomo,  
Ware ni nao tanomi ari.
- 4 Ware hitotsu no koto wo IEHOBA ni koeri, ware kore wo motomu :  
Ware IEHOBA no uruwashiki wo aogi, sono miya wo min ga tame ni,  
Waga yo ni aran kagiri wa IEHOBA no ie ni suman to koso negau nare.
- 5 IEHOBA wa nayami no hi ni sono kari-io no uchi ni ware wo hisomase,  
Sono makuya no oku ni ware wo kakushi,  
Iwao no ue ni ware wo takaku oki tamōbekereba nari.
- 6 Ima waga kōbe wa ware wo megureru ata no ue ni takaku agerarubeshi ;  
Kono yue ni ware IEHOBA no makuya nite yorokobi no sonaemono wo sasagen ;  
Ware utaitse IEHOBA wo home tataen.
- 7 Waga koe wo age te sakebu toki, IEHOBA yo, kiki tamae :  
Mata awaremite ware ni kotae tamae.
- 8 Nanjira waga kao wo tazune motomeyo to, (kakaru mi kotoba no arishi toki) waga kokoro nanji ni mukaite,  
IEHOBA yo, ware nanji no mi kao wo tazunen to ieri.
- 9 Negawaku wa, mi kao wo kakushi tamau nakare ;  
Ikarite nanji no shimobe wo tōzake tamau nakare :  
Nanji wa ware no tasuke nari ;
- Aa waga sukui no Kami yo, ware wo oi idashi, ware wo sute tamau nakare.
- 10 Waga chichi haha ware wo suturu to mo,  
IEHOBA ware wo mukae tamawan.
- 11 IEHOBA yo, nanji no michi wo ware ni oshie ;  
Waga ata no yue ni  
Ware wo tairaka naru michi ni michibiki tamae.
- 12 Itsuwari no akashi wo nasu mono, arabi wo haku mono ware ni sakaraite okori tateri :  
Negawaku wa, ware wo ata ni wata-shite, sono kokoro no mama ni nasa-shime tamau nakare.
- 13 Ware moshi IEHOBA no itsukushimi wo Ikeru mono no kuni nite miru no tanomi nakaramashikaba, ika ni zo ya ?
- 14 IEHOBA wo machi nozome :  
O-oshikare, nanji no kokoro wo katō seyo ;  
Kanarazu ya IEHOBA wo machi nozome.
- 28** Dabide no Uta.  
1 Aa IEHOBA yo, ware nanji wo yoban ;  
Waga iwa yo, negawaku wa, ware ni mukaite ōshi to nari tamau nakare :  
Nanji modashi tamawaba,  
Osoraku wa ware haka ni iru mono to hitoshikaran.
- 2 Ware nanji ni mukaite sakebi, seijo no oku ni mukaite te wo aguru toki,  
Waga negai no koe wo kiki tamae.
- 3 Ashiki hito, mata yokoshima wo okonau mono to tomo ni,  
Ware wo toraete hiki yuki tamau nakare ;  
Karera wa sono tonari ni yawaragi wo kataredomo,  
Kokoro ni wa sokonai wo idakeri.
- 4 Sono waza ni shitagai, sono nasu aku ni shitagaite karera ni atae ;  
Sono te no nashiwaza ni shitagaite atae ;  
Kore ni sono ukubeki mono wo mukui tamae.
- 5 Karera wa IEHOBA no moromoro no waza to,  
Sono mi te no nashiwaza to wo kaerimizu ;



- Kono yue ni IEHOBA karera wo kobochite, tate tamau koto nakaran.
- 6 IEHOBA wa hompbeki kana!  
Waga inori no koe wo kiki tamaitari.
- 7 IEHOBA wa waga chikara, waga tate nari;  
Waga kokoro kore ni yori tanomitareba, ware tasuke wo etari:  
Saru yue ni waga kokoro itaku yorokobu;  
Ware uta wo mote home matsuran.
- 8 IEHOBA wa sono tami no chikara nari, Sono jukōja no sukui no shiro nari.
- 9 Nanji no tami wo sukui, nanji no yuzuri wo sakiwai;  
Katsu kore wo yashinai, kore wo tokoshinae ni idaki tasuke tamae.
- 29** Dabide no Uta.
- 1 Nanjira Kami no kora yo, IEHOBA ni sasage matsure,  
Sakae to chikara to wo IEHOBA ni sasage matsure.
- 2 Sono mi na ni fusawashiki eikwō wo IEHOBA ni sasage matsure;  
Kiyoki koromo wo tsukete IEHOBA wo ogami matsure.
- 3 IEHOBA no mi koe wa mizu no ue ni ari:  
Eikwō no Kami wa ikazuchi wo todorokase tamau,  
IEHOBA wa ōmizu no ue ni imaseri.
- 4 IEHOBA no mi koe wa chikara ari;  
IEHOBA no mi koe wa miizu ari.
- 5 IEHOBA no mi koe wa kōhaku wo ori kudaku;  
IEHOBA Rebanon no kōhaku wo ori kudaki tamau.
- 6 Kore wo ko ushi no gotoku odorase;  
Rebanon to Shirion to wo wakaki no ushi no gotoku odorase tamau.
- 7 IEHOBA no mi koe wa honō wo waka tsu.
- 8 IEHOBA no mi koe wa no wo furuwase;  
IEHOBA wa Kadeshī no no wo furuwase tamau.
- 9 IEHOBA no mi koe wa shika ni ko wo umase,  
Mata hayashi wo hadaka ni su:
- Sono miya ni aru subete no mono yobawarite, Eikwō naru kana to iu.
- 10 IEHOBA wa Kōzui no ue ni za shi tamaeri;  
IEHOBA wa mi kura ni za shite tokoshie ni ō nari.
- 11 IEHOBA wa sono tami ni chikara wo atae tamau;  
Yasuki wo mote sono tami wo sakiwai tamawan.
- 30** Tono wo Sasaguru toki ni utaeru Dabide no Uta.
- 1 IEHOBA yo, ware nanji wo agamen; nanji ware wo okoshite,  
Waga ata no waga koto ni yorite yorokobu wo yurushi tamawazareba nari.
- 2 Waga Kami IEHOBA yo,  
Ware nanji ni yobawareba, nanji ware wo iyashi tamaeri.
- 3 IEHOBA yo, nanji waga tamashii wo Yomi yori age;  
Ware wo nagarashimete, haka ni kudarase tamawazariki.
- 4 IEHOBA no seito yo, IEHOBA wo home utae matsure,  
Kiyoki mi na ni kansha seyo.
- 5 Sono ikari wa tada shibashi nite;  
Sono megumi wa inochi to tomo ni nagashi:  
Yo wa yomosugara naki kanashimu to mo,  
Ashita ni wa yorokobi utawan.
- 6 Ware yasukekarishi toki ni ieraku,  
Tokoshie ni ugokasaruru koto nakaran to.
- 7 IEHOBA yo, nanji megumi wo mote waga yama wo kataku tatase tamaiki:  
Shika wa aredo nanji mi kao wo kakushi tamaitareba; ware oji madoitari.
- 8 IEHOBA yo, ware nanji ni yobawareri;  
Ware hitasura IEHOBA ni negaeri:
- 9 Ware haka ni kudaraba, waga chi nani no eki aran?  
Chiri wa nanji wo home tataen ya? nanji no makoto wo nobe tsutaen ya?
- 10 IEHOBA yo, kiki tamae; ware wo awaremi tamae:  
IEHOBA yo, negawaku wa, waga tasuke to nari tamae.

- 11 Nanji odori wo mote waga nageki ni kae;  
Waga aratae wo toki, yorokobi wo mote waga obi to shi tamaeri.
- 12 Ware sakae wo mote home utai tsutsu, modasu koto nakaran tame nari.  
Waga Kami IEHOBA yo, ware tokoshie ni nanji ni kansha sen.
- 31** Uta no Kami ni utawashimetarū Dabide no Uta.
- 1 IEHOBA yo, ware nanji ni yori tanomu; negawaku wa, izure no hi made mo haji wo owashime tamau nakare:  
Nanji no gi wo mote ware wo tasuke tamae.
- 2 Nanji no mimi wo katabukete; sumiyaka ni ware wo sukui tamae:  
Negawaku wa, waga tame ni kataki iwa to nari, ware wo sukui mamori no ie to nari tamae.
- 3 Nanji wa waga iwa, waga shiro nari;  
Sareba mi na no yue wo mote ware wo hiki, ware wo michibiki tamae.
- 4 Nanji ware wo karera ga hisoka ni mōketaru ami yori hiki idashi tamae;  
Nanji wa waga toride nari.
- 5 Ware tamashii wo nanji no mi te ni yudanu:  
IEHOBA makoto no Kami yo, nanji wa ware wo agantai tamaeri.
- 6 Ware wa itsuwari no munashiki koto ni kokoro wo yosuru mono wo nikumu:  
Ware wa tada IEHOBA ni yori tanomu nari.
- 7 Ware wa nanji no awaremi wo yorokobi tanoshiman:  
Nanji waga nayami wo kaerimi,  
Waga tamashii no wazawai wo shiri;
- 8 Ware wo ata no te ni toji komeshime tamawazu;  
Waga ashi wo hiroki tokoro ni tate tamaeba nari.
- 9 Ware semari kurushimeri; IEHOBA yo, ware wo awaremi tamae:  
Waga me wa urei ni yorite otorou, tamashii mo, mi mo, mata otoroenu.
- 10 Waga inochi wa kanashimi ni yorite kie yuki; waga toshi wa nageki ni yorite kie yukeba nari:
- Waga chikara wa waga fugi ni yorite otoroe; waga hone wa kare hatetari.
- 11 Ware moromoro no ata yue ni soshiruru,  
Waga tonari ni wa wakete hanahadashi, ai shiru mono ni wa imi habakarare;  
Chimata nite ware wo miru mono sake te nogaru.
- 12 Ware wa shinitaru mono no gotoku wasurarete, hito no kokoro ni okarezu:  
Ware wa yaburetaru utsuwamono no gotoku nareri.
- 13 Sowa ware ōku no hito no soshiri wo kiki,  
Itaru tokoro ni osore ari:  
Karera ware ni sakaraite tagai ni hakarishi ga,  
Waga inochi wo sae toran to kuwadatetari.
- 14 Saredo, IEHOBA yo, ware nanji ni yori tanomeri:  
Mata, Nanji wa waga Kami nari to ieri.
- 15 Waga toki wa subete nanji no mi te ni ari:  
Negawaku wa, ware wo ata no te yori tasuke, ware ni oi semaru mono yori tasuke idashi tamae.
- 16 Nanji no shimobe no ue ni mi kao wo kagayakase,  
Nanji no itsukushimi wo mote ware wo sukui tamae.
- 17 IEHOBA yo, ware ni haji wo owashime tamau nakare; sowa ware nanji wo yobeba nari:  
Negawaku wa, ashiki mono ni haji wo ukeshime, Yomi ni arite kuchi wo tsugumashime tamae.
- 18 Takaburi to anadori to wo mote,  
Tadashiki mono ni mukai, midari ni nonoshiru  
Itsuwari no kuchibiru wo tsugumashime tamae.
- 19 Nanji wo osoruru mono no tame ni takuwa,  
Nanji ni yori tanomu mono no tame ni hito no ko no mae nite hodokoshi tamaeru nanji no itsukushimi wa ōi naru kana!
- 20 Nanji karera wo mi mae naru hisoka naru tokoro ni kakushite, hito no hakarigoto yori manukareshime;



- Mata kari-io no uchi ni hisomasete, shita no araso wo sakeshime tamawan.
- 21 Homubeki kana IEHOBA wa!  
Kengo naru shiro no naka nite ayashimaruru bakari no itsukushimi wo ware ni arawashi tamaeri.
- 22 Ware odoroki awatete ieraku, Nanji no me no mae yori tataretari to:  
Saredo ware nanji ni yobi motomeshi toki nanji waga negai no koe wo kiki tamaeri.
- 23 Nanjira moromoro no seito yo, IEHOBA wo itsukushime:  
IEHOBA wa makoto aru mono wo mamori,  
Takaburu mono ni omoku mukui wo hodokoshi tamau.
- 24 Subete IEHOBA wo machi nozomu mono yo,  
O-oshikare, nanjira kokoro wo katō seyo.
- 32** Dabide no Oshie no Uta.
- 1 Sono toga wo yurusare, sono tsumi wo owareshi mono wa saiwai nari.
- 2 Fugi wo IEHOBA ni owaserarezaru mono,  
Kokoro ni itsuwari naki mono wa saiwai nari.
- 3 Ware ii arawasazarishi toki wa hinesomu kanashimi sakebitaru ga yue ni,  
Waga hone furubi otoroetari.
- 4 Nanji no mi te wa yoru mo hiru mo waga ne ni arite omoshi:  
Waga mi no uruoi wa kawarite natsu no hideri no gotoku nareri. [Sera
- 5 Kakute ware nanji no mi mae ni waga tsumi wo arawashi, waga fugi wo ōwazariki:  
Ware ieraku, Waga toga wo IEHOBA ni ii arawasan to;  
Kakaru toki shi mo nanji waga tsumi no yokoshima wo yurushi tamaeri. [Sera
- 6 Sareba, Kami wo uyamau mono wa nanji ni au koto wo ubeki ma ni nanji ni inoran:  
Ōmizu afure nagaruru tomo kanarazu sono mi ni oyobaji.
- 7 Nanji wa waga kakurubeki tokoro nari; nanji nayami wo fusegite ware wo mamori;  
Sukui no uta wo mote ware wo kakomi tamawan. [Sera
- 8 Ware nanji wo oshie, nanji wo ayumbeki michi ni michibiki;  
Waga me wo nanji ni tomete satosan.
- 9 Nanjira wakimae naki uma no gotoku, usagi-uma no gotoku naru nakare:  
Karera wa kutsuwa tazuna no gotokigu wo mote hiki tomezuba,  
Chikazuki kitaru koto nashi.
- 10 Ashiki mono wa kanashimi ōkaredo, IEHOBA ni yori tanomu mono wa awaremi nite kakomaren.
- 11 Tadashiki mono yo, IEHOBA wo yorokobi tanoshime;  
Subete kokoro no naoki mono yo, yorokobi yobōbeshi.
- 33** Tadashiki mono yo, IEHOBA ni yorite yorokobe:  
Sambi wa naoki mono ni fusawashiki nari.
- 2 Koto wo mote IEHOBA ni kansha seyo:  
Tō o no koto wo mote IEHOBA wo home utae.
- 3 Atarashiki uta wo IEHOBA ni mukaite utai;  
Yorokobi no koe wo agete takumi ni koto wo kaki narase.
- 4 IEHOBA no mi kotoba wa naoku;  
Sono subete okonai tamau tokoro makoto nareba nari.
- 5 IEHOBA wa gi to kōhei to wo konomi tamau:  
Sono itsukushimi wa amaneku chi ni mitsu.
- 6 Moromoro no ten wa IEHOBA no mi kotoba ni yorite nari;  
Ten no bangun wa IEHOBA no kuchi no iki ni yorite tsukuraretari.
- 7 IEHOBA wa umi no mizu wo atsumete uzudakaku shi;  
Fukaki fuchi wo kura ni osame tamau.
- 8 ZENCHI wa IEHOBA wo osore;  
Yo ni sumeru moromoro no hito wa IEHOBA wo oji kashikomubeshi.
- 9 Sowa IEHOBA ii tamaeba nari;  
Ōse tamaeba, tateru ga yue nari.
- 10 IEHOBA wa moromoro no kuni no hakarigoto wo munashiku shi;

- Moromoro no tami no omoi wo itazura ni shi tamau.
- 11 IEHOBA no hakarigoto wa tokoshie ni tachi,  
Sono mi kokoro no omoi wa yoyo ni tatsu.
- 12 IEHOBA wo onoga Kami to suru kuni wa saiwai nari;  
IEHOBA yuzuri ni sen tote erabi tameru sono tami wa saiwai nari.
- 13 IEHOBA ten yori ukagaite,  
Subete no hito no ko wo mi;
- 14 Sono imasu tokoro yori,  
Chi ni sumu moromoro no hito wo mi tamau.
- 15 IEHOBA wa subete karera no kokoro wo tsukuri,  
Sono nasu tokoro wo kotogotoku kangami tamau.
- 16 Ōsha ikusabito ōki wo mote sukui wo ezu:  
Yūshi chikara ōi naru wo mote tasuke wo ezaru nari.
- 17 Uma wa sukui ni eki naku;  
Sono ōi naru chikara mo hito wo tasukuru koto nakaran.
- 18 Miyo, IEHOBA no me wa IEHOBA wo osoruru mono,  
Mata sono awaremi wo nozomu mono no ue ni ari;
- 19 Kowa karera no tamashii wo shi yori sukui,  
Toshi utaru toki ni mo, yo ni nagareshimen ga tame nari.
- 20 Warera no tamashii wa IEHOBA wo machi nozomeri:  
IEHOBA wa warera no tasuke, warera no tate nari.
- 21 Warera wa kiyoki mi na ni yori tanomeri;  
Kakute zo warera no kokoro wa IEHOBA ni arite yorokoban.
- 22 IEHOBA yo, warera nanji wo machi nozomeri;  
Kore ni shitagaite awaremi wo warera no ue ni tare tamae.
- 34** Dabide Abimereku no mae nite kurneru sama wo nashi, owarete ide sarishi toki ni tsukureru Uta.
- 1 Ware tsune ni IEHOBA wo iwai matsuran:  
Sono tataegoto wa waga kuchi ni taeji.
- 2 Waga tamashii wa IEHOBA ni yorite hokoran:  
Herikudaru mono wa kore wo kikite yorokoban.
- 3 Ware to tomo ni IEHOBA wo agameyo,  
Warera tomo ni sono mi na wo age tataen.
- 4 Ware IEHOBA wo tazunetareba, IEHOBA ware ni kotae,  
Ware wo moromoro no osore yori tasuke idashi tamaeri.
- 5 Karera IEHOBA wo aogi nozomite hikari wo kōbureri:  
Karera no kao wa haji akaramu koto nashi.
- 6 Kono kurushimu mono sakebitareba, IEHOBA kore wo kiki,  
Sono subete no nayami yori sukui idashi tamaeri.
- 7 IEHOBA no tsukai wa IEHOBA wo osoruru mono no mawari ni ei wo tsuranete,  
Kore wo tasuku.
- 8 Nanjira IEHOBA no megumi fukaki wo ajiwai shire:  
IEHOBA ni yori tanomu mono wa saiwai nari.
- 9 IEHOBA no seito yo, IEHOBA wo osoreyo:  
IEHOBA wo osoruru mono ni wa tomoshiki koto nakereba nari.
- 10 Wakaki shishi wa tomoshiku shite ueru koto ari:  
Saredo IEHOBA wo tazunuru mono wa yoki mono ni kakuru koto araji.
- 11 Ko yo, kitarite ware ni kike:  
Ware IEHOBA wo osorubeki koto wo nanjira ni oshien.
- 12 Saiwai wo min ga tame ni inochi wo shitai,  
Nagaraen koto wo konomu mono wa tare zo ya?
- 13 Nanji no shita wo osaete aku ni tsukashimezu,  
Nanji no kuchibiru wo osaete itsuwari wo iwazarashimeyo.
- 14 Aku wo hanarete, zen wo okonai;  
Yawaragi wo motomete, sechi ni kono koto wo tsutomeyo.
- 15 IEHOBA no me wa tadashiki mono wo kaerimi,