

- 32 Tami Meriba no mizu no hotori nite IEHOBA no mi ikari wo hiki okoshi-shikaba,  
Karera no yue ni yorite Mōse mo wazawai ni aeri:
- 33 Karera Kami no mitama ni somukishikaba,  
Mōse sono kuchibiru nite midari ni mono itareba nari.
- 34 Karera wa IEHOBA no meiji tamaeru koto ni shitagawazu shite,  
Moromoro no tami wo horobosazu;
- 35 Kaerite moromoro no kuibito to majiri orite,  
Sono waza ni narai;
- 36 Onoga wana to narishi  
Sono gūzō ni tsukaetari.
- 37 Karera wa sono musuko musume wo oni ni sasagu,
- 38 Tsumi naki chi sunawachi Kanan no gūzō ni sasagetaru  
Onoga musuko musume no chi wo nagashinu:  
Kakute kuni wa chi nite kegasaretari.
- 39 Mata sono waza wa mizukara wo kegashi,  
Sono okonau tokoro wa taware nari.
- 40 Kono yue ni IEHOBA no ikari sono tami ni mukaite okori;  
Sono yuzuri wo nikumite,
- 41 Karera wo moromoro no kuni no te ni watashi tamaeri;
- Karera wa onore wo uramuru mono ni osacerare,  
42 Onore no ata ni shietagerare,  
Sono te no shita ni uchi fuseraretari.
- 43 IEHOBA wa shibashiba tasuke tamaishikado;  
Karera wa hakarigoto wo mōkete somuki,  
Sono yokoshima ni hikuku seraretari.
- 44 Saredo IEHOBA wa karera no naku koe wo kiki tamaishi toki,  
Sono nayami wo kaerimi;
- 45 Sono keiyaku wo karera no tame ni omoi idashi,  
Sono awaremi no yutaka naru ni yori, mi kokoro wo kaesase tamaite;
- 46 Karera wo onoga toriko ni seraretaru monodomo ni,  
Awaremaruru koto wo eshime tamaeri.
- 47 Warera no Kami IEHOBA yo, warera wo sukuite,  
Kuniguni no naka yori tori atsume tamae;  
Warera wa mi na ni sha shi,  
Nanji no homubeki koto wo hokoran.
- 48 Isuraeru no Kami IEHOBA wa Tokoshie yori tokoshie made homubeki kana!  
Subete no tami wa Amen to touō-beshi;  
IEHOBA wo home tataeyo.

## KWAN V.

- 107**  
IEHOBA ni kansha seyo, IEHOBA wa megumi fukaku mashimashite,  
Sono awaremi kagiri nashi.
- 2 IEHOBA no aganai wo kōburu mono wa Mina shika iubeki nari.
- 3 IEHOBA wa teki no te yori karera wo aganai,  
Moromoro no chi yori bigashi, nishi, Kita, minami yori tori atsume tamaeri.
- 4 Karera no nite are hatetaru michi ni samayoi,  
Sono sumōbeki machi ni awazariki.
- 5 Karera ue, mata kawaki,  
Sono uchi no tamashii otoroetari.
- 6 Kakute sono kurushimi no uchi nite IEHOBA wo yobawaritareba,  
IEHOBA kore wo nayami yori tasuke idashi;
- 7 Sumōbeki machi ni yukashimen tote,  
Naoki michi ni michibiki tamaeri.
- 8 Negawaku wa, subete no hito wa IEHOBA no megumi yori,  
Hito no ko ni nashi tamaeru kusushiki

- mi waza ni yorite, IEHOBA wo home tataen koto wo!
- 9 IEHOBA wa kawaki shitau tamashii wo tarawase,  
Uetaru tamashii wo yoki mono nite akashime tamaeba nari.
- 10 Kuraki to, shi no kage to ni oru-mono,  
Nayami to kurogane to ni imashimeraruru mono;
- 11 Kami no kotoba ni somuki,  
Ito Takaki Mono no oshie wo karoshimekereba:
- 12 Kinrō wo mote sono kokoro wo hikuu shi tamaeri;  
Karera taoretaredo, tasukuru mono mo nakariki.
- 13 Kakute sono kurushimi no uchi nite IEHOBA wo yobawaritareba,  
IEHOBA kore wo nayami yori sukui;
- 14 Kuraki to shi no kage yori karera wo michibiki idashite,  
Sono kase wo kobochi tamaeri.
- 15 Negawaku wa, subete no hito wa IEHOBA no megumi ni yori,  
Hito no ko ni nashi tamaeru kusushiki mi waza ni yorite, IEHOBA wo home tataen koto wo!
- 16 Sowa akagane no mon wo kobochi,  
Kurogane no kwannoki wo tachi kiri tamaeri.
- 17 Oroka naru mono wa onoga toga no michi ni yori,  
Onoga yokoshima ni yorite nayameri.
- 18 Karera no tamashii wa subete no kuumono wo kiraite;  
Shi no kado ni chikazuku.
- 19 Kakute sono kurushimi no uchi nite IEHOBA wo yobau:  
IEHOBA kore wo nayami yori sukui tamau.
- 20 Sono mi kotoba wo tsukawashite kore wo iyashi,  
Kore wo sono horobi yori tasuke idashi tamau.
- 21 Negawaku wa, subete no hito IEHOBA no megumi ni yori,  
Hito no ko ni nashi tamaeru kusushiki mi waza ni yorite, IEHOBA wo home tataen koto wo!
- 22 Karera wa kansha no sonaemono wo sasage,  
Yorokobi utaitte sono mi waza wo ii arawasubeshi.
- 23 Fune nite umi ni ukabi,  
Ō-umi nite waza wo itonamu mono wa,
- 24 IEHOBA no mi waza wo mi,  
Mata fuchi nite sono kusushiki mi waza wo miru.
- 25 IEHOBA meiji tamaeba, araki kaze okorite,  
Sono nami wo agu.
- 26 Karera ame ni nobori, mata fuchi ni kudari,  
Nayami ni yorite sono tamashii toke sari;
- 27 Konata kanata ni katabuki, eitaru mono no gotoku yoroboite,  
Nasu tokoro wo shirazu.
- 28 Kakute sono kurushimi no uchi nite IEHOBA wo yobau:  
IEHOBA kore wo nayami yori tazusae ide,
- 29 Arashi wo shizumete,  
Nami wo odayaka ni nashi tamaeri.
- 30 Karera wa onoga shizuka naru wo yorokobu;  
Kakute IEHOBA wa karera wo sono nozomu tokoro no minato ni michibiki tamau.
- 31 Negawaku wa, subete no hito IEHOBA no megumi ni yori,  
Hito no ko ni nashi tamaeru ayashiki mi waza ni yorite, IEHOBA wo home tataen koto wo!
- 32 Karera tami no tsudoi nite kore wo agame,  
Chōrō no za nite kore wo home tatō-beshi.
- 33 IEHOBA wa kawa wo no ni kawarase,  
Izumi wo kawakeru chi ni kawarase;
- 34 Mata yutaka naru chi ni sumeru tami no aku ni yorite,  
Soko wo shio no chi ni kawarase tamau.
- 35 No wo ike ni kawarase,  
Kawakeru chi wo izumi ni kawarase;
- 36 Koko ni uetaru mono wo sumawase tamau:

- Sareba karera wa onoga sumai no machi wo tate ;  
 37 Hata ni tane wo maki, budōzono wo mōkete,  
 Sono musuberu mi wo etari.  
 38 IEHOBA wa karera no itaku fue hirogareru made ni megumi wo atae ;  
 Sono kedamono no heru koto wo mo yurushi tamawazu.  
 39 Saredo mata shietage, kurushimi, kanashimi ni yorite  
 Heri yuki, katsu unataretari.  
 40 IEHOBA moromoro no kimi ni anadori wo sosogi,  
 Michi naki arechi ni samayowase tamau.  
 41 Shika wa aredo mazushiki mono wo nayami no uchi yori age te,  
 Sono yakara wo hitsuji no mure no gotoku narashime tamau.  
 42 Naoki mono wa kore wo mite yorokobi,  
 Moromoro no fugi wa sono kuchi wo fusagan.  
 43 Subete satoki mono wa korera no koto ni kokoro wo yose,  
 IEHOBA no awaremi wo satorubeshi.

**108** Dabide no Uta nari, Sambu nari.

- 1 Kami yo, waga kokoro wa sadamareri ;  
 Ware utai matsuran, tatae matsuran,  
 waga sakae wo mote tatae matsuran.  
 2 Sō yo, koto yo, samubeshi :  
 Ware shinonome wo yobi samasan.  
 3 IEHOBA yo, ware moromoro no tami no naka nite nanji ni kansha shi ;  
 Moromoro no kuni no naka nite nanji wo home utawan.  
 4 Sowa nanji no awaremi wa oi ni shite ten no ue ni agari ;  
 Nanji no makoto wa kumo ni made oyobu.  
 5 Kami yo, negawaku wa, mizukara wo ten yori mo takaku shi ;  
 Mi sakae wo zenchi no ue ni age tamae ;  
 6 Negawaku wa, migi no mi te wo mote sukui wo hodokoshi,  
 Warera ni kotae wo nashite, itsukushimi tamau mono ni tasuke wo eshime tamae.  
 7 Kami wa sono kiyoki wo mote ii tamaeri, Ware itaku yorokoban :

Ware Shikemu wo wakachi, Sukote no tani wo hakaran.

- 8 Gireade jwa waga mono ; Manase wa waga mono nari :  
 Efuraimu mo mata waga kōbe no mamori nari ;  
 Yuda wa waga tsue.  
 9 Moabu wa waga ashidarai nari ;  
 Edomu ni wa waga kutsu wo nagen :  
 Perishite yo, waga yue ni yorite koe wo ageyo to.  
 10 Tare ka ware wo kengo naru machi ni susumashimen ya ?  
 Tare ka ware wo michibikite Edomu ni yukishi ya ?  
 11 Kami yo, nanji wa warera wo sute tamaishi ni arazu ya ?  
 Kami yo, nanji wa warera no ikusa to tomo ni ide yuki tamawazu.  
 12 Negawaku wa, tasuke wo ware ni atae te, teki ni mukawashime tamae :  
 Hito no tasuke wa munashikereba nari.  
 13 Warera wa Kami ni yorite isamashiku hatarakan :  
 Warera no teki wo fumi tamau mono wa Kami nareba nari.

**109** Uta no Kami ni utawashimataru,  
 Dabide no Uta.

- 1 Waga home tatōru Kami yo, modashi tamau nakare.  
 2 Karera wa aku no kuchi to, azamuki no kuchi to wo akete ware ni mukai ;  
 Itsuwari no shita wo mote ware ni katari ;  
 3 Urami no kotoba wo mote ware wo kakomi,  
 Yue naku ware wo semete tadakan koto areba nari.  
 4 Ware ai suru ni karera kaerite waga teki to naru :  
 Ware tada inoru nari.  
 5 Karera wa aku wo mote waga zen ni mukui,  
 Urami wo mote waga ai ni mukuitari.  
 6 Negawaku wa, kare no ue ni ashiki hito wo tate ;  
 Sono migiri ni teki wo tatashime tamae.  
 7 Kare ga sabakaruru toki wa, sono tsumi wo arawa ni serare ;  
 Mata sono inori wa tsumi to nari ;  
 8 Sono hi wa sukunaku ;

- Sono tsutome wa hoka no hito ni erare ;  
 9 Sono kora wa minashigo to nari ;  
 Sono tsuma wa yamome to nari ;  
 10 Sono kora wa sasuraite mono koi ;  
 Sono aretaru tokoro yori ide kitarite shoku wo motomubeshi.  
 11 Kare no moteru subete no mono wa hataru mono ni ubaware ;  
 Kare no kinrō wa adashibito ni kasumerarubeshi.  
 12 Kare ni megumi wo atōru hito hitori dani naku ;  
 Kare no minashigo wo awaremi mono mo naku ;  
 13 Sono sue wa tae ;  
 Sono na wa tsugi no yo ni kie usubeshi.  
 14 Sono chichira no yokoshima wa IEHOBA no mi kokoro ni shirusare ;  
 Sono haba no tsumi wa kiezarubeshi.  
 15 Karera wa tsune ni IEHOBA no mae ni okare,  
 Sono na wa chi yori tatarubeshi.  
 16 Kakaru hito wa awaremi wo hodokosu koto wo omowazu,  
 Kaerite mazushiki mono, tomoshiki mono,  
 Kokoro no itameru mono wo korosan to shite semetariki.  
 17 Kakaru hito wa norou koto wo konomu, kono yue ni noroi onore ni itaru :  
 Megumu koto wo tanoshimazu, kono yue ni megumi onore ni tōzakareri.  
 18 Kakaru hito wa koromo no gotoku ni noroi wo kiru,  
 Kono yue ni noroi mizu no gotoku ni onore no uchi ni iri,  
 Abura no gotoku ni onore no hone ni ireri.  
 19 Negawaku wa, noroi wo onore no kitaru koromo no gotoku,  
 Obi no gotoku nashite, tsune ni mizukara matowan koto wo.  
 20 Korera no koto wa waga teki to,  
 Waga tamashii ni sakaraite ashiki koto wo iu mono to ni IEHOBA no atae tamau mukui nari.  
 21 Saredo Shu IEHOBA yo, nanji no mi na no yue wo mote ware wo kaerimi tamae :  
 Nanji no awaremi wa ito fukashi, negawaku wa, ware wo tasuke tamae.

- 22 Ware wa mazushiku shite tomoshi ;  
 Waga kokoro uchi nite kizu wo uku.  
 23 Waga yuku sama wa yūhi no kage no gotoku,  
 Mata inago no gotoku fuki sararuru nari.  
 24 Waga hiza wa danjiki ni yorite yoromeki ;  
 Waga niku wa yase otorou.  
 25 Ware wa karera ni soshiraruru mono to nareri :  
 Karera ware wo miru toki wa kōbe wo furu.  
 26 Waga Kami IEHOBA yo, negawaku wa, ware wo tasuke,  
 Sono awaremi ni shitagaite ware wo sukui tamae.  
 27 IEHOBA yo, korera wa mina nanji no mi te yori ide ;  
 Nanji no nashi tamaeru koto naru wo karera ni shirashime tamae.  
 28 Karera wa noroedomo, nanji wa megumi tamau ;  
 Karera no tatsu toki wa hazukashimeraruredomo, nanji no shimobe wa yorokoban.  
 29 Waga moromoro no teki wa anadori wo ki,  
 Onoga haji wo uwagi no gotoku ni matōbeshi.  
 30 Ware wa waga kuchi wo mote oi ni IEHOBA ni sha shi ;  
 Ōku no hito no naka nite home matsuran.  
 31 IEHOBA wa mazushiki mono no migi ni tachite,  
 Sono tamashii wo tsumi sen to suru mono yori kore wo sukui tamaeri.

**110** Dabide no Uta.

- 1 IEHOBA waga shu ni notamau, Ware nanji no ata wo nanji no shōsoku to suru made wa,  
 Waga migi ni za subeshi.  
 2 IEHOBA wa nanji no chikara no tsue wo Shion yori tsuki idasashime tamawan :  
 Nanji wa moromoro no ata no naka ni ō to narubeshi.  
 3 Nanji no ikioi no hi ni nanji no tami wa sei naru uruwashiki koromo wo tsuke,

- Kokoro yori yorokobite onore wo sagan :
- Nanji wa ashita no hara yori izuru wakaki mono no tsuyu wo moteri.
- 4 IEHOBA chikai wo tatete, mi kokoro wo kaesase tamau koto nashi,  
Nanji wa Merukisedeku no sama ni hitoshiku,  
Tokoshie ni saishi tari.
- 5 Shu wa nanji no migi ni arite,  
Sono ikari no hi ni otachi wo uchi tamaeri.
- 6 Shu wa moromoro no kuni no naka nite sabaki wo okonai tamawan,  
Koko ni mo kashiko ni mo kabane wo mitashime ;  
Hiroraka naru chi wo suburu kashira wo uchi tamaeri.
- 7 Kare michi no hotori no kawa yori kumite nomi :  
Kakute kôbe wo agen.

## 111

- IEHOBA wo home tataeyo.  
Ware wa naoki mono no tsudoi, arui wa kôkwai nite,  
Kokoro wo tsukushite IEHOBA ni kansha sen.
- 2 IEHOBA no mi waza wa oi nari,  
Subete sono mi waza wo shitau mono wa kore wo kangae kiwamu.
- 3 Sono okonai tamau tokoro wa sakae ari, mata miizu ari :  
Sono tadashiki wa tokoshie ni usuru koto nashi.
- 4 IEHOBA wa sono kusushiki mi waza wo hito no kokoro ni tomeshime tamaeri :  
IEHOBA wa megumi to awaremi to nite michi tamau.
- 5 IEHOBA wa onore wo osoruru mono ni kate wo atae tamaeri :  
Mata sono keiyaku wo tokoshie ni kokoro ni tome tamawan.
- 6 IEHOBA wa moromoro no kuni no shoryô wo onore no tami ni ataete,  
Sono mi waza no chikara wo kore ni arawashi tamaeri.
- 7 Sono mi te no mi waza wa makoto nari, tadashiki nari ;  
Sono moromoro no mi satoshi wa katashi.

- 8 Korera wa yoyo kagiri naku kataku tachi,  
Makoto to naoki to nite nareri.
- 9 IEHOBA wa sono tami ni aganai wo hodokoshi ;  
Sono keiyaku wo tokoshie ni tate tamaeri :  
IEHOBA no mi na wa sei ni shite, agamubeki nari.
- 10 IEHOBA wo osoruru wa chie no hajime nari ;  
Korera wo okonau mono wa mina akiraka naru satori aru hito nari :  
IEHOBA no homare wa tokoshie ni usuru koto nashi.

## 112

- IEHOBA wo home matsure.  
IEHOBA wo osorete,  
Sono moromoro no imashime wo itaku yorokobu mono wa saiwai nari.
- 2 Kakaru hito no sue wa chi nite tsuyoku ;  
Naoki mono no tagui wa saiwai wo en.
- 3 Tomi to takara to wa sono ie ni ari :  
Sono tadashiki wa tokoshie ni usuru koto nashi.
- 4 Naoki mono no tame ni kuraki naka ni mo hikari arawaru :  
Kare wa megumi yutaka ni, awaremi ni mitsuru tadashiki mono nari.
- 5 Megumi wo hodokoshi, kasu koto wo nasu mono wa saiwai nari ;  
Kakaru hito wa sabaki wo ukuru toki onoga utae wo sasae ubeshi.
- 6 Mata tokoshie made ugokasaruru koto nakaran ;  
Tadashiki mono wa nagaku wasureruru koto nakarubeshi.
- 7 Kare wa ashiki otozure ni yorite osorezu ;  
Sono kokoro IEHOBA ni yori tanomite sadamareri.
- 8 Sono kokoro kataku tachite, osoruru koto naku,  
Teki ni tsukite no negai wo tsui ni min.
- 9 Kare wa chirashite, mazushiki mono ni atau ;  
Sono tadashiki wa tokoshie ni usuru koto nashi :  
Sono tsuno wa agame wo ukete ageraren.

- 10 Ashiki mono wa kore wo mite urei modae,  
Hagami shi tsutsu toke saran :  
Mata ashiki mono no negai wa horobubeshi.

## 113

- IEHOBA wo home matsure.  
Nanjira IEHOBA no shimobe yo, home matsure,  
IEHOBA no mi na wa home matsure.
- 2 Ima yori tokoshie ni itaru made,  
IEHOBA no mi na wa homubeki kana !
- 3 Hi no izuru tokoro yori hi no iru tokoro made,  
IEHOBA no mi na wa homerarubeshi.
- 4 IEHOBA wa moromoro no kuni no ue ni arite takaku,  
Sono mi sakae wa ten yori mo takashi.
- 5 Warera no Kami IEHOBA ni tagûbeki mono wa tare zo ya ?  
Mi kura wo sono takaki ni sue,  
Onore wo hikuku shite  
Ten to chi to wo kaerimi tamau.
- 7 Mazushiki mono wo chiri yori age,  
Tomoshiki mono wo akuta yori age ;
- 8 Moromoro no kimitachi to tomo ni suwarase ;  
Sono tami no kimitachi to tomo ni suwarase tamawan.
- 9 Mata harami naki onna ni ie wo mamorase,  
Ôku no kora no yorokobashiki hahatarashime tamau.  
IEHOBA wo home matsure.

## 114

- Isuraeru no tami Ejipto wo ide,  
Yakubu no ie adashi kotoba no tami wo hanareshi toki ;
- 2 Yuda wa IEHOBA no seiyo to nari,  
Isuraeru wa IEHOBA no shoryô to nareri.
- 3 Umi wa kore wo mite nige,  
Yorudan wa ushiro ni shirizoki ;
- 4 Yama wa o hitsuji no gotoku odori,  
Ko yama wa ko hitsuji no gotoku odoreri.
- 5 Umi yo, nanji nani tote niguru ya ?  
Yorudan yo, nanji nani tote ushiro ni shirizoku ya ?
- 6 Yama yo, nani tote o hitsuji no gotoku odoru ya ?

- Ko yama yo, nani tote ko hitsuji no gotoku odoru ya ?
- 7 Chi yo, Shu no mi mae,  
Yakubu no Kami no mi mae ni ononoke.
- 8 Shu wa iwa wo ike ni kawarase,  
Ishi wo izumi ni kawarase tamaeri.

## 115

- IEHOBA yo, sakae wo warera ni kisuru nakare, warera ni kisuru nakare ;  
Nanji no awaremi to, nanji no makoto to no yue ni yorite,  
Tada mi na ni nomi kishi tamae.
- 2 Moromoro no kunibito wa ika nareba iu,  
Ima karera no Kami wa izuku ni ari ya to.
- 3 Saredo warera no Kami wa ten ni imasu :  
Kami wa mi kokoro no mama ni subete no koto wo okonai tamaeri.
- 4 Karera no gûzô wa shirokane to, koga-gane ni shite,  
Hito no te no waza nari.
- 5 Sono gûzô wa kuchi aredo, iwazu ;  
Me aredo, mizu ;
- 6 Mimi aredo, kikazu ;  
Hana aredo, kagazu ;
- 7 Te aredo, torazu ;  
Ashi aredo, ayumazu ;  
Nodo yori koe wo idasu koto nashi.
- 8 Kore wo tsukuru mono to,  
Kore ni yori tanomu mono to wa mina kore ni hitoshikaran.
- 9 Isuraeru yo, nanji IEHOBA ni yori tanome :  
IEHOBA wa karera no tasuke, karera no tate nari.
- 10 Aron no ie yo, nanjira IEHOBA ni yori tanome :  
IEHOBA wa karera no tasuke, karera no tate nari.
- 11 IEHOBA wo osoruru mono yo, IEHOBA ni yori tanome :  
IEHOBA wa karera no tasuke, karera no tate nari.
- 12 IEHOBA wa warera wo mi kokoro ni tome tamaeri ; warera wo megumi, Isuraeru no ie wo megumi ;  
Aron no ie wo megumi ;
- 13 Mata chiisa naru mo, ôki naru mo,

- IEHOBA wo osoruru mono wo megumi tamawan.
- 14 Negawaku wa, IEHOBA nanjira wo mashi kuwae,  
Nanjira to nanjira no kora to wo mashi kuwae tamawan koto wo.
- 15 Nanjira wa ame tsuchi wo tsukuri tamaeru  
IEHOBA ni megumaruru mono nari.
- 16 Ten wa IEHOBA no ten nari;  
Saredo chi wa hito no ko ni atae tamaeri.
- 17 Shinuru hito mo, oto naki tokoro ni kudareru mono mo,  
YAWA wo home tatōru koto nashi.
- 18 Saredo warera wa ima yori tokoshie ni itaru made,  
IEHOBA wo home matsuran.  
Nanjira IEHOBA wo home tataeyo.
- 116**  
Ware IEHOBA wo itsukushimu,  
Sowa<sup>3</sup> waga koe to, waga negai to wo kiki tamaeba nari.
- 2 IEHOBA mimi wo ware ni katabuke tamaishi ga yue ni,  
Ware yo ni aran kagiri IEHOBA wo yobi matsuran.
- 3 Shi no nawa ware wo matoi,  
Yomi no kurushimi ware ni nozomeri;  
Ware wa nayami to urei to ni aeri.
- 4 Sono toki ware IEHOBA no mi na wo yoberi;  
IEHOBA yo, negawaku wa, waga tamashii wo sukui tamae to.
- 5 IEHOBA wa megumi yutaka ni shite, tadashiku mashimaseri:  
Warera no Kami wa awaremi fukashi.
- 6 IEHOBA wa oroka naru mono wo mamori tamau:  
Ware hikuku serareshi ga, IEHOBA ware wo sukui tamaeri.
- 7 Waga tamashii yo, nanji no yasuki ni kaere;  
IEHOBA wa yutaka ni nanji wo ashirai tamaeba nari.
- 8 Nanji wa waga tamashii wo shi yori,  
Waga me wo namida yori,  
Waga ashi wo tsumazuki yori tasuke idashi tamaiki.
- 9 Ware wa ikeru mono no kuni nite,  
IEHOBA no mae ni ayuman.
- 10 Ware ōi ni nayameri to ii tsutsu mo,  
Nao shinjitari.
- 11 Ware awateshi toki ni ieraku,  
Subete no hito wa itsuwari nari to.
- 12 Ware ika ni shite sono tamaeru  
Moromoro no megumi wo IEHOBA ni mukuin ya?
- 13 Ware sukui no sakazuki wo torite,  
IEHOBA no mi na wo yobi matsuran.
- 14 Ware subete no tami no mae nite,  
IEHOBA ni waga chikai wo tsukunowan.
- 15 IEHOBA no seito no shi wa  
Sono mi mae nite tōtoshi.
- 16 IEHOBA yo, makoto ni ware wa nanji no shimobe nari:  
Ware wa nanji no hashitame no ko ni shite, nanji no shimobe nari:  
Nanji waga imashime wo toki tamaeri.
- 17 Ware kansha wo sonaemono to shite nanji ni sasagen,  
Ware IEHOBA no mi na wo yoban.
- 18 Ware subete no tami no mae nite,  
IEHOBA ni waga chikai wo tsukunowan.
- 19 Ierusalem yo, nanji no naka nite,  
IEHOBA no ie no ōniwa no naka nite,  
kore wo tsukunobeshi.  
IEHOBA wo home matsure.
- 117**  
Moromoro no kuni yo, nanjira IEHOBA wo home matsure;  
Moromoro no tami yo, nanjira IEHOBA wo tatae matsure.
- 2 Sowa warera ni tamau sono awaremi wa ōi nari;  
IEHOBA no makoto wa tokoshie ni tayuru koto nashi,  
IEHOBA wo home matsure.
- 118**  
IEHOBA ni kansha seyo; IEHOBA wa megumi fukaku:  
Sono awaremi tokoshie ni tayuru koto nashi.
- 2 Isuraeru wa iza iubeshi,  
Sono awaremi wa tokoshie ni tayuru koto nashi to.
- 3 Aron no ie wa iza iubeshi,  
Sono awaremi wa tokoshie ni tayuru koto nashi to.
- 4 IEHOBA wo osoruru mono wa iza iubeshi,

- Sono awaremi wa tokoshie ni tayuru koto nashi to.
- 5 Ware nayami no naka yori IEHOBA wo yobeba;  
IEHOBA kotaete ware wo hiroki tokoro ni oki tamaeri;
- 6 IEHOBA waga kata ni imaseba; ware ni osore nashi:  
Hito ware ni nani wo nashi en ya?
- 7 IEHOBA wa ware wo tasukuru mono to tomo ni waga kata ni imasu:  
Kono yue ni ware wo nikumu mono ni tsukite no negai wo ware miru koto wo en.
- 8 IEHOBA ni yori tanomu wa  
Hito ni tayoru yori mo masarite yoshi.
- 9 IEHOBA ni yori tanomu wa  
Moromoro no kimi ni tayoru yori mo masarite yoshi.
- 10 Moromoro no kuni wa ware wo kakomeri;  
Ware IEHOBA no mi na ni yorite karera wo horobosan.
- 11 Karera wa ware wo kakomeri; ware wo kakomeri:  
IEHOBA no mi na ni yorite karera wo horobosan.
- 12 Karera wa hachi no gotoku ware wo kakomeri; karera wa ibara no hi no gotoku kietari:  
Ware wa IEHOBA no mi na ni yorite karera wo horobosan.
- 13 Nanji ware wo taosan to shite itaku sashitsuredo;  
IEHOBA ware wo tasuke tamaeri.
- 14 IEHOBA wa waga chikara, waga uta ni shite;  
Waga sukui to nari tamaeri.
- 15 Yorokobi to sukui to no koe wa tadashiki mono no makuya ni ari:  
IEHOBA no migi no mi te wa isamashiki hataraki wo nashi tamau.
- 16 IEHOBA no migi no mi te wa takaku agari:  
IEHOBA no migi no mi te wa isamashiki hataraki wo nashi tamau.
- 17 Ware wa shinuru koto nakaran,  
Nagaraete YAWA no mi waza wo ii arawasan.
- 18 YAWA wa itaku ware wo korashi tamai-shikado;  
Shi ni wa watashi tamawazariki.
- 19 Waga tame ni gi no mon wo hirake:  
Ware sono uchi ni irite, YAWA ni kansha sen.
- 20 Kowa IEHOBA no mon nari;  
Tadashiki mono wa sono uchi ni irubeshi.
- 21 Ware nanji ni kansha sen; nanji ware ni kotaete,  
Waga sukui to nari tamaeba nari.
- 22 Iezukuri no sutetaru ishi wa  
Sumi no oya-ishi to nareri.
- 23 Kore IEHOBA no nashi tamaeru koto ni shite;  
Warera no me ni ayashi to suru tokoro nari.
- 24 Kore IEHOBA no mōke tamaeru hi nari;  
Warera wa kono hi ni yorokobi tano-shiman.
- 25 IEHOBA yo, negawaku wa, warera wo ima sukui tamae;  
IEHOBA yo, negawaku wa, warera wo ima sakaeshime tamae.
- 26 IEHOBA no mi na ni yorite kitaru mono wa saiwai nari:  
Warera IEHOBA no ie yori nanjira wo shuku seri.
- 27 IEHOBA wa Kami nari, warera ni hikari wo atae tamaeri:  
Nawa wo mote saidan no tsuno ni ikenie wo tsunage.
- 28 Nanji wa waga Kami nari, ware nanji ni kansha sen:  
Nanji wa waga Kami nari, ware nanji wo agame matsuran.
- 29 IEHOBA ni kansha seyo; IEHOBA wa megumi fukaku;  
Sono awaremi tokoshie ni tayuru koto nashi.
- 119** AREFU.  
Onoga michi wo naoku shite,  
IEHOBA no okite wo ayumu mono wa saiwai nari.
- 2 IEHOBA no moromoro no akashi wo mamori,  
Kokoro wo tsukushite IEHOBA wo tazune motomuru mono wa saiwai nari.
- 3 Kakaru hito wa fugi wo okonawazu shite;  
IEHOBA no michi wo ayumu nari.

- 4 IEHOBA yo, nanji satoshi wo warera ni meijite,  
Nengoro ni mamorase tamau.
- 5 Nanji waga michi wo kataku tatete,  
Sono okite wo mamorase tamawan koto wo.
- 6 Ware nanji no moromoro no imashime ni kokoro wo tomuru toki wa  
Hazuru koto araji.
- 7 Ware nanji no tadashiki sabaki wo manababa,  
Naoki kokoro wo mote nanji ni kansha sen.
- 8 Ware wa mi okite wo mamoran :  
Ware wo sute hate tamau nakare.
- BETE.
- 9 Wakaki hito wa nani ni yorite ka sono michi wo kiyomen ?  
Mi kotoba ni shitagaite tsutsushimu no hoka zo naki.
- 10 Ware kokoro wo tsukushite nanji wo tazune motometari :  
Negawaku wa, nanji no imashime yori mayoi idasashime tamau nakare.
- 11 Ware nanji ni mukaite tsumi wo okasumajiki tame ni,  
Nanji no kotoba wo waga kokoro no uebi ni takuwaetari.
- 12 Homubeki kana, IEHOBA yo !  
Negawaku wa, mi okite wo ware ni oshie tamae.
- 13 Ware waga kuchibiru wo mote,  
Nanji no mi kuchi yori ideshi moromoro no sabaki wo nobe tsutaetari.
- 14 Ware moromoro no takara wo yorokobu gotoku ni,  
Nanji no akashi no michi wo yorokoberi.
- 15 Ware nanji no satoshi wo omoi,  
Nanji no michi ni kokoro wo tomen.
- 16 Ware wa mi okite wo yorokobi,  
Mi kotoba wo wasururu koto nakaran.
- GIMERU.
- 17 Negawaku wa, nanji no shimobe wo yutaka ni ashiraite, nagaraeshime tamae ;  
Saraba ware mi kotoba wo mamoran.
- 18 Nanji waga me wo hiraki,  
Nanji no nori no uchi naru kusushiki koto wo ware ni mise tamae.
- 19 Ware wa yo ni aru tabibito nari :  
Ware ni nanji no imashime wo kakushi tamau nakare.
- 20 Tayuru toki naku nanji no sabaki wo shitau ga yue ni,  
Waga tamashii wa kudakuru nari.
- 21 Nanji wa takaburu mono wo seme tamaeri ;  
Nanji no imashime yori mayoi izuru mono wa norowaru.
- 22 Ware nanji no akashi wo mamoritari ;  
Ware yori soshiri to anadori to wo tori sari tamae.
- 23 Mata moromoro no kimi wa za shite ai katari, ware wo sokonawan to seri :  
Shika wa aredo nanji no shimobe wa mi okite wo fukaku omoeri.
- 24 Nanji no moromoro no akashi wa ware wo yorokobase,  
Ware wo satosu mono nari.
- DARETE.
- 25 Waga tamashii wa chiri ni tsukinu :  
Nanji no kotoba ni shitagaite ware wo ikashi tamae.
- 26 Ware waga fumeru michi wo arawashishikaba, nanji kotae wo ware ni nashi tamaeri :  
Nanji no okite wo ware ni oshie tamae.
- 27 Nanji no satoshi no michi wo ware ni wakimaeshime tamae :  
Ware nanji no kusushiki mi waza wo fukaku omowan.
- 28 Waga tamashii itameru ni yorite toke yuku :  
Negawaku wa, mi kotoba ni shitagaite ware ni chikara wo atae tamae.
- 29 Negawaku wa, itsuwari no michi wo ware yori tōzake ;  
Nanji no nori wo mote ware wo megumi tamae.
- 30 Ware wa makoto no michi wo erabi ;  
Tsune ni nanji no moromoro no sabaki wo waga mae ni okeri.
- 31 Ware nanji no akashi wo shitaite hanarezu ;  
IEHOBA yo, negawaku wa, ware wo hazukashime tamau nakare.

- 32 Ware nanji no imashime no michi wo hashiran,  
Sono toki nanji waga kokoro wo hiroku shi tamōbeshi.
- HE.
- 33 IEHOBA yo, negawaku wa, nanji no okite no michi wo ware ni oshie tamae ;  
Ware owari ni itaru made kore wo mamoran.
- 34 Ware ni chie wo atae tamae, saraba ware nanji no nori wo mamori ;  
Kokoro wo tsukushite kore ni shitagawan.
- 35 Ware ni nanji no imashime no michi wo fumashime tamae ;  
Ware sono michi wo tanoshimeba nari.
- 36 Waga kokoro wo nanji no akashi ni katabukashimete,  
Musabori ni katabukashime tamau nakare.
- 37 Waga me wo hoka ni mukete munashiki koto wo mizarashime,  
Ware wo nanji no michi nite ikashi tamae.
- 38 Hitasura ni nanji wo osoruru,  
Nanji no shimobe ni mi kotoba wo kataku shi tamae.
- 39 Waga osoruru soshiri wo nozoki tamae ;  
Sowa nanji no sabaki wa kiwamete yoshi.
- 40 Ware nanji no satoshi wo shitaeri :  
Negawaku wa, nanji no gi wo mote ware wo ikashi tamae.
- WAU.
- 41 IEHOBA yo, mi kotoba ni shitagaite nanji no awaremi,  
Nanji no sukui wo ware ni nozomase tamae.
- 42 Saraba ware ware wo soshiru mono ni kotōru koto wo en ;  
Ware mi kotoba ni yori tanomeba nari.
- 43 Mata waga kuchi yori makoto no kotoba wo kotogotoku nozoki tamau nakare ;  
Ware nanji no sabaki wo nozomitareba nari.
- 44 Ware taezu iyatōnaga ni  
Nanji no nori wo mamoran.
- 45 Ware nanji no satoshi wo motometaru ni yori,  
Sawari naku shite ayuman.
- 46 Ware mata ōtachi no mae ni nanji no akashi wo katarite,  
Hazuru koto araji.
- 47 Ware waga ai suru nanji no imashime wo mote,  
Onore wo tanoshimashimen.
- 48 Ware te wo waga ai suru nanji no imashime ni age ;  
Nanji no okite wo fukaku omowan.
- ZAIN.
- 49 Negawaku wa, nanji no shimobe ni no-tamaitaru mi kotoba wo omoi idashi tamae,  
Nanji ware ni kore wo nozomashime tamaeri.
- 50 Nanji no mi kotoba wa ware wo ikashishi ga yue ni,  
Ima mo nao waga nayami no toki no nagusame nari.
- 51 Takaburu mono ōi ni ware wo azawareri :  
Saredo ware nanji no nori wo hanarezariki.
- 52 IEHOBA yo, ware nanji ga furuki mukashi yori no sabaki wo omoi idashite,  
Mizukara nagasametari.
- 53 Nanji no nori wo sutsuru ashiki mono no yue ni yorite,  
Ware hageshiki ikari wo okoshitari.
- 54 Nanji no okite wa waga tabi no ie nite,  
Waga uta to nareri.
- 55 IEHOBA yo, ware yo no ma ni nanji no mi na wo omoi idashite,  
Nanji no nori wo mamoreri.
- 56 Ware nanji no satoshi wo mamorishi ni yorite,  
Kono koto wo etaru nari.
- HETE.
- 57 IEHOBA wa waga ukubeki mono nari :  
Ware nanji no moromoro no kotoba wo mamoran to ieri.
- 58 Ware kokoro wo tsukushite, nanji no megumi wo koi motometari :