

- Sono mimi wa karera no sakebi ni katabuku.
16 IEHOBA no mi kao wa aku wo nasu mono ni mukaite,
 Sono ato wo chi yori tachi horoboshi tamau.
17 Tadashiki mono sakebitareba, IEHOBA kore wo kikite,
 Sono subete no nayami yori tasuke idashi tamaeri.
18 IEHOBA wa kokoro no itami kanashimeru mono ni chikaku imashite,
 Tamashii no kui kuzuoretaru mono wo sukui tamau.
19 Tadashiki mono wa nayami ōshi :
 Saredo IEHOBA wa mina sono naka yori tasuke idashi tamau.
20 IEHOBA wa kare ga subete no hone wo mamori tamau :
 Sono hitotsu dani oraruru koto nashi.
21 Aku wa ashiki mono wo korosan :
 Tadashiki hito wo nikumu mono wa tsuminawarubeshi.
22 IEHOBA wa sono shimobera no tamashii wo aganai tamau :
 IEHOBA ni yori tanomu mono wa hitori dani tsuminawaruru koto nakaran.

35 Dabide no Uta.

- 1 IEHOBA yo, negawaku wa, ware ni arasou mono to araso ;
 Ware to tataku mono to tataki tame.
 2 Tate to ōdate to wo torite,
 Waga tasuke ni tachi ide tame.
 3 Hoko wo nuki idashi tamaita, ware ni oi semaru mono no michi wo fusagi ;
 Katsu waga tamashii ni, Ware wa nanji no sukui nari to ii tame.
 4 Negawaku wa, waga tamashii wo tazunuru mono no haji wo ete iyashimere ;
 Ware wo sokonawan to hakaru mono no shirizokerarete awate futamekan koto wo.
 5 Negawaku wa, korera ga kaze no mae naru momigura no gotoku nari,
 IEHOBA no tsukai ni oi yararen koto wo.
 6 Negawaku wa, karera no michi wo kuraku shi, suberaka ni shi,
 IEHOBA no tsukai ni karera wo oi yukashime tamawan koto wo.

- 7 Karera wa yue naku ware wo toraen tote, ami wo ana ni fuse ;
 Yue naku waga tamashii wo sokonawan tote, ana wo ugachitareba nari.
8 Negawaku wa, karera ga omoi yoramu ma ni horobi kitari ;
 Onoga fusetaru ami ni toraerare :
 Mizukara sono horobi ni oebi iran koto wo.
9 Saru toki waga tamashii wa IEHOBA ni yorite yorokobi ;
 Sono sukui wo mote tanoshiman.
10 Waga subete no hone wa iwan, IEHOBA yo, nanji wa kurushimu mono wo kore ni masarite chikara tsuyoki mono yori,
 Mata kurushimu mono, mazushiki mono wo kasume ubau mono yori tasuke idashi tamau :
 Tare ka nanji ni tagubeki mono aran to.
11 Kokoro ashiki akashibito okorite, Waga shirazaru koto wo najiri tou.
12 Karera wa aku wo mote waga zen ni mukui,
 Waga tamashii wo yorube naki mono to seri.
13 Saredo ware karera ga yamishi toki ni wa aratae wo tsuke ;
 Kate wo tachite waga tamashii wo kurushimetari :
 Waga inori wa futokoro ni kaereri.
14 Waga kare ni naseru koto wa waga tomo, waga harakara ni kotonarazu :
 Haha no mo ni arite nageku ga gotoku, kanashimi unataretari.
15 Saredo karera wa waga taoren to sesshi toki yorokobi tsudoi ;
 Waga shirazarihi toki oko no mono atsumari kitarite ware wo seme ;
 Ware wo sakite yamezariki.
16 Karera wa shuen nite kitanaki koto wo noburu azakeribito no gotoku,
 Ware ni mukaite ha wo kami naraseri.
17 Shu yo, itazura ni miru nomi ni shite ikuso no toki wo he tamau ya ?
 Negawaku wa, waga tamashii no karera ni horobosaruru wo nogareshime,
 Waga inochi wo wakaki shishi yori manukareshime tamae.
18 Ware ōi naru tsudoi ni arite nanji ni kansha shi ;

- Oku no tami no naka nite nauji wo home tataen.
19 Itsuwari wo mote ware ni ata suru mono no waga yue ni yorokobu koto wo yurushi tamau nakare :
 Yue naku shite ware wo nikumu mono no tagai ni mekubase suru koto nakarashime tamae.
20 Karera wa yasuki wo katarazu :
 Azamuki no kotoba wo tsukuri mōkete kuni no uchi ni odayaka ni sumau mono wo sokonawan to hakaru.
21 Shika nomi narazu, ware ni mukaite kuchi wo ake hiroge ;
 Aa miyo ya, miyo ya, warera no me kore wo mitari to ieri.
22 IEHOBA yo, nanji sude ni kore wo mitaeri ; negawaku wa, modashi tamau nakare :
 Shu yo, ware ni tōzakari tamau nakare.
23 Waga Kami yo, waga Shu yo, oki tame, same tame ;
 Negawaku wa, waga tame ni sabaki wo nashi, waga uttae wo osame tame.
24 Waga Kami IEHOBA yo, nauji no gi ni shitagaite ware wo sabaki tame ;
 Waga koto ni yorite karera ni yorokobi wo eshime tamau nakare.
25 Karera ni sono kokoro no uchi nite, Aa, kokochi yoki kana ! miyo, kore waga negaishi tokoro nari to iwashime tamau nakare :
 Mata, Warera kare wo nomi tsukuseri to iwashime tamau nakare.
26 Negawaku wa, waga sokonawaruru wo yorokobu mou mina hajite awate futameki ;
 Ware ni mukaite hokorka ni takaburnu mono no haji to, hazukashime to wo kin koto wo.
27 Waga gi wo yomi suru mono woba yorokobi utawashime ;
 Ōi naru kana IEHOBA !
 Sono shimobe no saiwai wo yorokobi tamau to tsune ni iwashime tame.
28 Waga shita wa hinemosu nanji no gi to, Nanji no homare to wo kataran.
- 36** Uta no Kami ni utawashimetaru, IEHOBA no shimobe Dabide no Uta.
1 Ashiki mono no toga wa waga kokoro no uchi ni katarite,

37 Dabide no Uta.

- 1 Aku wo nasu mono no yue wo mote kokoro wo nayame,

1 Fugi wo okonau mono ni mukaite neta-mi wo okosu nakare.
 2 Karera wa yagate kusa no gotoku kari torare,
 Aoki na no gotoku uchi shiorubekereba nari.
 3 IEHOBA ni yori tanomite zenu wo okonae;
 Kono kuni ni todomari, makoto wo mote kate to seyo.
 4 IEHOBA ni yorite yorokobi wo nase;
 IEHOBA wa nanji ga kokoro no negai wo nanji ni atae tamawan.
 5 Nanji no michi wo IEHOBA ni yudaneyo;
 Kare ni yori tanomaba kore wo nashi toge;
 6 Hikari no gotoku nanji no gi wo aki-raka ni shi,
 Mahiru no gotoku nanji no uttae wo akiraka ni shi tamawan.
 7 Nanji IEHOBA no mae ni kuchi wo tsugumi, shinobite kore wo machi nozome:
 Onoga michi wo ayumite sakayuru mono no yue wo mote,
 Ashiki hakarigoto wo toguru hito no yue wo mote, kokoro wo nayamuru nakare.
 8 Ikari wo yame, ikidori wo suteyo : Kokoro wo nayamuru nakare, kore aku wo okonau kata ni utsuran.
 9 Sowa aku wo okonau mono wa tachi horobosare;
 IEHOBA wo machi nozomu mono wa kuni wo tsugubekereba nari.
 10 Ashiki mono wa hisashikarazu shite usen :
 Nanji komaka ni sono tokoro wo omoi miru to mo, aru koto nakaran.
 11 Saredo herikudaru mono wa kuni wo tsugi,
 Mata yasuki no yutaka naru wo tanoshiman.
 12 Ashiki mono wa tadashiki mono ni sakarawan tote, hakarigoto wo megurashi,
 Kore ni mukaite hagami su.
 13 Shu wa ashiki mono wo warai tamawan :
 Kare ga hi no kitaru wo mi tamaeba nari.
 14 Ashiki mono wa tsurugi wo nuki, yumi wo harite ;

Kurushimu mono to mazushiki mono to wo taoshi,
 Okonai naoki mono wo korosan to seri.
 15 Saredo sono tsurugi wa onoga mume wo sashi,
 Sono yumi wa orarubeshi.
 16 Tadashiki hito no moteru mono no sukuonaki wa
 Oku no ashiki mono no yutaka naru ni masarer.
 17 Sowa ashiki mono no kaina wa orarredo,
 IEHOBA wa tadashiki mono wo tasuke sasae tamaeba nari.
 18 IEHOBA wa mattaki mono no moromoro no hi wo shiri tamau :
 Karera no yuzuri wa kagiri naku hisashikaran.
 19 Karera wa wazawai ni au toki haji wo owazu;
 Uedoshi no hi ni mo aku koto wo en.
 20 Ashiki mono wa horobi,
 IEHOBA no ata wa maki no sakae no karurn ga gotoku use ;
 Keburi no gotoku kie yukan.
 21 Ashiki mono wa mono karite tsukunowazu :
 Tadashiki mono wa megumi arite hodokoshi atau.
 22 Kami no kotohogi tamau hito wa kuni wo tsugi ;
 Kami no noroi tamau hito wa tachi horobosarubeshi.
 23 Hito no ayumi wa IEHOBA ni yorite sadameraru ;
 Sono yuku michi wo IEHOBA yorokobi tamaeri.
 24 Tatoi sono hito taoruru koto ari to mo, mattaku uchi fuserarurn koto nashi : IEHOBA kare ga te wo tasuke sasae tamaeba nari.
 25 Ware mukashi toshi wakaku shite, ima oitaredo ;
 Tadashiki mono no suterare, Aru wa sono sue no kate koi arikun wo mishi koto nashi.
 26 Tadashiki mono wa hinemosu megumi arite kashi atau ;
 Sono sue wa saiwei nari.
 27 Aku wo hanarete zen wo nase ;
 Saraba nanji no sumai tokoshie naran.
 28 IEHOBA wa kohei wo konomi,

Sono seito wo sute tamawazareba nari ; Karera wa tokoshie ni mamori tasuke-raruredo ;
 Ashiki mono no sue wa tachi horobosarubeshi.
 29 Tadashiki mono wa kuni wo tsugi, Sono naka ni sumaite tokoshie ni oyoban.
 30 Tadashiki mono no kuchi wa chie wo katari,
 Sono shita wa kohei wo nobu.
 31 Kare ga Kami no nori wa sono kokoro ni ari ;
 Sono ayumi wa hito ayumi dani suberu koto araji.
 32 Ashiki mono wa tadashiki mono wo hisomi ukagaite,
 Kore wo korosan to hakaru.
 33 IEHOBA wa tadashiki mono wo ashiki mono no te ni nokoshi oki tamawazu,
 Sabaki no toki ni tsuminai tamau koto nashi.
 34 IEHOBA wo machi nozomite sono michi wo mamore ;
 Saraba nanji wo agete kuni wo tsugase tamawan :
 Nanji ashiki mono no tachi horobosaruru toki ni kore wo min.
 35 Ware ashiki mono no takeku shite habikoreru wo miru ni,
 Oitachitaru chi ni sakae shigereru ki no gotoshi.
 36 Shikaredomo kare wa sugi yukeri ; miyo, tachimachi ni naku narinu :
 Ware kore wo tazuneshikado au koto wo ezariki.
 37 Mattaki hito ni me wo sosogi, naoki hito wo miyo :
 Odayaka naru hito ni wa nochii aredo ;
 38 Tsumi wo okasu monora wa tomo ni horobosare ;
 Ashiki mono no nochii wa kanarazu tatarubekereba nari.
 39 Tadashiki mono no sukui wa IEHOBA yori izu :
 IEHOBA wa karera ga kurushimi no toki no toride nari.
 40 IEHOBA wa karera wo tasuke, karera wo toki hanachi tamau :
 IEHOBA wa karera wo ashiki mono yori toki hanachite sukui tamau ;

Karerera wa IEHOBA wo sono sakedokoro to sureba nari.

38 Kinen no tame ni tsukureru Dabide no Uta.

1 IEHOBA yo, negawaku wa, ikidori wo mote ware wo seme, Hageshiki ikari wo mote ware wo korashime tamau nakare.
 2 Nanji no ya ware ni atari, Nanji no mi te waga ue wo osaetari.
 3 Nanji no ikari ni yorite waga niku ni wa mattaki tokoro naku ; Waga tsumi ni yorite waga hone ni wa sukoyaka naru tokoro nashi.
 4 Waga fugi wa kōbe wo sugite takaku : Omoni no gotoku oi gatakereba nari.
 5 Ware oroka naru ni yorite, Waga kizu ashiki nioi wo hanachite kusare tadaretari.
 6 Ware ore kagamite itaku nageki unatareri ; Ware hinemosu kanashimi ariku.
 7 Waga koshi wa kotogotoku yakuru ga gotoku ; Niku ni mattaki tokoro nakereba nari.
 8 Ware otoroe hate, itaku kizutsukerare ; Waga kokoro no yasukarazaru ni yorite umeki sakeberi.
 9 Aa Shu yo, waga subete no negai wa nanji no mi mae ni ari ; Waga nageki wa nanji ni kakururu koto nashi.
 10 Waga mune odori, waga chikara oto-ro ; Waga me no hikari mo mata ware wo hanaretari.
 11 Waga tomo, waga shitashimeru mono wa waga kizu wo mite haruka ni tachi ; Waga tonari mo mata tōzakarite tateri.
 12 Waga inochi wo tazunuru mono wa wana wo mōke ; Ware wo sokonawan to suru mono wa ashiki koto wo ii, Mata hinemosu tabakari wo hakaru.
 13 Shika wa aredo ware wa mimishii no gotoku kikazu ; Ware wa kuchi wo hirakanu ōshi no gotoshi.
 14 Kaku ware wa kikazaru hito no gotoku,

1 Kuchi ni koto-age senu hito no gotoki nari.
 15 IEHOBA yo, ware nanji wo machi nozomeri :
 Shu waga Kami yo, nanji kanarazu kōtē tamōbekereba nari.
 16 Ware saki ni iu, Osoraku wa karera waga koto ni yorite yorokobi ;
 Waga ashi no suberan toki ware ni mukaito hokorika ni takaburan to.
 17 Ware taoruru bakari ni narinu :
 Waga kanashimi wa taezu waga mae ni ari.
 18 Sowa ware mizukara fugi wo ii arawashi ;
 Waga tsumi no tame ni kanashimeba nari.
 19 Waga ata wa iki hatarakite takeku ;
 Yue naku shite ware wo uramuru mono ōshi.
 20 Aku wo mote zen ni mukuyuru mono wa
 Ware yoki koto ni shitagau ga yue ni waga ata to nareru.
 21 IEHOBA yo, negawaku wa, ware wo hanare tamau nakare :
 Waga Kami yo, ware ni tōzakari tamau nakare.
 22 Shu waga sukui yo,
 Toku kitarite ware wo tasuke tamae.
39 Uta no Kami Jedoton ni utawashimetaru Dabide no Uta.
 1 Ware saki ni ieri, Ware shita wo mote tsumi wo okasazaran tame ni,
 Waga subete no michi wo tsutsushima ;
 Ashiki mono no waga mae ni oru aida wa,
 Waga kuchi ni kutsuwa wo kaken to.
 2 Ware modashite ōshi to nari, yoki koto sura kotoba ni idasazu ;
 Waga urei nao okoreri.
 3 Waga kokoro waga uchi ni nesshi ;
 Omoi tsuzukuru hodo ni hi moenureba,
 Ware shita wo mote ieraku :
 4 IEHOBA yo, negawaku wa, waga owari to,
 Waga hi no kazu no ikubaku naru to
 wo shirashime tamae ;
 Waga hakanaki wo shirashime tamae.
 5 Miyo, nanji waga subete no hi wo tsuka no ma ni sugi sarashime tamau :

Waga inochi mi mae nite wa naki ni kotonarazu :
 Ge ni subete no hito wa mina sono sakari no toki dani mo munashikarazaru wa nashi. [Sera]
 6 Hito no yo ni aru wa kage ni kotonarazu :
 Sono omoi nayamu koto wa munashikarazaru nashi :
 Sono tsumi takuworu mono wa tagatē ni osamaru wo shirazu.
 7 Shu yo, ware ima nani wo ka matan ?
 Waga nozomi wa nanji ni ari.
 8 Negawaku wa, ware wo subete no toga yori tasuke idashi tamae :
 Oroka naru mono ni soshiraruru koto nakarashime tamae.
 9 Ware wa modashite, kuchi wo hiraku ;
 Kowa nanji no nashi tamau mono nareba nari.
 10 Negawaku wa, nanji no seme wo ware yori hanachi tamae :
 Ware nanji no mi te ni uehi korasaroru ni yorite horoburu bakari ni narinu.
 11 Nanji tsumi wo semete hito wo korashi,
 Sono shitai yorokobu tokoro no mono wo shimi no kurau ga gotoku kie useshime tamau :
 Ge ni moromoro no hito wa munashikarazaru nashi. [Sera]
 12 Aa IEHOBA yo, negawaku wa, waga inori wo kiki, waga sakebi ni mimi wo katabuke tamae ;
 Waga namida wo mite modashi tamau nakare :
 Ware wa nanji ni yoru tabibito, Subete waga oyatachi no gotoku yadoreru mono nari.
 13 Ware koko wo sarite usezaru saki ni,
 Nanji mi kao wo somukete ware wo sawayaka narashime tamae.
40 Uta no Kami ni utawashimetaru Dabide no Uta.
 1 Ware tae shinobite IEHOBA wo machi nozomitari :
 IEHOBA ware ni mukaito waga sakebi wo kiki tamaeri.
 2 Mata ware wo horobi no ana yori, hiji no naka yori tori idashite ;

Waga ashi wo iwa no ue ni oki, waga ayumi wo kataku shi tamaeri.
 3 IEHOBA wa atarashiki uta wo waga kuchi ni ire tamaeri, kowa warera no Kami ni sasaguru sambi nari :
 Ōku no hito wa kore wo mite osore, Katsu IEHOBA ni yori tanoman.
 4 IEHOBA wo onoga tanomi to nashi, takaburu mono ni yorazu,
 Itsuwari ni katabuku mono ni yorazaru hito wa saiwei nari.
 5 Waga Kami IEHOBA yo, nanji no nashi tamaeru kusushiki mi waza to,
 Warera ni mukau omoi to wa ito ōku shite ;
 Nanji no mi mae ni tsurane in koto atawazu :
 Ware kore wo ii noben to suredo, Sono kazu kazoru koto atawazu.
 6 Nanji ikenie to sonaemono to wo yorokobi tamawazu ;
 Nanji waga mimi wo hiraki tamaeri :
 Nanji hansai to zaisai to wo motome tamawazu.
 7 Sono toki ware ieraku, Miyo, ware kitaran ;
 Waga koto wo fumi no maki ni shirushitari :
 8 Waga Kami yo, ware wa mi kokoro ni shitagau koto wo tanoshimu ;
 Nanji no nori wa waga kokoro no uehi ni ari to.
 9 Ware ōi naru tsudoi nite gi wo tsuge shimeseri ;
 Miyo, ware kuchibiru wo tojizu, IEHOBA yo, nanji kore wo shiri tamau.
 10 Ware nanji no gi wo waga kokoro no uehi ni hime okazu ;
 Nanji no shinjitsu to nanji no sukui to wo nobe tsutaetari :
 Ware nanji no itsukushima to nanji no makoto to wo ōi naru tsudoi ni kakusazariki.
 11 IEHOBA yo, nanji awaremi wo ware ni oshimi tamau nakare :
 Itsukushima to makoto to wo mote, tsune ni ware wo mamori tamae.
 12 Sowa kazoe gataki wazawai ware wo kakomi,
 Waga fugi ware ni oi shikite, aogi miru koto atawanu made ni narinu ;
 Sono ōki koto waga kashira no ke ni

Kare izure no toki ni shini, izure no
toki ni sono na horobin to.
6 Kare mata ware wo min tote kitaru
toki wa itsuwari wo katari,
Yokoshima wo sono kokoro ni atsume,
Hoka ni idete wa kore wo nobu.
7 Subete ware wo nikumu mono tagai ni
sasayaki;
Ware wo sokonawan tote ai hakaru.
8 Katsu in, Kare ni hitotsu no wazawai
tsuki matoitareba,
Taore fushite futa tabi okiru koto
nakaran to.
9 Waga tanomishi tokoro, waga kate
wo kuraishi tokoro no waga shita-
shiki tomo sae mo,
Ware ni somukite sono kubisn wo
agetari.

KWAN II.

42 Uta no Kami ni utawashimetaru, Kora no
ko no Oshie no Uta.
1 Aa Kami yo, shika no tanigawa wo
shitai aegu ga gotoku,
Waga tamashii mo nanji wo shitai
aegu nari.
2 Waga tamashii wa kawakeru gotoku
ni Kami wo shitau, ikeru Kami wo
zo shitau:
Izure no toki ni ka ware yukite Kami
no mi mae ni iden?
3 Karera ga hinemosu ware ni mukaite,
Nanji no Kami wa izuku ni ari
ya to nonoshiru aida wa,
Tada waga namida nomi yoru hiru
sosogite waga kate nariki.
4 Ware mukashi mure wo nashite, iwai
no hi wo mamoru ōku no hito to
tomo ni yuki,
Yorokobi to sambi no koe wo agete,
karera wo Kami no ie ni tomonaeri;
Ima korera no koto wo omoi okoshite,
waga uchi yori tamashii wo sosogi
idasu nari.
5 Aa waga tamashii yo, nanji nanzo
unataruru ya?
Nanzo waga uchi ni omoi midaruru
ya?

10 Shika wa aredo, IEHOBA yo, nanji, nega-
waku wa, ware wo awaremi, ware
wo tasukete okoshi tamae:
Sareba ware karera ni mukuyuru koto
wo en.
11 Waga ata ware ni uchi kachite yoro-
kobu koto atawazaru wo mote,
Nanji ga ware wo mede itsukushima
tamau wo ware shirinu.
12 Waga koto wo iwaba, nanji ware wo
waga mattaki uchi nite tamochi,
Ware wo tokoshie ni mi kao no mae
ni oki tamau.
13 Isuraeru no Kami, IEHOBA wa
Tokoshie yori tokoshie made homu-
beki kana!
Amen, Amen.

Nanji no Kami wa izuku ni ari ya to
ii nonoshiri tsutsu ware wo soshi-
rieri.
11 Aa waga tamashii yo, nanji nanzo
unataruru ya?
Nanzo waga uchi ni omoi midaruru
ya?
Nanji Kami wo machi nozome:
Ware nao waga kao no tasuke naru
waga Kami wo home tatōbekereba
nari.
43 Kami yo, negawaku wa, ware wo saba-
ki, nasake shiranu tami ni mukaito
waga uttae wo agetsurai;
Tabakari oki, yokoshima naru hito
yori ware wo tasuke idashi tamae.
2 Nanji wa waga chikara no Kami nari;
nanzo ware wo sute tamaishi ya?
Nanzo ware wa ata no shietage ni
yorite kanashimi ariku ya?
3 Negawaku wa, nanji no hikari to nanji
no makoto to wo hanachi, ware wo
michibikite;
Sono kiyoki yama to,
Sono agebari to ni yukashime tamae.
4 Saraba ware Kami no saidan ni yuki,
Mata waga yorokobi yorokobu Kami
ni yukan:
Aa Kami yo, waga Kami yo, ware koto
wo mote nanji wo home tataen.
5 Aa waga tamashii yo, nanji nanzo
unataruru ya?
Nanzo waga uchi ni omoi midaruru
ya?
Nanji Kami ni yorite nozomi wo
idake:
Ware nao waga kao no tasuke naru
waga Kami wo home tatōbekereba
nari.
44 Uta no Kami ni utawashimetaru,
Kora no ko no Oshie no Uta.
1 Aa Kami yo, mukashi warera no oy-
atachi no hi ni nanji ga nashi tamai-
shi mi waza wo
Warera mimi ni kikeri, oyatachi warera
ni katareri.
2 Nanji mi te wo mote moromoro no
kunibito wo oi shirizoke, warera no
oyatachi wo ue;
Mata moromoro no tami wo nayama-