



## PSALM 13

**Freeing yourself from  
life's obstacles**

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**THIS CHAPTER** is a prophecy regarding the ultimate Redemption. The words “until when” are said four times, and correspond to the four exiles the Jewish Nation has been subjected to—the last exile being the present one. Despite our firm belief that the Redemption will come, we do not wait patiently for it—we beg of God to send it sooner. Although this chapter is a prayer on behalf of the entire Jewish Nation, it is written in the singular form because each individual must pray for the Redemption on their own. This chapter is also a prayer for any individual who finds himself in great distress.

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# 1 A song by David for the choirmaster, to be sung by the Levites in the Holy Temple.

**2** God, until when will You forget about me, leaving me to suffer in exile? It feels like it is forever! Until when will You hide Your countenance from me? **3** Until when will I have to set forth my own ideas as to how I can free myself from the grief that is in my heart all day? Until when will my enemy rule over me?

**4** Look at my plight and answer me, Lord, my God. Enlighten my eyes, because I am engulfed in the darkness of exile. Please answer me and save me before I sleep the permanent sleep of death. **5** Save me, lest my enemy boastfully say, “I have overcome him!” Lest my oppressors rejoice when I stumble. **6** My enemies think that there is no one to save me, but I trust in Your kindness; my heart will rejoice in Your salvation. I will sing to God, because He has dealt kindly with me.



**לְמִנְצָחָה** מִזְמוֹר לְדָוד:

**בָּעֵד־אָנָה יְהוָה תְשַׁפַּחֲנִי נִצָּחָה,**  
**עֵד־אָנָה | תִּסְתִּיר אֶת־פְּנֵיךְ**  
**מִמְּנִי:**

**גָּעֵד־אָנָה אָשִׁית עִצּוֹת**  
**בְּנֶפֶשִׁי יָגֹן בְּלִבְבִּי יוֹמָם,**  
**עֵד־אָנָה | יָרוּם אִיבִּי עַלְיוֹן:**

**דָּהַבְיִטָּה עַנְנִי יְהוָה אֱלֹהִי,**  
**הָאֵירָה עַיִּנִי פָּנוּאַיְשֵׁן הַמִּוֹתָה:**  
**הָפָנִיאַיְמֵר אִיבִּי יְכַלְתֵּי,**  
**צָרִי יָגִילוּ כִּי אִמּוֹת:**  
**וְוְאַנִּי | בְּחִסְדְךָ בְּטַחַתִי**  
**יָגַל לְבִי בִּישְׁוּעָתֶךָ, אָשִׁירָה**  
**לְיהוָה, כִּי גָמַל עַלְיוֹן:**

