



PSALM 6

**For recovery from illness
and for good health**

THIS CHAPTER was composed by King David at a time when he was very ill and feared for his life. He also feared that his enemies would take advantage of his weakness and harm him. He asks that God heal him completely, and expresses his certainty that God has heard his prayers. This Psalm is said as a prayer for those who are ill, and for the alleviation of the suffering of the Jewish People in exile.

1 **A** song by David, for the choirmaster to play on musical instruments—upon the eight-stringed harp. **2** God, when You rebuke me for my sins, **do not** do so when You are in a state of anger, and **do not** punish me in Your wrath; rather, do so in a way that I can tolerate. **3** Be kind to me, God, because I am weak; heal me, God, because my illness has reached **my bones**, causing them to tremble. **4** I am very terrified, because my life is in danger. **And You, God, until when** will You see my suffering and not help me?

5 God, please **turn** away from Your anger, **free my soul** from distress and help me. **Save me because of Your kindness**, even if I am undeserving. **6** If I die I will be unable to praise Your Name, **because Your name is not mentioned by the dead; who will praise You in the grave?**

7 I am exhausted from my sighing and my

א לַמִּנְצָה בְּנִגְיֵנוֹת עַל־

הַשְּׂמִינִית מְזִמּוֹר לְדָוִד:

ב יְהוָה אֱלֹהֵי אֲפֹכָה תוֹכִיחֵנִי,

וְאֵלֵי־בַחֲמַתְךָ תִּסְרֵנִי:

ג חַנּוּנֵי יְהוָה כִּי אִמְלֵל אֲנִי,

רַפְּאֵי יְהוָה כִּי נִבְהָלוּ עַצְמֵי:

ד וְנַפְשֵׁי נִבְהָלָה מְאֹד,

וְאַתָּה יְהוָה עַד־מָתִי:

ה שׁוֹבָה יְהוָה חֲלֻצָה נַפְשִׁי,

הוֹשִׁיעֵנִי לְמַעַן חֲסִדְךָ:

ו כִּי אֵין בַּמּוֹת זְכָרְךָ,

בְּשֵׂאוֹל מִי יוֹדֵה־לָּךְ:

ז יִגְעֵתִי בְּאַנְחָתִי,

crying. **Every night I soak my bed, and I wet my couch with my tears.** **8** My eye has grown **dim** and **aged from** crying because of my **anger** against **all my enemies** who rejoice upon hearing of my illness.

9 Leave me, all who do evil—those of you who think you will be able to harm me when I am weak—**because God has heard the sound of my weeping** and will protect me. **10** I am certain that **God has heard my plea** and **God** will always **accept my prayer**—now and in the future. **11** When **all of my enemies will** see that their plans for my downfall do not materialize, they will **be ashamed and very shocked**. Then, **they will return** from their wickedness and ask to make peace with me. However, **they will only be ashamed for a moment**, because I will immediately forgive them.



אֲשַׁחָה בְּכָל־לַיְלָה מִטָּתִי,
 בְּדַמְעֹתַי עַרְשִׁי אֲמַסֶּה:
 ח עֲשֻׁשָׁה מִכַּעַס עֵינַי,
 עֲתָקָה בְּכָל־צוּרָי:

ט סוּרוּ מִמֶּנִּי כָּל־פְּעֵלֵי אֹן,
 כִּי־שָׁמַע יְהוָה קוֹל בְּכִי:
 י שָׁמַע יְהוָה תְּחִנָּתִי,
 יְהוָה תִּפְלֹתַי יִקַּח:
 יא יִבְשׁוּ וַיִּבְהָלוּ מְאֹד
 כָּל־אֲבִיבֵי,
 יִשְׁבוּ יִבְשׁוּ רִגְע:

