



*To the choirmaster: according to **Mut Labein**.  
A Psalm of David.*

מות לבן  
“death of Labein / Laban”

א 1-2 I will give thanks to Adonai with my whole heart; I will recount all of Your wonderful deeds. <sup>2</sup> I will be glad and exult in You; I will sing praise to Your name, O Most High.

ב 3-4 When my enemies turn back, they stumble and perish before Your presence. <sup>4</sup> For You have maintained my just cause; You have sat on the throne, giving righteous judgment.

ג 5 You have rebuked **nations**; You have made the wicked perish; You have blotted out their name **forever and ever**.

גוים  
(*goyim*)  
“nations”  
[usually referring to Gentiles]

לעולם ועד  
(*le'olam va'ed*)  
“to the age and until”

εις τους αιωνας των αιωνων  
(*eis tous aionas ton aionon*)  
“unto the age of the ages”

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Missing

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ח 6 O enemy – ruins have come to an end **forever**; the cities you destroyed – their remembrance has perished. [see v.15]

נצח  
(*netzach*)

“enduring due  
to victory”

י 7-10 But Adonai sits enthroned forever [*le'olam*]. He has established His throne for justice <sup>8</sup> and He judges the world with righteousness. He judges the peoples with fairness. <sup>9</sup> Adonai is a high tower for the oppressed, a high tower in times of trouble. <sup>10</sup> And those who know Your name put their trust in You, for You, O Adonai, have not forsaken those who seek You.

תבל  
(*teivel*)  
“world”

י 11-12 Sing praises to Adonai, who sits enthroned in Zion! Tell among the peoples His deeds! <sup>12</sup> For He who avenges [lit. “seeks”] blood is mindful of them; He does not forget the cry of the afflicted.

י 13-14 Be gracious to me, Adonai! See my affliction from those who hate me, You who lift me up from the gates of death, <sup>14</sup> that I may recount all Your praises in the gates of the daughter of Zion. I will rejoice in Your salvation.

י 15-16 [Wherever] the nations have sunk in the pit that they made; in the net that they hid, their own foot has been caught – <sup>16</sup> [there] Adonai has made Himself known. He has executed judgment. The wicked are snared in the work of their own hands. **Higaion. Selah**

הגיון

From הגה (*hagah*) “to meditate”

י 17 The wicked shall return [or ‘retreat’] to Sheol, all the nations that forget God.

י 18-20 For the needy shall not always [*netzach*] be forgotten, and the hope of the poor shall not perish forever. <sup>19</sup> Arise, O Adonai! Let not man [*enosh*] prevail; let the nations be judged before You! <sup>20</sup> Place Your mastery over them, O Adonai! Let the nations know that they are but men! **Selah**

לעד  
(*la'ad*)  
“to until”

מורה  
(*morah*)  
“teacher”

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## REFERENCES:

### Verse 5

**Psalm 2:1** Why do the nations [גוים, goyim] rage and the peoples plot in vain?

**Psalm 2:8** Ask of Me, and I will make the nations [גוים, goyim] your heritage, and the ends of the earth your possession.

**Genesis 12:2** “And I will make of you [ie. Abraham] a great nation [גוי, goy], and I will bless you and make your name great, so that you will be a blessing.”

### Verse 8

**Leviticus 18:23** And you shall not lie with any animal and so make yourself unclean with it, neither shall any woman give herself to an animal to lie with it: it is perversion (תבל, *tevel*). [+ 20:12]

### Verse 12

**Genesis 4:10** And Adonai said, “What have you done? The voice of your brother’s blood is crying to Me from the ground.”

### Verse 16

**Psalm 19:14** Let the words of my mouth and the meditation [הגיון, *higaion*] of my heart be acceptable in your sight, O Adonai, my Rock and my Redeemer.

**Psalm 92:3** ...to the music of the lute and the harp, a meditation [הגיון, *higaion*] on the lyre.

**Lamentations 3:62** The lips and thoughts [הגיון, *higaion*] of my assailants are against me all the day long.

### Verse 19

**Psalm 7:6** Arise, Adonai, in Your anger; lift Yourself up against the fury of my enemies. Awake for me. You have appointed a judgment.