



*Of David.*

### 1-6

[א] Fret not yourself because of evildoers, nor be envious of wrongdoers. <sup>2</sup> For they will soon wither like the grass and fade like the green herb. <sup>3</sup> [ב] Trust in Adonai, and do good. Dwell on the earth and shepherd faith. <sup>4</sup> [ג] Delight yourself in Adonai, and He will give you the desires of your heart. <sup>5</sup> Turn over your path to Adonai; trust in Him, and He will act. <sup>6</sup> He will lead forth your righteousness as the light, and your justice as the noonday.

### 7-11

[ד] Be silent before Adonai **and wait with longing** for Him; fret not yourself over the one who prospers in his way, over the man who carries out evil schemes. <sup>8</sup> [ה] Let go of anger, and forsake wrath. Fret not yourself; it tends only to evil. <sup>9</sup> For evildoers will be cut off, but those who hope in Adonai shall inherit the earth. <sup>10</sup> [ו] In just a little while, the wicked will be no more. You will look carefully at his place – he will not be there. <sup>11</sup> But the humble/afflicted shall inherit the earth and delight themselves in abundant peace.

והתחולל  
(v'hit'cholel)

### 12-15

[ז] The wicked plots against the righteous and gnashes his teeth at him, <sup>13</sup> but the Master laughs at him, for He sees that his day is coming. <sup>14</sup> [ח] The wicked draw the sword and bend their bows to bring down the poor and needy, to slay those whose way is upright. <sup>15</sup> Their sword shall enter their own heart, and their bows shall be broken.

### 16-22

[ט] Better is the little that the righteous has than the noisy abundance of many wicked. <sup>17</sup> For the arms of the wicked shall be broken, but Adonai upholds the righteous. <sup>18</sup> [י] Adonai knows the days of the blameless, and their heritage will remain forever. <sup>19</sup> They will not be ashamed in the time of evil, and in the days of famine they have abundance. <sup>20</sup> [יא] But the wicked shall perish, and the enemies of Adonai, like the fat of rams, vanish – like smoke they vanish away. <sup>21</sup> [יב] The wicked borrows but does not repay, but the righteous is generous and gives. <sup>22</sup> For those He blesses shall inherit the earth, but those He curses shall be cut off.

### 23-26

[יג] The steps of a man are established by Adonai, when He delights in his way. <sup>24</sup> Though he fall, he shall not be cast down, for Adonai upholds his hand. <sup>25</sup> [יד] I have been young, and now am old, yet I have not seen a righteous man forsaken or his children begging for bread. <sup>26</sup> He is ever lending generously, and his seed become a blessing.

## 27-34

[ד] Turn away from evil and do good and so shall you dwell forever. -[ע]?-<sup>28</sup> For Adonai loves justice and He will not forsake his holy ones. They are guarded forever, but the seed of the wicked shall be cut off. <sup>29</sup> The righteous shall inherit the earth and dwell upon it forever. <sup>30</sup> [פ] The mouth of the righteous man utters/meditates wisdom, and his tongue speaks justice. <sup>31</sup> God's Torah is in his heart – his steps do not slip. <sup>32</sup> [צ] The wicked watches the righteous man and seeks to put him to death. <sup>33</sup> Adonai will not abandon him to his power or let him be condemned when he is judged. <sup>34</sup> [ק] Hope for Adonai and keep His way, and He will exalt you to inherit the earth; you will see the wicked cut off.

## 35-40

[ג] I have seen a wicked, ruthless man spreading himself like a green laurel tree. <sup>36</sup> But he passed away, and behold, he was no more. Though I sought him, he could not be found. <sup>37</sup> [ש] Watch the blameless, behold the upright, for the man of peace has a future. <sup>38</sup> But transgressors shall be altogether destroyed, the future of the wicked shall be cut off. <sup>39</sup> [ת] The rescue of the righteous is from Adonai, their stronghold in time of distress.

<sup>40</sup> Adonai helps them and frees them,  
He rescues them from the wicked and saves them,  
because they take refuge in Him.

---

## REFERENCES:

### Verses 1,7,8

**Proverbs 24:19-20** Do not fret (אל תתחר, *al tit'char*) yourself because of evildoers, and do not be envious of the wicked, for the evil man has no future. The lamp of the wicked will be put out.

### Verse 5

**1 Peter 5:6-7** Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you, casting all your anxieties on Him, because He cares for you.

### Verse 7

**Exodus 15:20** Then Miriam the prophetess, the sister of Aaron, took a tambourine in her hand, and all the women went out after her with tambourines and dancing.

**Psalms 30:11** You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness.

*We must regard every new situation in our lives as an exercise that is part of the general course of training which God has prepared for us. (R' Samson Raphael Hirsch)*

**Job 36:22** “Behold, God is exalted in His power; who is a teacher like Him?”

### Verses 9,11,22,29,34

**Matthew 5:5** “Blessed are the meek, for they shall inherit the earth.”

### Verse 13

**Psalms 2:4** He who sits in the heavens laughs; the Lord holds them in derision.