



To the choirmaster: to *Jeduthun*.
A Psalm of David.

ידותון

1-6

I said, "I will guard my ways, that I may not sin with my tongue; I will guard my mouth with a muzzle, so long as the wicked one is before me." ² I was mute and silent; I held my peace to no avail, and my **pain** grew worse. ³ My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue: ⁴ "Adonai, make me know my end and what is the measure of my days; let me know how fleeting I am!" ⁵ Behold, You have made my days a few handbreadths, and my lifetime is as nothing before You. Surely all mankind stands as a mere **breath!**" *Selah*

⁶ "Surely a man goes about as a shadow; it is but for **futility** they are in turmoil; man amasses [riches] and does not know who will gather them!

כאב

(ca'av)

7-11

And now, O Lord, for what do I wait? My **hope** is in You. ⁸ Deliver me from all my trans-gressions. Do not make me the scorn of the fool! ⁹ I was mute; I did not open my mouth, for it was You who did it. ¹⁰ Remove Your stroke from me; I am spent by the hostility of your hand. ¹¹ When You dis-cipline a man with rebukes for sin, You consume like a moth what is dear to him; surely all mankind is a mere breath!" *Selah*

תוחלת

(tochelet)

"hope, expectation"

תכלת

(t'cheilet)

"blue"

12-13

"Hear my prayer, Adonai, and give ear to my cry; hold not Your peace at my tears! For I am a sojourner with You, a guest, like all my fathers. ¹³ Look away from me, that I may **smile** [or "catch my breath"] again, before I depart and am no more."

REFERENCES:

Approbation

1 Chronicles 16:41 With them were Heman and Jeduthun and the rest of those chosen and expressly named to give thanks to Adonai, for His steadfast love endures forever.

Verse 2

Psalms 69:29 But I am afflicted and in pain; let Your salvation, O God, set me on high!

Verse 3

Matthew 12:34 ... For out of the abundance of the heart the mouth speaks.

Verse 7

Proverbs 10:28 The hope of the righteous brings joy, but the expectation (תוחלת, *tochelet*) of the wicked will perish.

Proverbs 13:12 Hope (תוחלת, *tochelet*) deferred makes the heart sick, but a desire fulfilled is a tree of life.

Verse 13

Job 10:20-21 Are not my days few? Then cease, and let me be, that I may find a little cheer (אבליגה, *avligah*) before I go – and I shall not return – to the land of darkness and deep shadow.