



*To the choirmaster
A Psalm of David.*

1-3

I **waited**, [yes] **waited** for Adonai. He inclined to me and heard my cry. ² He drew me up from the pit of **roaring** [or destruction], out of the **miry** mud, and set my feet upon a rock, making my steps secure. ³ But He put in my mouth a new song, praise to our God. Many will see and fear and trust in Adonai.

קוה קייתי
(kavo kiviti)

שאון
(sha'on)

יין
(yavein)

“miry” or “Greece”

4-5

Contented is the man who makes Adonai his trust, who does not turn to the proud, to those who go astray after a lie! ⁵ You have multiplied, O Adonai my God, Your won-drous deeds and Your thoughts are for us. None can com-pare with You! I will proclaim and speak of them, though they are more than can be recounted.

6-8

Sacrifice and meal offering You have not desired. **You have pierced my ears.** Burnt offering and sin offering You have not required. ⁷ Then I said, “Behold, I have come. In the scroll of the book it is written of me: ⁸ I delight to do Your will, O my God. Your Torah is in my inner being.”

Hebrews 10:4-10 For it is impossible for the blood of bulls and goats to take away sins. ⁵ Consequently, when Messiah came into the world, He said, “*Sacrifices and offerings you have not desired, but **a body have you prepared for Me**;* ⁶ *in burnt offerings and sin offerings you have taken no pleasure.* ⁷ *Then I said, ‘Behold, I have come to do Your will, O God, as it is written of Me in the scroll of the book.’”⁸ When He said above, “You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings” (which are offered according to the Torah), ⁹ then He added, “Behold, I have come to do Your will.” He takes away the first in order to establish the second. ¹⁰ And by that will we have been sanctified through the offering of the body of Yeshua the Messiah once for all.*

9-10

I have told the good news of righteousness in the great congregation. Behold, I have not restrained my lips, as You know, O Adonai. ¹⁰ I have not hidden (a) Your righteousness within my heart; I have spoken of (b) Your faithfulness and (c) Your salvation. I have not concealed (d) Your steadfast love and (e) Your truth from the great congregation.

11-12

As for You, Adonai, You will not restrain Your mercy from me. Your steadfast love and Your truth will ever preserve me! ¹² For evils have encompassed me beyond number; my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head, and my heart fails me.

13-15

Be pleased, O Adonai, to deliver me! O Adonai, make haste to help me! ¹⁴ Let those be put to shame and disappointed altogether who seek to snatch away my life; let those be turned back and brought to dishonor who delight in my hurt! ¹⁵ Let those be appalled because of their shame who say to me, "Aha, Aha!"

16-17

But may all who seek You rejoice and be glad in You. May those who love Your salvation say continually, "Great is Adonai!" ¹⁷ **As for me, I am poor** and needy, but Adonai takes thought of me. You are my Help and my Deliverer. Do not delay, O my God!

וּאֲנִי עָנִי

(*v'ani ani*)

REFERENCES:

Verse 1

Psalms 27:14 Wait (קוּהַ, *kavei*) for Adonai; be strong, and let your heart take courage; wait (קוּהַ, *kavei*) for Adonai!

Verse 2

Psalms 65:7 ...who stills the roaring (שֹׁאוֹן, *sha'on*) of the seas, the roaring (שֹׁאוֹן, *sha'on*) of their waves, the tumult of the peoples...

Psalms 74:23 Do not forget the clamor of your foes, the uproar (שֹׁאוֹן, *sha'on*) of those who rise against you, which goes up continually.

Isaiah 6:11 Then I said, "How long, O Adonai?" And He said: "Until cities lie waste (שָׂאָה, *sha'ah*) without inhabitant, and houses without people, and the land is a desolate waste (שָׂאָה, *sha'ah*)."

Verse 3

Psalm 51:15 O Lord, open my lips, and my mouth will declare Your praise.

Verse 6

Exodus 21:5-6 “But if the slave plainly says, ‘I love my master, my wife, and my children; I will not go out free,’ then his master shall bring him to God, and he shall bring him to the door or the doorpost. And his master shall bore his ear through with an awl, and he shall be his slave forever.”

Leviticus 7:12 If he offers it for a thanksgiving, then he shall offer with the thanksgiving sacrifice unleavened loaves mixed with oil, unleavened wafers smeared with oil, and loaves of fine flour well mixed with oil.

1Samuel 15:22 And Samuel said, “Has Adonai as great delight in burnt offerings (עלה, *olah*) and sacrifices (זבח, *zevach*) as in obeying the voice of Adonai? Behold, to obey is better than sacrifice, and to listen than the fat of rams.”

Jeremiah 7:22 For in the day that I brought them out of the land of Egypt, I did not speak to your fathers or command them concerning burnt offerings and sacrifices.

Verse 8

Genesis 15:4 And behold, the word of Adonai came to him: “This man shall not be your heir; but one who shall come forth from within you (מעי, *mei'ai*) shall be your heir.”

Genesis 25:23 And Adonai said to her, “Two nations are in your womb, and two peoples from within you (מעי, *mei'ai*) shall be divided. The one shall be stronger than the other, the older shall serve the younger.”

Verse 9

Luke 6:45 “The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.”

Psalm 39:2-3 I was mute and silent; I held my peace to no avail, and my distress grew worse. My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue.