

PSALM 130

Some congregations add the following psalm. Some repeat each verse after the leader recites it.

A SONG OF ASCENTS.

Out of the depths I call to You, Adonai.

Adonai, hear my cry, heed my plea.

If you keep account of sins, Adonai, who can survive?

Forgiveness is Yours alone, therefore we revere You.

I wait for Adonai. O how I wait, yearning for God's response!

I wait for Adonai more eagerly than the morning watch
awaits the dawn.

Israel, put your hope in Adonai, for love flows from

Adonai, and surely, also, redemption.

God will redeem Israel from all its transgressions.

Shir ha-ma-alot mi-ma'amakkim k'ratikha Adonai.

Adonai shim-ah v'koli tihyenah oznekha kashuvot l'kol tahanunai.

Im avonot tishmor y'eh Adonai mi ya'amod.

Ki im'kha ha-s'lihah l'ma-an tivvarei.

Kivviti Adonai kiv'tah nafshi v'li-d'varo hohalti.

Nafshi laAdonai mi-shom'rim la-boker, shom'rim la-boker.

Yahel yisra-el el Adonai ki im Adonai ha-hesed v'harbeih immo f'dut.

V'hu yifdeh et yisra-el mi-kol avonotav.

The Words We Speak

Ultimately the prayer is not a word but to the self; not an ancient voice in modern times but to transcend into prayers.

— ABRA

Some congregations add the following psalm. Some repeat each verse after the leader recites it.

שִׁיר הַמַּעֲלוֹת, מִמַּעַמְקִים קָרָאתִיךָ יְהוָה.
אֲדֹנָי, שְׁמַעַה בְּקוֹלִי,

תְּהַיינָה אָזְנוֹךָ קְשׁוּבוֹת לְקוֹל תַּחֲנוּנָי.

אִם-עֲוֹנוֹת תִּשְׁמַר-לָךְ, אֲדֹנָי מִי יַעֲמֵד.

כִּי-עֲמַךְ הַסְּלִיחָה, לְמַעַן תִּנָּרָא.

קוֹיִתִי יְהוָה, קוֹתָה נַפְשִׁי, וּלְדַבְּרוֹ הוֹחֵלְתִי.

נַפְשִׁי לִיהוָה מִשְׁמְרִים לְבָקֶר, שׁוֹמְרִים לְבָקֶר.

יַחַל יִשְׂרָאֵל אֶל-יְהוָה, כִּי-עַם-יְהוָה הַחֲסֵד,

וְהַרְבֵּה עֲמוֹ פְדוֹת.

וְהוּא יַפְדֶּה אֶת-יִשְׂרָאֵל מִכָּל עֲוֹנוֹתָיו.

תהלים קל