

## Psalm 30: From Oy to Joy

A Prayer for the Full Healing of Raphael Towers

מְזִמּוֹר שִׁיר תְּנַנֵּת הַבַּיִת לְדָוִד

A Psalm-song for the dedication of the house of David.

אֲרוּמְמֶךָ יְהוָה כִּי דָלִיתָנִי וְלֹא-שִׂמְחָתָ אֵיבֵי לִי

I will exalt you Adonai for you have uplifted me  
and you have not let my enemies rejoice over me

יְהוָה אֱלֹהֵי שׁוֹעֵתִי אֵלֶיךָ וַתִּרְפְּאֵנִי

Adonai, my God, I cried to You, and You healed me

יְהוָה הַעֲלִיתָ מִן-שְׂאוֹל נַפְשִׁי חַיִּיתָנִי מִיַּרְדֵּי

HOLY ONE, You raised my soul from the Lower World  
You enlivened me from descending to the pit

זַמְרוּ לַיהוָה חֲסִידָיו וְהוֹדוּ לְזִכְרֵךְ קָדְשׁוֹ

Sing to Adonai you devotees

and give thanks in remembrance of His Holiness

כִּי רָגַע בְּאַפּוֹ חַיִּים בְּרָצוֹנוֹ בַּעֲרֹב יָלִין בְּכִי וְלִבְקָר רַנָּה

For Your anger lasts a moment. Life is Your desire.

Weep to sleep in the evening; joy in the morning.

וְאָנִי אִמַּרְתִּי בְשִׁלְוִי בַל-אֶמוּט לְעוֹלָם

I said in my serenity, I shall not be moved forever

יְהוָה בְּרָצוֹנְךָ הֵעֵמְדָתָהּ לְהִרְרִי עַז הַסִּתְרָתָ פָּנֶיךָ הֵייתִי נִבְהַל

Adonai, it was Your Will that raised my mountain strong.

When You concealed Your face I was frightened.

אֵלֶיךָ יְהוָה אֶקְרָא וְאֵל-אֲדֹנָי אֶתְחַנֵּן

I called to You, HOLY ONE. To my Master I prayed

מַה-בְּצַע בְּדַמִּי בְרִדְתִּי אֶל-שָׁחַת הַיּוֹדֵךְ עֶפְרָ הֵיגִיד אֶמְתּוֹךְ

What gain is there in my blood, if I go down to destruction?

Will dust praise You? Will it declare Your truth?

שְׁמַע יְהוָה וְחַנּוּנִי יְהוָה הֵיךָ עֵזֶר לִי

Shema Adonai, hear! Ne gracious to me. HOLY ONE, be a helper to me

הִפְכָתָ מִסִּפְדִּי לְמַחֹל לִי פִתְחָתָ שָׁקִי וַתִּאֲזַרְנִי שְׂמֵחָה

You turned my mourning into dancing;

You opened the knots of my sackcloth, and supported me with joy

לְמַעַן יִזְמְרְךָ כְּבוֹד וְלֹא יִדָּם יְהוָה אֱלֹהֵי לְעוֹלָם אוֹדְךָ

So that my soul can sing to You and not be silent.

HOLY ONE, Adonai, my God, forever I will thank You.