

BHJAN

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ADHYĀYA 1

Kya hee dhany haai vah puroosh jo dushton kee yuaktai par naheen chalata, aur n papiyon ke marga men khda hota aur n ttttha karanevalon kee mandlee men baaitta haai!

2 parantu vah to yahova kee vyavastha se prasann rahata aur usakee vyavastha par rat din dhyan karata rahata haai.

3 vah us vraksha ke saman haai, jo bahatee naliyon ke kinare lagaya gaya haai. aur apanee retu men falata haai, aur jisake patte kabhee murajhate naheen. isaliye jo kuchh vah puroosh kare vah safal hota haai..

4 dushtt log aeese naheen hote, ve us boosee ke saman hote haai, jo pavan se udai jatee haai.

5 is karan dushtt log adalat men sthiar n rah sakenge, aur n papee dhaarmiyon kee mandlee men ttharenge

6 kyonaki yahova dharmiyon ka marga janata haai, parantu dushton ka marga nash ho jaaega..

ADHYĀYA 2

Jaati jati ke log kyon hullad machate haai, aur desh desh ke log vyarth baten kyon soch rahe haain?

2 yahova ke aur usakeaabhaishaikt ke virooddh prathvee ke raja milakar, aur haakim apas men sammaati karake kahate haai, ki

3 ao, ham unake bandhan tod dale, aur unakee rassaiyon ko apne upar se utar faenke..

4 vah jo svarga men virajaman haai, hansega, prabhu unako tttthon men udaaega.

5 tab vah un se krodha karake baten karega, aur krodha men kahakar unhen ghabara dega, ki

6 maain to apne ttharaae huae raja ko apne paavitra parvat siyyon kee rajagae par

baaitta chuka hoon.

7 maain us vachan ka prachar karoonga: jo yahova ne mujh se kaha, too mera putra haai, aj too mujh se utpann hua.

8 mujh se mang, aur maain jati jati ke logon ko teree sampati hone ke liye, aur door door ke deshaen ko teree nij boomi banane ke liye de doonga.

9 too unhen lohe ke dnde se ttukade ttukade karega. too kumhar ke bartan kee nain unhen chakana choor kar dalega..

10 isaliye ab, he rajao, buddhmaian bano he prathvee ke nyaayiyo, yah upadesh grahan karo.

11 drate huae yahova kee upasana karo, aur kanpate huae magan ho.

12 putra ko choomo aeesa n ho ki vah krodha kare, aur tum marga hee men nash ho jao kyonaki kshan bhr men usaka krodha bhdkane ko haai.. dhany haai ve jinaka bhrosa us par haai..

ADHYĀYA 3

he yahova mere satanevale kitane baddh gaae haain! vah jo mere virooddh utte haain bahut haain.

2 bahut se mere praan ke vishay men kahate haai, ki usaka bachav parameshvar kee are se naheen ho sakata.

3 parantu he yahova, too to mere charon or meree ddhal haai, too meree mahima aur mere mastaishk ka uncha karanevala haai.

4 maain unche shabd se yahova ko pukarata hoo, aur vah apane pavitra parvat par se mujhe uttr deta haai.

5 maain lettkar so gaya fir jag utta, kyonaki yahova mujhe samhalata haai.

6 maain un das hajar manushyon se naheen drata, jo mere virooddh charon or panati bandho khde haain..

7 ut, he yahova! he mere parameshvar mujhe bacha le! kyonaki too ne mere sab shatrauon ke jabalon par mara haai aur too ne dushton ke dant tod dale haain..

8 uddhar yahova hee kee or se hota haai he yahova teree ashaeesh teree praja par ho..

ADHYĀYA 4

he mere dharmamay parameshvar, jab maain pukaroon tab too mujhe uttr de jab maain saketee men pada tab too ne mujhe vistar diya. mujh par anugrah kar aur meree praarthna sun le..

2 he manushyon ke putrae, kab tak meree maahima ke badale anadar hota rahega? tum kab tak vyarth baton se praeeti rakhoge aur joottai kee khoj men rahoge?

3 yah jan rakho ki yahova ne bhkt ko apne liye alag kar rakha haai jab maain yahova ko pukaroonga tab vah sun lega..

4 kanpate raho aur pap mat karo apne apne bichhaune par man hee man socho aur chupachap raho.

5 dharma ke balidan chaddhao, aur yahova par bhrosa rakho..

6 bahut se haain jo kahate haai, ki kaun ham ko kuchh bhlai dikhaaega? he yahova too apne mukh ka prakash ham par chamaka!

7 too ne mere man men us se kaheen aadhaik anand bhr diya haai, jo unako ann aur

dakhmadha kee baddhhee se hotee thee.

8 maain shaaantai se lett jaunga aur so jaunga kyonki, he yahova, keval too hee mujh ko aekant men nishchaint rahane deta haai..

ADHYĀYA 5

he yahova, mere vachanon par kan laga mere dhyan karane kee or man laga.

2 he mere raja, he mere parameshvar, meree dohai par dhyan de, kyonaki maain tujhee se praarthna karata hoon.

3 he yahova, bhor ko meree vanee tujhe sunai degee, maain bhor ko praarthna karake teree batt johoonga.

4 kyonaki too aeesa ishvar naheen jo dushtta se prasann ho burai tere sath naheen rah sakatee.

5 ghamandee tere sammukh khde hone n panaege tujhe sab anarthkariyon se gharana haai.

6 too unako jo joott bolate haain nash karega yahova to hatyare aur chhlee manushy se gharana karata haai.

7 parantu maain to teree apar karoona ke karan tere bhvan men aunga, maain tera bhy manakar tere pavitra maandair kee or dandvata karoonga.

8 he yahova, mere shatrauon ke karan apane dharma ke marga men meree aguvai kara mere age age apane seedho marga ko dikha.

9 kyonaki unake munh men koi sachchai naheen unake man men niree dushtta haai. unaka gala khulee hui kabra haai, ve apanee jeebh se chikanee chupadee baten karate haain.

10 he parameshvar too unako doshaee ttara ve apanee hee yuktaiyon se ap hee gir jaaen unako unake aparadhaen ke aadhaikai ke karan nikal bahar kar, kyonaki unhon ne tujh se balava kiya haai..

11 parantu jitane tujh par bhrosa rakhte haain ve sab anand kare, ve sarvada unche svar se gate rahan kyonki too unakee raksha karata haai, aur jo tere nam ke praemee haain tujh men prafauallait hon.

12 kyonaki too dharmee ko aashaish dega he yahova, too usako apane anugraharoopee ddhal se ghore rahega..

ADHYĀYA 6

he yahova, too mujhe apane krodha men n dant, aur n jhunjhlahatt men mujhe tadna de.

2 he yahova, mujh par anugrah kar, kyonki maain kumhala gaya hoon he yahova, mujhe changa kar, kyonaki meree haaddiyon men bechaainee haai.

3 mera praan bhee bahut khedit haai. aur to, he yahova, kab taka?

4 lautt a, he yahova, aur mere praan bacha apanee karoona ke nimitt mera uddhar kara.

5 kyonaki mratyu ke bad tera smaran naheen hota adhaelok men kaun tera dhanyavad karega?

6 maain karahate karahate thk gaya maain apanee khatt ansuon se bhaigota hoon prati rat mera bichhauna bheegata haai.

7 meree ankhen shaek se baaittee jatee haai, aur mere sab satanevalon ke karan ve dhaundhala gai haain..

⁸ he sab anarthkariyo mere pas se door ho kyonaki yahova ne mere rone ka shabd sun liya haai.

⁹ yahova ne mera gidgidana suna haai yahova meree praarthna ko grahan bhee karega.

¹⁰ mere sab shatra laajjait honge aur bahut ghabaraaenge ve lautt jaaenge, aur aekaaek lajjait honge..

ADHYĀYA 7

he mere parameshvar yahova, mera bhrosa tujh par haai sab pеechha karanevalon se mujhe bacha aur chhuttkara de,

² aeesa n ho ki ve mujh ko sinh kee nai faadkar ttukade ttukade kar dalen aur koi mera chhudanevala n ho..

³ he mere parameshvar yahova, yadi maain ne yah kiya ho, yaadi mere hathon se kuttlai kam hua ho,

⁴ yaadi maain ne apne mel rakhnevalon se bhlai ke badale burai kee ho, varan maain ne usako jo akaran mera baariee tha bachaya haai

⁵ to shatra mere praan ka pеechha karake mujhe a pakade, varan mere praan ko boomi par raunde, aur meree maahima ko mittee men mila de..

⁶ he yahova krodha karake utt mere kroddhabhre satanevale ke virooddh too khda ho ja mere liye jaga! too ne nyay kee agyaa to de dee haai.

⁷ desh desh ke logon kee mandlee tere charon or ho aur too unake upar se hokar unche sthanon par lautt ja.

⁸ yahova samaj samaj ka nyay karata haai yahova mere dharma aur khrai ke anusar mera nyay chuka de..

⁹ bhla ho ki dushtton kee burai ka ant ho jaa, parantu dharma ko too sthiar kara kyonki dharmee parameshvar man aur marma ka gyaata haai.

¹⁰ meree ddhal parameshvar ke hath men haai, vah seedho manavalon ko bachata haai..

¹¹ parameshvar dharmee aur nyayee haai, varan aeesa ishvar haai jo praati din kroddha karata haai..

¹² yaadi manushy n fire to vah apanee talavar par san chaddhaaega vah apna dhanush chaddhakar teer sandhaan chuka haai.

¹³ aur us manushy ke liye us ne mratyu ke haathaiyar taaiyar kar liae haain: vah apne teeron ko aagniyan banata haai.

¹⁴ dekh dusht ko anarth kam kee peedaaen ho rahee haai, usako utpat ka garbh haai, aur us se joott utpann hua. us ne gadha khodakar use gahira kiya,

¹⁵ aur jo khai us ne banai thee us men vah ap hee gira.

¹⁶ usaka utpat palatt kar usee ke sir par padega aur usaka upadrav usee ke mathe par padega..

¹⁷ maain yahova ke dharma ke anusar usaka dhanyavad karoonga, aur paramapradhaan yahova ke nam ka bhjan gaunga..

ADHYĀYA 8

he yahova hamare prabhu, tera nam saree prathvee par kya hee pratapamay haai! too ne apna vibhv svarga par dikhaya haai.

2 too ne apne baairiyon ke karan bachchon aur doodha piuvon ke dara samathrya kee nev dalee haai, taki too shatra aur palatta lenevalon ko rok rakhe.

3 jab maain akash ko, jo tere hathon ka karya haai, aur chandrama aur taragan ko jo too ne niyukt kiae haai, dekhta hoon

4 to fir manushy kya haai ki too usaka smaran rakhe, aur adamee kya haai ki too usakee sudhai le?

5 kyonaki too ne usako parameshvar se thoda hee kam banaya haai, aur maahima aur pratap ka mukutt usake sir par rakha haai.

6 too ne use apne hathon ke kayorn par prabhuta dee haai too ne usake panv tale sab kuchh kar diya haai.

7 sab bhed-bakaree aur gaya-baail aur jitane vanapashu haai,

8 akash ke pakshaee aur samudr kee machhliya, aur jitane jeeva-jantu samudron men chalate firate haain.

9 he yahova, he hamare prabhu, tera nam saree prathvee par kya hee pratapamay haai..

ADHYĀYA 9

he yahova parameshvar maain apne poorn man se tera dhanyavad karoonga maain tere sab ashcharya karmon ka varnn karoonga.

2 maain tere karan anaandait aur prafauallait hounga, he paramapradhaan, maain tere nam ka bhjan gaunga..

3 jab mere shatra peechhe hattte haai, to ve tere samhane se ttokar khakar nash hote haain.

4 kyonaki too ne mera nyay aur mukama chukaya haai too ne sinhasan par virajaman hokar dharma se nyay kiya.

5 too ne anyajatiyon ko jhdika aur dushtt ko nash kiya haai too ne unaka nam anantakal ke liye mitti diya haai.

6 shatra jo haai, vah mar gaa, ve anantakal ke liye ujad gaae haain aur jin nagaron ko too ne ddha diya, unaka nam va nishaan bhee mitt gaya haai.

7 parantu yahova sadaaiv sinhasan par virajaman haai, us ne apne sinhasan nyay ke liye siddh kiya haai

8 aur vah ap hee jagat ka nyay dharma se karega, vah desh desh ke logon ka mukama khrai se nipattaaega..

9 yahova pise huon ke liye uncha gaddh ttharega, vah sankatt ke samay ke liye bhee uncha gaddh ttharega.

10 aur tere nam ke jananevale tujh par bhrosa rakhenge, kyonaki he yahova too ne apne khojyon ko tyag naheen diya..

11 yahova jo siyyon men virajaman haai, usaka bhjan gao! jati jati ke logon ke beech men usake mahakamorn ka prachar karo!

12 kyonaki koon ka palatta lenevala unako smaran karata haai vah deen logon kee dohai ko boolata..

13 he yahova, mujh par anugrah kara. too jo mujhe mratyu ke faattkon ke pas se uttata haai, mere du:kh ko dekh jo mere baairee mujhe de rahe haain

14 taaki maain siyyon ke faattkon ke pas tere sab gunon ka varnn karoo, aur tere kiae huae uddhar se magan houn..

15 any jativalon ne jo gadha khoda tha, usee men ve ap gir pade jo jal unhon ne lagaya tha, us men unheen ka panv fans gaya.

16 yahova ne apane ko pragatt kiya, us ne nyay kiya haai dushtt apane kiae huae kamon men fans jata haai.

17 dushtt adhaelok men lautt jaaenge, tatha ve sab jatiyan bhee ja parameshvar ko bool jatee haai.

18 kyonki daridr log anantakal tak bisare huae n rahenge, aur n to namra logon kee asha sarvada ke liye nash hogee.

19 ut, he parameshvar, manushy prabal n hone pae! jatiyon ka nyay tere sammukh kiya jae.

20 he parameshvar, unako bhy dila! jaatiyan apane ko manushyamatra hee janen.

ADHYĀYA 10

He yahova too kyon door khda rahata haai? sankatt ke samay men kyon chhpaai rahata haai?

2 dushton ke ahankar ke karan dee manushy khdede jate haain ve apanee hee nikalee hui yuaktaiyon men fans jaaen..

3 kyonki dushtt apanee aabhailasha par ghamand karata haai, aur lobhee parameshvar ko tyag deta haai aur usaka tiraskar karata haai..

4 dushtt apanee abhaiman ke karan kahata haai ki vah lekha naheen lene ka usaka poora vichar yahee haai ki koi parameshvar haai hee naheen..

5 vah apanee marga par draddhta se bana rahata haai tere nyay ke vichar aeesche unche par hote haai, ki usakee drashti vahan tak naheen pahunchatee jitane usake virodhaee haain un par vah faunkarata haai.

6 vah apanee man men kahata haai ki maain kabhee ttlane ka naheen: maain peeddhee se peeddhee tak du:kh se bacha rahoonga..

7 usaka munh shaap aur chhl aur andhor se bhra haai utpat aur anarth kee baten usake munh men haain.

8 vah ganvon ke ghaton men baaitta karata haai, aur gupt sthanon men nirdosh ko ghaat karata haai, usakee ankhe lachar kee ghaat men lagee rahatee haai.

9 jaaisa sinh apanee jhadee men vaaisa hee vah bhee chhpaikar ghaat men baaitta karata haai vah deen ko pakadne ke liye ghaat lagaae rahata haai,

10 vah deen ko apanee jal men fansakar ghaseett lata haai, tab use pakad leta haai.

11 vah jhuk jata haai aur vah dabak kar baaitta haai aur lachar log usake mahabalee hathon se pattke jate haain.

12 vah apanee man men sochata haai, ki ishvar bool gaya, vah apanee munh chhpaiaata haai vah kabhee naheen dekhega..

13 ut, he yahova he ishvar, apanee hath baddha aur deenon ko n boola.

14 parameshvar ko dushtt kyon tuchchh janata haai, aur apanee man men kahata haai ki too lekha n lega?

15 too ne dekh liya haai, kyonki too utpat aur kalapane par duashtti rakhta haai, taaki usaka palatta apanee hath men rakhe lachar apanee ko tere hath men saunpata haai anathon ka too hee sahayak raha haai. dushtt kee bhuja ko tod dala

16 yahova anantakal ke liye maharaj haai usake desh men se anyajati log nash ho gaae haain..

17 he yahova, too ne namra logon kee aabhailesha sunee haai too unaka man taaiyar karega, too kan lagakar sunega

18 ki anath aur pise huae ka nyay kare, taki manushy jo mittee se bana haai fir bhy dikhane n paae..

ADHYĀYA 11

Mera bhrosa parameshvar par haai tum kyonaki mere praan se kahate ho ki pakshaee kee nai apne pahad par ud ja?

2 kyonaki dekho, dushtt apna dhanush chaddhate haai, aur apnaa teer dhanush kee doree par rakhte haai, ki seedho manavalon par andhiayare men teer chalaen.

3 yaadi neven ddha dee jaaen to dharmee kya kar sakata haai?

4 parameshvar apne paavitra bhvan men haai parameshvar ka sinhasan svarga men haai usakee ankhen manushy kee santan ko nit dekhtee rahatee haain aur usakee palaken unako janchatee haain.

5 yahova dharmeen ko parakhta haai, parantu vah un se jo dushtt haain aur upadrav se praeeti rakhte haain apnee atma men gharana karata haai.

6 vah dushton par fande barasaaega ag aur gandhak aur prachand looh unake kattoron men bantt dee jaaengee.

7 kyonaki yahova dharmee haai, vah dharma ke hee kamon se prasann rahata haai dharmeejan usaka darshan paaenge..

ADHYĀYA 12

He parameshvar bacha le, kyonki aek bhee bhkt naheen raha manushyon men se vishvasayogy lag mar mitte haain.

2 un men se pratyek apne padosee se joottie baten kahata haai ve chapaloos ke otton se do rangee baten karate haain..

3 prabhu sab chapaloos otton ko aur us jeebh ko jis se bada bol nikalata haai katt dalega.

4 ve kahate haain ki ham apnee jeebh hee se jeetenge, hamare ont hamare hee vash men haain hamar prabhu kaun haai?

5 dee logon ke lutt jane, aur daaridron ke karahane ke kara, parameshvar kahata haai, ab maain utoonga, jis par ve faunkarate haain use maain chaain vishraam doonga.

6 parameshvar ka vachan pavitra haai, us chandai ke saman jo bhtee men mittee par tai gai, aur sat bar nirmal kee gai ho..

7 too hee he parameshvar unakee raksha karega, unako is kal ke logon se sarvada ke liye bachaae rakhega.

8 jab manushyon men neechapan ka adar hota haai, tab dushtt log charon or akadte firate haain..

ADHYĀYA 13

he parameshvar too kab taka? kya sadaaiv mujhe boola rahega? too kab tak apana mukhda mujh se chhpaiaae rahega?

2 maain kab tak apane man hee man men yuktaiyan karata rahoo, aur din bhr apane day men duakhait raha karoo, kab tak mera shatra mujh par prabal rahega?

3 he mere parameshvar yahova meree or dhyan de aur mujhe uttr de, meree ankhon men jyoti ane de, naheen to mujhe mratyu kee neend a jaaegee

4 aeesa n ho ki mera shatra kahe, ki maain us par prabal ho gaya aur aeesa n ho ki jab maain dgamagane lagoon to mere shatra magan hon..

5 parantu maain ne to teree karoona par bhrosa rakha haai mera day tere uddhar se magan hoga.

6 maain parameshvar ke nam ka bhjan gaunga, kyonki us ne meree bhlai kee haai..

ADHYĀYA 14

Moorkh ne apane man men kaha haai, koi parameshvar haai hee naheen. ve bigad gaa, unhon ne ghainaune kam kiae haai, koi sukarmee naheen.

2 parameshvar ne svarga men se manushyon par drashti kee haai, ki dekhe ki koi buaddhmaian, koi parameshvar ka khojee haai ya naheen.

3 ve sab ke sab bhtk gaa, ve sab bhrashtt ho gaae koi sukarmee nahee, aek bhee naheen.

4 kya kisee anarthkaree ko kuchh bhee gyaan naheen rahata, jo mere logon ko aese kha jate haain jaaise rottee, aur parameshvar ka nam naheen lete?

5 vahan un par bhy chha gaya, kyonaki parameshvar dharmee logon ke beech men nirantar rahata haai.

6 tum to deen kee yuaktai kee hansee odate ho isaliye ki yahova usaka sharansthan haai.

7 bhlai ho ki israael ka uddhar siyyon se pragatt hota! jab yahova apanee praja ko dasatv se lautta le aaega, tab yakoob magan aur israael anandait hoga..

ADHYĀYA 15

he parameshvar tere tamboo men kaun rahega? tere paavitra parvat par kaun basane paaega?

2 vah jo khrai se chalata aur dharma ke kam karata haai, aur day se sach bolata haai

3 jo apanee jeebh se ninda naheen karata, aur n apane mitra kee burai karata, aur n apane padosee kee ninda sunata haai

4 vahjisakee drashti men nikamma manushy tuchchh haai, aur jo yahova ke dravaaiyon ka adar karata haai, jo shapath khakar badalata naheen chahe hani uttana pade

5 jo apana roopaya byaj par naheen deta, aur nirdosh kee haani karane ke liye ghoos naheen leta haai. jo koi aeesee chal chalata haai vah kabhee n dgamagaaega..

ADHYĀYA 16

he ishvar meree raksha kar, kyonki maain tera hee sharanagat hoon.

2 maain ne parameshvar se kaha haai, ki too hee mera prabhu haai tere sivaae meree bhlai kaheen naheen.

- ³ prathvee par jo paavitra log haai, ve hee adar ke yogy haai, aur unheen se maain prasann hoon.
- ⁴ jo paraae devata ke peechhe bhagate haain unaka du:kh baddh jaaega maain unake lohoovale tapavan naheen tapaunga aur unaka nam apne otton se naheen loonga..
- ⁵ yahova mera bhag aur mere kattore ka hissa haai mere bantt ko too sthiar rakhta haai.
- ⁶ mere liye map kee doree manabhavane sthan men paddee, aur mera bhag manabhavana haai..
- ⁷ maain yahova ko dhany kahata hoo, kyonki us ne mujhe sammaati dee haai varan mera man bhee rat men mujhe shaiksha deta haai.
- ⁸ maain ne yahova ko nirantar apne sammukh rakha haai : isaliye ki vah mere daahine hath rahata haai maain kabhee n dgamagaunga..
- ⁹ is karan mera day anandait aur meree atma magan hui mera shareer bhee chaain se rahega.
- ¹⁰ kyonaki too mere praan ko adhaelok men n chhodega, n apne pavitra bhkt ko sadne dega..
- ¹¹ too mujhe jeevan ka rasta dikhaaega tere nikatt anand kee bhrapooree haai, tere daahine hath men sukh sarvada bana rahata haai..

ADHYĀYA 17

he yahova parameshvar sachchai ke vachan sun, meree pukar kee or dhyan de. meree praarthna kee or jo nishkapatt munh se nikalatee haai kan laga.

- ² mere mukamen ka nirny tere sammukh ho! teree ankhen nyay par lagee rahan!
- ³ too ne mere day ko jancha haai too ne rat ko meree dekhhbal kee, too ne mujhe parakha parantu kuchh bhee khottapan naheen paya maain ne ttan liya haai ki mere munh se aparadha kee bat naheen nikalegee.
- ⁴ manavee kamon men maain tere munh ke vachan ke dara krooron kee see chal se apne ko bachaae raha.
- ⁵ mere panv tere pathon men sthiar rahe, fisale naheen..
- ⁶ he ishvar, maain ne tujh se praarthna kee haai, kyonaki too mujhe uttr dega. apna kan meree or lagakar meree binatee sun le.
- ⁷ too jo apne daahine hath ke dara apne sharangaton ko unake virodhaiyon se bachata haai, apnee adab hut karoona dikha.
- ⁸ apne ankho kee putalee kee nai suraakshiat rakh apne pankhon ke tale mujhe chhpai rak,
- ⁹ un dushton se jo mujh par atyachar karate haai, mere praan ke shatrauon se jo mujhe ghore huue haain..
- ¹⁰ unhon ne apne dayon ko kattor kiya haai unake munh se ghamand kee baten nikalatee haain.
- ¹¹ unhon ne pag pag par hamako ghora haai ve hamako boomi par pattk dene ke liye ghaat lagaae huue haain.
- ¹² vah us sinh kee nai haai jo apne shaikar kee lalasa karata haai, aur javan sinh kee nai ghaat lagane ke sthanon men baaitta rahata haai..
- ¹³ ut, he yahova usaka samana kar aur use pattk de! apnee talavar ke bal se mere praan ko dusht se bacha le.
- ¹⁴ apna hath baddhakar he yahova, mujhe manushyon se bacha, arthata sansaree

manushyon se jinaka bhag isee jeevan men haai, aur jinaka pett too apane bhndar se bhrata haai. ve balabachchon se santushtt haain aur shosh sampaati apane bachchon ke liye chhod jate haain..

15 parantu maain to dharmee hokar tere mukh ka darshan karoonga jab maain janoonga tab tere svaroop se santushtt hoonga..

ADHYĀYA 18

he parameshvar, he mere bal, maain tujh se praem karata hoon.

2 yahova meree chattan, aur mera gaddh aur mera chhudanevala haai mera ishvar, meree chattan haai,jisaka maain sharanagat hoo, vah meree ddhal aur meree muaktai ka gaddh haai.

3 maain yahova ko jo stuati ke yogy haai pukaroonga is prakar maain apane shatrauon se bachaya jaunga..

4 mratyu kee raassaiyon se maain charo or se ghair gaya hoo, aur adharma kee baddh ne mujh ko bhyabheet kar diya

5 patal kee rassaiyan mere charo or thee, aur mratyu ke fande mujh par aae the.

6 apane sankatt men maain ne yahova parameshvar ko pukara maain ne apane parameshvar ko dohai dee. aur us ne apane maandair men se meree baten sunee. aur meree dohai usake pas pahunchakar usake kanon men padee..

7 tab prathvee hil gai, aur kanp uttee aur pahadon kee neve kanpit hokar hil gai kyonaki vah ati krodrheit hua tha.

8 usake nathnon se dhauan nikala, aur usake munh se ag nikalakar bhsm karane lagee jis se koele dahak utte.

9 aur vah svarga ko neechे jhukakar utar aya aur usake panvon tale ghaer andhakar tha.

10 aur vah karoob par savar hokar uda, varan pavan ke pankhon par savaree karake veg se uda.

11 us ne aandhiayare ko apane chhpaine ka sthan aur apane charon or meghaen ke andhakar aur akash kee kalee ghattaon ka mandp banaya.

12 usakee upasthiaati kee jhlak se usakee kalee ghattaen fatt gai ole aur angare.

13 tab yahova akash men garaja, aur paramapradhaan ne apanee vanee sunai, ole or angare..

14 us ne apane teer chala chalakar unako titar bitar kiya varan bijaaliyan gira girakar unako parast kiya.

15 tab jal ke nale dekh pade, aur jagat kee neven pragatt hui, yah to yahova teree dantt se, aur tere nathnon kee sans kee jhonk se hua..

16 us ne upar se hath baddhakar mujhe thanm liya, aur gaahire jal men se kheench liya.

17 us ne mere balavant shatra se, aur un se jo mujh se gharana karate the mujhe chhudaya kyonaki ve adhaik samarthee the.

18 meree vipaati ke din ve mujh par a pade. parantu yahova mera ashray tha.

19 aur us ne mujhe nikalakar chaude sthan men pahunchaya, us ne mujh ko chhudaya, kyonaki vah mujh se prasann tha.

20 yahova ne mujh se mere dharma ke anusar vyavahar kiya aur mere hathon kee shuuddhta ke anusar us ne mujhe badala diya.

21 kyonaki maain yahova ke magorn par chalata raha, aur dushtta ke karan apane parameshvar se door n hua.

22 kyonaki usake sare nirny meere sammukh bane rahe aur maain ne usakee vidhaiyon ko n tyaga.

23 aur maain usake sammukh siddh bana raha, aur adharma se apane ko bachaae raha.

24 yahova ne mujhe mere dharma ke anusar badala diya, aur mere hathon kee us shuuddhta ke anusar jise vah dekhta tha..

25 dayavant ke sath too apane ko dayavant dikhata aur khre puroosh ke sath too apane ko khra dikhata haai.

26 shuuddh ke sath too apane ko shuuddh dikhata, aur tteddhe ke sath too tirthha banata haai.

27 kyonaki too dee logon ko to bachata haai parantu ghamand bhree ankhon ko neechee karata haai.

28 ha, too hee mere deepak ko jalata haai mera parameshvar yahova mere aandhiayare ko ujiyala kar deta haai.

29 kyonaki teree sahayata se maain sena par dhaava karata hoon aur apane parameshvar kee sahayata se shaharapanah ko langha jata hoon.

30 ishvar ka marga sachchaai yahova ka vachan taya hua haai vah apane sab sharanagaton kee ddhal haai..

31 yahova ko chhad kya koi ishvar haai? hamare parameshvar ko chhad kya aur koi chattan haai?

32 yah vahee ishvar haai, jo samarth se mera kattbaindha bandhata haai, aur mere marga ko siddh karata haai.

33 vahee mere paairon ko haarinaiyon ke paairon ke saman banata haai, aur mujhe mere unche sthanon par khda karata haai.

34 vah mere hathon ko yuddh karana sikhata haai, isaliye meree bahon se peetal ka dhanush jhuk jata haai.

35 too ne mujh ko apane bachav kee ddhal dee haai, too apane daahine hath se mujhe sambhale huae haai, aur meree namrata ne mahatv diya haai.

36 too ne mere paairon ke liye sthan chauda kar diya, aur mere paair naheen fisale.

37 maain apane shatrauon ka peechna karake unhen pakad loonga aur jab tab unaka ant n karoon tab tak n lautoonga.

38 maain unhen aeesa bedhoonga ki ve utt n sakenge ve mere panvon ke neeche gir padenge.

39 kyonaki too ne yuddh ke liye meree kamar men shaaktai ka pattuka bandha haai aur mere virodhaiyon ko mere sammukh neecha kar diya.

40 too ne mere shatrauon kee peett meree or faer dee, taki maain unako katt daloon jo mujh se desh rakhte haain.

41 unhon ne dohai to dee parantu unhen koi bhee bachanevala n mila, unhon ne yahova kee bhee dohai dee, parantu us ne bhee unako uttr n diya.

42 tab maain ne unako koott koottkar pavan se udai hui dhooli ke saman kar diya maain ne unako galee koochon kee keechad ke saman nikal faenka..

43 too ne mujhe praja ke jhgadon se bhee chhudaya too ne mujhe anyajaatiyon ka pradhaan banaya haai jin logon ko maain janata bhee n tha ve mere adhaeen ho gaye.

44 mera nam sunate hee ve meree agyaa ka palan karenge paradeshaee mere vash men ho jaaenge.

45 paradeshaee murjha jaaenge, aur apane kilon men se thrathrate huae nikalenge..

46 yahova parameshvar jeeavit haai meree chattan dhany haai aur mere muktaidata

parameshvar kee badai ho.

47 dhany haai mera palatta lenevala ishvara! jis ne desh desh ke logon ko mere vansh men kar diya haai

48 aur mujhe mere shatrauon se chhudaya haai too mujh ko mere virodhaiyon se uncha karata, aur upadravee puroosh se bachata haai..

49 is karan maain jaati jati ke samhane tera dhanyavad karoonga, aur tere nam ka bhjan gaunga.

50 vah apne ttharaae huae raja ka bada uddhar karata haai, vah apne abhaishaikta daud par aur usake vansh par yuganuyug karoona karata rahega..

ADHYĀYA 19

Akash ishvar kee maahima varnn kar raha haai aur akashamandl usakee hastakala ko pragatt kar raha haai.

2 din se din baten karata haai, aur rat ko rat gyaan sikhatee haai.

3 n to koi bolee haai aur n koi bhasha jahan unaka shabd sunai naheen deta haai.

4 unaka svar saree prathvee par goonj gaya haai, aur unake vachan jagat kee chhor tak pahunch gaae haain. un men us ne soorya ke liye ek mandp khda kiya haai,

5 jo dulhe ke saman apne mahal se nikalata haai. vah shooraveer kee nai apnee daud daudne ko haashairt hota haai.

6 vah akash kee aek chhor se nikalata haai, aur vah usakee doosaree chhor tak chakkar marata haai aur usakee garmee sabako pahunchatee haai..

7 yahova kee vyavastha khree haai, vah praan ko bahal kar detee haai yahova ke niyam vishvasayogy haai, sadhaarann logon ko buddhmaian bana dete haain

8 yahova ke upadesh siddh haai, day ko anandait kar dete haain yahova ke agyaa nirmal haai, vah ankhon men jyoti le atee haai

9 yahova ka bhy paavitra haai, vah anantakal tak sthiar rahata haai yahova ke niyam saty aur pooree reeti se dharmamay haain.

10 ve to sone se aur bahut kundan se bhee baddhkar manohar haain ve madha se aur ttpakanevale chhtte se bhee baddhkar madhaur haain.

11 aur unheen se tera das chitaya jata haai unake palan karane se bada hee praatifal milata haai.

12 apnee boolachook ko kaun samajh sakata haai? mere gupt papon se too mujhe paavitra kara.

13 too apne das ko ddhittai ke papon se bhee bachaae rakh vah mujh par prabhuta karane n paaen! tab maain siddh ho jaunga, aur bade aparadhaen se bacha rahoonga..

14 mere munh ke vachan aur mere day ka dhyan tere sammukh grahan yogy ho, he yahova parameshvar, meree chattan aur mere uddhar karanevale!

ADHYĀYA 20

Sankatt ke din yahova teree sun le! yakoob ke parameshvar ka nam tujhe unche sthan par niyukt kare!

2 vah paavitrapthan se teree sahayata kare, aur siyyon se tujhe sambhal le!

3 vah tere sab annabaliyon ko smaran kare, aur tere homabaali ko grahan kare.

- ⁴ vah tere man kee ichchha ko pooree kare, aur teree saree yuaktai ko sufal kare!
- ⁵ tab ham tere uddhar ke karan unche svar se haashairt hokar gaaenge, aur apane parameshvar ke nam se jhnde khde karenge. yahova tujhe munh manga baradan de
- ⁶ ab maain jan gaya ki yahova apane abhaishaikt ka uddhar karata haai vah apane daahine hath ke uddhar karanevale parakram se apane pavitra svarga par se sunakar use uttr dega.
- ⁷ kisee ko rathon ko, aur kisee ko ghaedon ka bhrosa haai, parantu ham to apane parameshvar yahova hee ka nam lenge.
- ⁸ ve to jhuk gaae aur gir pade parantu ham utte aur seedho khde haain..
- ⁹ he yahova, bacha le jis din ham pukaren to maharaja hamen uttr de..

ADHYĀYA 21

he yahova teree samathrya se raja anaandait hogta aur tere kiae huae uddhar se vah ati magan hogta.

- ² too ne usake manorath ko poora kiya haai, aur usake munh kee binatee ko too ne asveekar naheen kiya.
- ³ kyonaki too uttm ashaeeshon deta hua us se milata haai aur too usake sir par kundan ka mukutt paahinata haai.
- ⁴ us ne tujh se jeevan manga, or too ne jeevanadan diya too ne usako yuganuyug ka jeevan diya haai.
- ⁵ tere uddhar ke karan usakee mahima aadhaik haai too usako vibhv aur aeeshvarya se abooshait kar deta haai.
- ⁶ kyonaki too ne usako sarvada ke liye ashaeashait kiya haai too apane sammukh usako harsha aur anand se bhr deta haai.
- ⁷ kyonaki raja ka bhrosa yahova ke upar haai aur paramapradhaan kee karoona se vah kabhee naheen ttlane ka..
- ⁸ tera hath tere sab shatrauon ko ddoonddh nikalega, tera dahina hath tere sab baaiariyon ka pata laga lega.
- ⁹ too apane mukh ke sammukh unhen jalate huae bhtte kee nai jalaaega. yahova apane krohda men unhen nigal jaaega, aur ag unako bhsm kar dalegee.
- ¹⁰ too unake falon ko prathvee par se, aur unake vansh ko manushyon men se nashtt karega.
- ¹¹ kyonaki unhon ne teree haati ttanee haai, unhon ne aeesee yuaktai nikalee haai jise ve pooree n kar sakenge.
- ¹² kyonaki too apana dhaunash unake virooddh chaddhaaega, aur ve peett dikhakar bhagenge..
- ¹³ he yahova, apanee samathrya men mahan ho! aur ham ga gakar tere parakram ka bhjan sunaaenge..

ADHYĀYA 22

he mere parameshvar, he mere parameshvar, too ne mujhe kyon chhod diya? too meree pukar se aur meree sahayat karane se kyon door rahata haai? mera uddhar kahan haai?

- ² he mere parameshvar, maain din ko pukarata hoon parantu too uttr naheen deta aur rat ko bhee maain chup naheen rahata.

³ parantu he too jo israael kee stuti ke sihansan par virajaman haai, too to pavitra haai.

⁴ hamare purakha tujhee par bhrosa rakhte the ve bhrosa rakhte the, aur too unhen chhudata tha.

⁵ unhon ne teree dohai dee aur too ne unako chhudaya ve tujhee par bhrosa rakhte the aur kabhee laajait n hue..

⁶ parantu maain to keeda hoo, manushy naheen manushyon men meree namadharai haai, aur logon men mera apaman hota haai.

⁷ vah sab jo mujhe dekhte haain mera tttha karate haai, aur ont bichakate aur yah kahate huae sir hilate haai,

⁸ ki apne ko yahova ke vash men kar de vahee usako chhuda, vah usako ubare kyonaki vah us se prasann haai.

⁹ parantu too hee ne mujhe garbh se nikala jab maain doodhaapiuva bachcha tha, tab hee se too ne mujhe bhrosa rakhna sikhlaya.

¹⁰ maain janmate hee tujhee par chhod diya gaya, mata ke garbh hee se too mera ishvar haai.

¹¹ mujh se door n ho kyonaki sankatt nikatt haai, aur koi sahayak naheen.

¹² bahut se sanddhon ne mujhe ghor liya haai, bashaan ke balavant sanddh mere charon or mujhe ghore huae haai.

¹³ vah faadne aur garajanevale sinh kee nain mujh par apna munh pasare huae haai..

¹⁴ maain jal kee nain bah gaya, aur meree sab haaddiyon ke jod ukhd gaae: mera day mom ho gaya, vah meree deh ke bheetar pighal gaya.

¹⁵ mera bal toot gaya, maain tteekara ho gaya aur meree jeebh mere taloo se chipak gai aur too mujhe marakar mittee men mila deta haai.

¹⁶ kyonaki kuton ne mujhe ghor liya haai kukaarmiyon ke mandlee meree charon or mujhe ghore huae haai vah mere hath aur mere paair chhedate haain.

¹⁷ maain apanee sab haddiyon gin sakata hoon ve mujhe dekhte aur niharate haain

¹⁸ ve mere vasr apas men bantte haai, aur mere paahirave par chitthee dalate haain.

¹⁹ parantu he yahova too door n raha! he mere sahayak, meree sahayata ke liye faurtee kara!

²⁰ mere praan ko talavar se bacha, mere praan ko kutte ke panje se bacha le!

²¹ mujhe sinh ke munh se bacha, ha, jangatee sanddhon ke seengo men se too ne mujhe bacha liya haai..

²² maain apan bhaiyon ke samhane tere nam ka prachar karoonga sabha ke beech men teree prashansa karoonga.

²³ he yahova ke dravaaiyon usakee stuti karo! he yakoob ke vansha, tum usaka bhy mano!

²⁴ kyonaki us ne du:khee ko tuchchh naheen jana aur n us se gharana karata haai, or n us se apna mukh chhpaiata haai par jab us ne usakee dohai dee, tab usakee sun lee..

²⁵ badee sabha men mera stuti karana teree hee or se hota haai maain apne pran ko us se bhy rakhnevalon ke samhane poora karoonga

²⁶ namra log bhojan karake trapt honge jo yahova ke khojee haai, ve usakee stuati karenge. tumhare praan sarvada jeeavit rahan!

²⁷ prathvee ke sab door deshaen ke log usako smaran karenge aur usakee or firenge aur jaati jati ke sab kul tere samhane dandvata karenge.

²⁸ kyonaki raj yahova kee ka haai, aur sab jatiyon par vahee prabhuta karata haai..

²⁹ prathvee ke sab shtpusht log bhojan karake dandvata karenge vah sab jitane mittee

men mil jate haain aur apna apna praan naheen bacha sakate, ve sab usee ke samhane ghauttne ttekenge.

30 aek vansk usakee seva karega doosara peeddhee se prabhu ka varnn kiya jaaega.

31 vah aaenge aur usake dharma ke kamon ko aek vansk par jo utpann hogya yah kahakar pragatt karenge ki us ne aeese aeese adab hut kam kiae..

ADHYĀYA 23

Yahova mera charavaha haai, mujhe kuchh ghattee n hogee.

2 vah mujhe haree haree charaiyon men baaitata haai vah mujhe sukh dai jal ke jhrane ke pas le chalata haai

3 vah mere jee men jee le ata haai. dharma ke magor men vah apane nam ke nimitt aguvai karata haai.

4 chahe maain ghaer andhakar se bhree hui tarai men hokar chaloo, taubhee haani se n droonga, kyonki too mere sath rahata haai tere sontte aur teree lattee se mujhe shaaantai milatee haai..

5 too mere satanevalon ke samhane mere liye mej bichhata haai too ne mere sir par tel mala haai, mera kattora umand raha haai.

6 nishchay bhlai aur karoona jeevan bhr mere sath sath banee rahengee aur maain yahova ke dhaam men sarvada vas karoonga..

ADHYĀYA 24

Prathvee aur jo kuchh us men haai yahova hee ka haai jagat aur us men nivas karanevale bhee.

2 kyonaki usee ne usakee neenv samudron ke upar draddh karake rakhee, aur mahanadon ke upar sthiar kiya haai..

3 yahova ke parvat par kaun chaddh sakata haai? aur usake pavitrasthan men kaun khda ho sakata haai?

4 jisake kam nirdosh aur day shuuddh haai, jis ne apane man ko vyarth bat kee or naheen lagaya, aur n kapatt se shapath khai haai.

5 vah yahova kee or se ashaeesh paaega, aur apane uddhar karanevale parameshvar kee or se dharmee ttharega.

6 aeese hee log usake khojee haai, ve tere darshan ke khojee yakoobavanshaee haain..

7 he faattko, apane sir unche karo. he sanatan ke daro, unche ho jao. kyonaki pratapee raja pravesh karega.

8 vah pratapee raja kaun haai? parameshvar jo samarthee aur parakramee haai, parameshvar jo yuddh men parakramee haai!

9 he faattko, apane sir unche karo he sanatan ke daron tum bhee khul jao! kyonaki pratapee raja pravesh karega!

10 vah pratapee raja kaun haai? senaon ka yahova, vahee pratapee raja haai..

ADHYĀYA 25

he yahova maain apane man ko teree or uttata hoon.

- 2** he mere parameshvar, maain ne tujhee par bhrosa rakha haai, mujhe lajjait hone n de mere shatra mujh par jayajayakar karane n paaen.
- 3** varan jitane teree batt johate haain un men se koi laajjait n hogya parantu jo akaran vishvasaghaatee haain ve hee laajjait honge..
- 4** he yahova apana marga mujh ko dikhla apana path mujhe bata de.
- 5** mujhe apana saty par chala aur shaiksha de, kyonaki too mera udar karanevala parameshvar haai maain din bhr teree hee batt jahata rahata hoon.
- 6** he yahova apanee daya aur karoona ke kamon ko smaran kara kyonki ve to anantakal se hote aae haain.
- 7** he yahova apanee bhlai ke karan meree javanee ke papon aur mere aparadhaen ko smaran n kara apanee karoona hee ke anusar too mujhe smaran kara..
- 8** yahova bhla aur seedha haai isaaliye vah paapiyon ko apana marga dikhlaaega.
- 9** vah namra logon ko nyay kee shaiksha deta, han vah namra logon ko apana marga dikhlaaega.
- 10** jo yahova kee vacha aur chitauaniyon ko manate haai, unake liye usake sab marga karoona aur sachchai haain..
- 11** he yahova apana nam ke nimitt mere adharma ko jo bahut haain kshama kara..
- 12** vah kaun haai jo yahova ka bhy manata haai? yahova usako usee marga par jis se vah prasann hota haai chalaaega.
- 13** vah kushal se ttakai rahega, aur usaka vansh prathvee par adhaikaree hogya.
- 14** yahova ke bhed ko vahee janate haain jo us se drate haai, aur vah apanee vacha un par pragatt karega.
- 15** meree ankhe sadaaiv yahova par ttakktee lagaae rahatee haai, kyonki vahee mere panvon ko jal men se chhudaaega..
- 16** he yahova meree or firakar mujh par anugrah kara kyonaki maain akela aur deen hoon.
- 17** mere day ka klesh baddh gaya haai, too mujh ko mere du:khon se chhuda le.
- 18** too mere du:kh aur kasht par drashti kar, aur mere sab papon ko kshama kara..
- 19** mere shatruon ko dekh ki ve kaaise baddh gaae haai, aur mujh se bada baair rakhte haain.
- 20** mere praan kee raksha kar, aur mujhe chhuda mujhe laajjait n hone de, kyonki maain tera sharanagat hoon.
- 21** khrai aur seedhaai mujhe surakshiat rakhe, kyonki mujhe tere hee asha haai..
- 22** he parameshvar israael ko usake sare sankatton se chhuda le..

ADHYĀYA 26

he yahova, mera nyay kar, kyonki maain khrai se chalata raha hoo, aur mera bhrosa yahova par attl bana haai.

- 2** he yahova, mujh ko janch aur parakh mere man aur day ko parakh.
- 3** kyonaki teree karoona to meree ankhon ke samhane haai, aur maain tere saty marga par chalata raha hoon..
- 4** maain nikammee chal chalanevalon ke sang naheen baaitta, aur n maain kapattyaien ke sath kaheen jaunga
- 5** maain kukaarmiyon kee sangaati se gharana rakhta hoo, aur dushton ke sang n

baaitoonga..

- 6** maain apne hathon ko nirdoshata ke jal se dhaeunga, tab he yahova maain teree vedee kee pradakshiana karoonga,
- 7** taaki mera dhanyavad unche shabd se karoo,
- 8** aur tere sab ashcharyakarmon ka varnn karoong.. he yahova, maain tere dhaam se teree mahima ke nivasasthan se praeeti rakhta hoon.
- 9** mere praan ko paapiyon ke sat, aur mere jeevan ko hatyaron ke sath n mila.
- 10** ve to ochhapan karane men lage rahate haai, aur unaka dahina hath ghoos se bhra rahata haai..
- 11** parantu maain to khrai se chalata rahoonga. too mujhe chhuda le, aur mujh par anugrah kara.
- 12** mere panv chauras sthan men sthiar haai sabhaon men maain yahova ko dhany kaha karoonga..

ADHYĀYA 27

Yahova parameshvar meree jyoti aur mera uddhar haai maain kis se droon? yahova mere jeevan ka draddh gaddh tthara haai, maain kis ka bhy khaun?

- 2** jab kukarmiyon ne jo mujhe satate aur mujhee se baair rakhte the, mujhe kha dalane ke liye mujh par chaddhai kee, tab ve hee ttokar khakar gir paden..
- 3** chahe sena bhee mere virooddh chhavanee dale, taubhee maain n droonga chahe mere virooddh ladai ttn jaa, us dasha men bhee maain hiyav bandho nishiichat rahoonga..
- 4** aek var maain ne yahova se manga haai, usee ke yatn men laga rahoonga ki maain jeevan bhr yahova ke bhvan men rahane pau, jis se yahova kee manoharata par drashti lagaae rahoo, aur usake mandair men dhyan kiya karoong..
- 5** kyonaki vah to mujhe vipaati ke din men apne mandp men chhpai rakhega apne tamboo ke guptasthan men vah mujhe chhpai lega, aur chattan par chaddhaaega.
- 6** ab mera sir mere charon or ke shatrauon se uncha hogta aur maain yahova ke tamboo men jayajayakar ke sath baalidan chaddhaunga aur usaka bhjan gaunga..
- 7** he yahova, mera shabd sun, maain pukarata hoo, too mujh par anugrah kar aur mujhe uttr de.
- 8** too ne kaha haai, ki mere darshan ke khojee ho. isaliye mera man tujh se kahata haai, ki he yahova, tere darshan ka maain khojee rahoonga.
- 9** apna mukh mujh se n chhpaia.. apne das ko krodha karake n hatta, too mera sahayak bana haai. he mere uddhar karanevale parameshvar mujhe tyag n de, aur mujhe chhod n de!
- 10** mere mata pita ne to mujhe chhod diya haai, parantu yahova mujhe sambhal lega..
- 11** he yahova, apne marga men meree aguvai kar, aur mere drohiyon ke karan mun ko chauras raste par le chala.
- 12** mujh ko mere satanevalon kee ichchha par n chhod, kyonki jootte sakshaee jo upadraav karane kee dhaun men haain mere virooddh utte haain..
- 13** yaadi mujhe vishvas n hota ki jeeviton kee prathvee par yahova kee bhlai ko dekoonga, to maain moochchhit ho jata.
- 14** yahova kee batt johata raha hiyav bandha aur tera day draddh rahe ha, yahova hee kee batt johata raha!

ADHYĀYA 28

he yahova, maain tujhee ko pukaroonga he meree chattan, meree sunee anasunee n kar, aeesa n ho ki tere chup rahane se maain kabra men pade huon ke saman ho jaun jo patal men chale jate haain.

2 jab maain teree dohai doo, aur tere paavitrasthan kee bheetaree kottree kee or apane hath uttau, tab meree gidgidahatt kee bat sun le.

3 un dushton aur anarthkariyon ke sang mujhe n ghaseett jo apane padosiyon se baten to mel kee bolate haain parantu day men burai rakhte haain.

4 unake kamon ke aur unakee karanee kee burai ke anusar un se bartav kar, unake hathon ke kam ke anusar unhen badala de unake kamon ka palatta unhen de.

5 ve yahova ke kamon par aur usake hai ke kamon par dhyan naheen karate, isaliye vah unhen pachhadega aur fir n uttaaega..

6 yahova dhany haai kyonaki us ne meree gidgidahatt ko suna haai.

7 yahova mera bal aur meree ddhal haai us par bhrosa rakhne se mere man ko sahayata milee haai isaaliye mera day prafaulait haai aur maain geet gakar usaka dhanyavad karoonga.

8 yahova unaka bal haai, vah apane abhaishaikt ke liye uddhar ka draddh gaddh haai.

9 he yahova apanee praja ka uddhar kar, aur apanee nij bhag ke logon ko ashaeesh de aur unakee charavahee kar aur sadaaiv unhen sambhale raha..

ADHYĀYA 29

he parameshvar ke putraen yahova ka, han yahova kee ka gunanuvad karo, yahova kee maahima aur samarth ko saraho.

2 yahova ke nam kee maahima karo pavitrata se shaebhayaman hokar yahova ko dandvata karo.

3 yahova kee vanee meghaen ke upar sun padtee haai pratamee ishvar garajata haai, yahova ghane meghaen ke upar rahata haai.

4 yahova kee vanee shaktaishaalee haai, yahova kee vanee pratapamay haai.

5 yahova kee vanee devadaron ko tod dalatee haai yahova labanon ke devadaron ko bhee tod dalata haai.

6 vah unhen bachhde kee nai aur labanon aur shairyon ko jangalee bachhde ke saman uchhalata haai..

7 yahova kee vanee ag kee lapatton ko cheeratee haai.

8 yahova kee vanee van ko hila detee haai, yahova kadesh ke van ko bhee kanpata haai..

9 yahova kee vanee se harinaiyon ka garbhpit ho jata haai. aur arany men patajhd hotee haai aur usake mandair men sab koi maahima hee maahima bolata rahata haai..

10 jalapralay ke samay yahova virajaman tha aur yahova sarvada ke liye raja hokar virajaman rahata haai.

11 yahova apanee praja ko bal dega yahova apanee praja ko shaaantai kee ashaeesh dega..

ADHYĀYA 30

he yahova maain tujhe sarahoonga, kyonki too ne mujhe kheenchakar nikala haai, aur mere shatrauon ko mujh par anand karane naheen diya.

2 he mere parameshvar yahova, maain ne teree dohai dee aur too ne mujhe changa kiya haai.

3 he yahova, too ne mera praan adhaelok men se nikala haai, too ne mujh ko jeeavit rakha aur kabra men padne se bachaya haai..

4 he yahova ke bhkto, usaka bhjan gao, aur jis pavitra nam se usaka smaran hota haai, usaka dhanyavad karo.

5 kyonaki usaka krodha, to kshan bhr ka hota haai, parantu usakee prasannata jeevan bhr kee hotee haai. kadaachita rat ko rona pade, parantu sabere anand pahunchega..

6 maain ne to chaain ke samay kaha tha, ki maain kabhee naheen ttlane ka.

7 he yahova apanee prasannata se too ne mere pahad ko draddh aur sthiar kiya tha jab too ne apna mukh faer liya tab maain ghabara gaya..

8 he yahova maain ne tujhee ko pukara aur yahova se gidgidakar yah binatee kee, ki

9 jab maain kabra men chala jaunga tab mere lohoo se kya labh hogya? kya mittee tera dhanyavad kar sakatee haai? kya vah teree sachchai ka prachar kar sakatee haai?

10 he yahova, sun, mujh par anugrah kara he yahova, too mera sahayak ho..

11 too ne mere liye vilap ko nraty men badal dala, too ne mera ttatt utaravakar meree kamar men anand ka pattuka bandha haai

12 taaki meree atma tera bhjan gatee rahe aur kabhee chup n ho. he mere parameshvar yahova, maain sarvada tera dhanyavad karata rahoonga..

ADHYĀYA 31

he yahova mera bhrosa tujh par haai mujhe kabhee laajjait hona n pade too apane dharmee hone ke karan mujhai chhuda le!

2 apana kan meree or lagakar turant mujhe chhuda le!

3 kyonaki too ne mere liye chattan aur mera gaddh haai isaliye apane nam ke nimitt meree aguvai kar, aur mujhe age le chala.

4 jo jal unhon ne mere liye bichhaya haai us se too mujh ko chhuda le, kyonki too hee mera draddh gaddh haai.

5 maain apanee atma ko tere hee hath men saunp deta hoon he yahova, he satyavadee ishvar, too ne mujhe mol lekar mukt kiya haai..

6 jo vyarth vastuon par man lagate haai, un se maain gharana karata hoon parantu mera bhrosa yahova hee par haai.

7 maain teree karoona se magan aur anaandait hoo, kyonki too ne mere du:kh par drashtti kee haai, mere kashtt ke samay too ne meree suadhai lee haai,

8 aur too ne mujhe shatra ke hath men padne naheen diya too ne mere panvon ko chaudhstan men khda kiya haai..

9 he yahova, mujh par anugrah kar kyonaki maain sankatt men hoon meree ankhe varan mera praan aur shareer sab shaek ke mare ghaule jate haain.

10 mera jeevan shaek ke mare aur meree avastha karahate karahate ghatt chalee haai mera bal mere adharma ke karan jata rah, or meree haaddiyan ghaul gai..

11 apane sab virodhaiyon ke karan mere padosiyon men meree namadharai hui haai, apane janapahichanalavalon ke liye dr ka karan hoon jo mujh ko sadk par dekhte haai vah

mujh se door bhag jate haain.

12 maain mratak kee nai logon ke man se bisar gaya maain tootte basan ke saman ho gaya hoon.

13 maain ne bahuton ke munh se apana apavad suna, charon or bhy hee bhy haai! jab unhon ne mere virooddh apas men sammati kee tab mere praan lene kee yuaktai kee..

14 parantu he yahova maain ne to tujhee par bhrosa rakha haai, maain ne kaha, too mera parameshvar haai.

15 mere din tere hath men haai too mujhe mere shatrauon aur mere satanevalon ke hath se chhuda.

16 apane das par apane munh ka prakash chamaka apanee karoona se mera uddhar kara..

17 he yahova, mujhe lajjait n hone de kyonki maain ne tujh ko pukara haai dushtt laajjait hon aur ve patal men chupachap pade rahan.

18 jo anhakar aur apaman se dharmee kee ninda karate haai, unakee joott bolanevale munh band kiae jaaen..

19 aha, teree bhlai kya hee badee haai jo too ne apane dravaaiyon ke liye rakh chhodee haai, aur apane sharanagaton ke liye manushyon ke samhane pragatt bhee kee haai!

20 too unhen darshan dene ke guptasthan men manushyon kee buree goshttee se gupt rakhega too unako apane mandp men jhgade-ragade se chhpai rakhega..

21 yahova dhany haai, kyonaki us ne mujhe gaddhvale nagar men rakhkar mujh par addhbhut karoona kee haai.

22 maain ne to ghabarakar kaha tha ki maain yahova kee draashti se door ho gaya. taubhee jab maain ne teree dohai dee, tab too ne meree gidgidahatt ko sun liya..

23 he yahova ke sab bhkton us se praem rakho! yahova sachche logon kee to raksha karata haai, parantu jo ahankar karata haai, usako vah bhlee bhanati badala deta haai.

24 he yahova par asha rakhnevalon hiyav bandhaen aur tumhare day draddh rahan!

ADHYĀYA 32

Kya hee dhany haai vah jisaka aparadha kshama kiya gaya, aur jisaka pap ddhapa gaya ho.

2 kya hee dhany haai vah manushy jisake adharma ka yahova lekha n le, aur jisakee atma men kapatt n ho..

3 jab maain chup raha tak din bhr kaharate kaharate meree haaddiyan pighal gai.

4 kyonaki rat din maain tere hath ke neechе daba raha aur meree taravatt dhoop kal kee see jhurrahatt banatee gai..

5 jab maain ne apana pap tujh par pragatt kiya aur apana adharma n chhpaiaya, aur kaha, maain yahova ke samhane apane aparadhaen ko man loonga tab too ne mere adharma aur pap ko kshama kar diya..

6 is karan har aek bhkt tujh se aeese samay men praarthna kare jab ki too mil sakata haai. nishchay jab jal kee badee baddh aae taubhee us bhkt ke pas n pahunchegee.

7 too mere chhpaine ka sthan haai too sankatt se meree raksha karega too mujhe charon or se chhuttkare ke geeton se ghor lega..

8 maain tujhe buaddh idoonga, aur jis marga men tujhe chalana hogya us men teree aguvai karoonga maain tujh par krapadraashtti rakoonga aur sammati diya karoonga.

9 tum ghaede aur khchchar ke saman n bano jo samajh naheen rakhte, unakee umang

lagam aur bag se rokanee padtee haai, naheen to ve tere vash men naheen apane ke..

10 dushtt ko to bahut peeda hogee parantu jo yahova par bhrosa rakhta haai vah karoona se ghaira rahega.

11 he dhaarmiyon yahova ke karan anaandait aur magan ho, aur he sab seedho manavalon anand se jayajayakar karo!

ADHYĀYA 33

he dhaarmiyon yahova ke karan jayajayakar karo kyonki dharmee logon ko stuati karanee sohatee haai.

2 veena baja bajakar yahova ka dhanyavad karo, das taravalee sarangee baja bajakar usaka bhjan gao.

3 usake liye naya geet gao, jayajayakar ke sath bhlee bhanati bajao..

4 kyonaki yahova ka vachan seedha haai aur usaka sab kam sachchai se hota haai.

5 vah dharma aur nyay se praeeti rakhta haai yahova kee karoona se prathvee bhrapoor haai..

6 akashamandl yahova ke vachan se, aur usake sare gan usake munh hee shvas se bane.

7 vah samudr ka jal ddher kee nai ikattha karata vah gaahire sagar ko apane bhndar men rakhta haai..

8 saree prathvee ke log yahova se dre, jagat ke sab nivasee usaka bhy manen!

9 kyonaki jab us ne kaha, tab ho gaya jab us ne agyaa dee, tab vastav men vaaisa hee ho gaya..

10 yahova anyajayien kee yuaktai ko vyarth kar deta haai vah desh desh ke logon kee kalpanaan ko nishfal karata haai.

11 yahova kee yuaktai sarvada sthiar rahegee, usake man kee kalpanaan peeddhee se peeddhee tak banee rahengee.

12 kya hee dhany haai vah jaatijisaka parameshvar yahova haai, aur vah samaj jise us ne apana nij bhag hone ke liye chun liya ho!

13 yahova svarga se draashti karata haai, vah sab manushyon ko niharata haai

14 apane nivas ke sthan se vah prathvee ke sab rahanevalon ko dekhta haai,

15 vahee jo un sabhon ke dayon ko gaddhta, aur unake sab kamon ka vichar karata haai.

16 koi aeesa raja nahee, jo sena kee bahutayat ke karan bach sake veer apanee badee shaktai ke karan choott naheen jata.

17 bach nikalane ke liye ghaeda vyarth haai, vah apane bade bal ke dara kisee ko naheen bacha sakata haai..

18 dekho, yahova kee drashti usake dravaaiyon par aur un par jo usakee karoona kee asha rakhte haain banee rahatee haai,

19 ki vah unake praan ko mratyu se bachaa, aur akal ke samay unako jeevit rakhe..

20 ham yahova ka asara dekhte aae haain vah hamara sahayak aur hamaree ddhal tthara haai.

21 hamara day usake karan anaandait hogta, kyonaki ham ne usake pavitra nam ka bhrosa rakha haai.

22 he yahova jaaisee tujh par hamaree asha haai, vaaisee hee teree karoona bhee ham par ho..

ADHYĀYA 34

Maain har samay yahova ko dhany kaha karoonga usakee stuati nirantar mere mukh se hotee rahegee.

- 2** maain yahova par ghamand karoonga namra log yah sunakar anaandait honge.
- 3** mere sath yahova kee badai karo, aur ao ham milakar usakee nam kee stuati karen.
- 4** maain yahova ke pas gaya, tab us ne meree sun lee, aur mujhe pooree reeati se nirbhy kiya.
- 5** jin hon ne usakee or drashti kee unhon ne jyoti pai aur unaka munh kabhee kala n hone paya.
- 6** is deen jan ne pukara tab yahova ne sun liya, aur usako usakee sab kashton se chhuda liya..
- 7** yahova ke dravaaiyon ke charon or usaka doot chhavanee kiae huae unako bachata haai.
- 8** parakhkar dekho ki yahova kaaisa bhla haai! kya hee dhany haai vah puroosh jo usakee sharan leta haai!
- 9** rahe yahova ke pavitra logo, usaka bhy mano, kyonaki usakee dravaaiyon ko kisee bat kee ghattee naheen hotee!
- 10** javan sihon ko to ghattee hotee aur ve bookhe bhee rah jate haain parantu yahova ke khojyon ko kisee bhlee vastu kee ghattee n hovegee..
- 11** he ladko, ao, meree suno, maain tum ko yahova ka bhy manana sikhaunga.
- 12** vah kaun manushy haai jo jeevan kee ichchha rakhta, aur deegharayu chahata haai taaki bhlai dekhe?
- 13** apanee jeebh ko burai se rok rak, aur apane munh kee chaukassee kar ki us se chhl kee bat n nikale.
- 14** burai ko chhod aur bhlai kara mel ko ddoondh aur usee ka peechha kara..
- 15** yahova kee ankhe dhaarmiyon par lagee rahatee haai, aur usakee kan bhee usakee dohai kee or lage rahate haain.
- 16** yahova burai karanevalon ke vimukh rahata haai, taki unaka smaran prathvee par se mitti dale.
- 17** dharmee dohai dete haain aur yahova sunata haai, aur unako sab vipaatiayon se chhudata haai.
- 18** yahova tootte manavalon ke sameep rahata haai, aur pise huon ka udar karata haai..
- 19** dharmee par bahut see vipaatiayan padtee to haai, parant yahova usako un sab se mukt karata haai.
- 20** vah usakee haddee haddee kee raksha karata haai aur un men se aek bhee toottne naheen patee.
- 21** dusht apanee burai ke dara mara jaaega aur dharmee ke baairee doshaee ttahrenge.
- 22** yahova apanee dason ka praan mol lekar bacha leta haai aur jitane usakee sharanagat haain un men se koi bhee doshaee n ttahrenge..

ADHYĀYA 35

He yahova jo mere sath mukama ladte haai, unakee sath too bhee mukama lad jo mujh se yud karate haai, un se too yud kara.

- 2** ddhal aur bhala lekar meree sahayata karane ko khda ho.

- ³ barchhee ko kheench aur mera peechha karanevalon ke samhane akar unako roka aur mujh se kah, ki maain tera udar hoon..
- ⁴ jo mere praan ke graahak haain ve lajjait aur niradar hon! jo meree hati kee kalpana karate haai, vah peechhe hattaae jaaen aur unaka munh kala ho!
- ⁵ ve vayu se ud janevalee boosee ke saman ho, aur yahova ka doot unhen hankata jaae!
- ⁶ unaka marga andhiyara aur fisalaha ho, aur yahova ka doot unako khdedta jae..
- ⁷ kyonaki akaran unhon ne mere liye apna jal gadhe men bichhaya akaran hee unhon ne mera praan lene ke liye gadha khoda haai.
- ⁸ achanak un par vipaati a pade! aur jo jal unhon ne bichhaya haai usee men ve ap hee fanse aur usee vipaati men ve ap hee paden!
- ⁹ parantu maain yahova ke karan apane man men magan hounga, maain usake kiae huae udar se hashairt hounga.
- ¹⁰ meree haddee haddee kahengee, he yahova tere tuly kaun haai, jo dee ko bade bade balavanton se bachata haai, aur litteron se deen daairidr logon kee raksha karata haai?
- ¹¹ jootte sakshaee khde hote haain aur jo bat maain naheen janata, vahee mujh se poochhte haain.
- ¹² ve mujh se bhlai ke badale burai karate haain yahan tak ki mera praan ub jata haai.
- ¹³ jab ve rogee the tab to maain ttatt paahine raha, aur upavas kar karake du:kh uttata raha aur meree praarthna ka fal meree god men lautt aya.
- ¹⁴ maain aeesa bhav rakhta tha ki mano ve mere sangee va bhai haain jaaisa koi mata ke liye vilap karata ho, vaaisa hee maain ne shaek ka paahirava pahine huae sir jhukakar shaek kiya..
- ¹⁵ parantu jab maain langadane laga tab ve log anandait hokar ikatthe hua, neech log aur jinhen maain janata bhee n tha ve mere virood ikatthe huae ve mujhe lagatar faadte rahe
- ¹⁶ un pakhndee bhandon kee nai jo pett ke liye upahas karate haai, ve bhee mujh par dant peesate haain..
- ¹⁷ he prabhu too kab tak dekhta rahega? is vipaati se, jis men unhon ne mujhe dala haai mujh ko chhuda! javan sihon se mere praan ko bacha le!
- ¹⁸ maain badee sabha men tera dhanyavad karoonga bahutere logon ke beech men teree stuti karoonga..
- ¹⁹ mere joott bolanevale shatra mere virood anand n karane paae, jo akaran mere baairee haai, ve apas men naain se saain n karane panae.
- ²⁰ kyonaki ve mel kee baten naheen bolate, parantu desh men jo chupachap rahate haai, unake virood chhl kee kalpanaaen karate haain.
- ²¹ aur unhon ne mere virood munh pasarake kaha aha, aha, ham ne apanee ankhon se dekha haai!
- ²² he yahova, too ne to dekha haai chup n raha! he prabhu, mujh se door n raha!
- ²³ ut, mere nyay ke liye jag, he mere parameshvar, he mere prabhu, mere mukama nipattane ke liye a!
- ²⁴ he mere parameshvar yahova, too apane dharma ke anusar mera nyay chuka oshra unhen mere virood anand karane n de!
- ²⁵ ve man men n kahane paae, ki aha! hamaree to ichchha pooree hui! vah yah n kahen ki ham use nigal gaae haain..
- ²⁶ jo meree hati se anaandait hote haain unake munh lajja ke mare aek sath kale hon! jo mere virooddh badai marate haain vah lajja aur anadar se ddhnp jaaen!

27 jo mere dharma se prasann rahate haai, vah jayajayakar aur anand kare, aur nirantar karate rahe, yahova kee badai ho, jo apne das ke kushal se prasann hota haai!

28 tab mere munh se tere dharma ke charcha hogee, aur din bhr teree stuti nikalegee..

ADHYĀYA 36

dushtt jan ka aparan mere day ke bheetar yah kahata haai ki parameshvar ka bhy usakee drashti men naheen haai.

2 vah apne adharma ke pragatt hone aur gharanait ttharane ke vishay apne man men chikanee chupadee baten vicharata haai.

3 usakee baten anarth aur chhl kee haain us ne buddh iddh aur bhlai ke kam karane se hath uttaya haai.

4 vah apne bichhaune par pade pade anarth kee kalpana karata haai vah apne kumarga par draddhta se bana rahata haai burai se vah hath naheen uttata..

5 he yahova teree karoona svarga men haai, teree sachchai akashamndl tak pahunchee haai.

6 tera dharma unche parvaton ke saman haai, tere niyam athah sagar tthare haain he yahova too manushy aur pashu donon kee raksha karata haai..

7 he parameshvar teree karoona, kaaisee anamol haai! manushy tere pankho ke tale sharan lete haain.

8 ve tere bhvan ke chikane bhojan se trapt honge, aur too apnee sukh ke nadee men se unhen pilaaega.

9 kyonaki jeevan ka sota tere hee pas haai tere prakash ke dara ham prakash paaenge..

10 apne jananevalon par karoona karata rah, aur apne dharma ke kam seedho manavalon men karata raha!

11 ahankaree mujh par lat uttane n paa, aur n dushtt apne hath ke bal se mujhe bhgane paae.

12 ravahan anarthkaree gir pade haain ve ddhkel diae gaa, aur fir utt n sakenge..

ADHYĀYA 37

Kukarmiyon ke karan mat kuddh, kuttlai kam karanevalon ke vishay dah n kara!

2 kyonaki ve ghaas kee nai jhtt katt jaaenge, aur haree ghaas kee nai murjha jaaenge.

3 yahova par bhrosa rak, aur bhla kara desh men basa rah, aur sachchai men man lagaae raha.

4 yahova ko apne sukh ka mool jan, aur vah tere manorathon ko moora karega..

5 apne marga kee chinta yahova par chhod aur us par bhrosa rak, vahee poora karega.

6 aur vah tera dharma jyoti kee nai, aur tera nyay dopahar ke ujiyale kee nai pragatt karega..

7 yahova ke samhane chupachap rah, aur dhaeeraj se usaka astra rakh us manushy ke karan n kuddh, jisake kam sufal hote haai, aur vah kuree yuaktaiyon ko nikalata haai!

8 krodha se pare rah, aur jalajalahatt ko chhod de! mat kuddh, us se burai hee nikalegee.

9 kyonaki kukarmee log katt dale jaaenge aur jo yahova kee batt johate haai, vahee prathvee ke aadhaikaree honge.

10 thode din ke beetane par dushtt rahega hee naheen aur too usake sthan ko bhleen

bhanti dekhne par bhee usako n paaega.

11 parantu namra log prathvee ke aadhaikaree honge, aur badee shaaantai ke karan anand manaaenge.

12 dushtt dharmee ke virooddh buree yuktai nikalata haai, aur us par dant peesata haai

13 parantu prabhu us par hansega, kyonki vah dekhta haai ki usaka din anevala haai..

14 dushtt log talavar kheenche aur dhanush baddhaae huae haai, taki deen daridr ko gira de, aur seedhaee chal chalanevalon ko vadha karen.

15 unakee talavaron se unheen ke day chhdaienge, aur unake dhanush tote jaenge..

16 dharmee ko thoda se mal dushton ke bahut se dhan se uttm haai.

17 kyonki dushton kee bhujaaen to todee jaaengee parantu yahova dharmiyon ko sambhalata haai..

18 yahova khre logon kee ayu kee sudhai rakhta haai, aur unaka bhag sadaaiv bana rahega.

19 vipaati ke samay, unakee asha n tootgeee aur n ve lajjait honge, aur akal ke dinon men ve trapt rahenge..

20 dushtt log nash ho jaaenge aur yahova ke shatra khet kee suthree ghaas kee nai nash honge, ve dhooaen kee nai bilay jaaenge..

21 dushtt ren leta haai, aur bhrata naheen paranatu dharmeen anugrah karake dan deta haai

22 kyonkai jo us se ashaeesh pate haain ve to prathvee ke aadhaikaree honge, parantu jo us se shaapit hote haai, ve nash ko jaaenge..

23 manushy kee gaati yahova kee or se draddh hotee haai, aur usake chalan se vah prasann rahata haai

24 chahe vah gire taubhee pada n rah jaaega, kyonki yahova usaka hath thanbhe rahata haai..

25 maain ladkapan se lekar buddhape tak dekhta aya hoon parantu n to kabhee dharmee ko tyaga hua, aur n usake vansh ko ttukade mangate dekha haai.

26 vah to din bhr anugrah kar karake ren deta haai, aur usake vansh par ashaeesh falatee rahatee haai..

27 burai ko chhod blhai kara aur too sarvada bana rahega.

28 kyonki yahova nyay se praeeti rakhta aur apane bhkton ko n tajega. unakee to raksha sada hotee haai, parantu dushton ka vansh katt dala jaaega.

29 dharmee log prathvee ke adhaikaree honge, aur us men sada base rahenge..

30 dharmee apane munh se buaddh ikee baten karata, aur nyay ka vachan kahata haai.

31 usake parameshvar kee vyavastha usake day men banee rahatee haai, usake paair naheen fisalate..

32 dushtt dharmee kee tak men rahata haai. aur usake mar dalane ka yatn karata haai.

33 yahova usako usake hath men n chhodega, aur jab usaka vichar kiya jaae tab vah use doshaee n ttharaaega..

34 yahova kee batt johata rah, aur usake marga par bana rah, aur vah tujhe baddhakar prathvee ka aadhaikaree kar dega jab dushtt katt dale jaaenge, tab too dekhega..

35 maain ne dushtt ko bada parakramee aur aeesa faailata huae dekha, jaaisa koi hara ped apne nij boomi men faailata haai.

36 parantu jab koi udhar se gaya to dekha ki vah vahan haai hee naheen aur maain ne bhee use ddoondha, parantu kaheen n paya..

37 khre manushy par drashti kar aur dharmee ko dek, kyonki mel se rahanevale puroosh

ka antafal achchha haai.

38 parantu aparadhaee aek sath satyanash kiae jaaenge dushton ka antafal sarvanash haai..

39 dhaarmiyon kee muaktai yahova kee or se hotee haai sankatt ke samay vah unaka draddh gaddh haai.

40 aur yahova unakee sahayata karake unako bachata haai vah unako dushton se chhudakar unaka udar karata haai, isaliye ki unhon ne us men apanee sharan lee haai..

ADHYĀYA 38

he yahova krodha men akar mujhe jhdik n de, aur n jalajalahatt men akar meree tadna kara!

2 kyonaki tere teer mujh men lage haai, aur maain tere hath ke neeche daba hoon.

3 tere krodha ke karan mere shareer men kuchh bhee arogyata naheen aur mere pap ke karan meree haaddiyon men kuchh bhee chaain naheen.

4 kyonaki mere adharma ke kamon men mera sir oob gaya, aur ve bharee bojh kee nai meere sahane se bahar ho gaae haain..

5 meree mooddhta ke karan se mere kode khane ke ghaav basate haain aur sad gaae haain.

6 maain bahut dukhee hoon aur jook gaya hoon din bhr maain shaaaik ka paahirava pahine huae chalata firata hoon.

7 kyonaki meree kamar men jalan haai, aur mere shareer men arogyata naheen.

8 maain nirbal aur bahut hee choor ho gaya hoon maain apane man kee ghabarahatt se karahata hoon..

9 he prabhu meree saree abhailasha tere sammukh haai, aur mera karahana tujh se chhpaai naheen.

10 mera day dhadkata haai, mera bal ghattta jata haai aur meree ankhon kee jyoti bhee mujh se jatee rahee.

11 mere mitra aur mere sangee meree vipaati men alag ho gaa, aur mere kuttumbee bhee door ja khde huae..

12 mere praan ke graahak mere liye jal bichhate haai, aur meree haati ke yatn karanevale dushtta kee baten bolate, aur din bhr chhl kee yuktai sochate haain.

13 parantu maain baahire kee nai sunata hee nahee, aur maain goonge ke saman moonh naheen kholata.

14 varan maain aeese manushy ke tuly hoon jo kuchh naheen sunata, aur jisake munh se vivad kee koi bat naheen nikalatee..

15 parantu he yahova, maain ne tujh hee par apanee asha lagai haai he prabhu, mere parameshvar, too hee uttr dega.

16 kyonaki maain ne kaha, aesa n ho ki ve mujh par anand karen jo, jab mera panv fisal jata haai, tab mujh par apanee badai marate haain..

17 kyonaki maain to ab girane hee par hoo, aur mera shaek nirantar mere samhane haai.

18 isaliye ki maain to apane adharma ko pragatt karoonga, aur apane pap ke karan khedit rahoonga.

19 parantu mere shatra faurteele aur samarthee haai, aur mere virodhaee baairee bahut ho gaae haain.

20 jo bhlai ke badale men burai karate haai, vah bhee mere bhlai ke peechhe chalane ke

karan mujh se virodha karate haain..

21 he yahova, mujhe chhod n de! he mere parameshvar, mujh se door n ho!

22 he yahova, he mere udarakartta, meree sahayata ke liye faurtee kara!

ADHYĀYA 39

Maain ne kaha, maain apanee chalachalan men chaukasee karoonga, taki meree jeebh se pap n ho jab tak dushtt mere samhane haai, tab tak maain lagam lagaae apna munh band kiae rahoonga.

2 maain maun dhaaran kar goonga ban gaya, aur bhlai kee or se bhee chuppee sadho raha aur meree peeda baddh gai,

3 mera day andar hee andar jal raha tha. sochate sochate ag bhdkt uttee tab maain apanee jeebh se bol utta

4 he yahova aeesa kar ki mera ant mujhe malum ho jaa, aur yah bhee ki meree ayu ke din kitane haain jis se maain jan loon ki kaaisa anity hoon!

5 dek, too ne mere ayu balisht bhr kee rakhee haai, aur meree avastha teree drashti men kuchh haai hee naheen. sachamuch sab manushy kaaise hee sthiar kyon n hon taubhee vyarth tthare haain.

6 sachamuch manushy chhaya sa chalata firata haai sachamuch ve vyarth ghabarate haain vah dhan ka sanchay to karata haai parantu naheen janata ki use kaun lega!

7 aur ab he prabhu, maain kis bat kee batt johoon? meree asha to teree or lagee haai.

8 mujhe mere sab aparadhaen ke bandhan se chhuda le. mooddh meree ninda n karane paae.

9 maain goonga ban gaya aur munh n khola kyonki yah kam too hee ne kiya haai.

10 too ne jo vipaati mujh par dalee haai use mujh se door kar de, kyonki maain to tare hath kee mar se bhsm hua jata hoon.

11 jab too manushy ko adharma ke karan dapatt dapattkar tadna deta haai tab too usakee sundarata ko paatinge kee nai nash karata haai sachamuch sab manushy vrathabhaiman karate haain..

12 he yahova, meree praarthna sun, aur meree dohai par kan laga mera rona sunakar shaant n raha! kyonki maain tere sang aek paradeshaee yatraee kee nai rahata hoo, aur apane sab purakhaon ke saman paradeshaee hoon.

13 aha! is se pahile ki maain yahan se chala jaun aur n rah jau, mujhe bacha le jis se maain pradeept jeevan praapt karoон!

ADHYĀYA 40

Maain dhaeraj se yahova kee batt johata raha aur us ne meree or jhukakar meree dohai sunee.

2 us ne mujhe satyanash ke gadhe aur daladal kee keech men se ubara, aur mujh ko chattan par khda karake mere paairon ko draddh kiya haai.

3 aur us ne mujhe aek naya geet sikhaya jo hamare parameshvar kee stuati ka haai. bahutere yah dekhkar drenge, aur yahova par bhrosa rakhenge..

4 kya hee dhany haai vah puroosha, jo yahova par bhrosa karata haai, aur abhaimaaniyon aur mithya kee or mudnevalon kee or munh n faerata ho.

5 he mere parameshvar yahova, too ne bahut se kam kiae haain! jo ashcharyakarma aur

kalpanaaen too hamare liye karata haai vah bahut see haain tere tuly koi naheen! maain to chahata hoon kee kholakar unakee charcha karoo, parantu unakee ginatee naheen ho sakatee..

6 melabaali aur annabali se too prasann naheen hota too ne mere kan khodakar khole haain. homabaali aur papabali too ne naheen chaha.

7 tab maain ne kaha, dek, maain aya hoon kyonki pustak men mere vishay aesa hee likha hua haai.

8 he mere parameshvar maain teree ichchha pooree karane se prasann hoon aur teree vyavastha mere anta:karan men banee haai..

9 maain ne badee sabha men dharma ke shuubh samachar ka prachar kiya haai dek, maain ne apna munh band naheen kiya he yahova, too ise janata haai.

10 maain ne tera dharma man hee men naheen rakha maain ne teree sachchaai aur tere kiae huue udhaar kee charcha kee haai maain ne teree karoona aur satyata badee sabha se gupt naheen rakhee..

11 he yahova, too bhee apanee badee daya mujh par se n hatta le, teree karoona aur satyata se nirantar meree raksha hotee rahe!

12 kyonaki maain anaginat buraiyon se ghaira hua hoon mere adharma ke kamon ne mujhe a pakada aur maain draashti naheen utta sakata ve ginatee men mere sir ke balon se bhee aadhaik haain isaaliye mera day toott gaya..

13 he yahova, krapa karake mujhe chhuda le! he yahova, meree sahayata ke liye faurtee kara!

14 jo mere praan kee khoj men haai, ve sab lajjait hon aur unake munh kale hon aur ve peechhe hattaae aur niradar kiae jaaen jo meree haati se prasann hote haain.

15 jo mujh se aha, aha, kahate haai, ve apanee lajja ke mare vismait hon..

16 parantu jitane tujhe ddoondhete haai, vah sab tere karan hashairt t aushra anaandait hon jo tera kiya hua uddhar chahate haai, ve nirantar kahate rahe, yahova kee badai ho!

17 maain to deen aur daridr hoo, taubhee prabhu meree chinta karata haai. too mera sahayak aur chhudanevala haai he mere parameshvar vilamb n kara..

ADHYĀYA 41

Kya hee dhany haai vah, jo kangal kee sudhai rakhta haai! vipaati ke din yahova usako bachaaega.

2 yahova usakee raksha karake usako jeevit rakhega, aur vah prathvee par bhagyavan hoga. too usako shatrauon kee ichchha par n chhod.

3 jab vah vyadhai ke mare sej par pada ho, tab yahova use sambhalega too rog men usake poore bichhaune ko ulattkar tteek karega..

4 maain ne kaha, he yahova, mujh par anugrah kara mujh ko changa kar, kyonaki maain ne to tere virooddh pap kiya haai!

5 mere shatra yah kahakar meree burai karate haain: vah kab marea, aur usaka nam kab mittega?

6 aur jab vah mujh se milane ko ata haai, tab vah vyarth baten bakata haai, jab ki usaka man apne andar adharma kee baten sanchay karata haai aur bahar jakar unakee charcha karata haai.

7 mere sab baairee milakar mere virooddh kanafoosee karate haain me mere virooddh hokar meree haani kee kalpana karate haain..

8 ve kahate haain ki ise to koi bura rog lag gaya haai ab jo yah pada haai, to fir kabhee uttne ka naheen.

9 mera param mitra jis par maain bhrosa rakhta tha, jo meree rottee khata tha, us ne bhee mere virooddh lat uttai haai.

10 parantu he yahova, tu mujh par anugrah karake mujh ko utta le ki maain unako badala doon!

11 mera shatra jo mujh par jayavant naheen ho pata, is se maain ne jan liya haai ki too mujh se prasann haai.

12 aur mujhe to too khrai se sambhalata, aur sarvada ke liye apane sammukh sthiar karata haai..

13 israael ka parameshvar yahova adi se anantakal tak dhany haai ameen, fir ameena..

ADHYĀYA 42

Jaaise haarinee nadee ke jal ke liye hanfatee haai, vaaise hee, he parameshvar, maain tere liye hanfata hoon.

2 jeevate ishvar parameshvar ka maain pyasa hoo, maain kab jakar parameshvar ko apana munh dikhaunga?

3 mere ansoo din aur rat mera ahar huae haain aur log din bhr mujh se kahate rahate haai, tera parameshvar kahan haai?

4 maain bheed ke sang jaya karata tha, maain jayajayakar aur dhanyavad ke sath utsav karanevalee bheed ke beech men parameshvar ke bhvan ko dhaeere dhaeere jaya karata tha yah smaran karake mera praan shaeakit ho jata haai.

5 he mere praa, too kyon gira jata haai? aur too andar hee andar kyon vyakul haai? parameshvar par asha lagaae raha kyonki maain usake darshan se uddhar pakar fir usaka dhanyavad karoonga..

6 he mere parameshvara mera praan mere bheetar gira jata haai, isaliye maain yardan ke pas ke desh se aur harmon ke pahadon aur misagar kee pahadee ke upar se tujhe smaran karata hoon.

7 teree jaladhaaraon ka shabd sunakar jal, jal ko pukarata haai teree saree tarangon aur laharon men maain oob gaya hoon.

8 taubhee din ko yahova apanee shaktai aur karoona pragatt karega aur rat ko bhee maain usaka geet gaunga, aur apane jeevanadata ishvar se praarthna karoonga..

9 maain ishvar se jo meree chattan haai kahoonga, too mujhe kyon bool gaya? maain shatra ke andhor ke mare kyon shaek ka paahirava pahine huae chalata firata hoon?

10 mere satanevale jo meree ninda karate haain mano us men meree haaddiyan choor choor hotee haai, mano kattar se chhdaiee jatee haai, kyonki ve din bhr mujh se kahate rahate haai, tera parameshvar kahan haai?

11 he mere praan too kyon gira jata haai? too andar hee andar kyon vyakul haai? parameshvar par bhrosa rakh kyonki vah mere mukh kee chamak aur mera parameshvar haai, maain fir usaka dhanyavad karoonga..

ADHYĀYA 43

he parameshvar, mera nyay chuka aur vidharmee jati se mera mukama lad mujh ko chhlee aur kuattlai puroosh se bacha.

2 kyonaki he parameshvar, too hee meree sharan haai, too ne kyon mujhe tyag diya haai? maain shatra ke andhor ke mare shaek ka pahirava pahine huae kyon firata rahoон?

3 apane prakash aur apanee sachchai ko bheja ve meree aguvai kare, ve hee mujh ko tere paavitra parvat par aur tere nivas sthan men pahunchaae!

4 tab maain parameshvar kee vedee ke pas jaunga, us ishvar ke pas jo mere aati anand ka kund haai aur he parameshvar, he mere parameshvar maain veena baja bajakar tera dhanyavad karoonga..

5 he mere praan too kyon gira jata haai? too andar hee andar kyon vyakul haai? parameshvar par bhrosa rak, kyonki vah mere mukh kee chamak aur mera parameshvar haai maain fir usaka dhanyavad karoonga..

ADHYĀYA 44

he parameshvar ham ne apane kanon se suna, hamare bapadodon ne ham se varnn kiya haai, ki too ne unake dinon men aur praacheenakal men kya kya kam kiae haain.

2 too ne apane hath se jaatiyon ko nikal diya, aur inako basaya too ne desh desh ke logon ko du:kh diya, aur inako charon or faaila diya

3 kyonaki ve n to apanee talavar ke bal se is desh ke adhaikaree hua, aur n apane bahubal se parantu tere daahine hath aur teree bhuja aur tere prasann mukh ke karan jayavant huae kyonaki too unako chahata tha..

4 he parameshvar, too hee hamara maharaja haai, too yakoob ke uddhar kee agyaa deta haai.

5 tere sahare se ham apane drohiyon ko ddhelakar gira denge tere nam ke pratap se ham apane virodhaiyon ko raundenge.

6 kyonaki maain apane dhanush par bhrosa n rakoonga, aur n apanee talavar ke bal se bachaoonga.

7 parantu too hee ne ham ko drohiyon se bachaya haai, aur hamare baaiariyon ko nirash aur lajjait kiya haai.

8 ham parameshvar kee badai din bhr karate rahate haai, aur sadaaiv tere nam ka dhanyavad karate rahenge..

9 taubhee too ne ab ham ko tyag diya aur hamara anadar kiya haai, aur hamare dalon ke sath age naheen jata.

10 too ham ko shatra ke samhane sehatta deta haai, aur hamare baairee manamane loott mar karate haain.

11 too ne hamen kasai kee bhedon ke saman kar diya haai, aur ham ko any jaatiyon men tittr bittr kiya haai.

12 too apanee praja ko sentament bech dalata haai, parantu unake mol se too dhanee naheen hota..

13 too hamare padosiyon se hamaree namadharai karata haai, aur hamare charon or se rahanevale ham se hansee tttha karate haain.

14 too ham ko anyajatiyon ke beech men upama ttharata haai, aur desh desh ke leag hamare karan sir hilate haain. din bhr hamen tiraskar sahana padta haai,

15 aur kalank lagane aur ninda karanevale ke bol se,

16 aur shatra aur badala lenevalon ke kara, bura-bhla kahanevalon aur ninda karanevalon

ke karan.

17 yah sab kuchh ham par beeta taubhee ham tujhe naheen boole, n teree vacha ke vishay vishvasaghaat kiya haai.

18 hamare man n bahake, n hamare paair taree batt se mude

19 taubhee too ne hamen geedadon ke sthan men pees dala, aur ham ko ghaer andhakar men chhpai diya haai..

20 yaadi ham apne parameshvar ka nam bool jate, va kisee paraae devata kee or apne hath faailate,

21 to kya parameshvar isaka vichar n karata? kyonki vah to man kee gupt baton ko janata haai.

22 parantu ham din bhr tere nimitt mar dale jate haai, aur un bhedon ke saman samajhe jate haain jo vadha hone par haain..

23 he prabhu, jaga! too kyon sota haai? utt! ham ko sada ke liye tyag n de!

24 too kyon apna munh chhpai leta haai? aur hamara du:kh aur sataya jana bool jata haai?

25 hamara praan mittee se lag gaya hamara pett boomi se satt gaya haai.

26 hamaree sahayata ke liye utt khda ho! aur apnee karoona ke nimitt ham ko chhuda le..

ADHYĀYA 45

Mera day aek sundar vishay kee umang se umand raha haai, jo bat maain ne raja ke vishay rachee haai usako sunata hoon meree jeebh nipun lekhk kee lekhnee banee haai.

2 too manushy kee santanon men param sundar haai tere otton men anugrah bhra hua haai isaliye parameshvar ne tujhe sada ke liye ashaeesh dee haai.

3 he veer, too apnee talavar ko jo tera vibhv aur pratap haai apnee katt ipar bandha!

4 satyata, namrata aur dharma ke nimitt apne aeeshvarya aur pratap par safalata se savar ho tera daahina hath tujhe bhyanak kam sikhlaae!

5 tere teer to tej haai, tere samhane desh desh ke log girenge raja ke shatrauon ke day un se chhdaienge..

6 he parameshvar, tera sinhasan sada sarvada bana rahega tera rajadand nyay ka haai.

7 too ne dharma se praeeti aur dushtta se baair rakha haai. is karan parameshvar ne han tere parameshvar ne tujh ko tere saathayion se aadhaik harsha ke tel se aabhaishok kiya haai.

8 tere sare vasr, gandharas, agar, aur tel se sugaandhiat haai, too hatheedant ke maandairon men taravale bajon ke karan anaandait hua haai.

9 teree pratishtt striayon men rajakumaariyan bhee haain teree dahinee or pattranee, opeer ke kundan se vibooshait khdee haai..

10 he rajakumaree sun, aur kan lagakar dhyan de apne logon aur apne pita ke ghar ko bool ja

11 aur raja tere roop kee chah karega. kyonaki vah to tera prabhu haai, too use dandvata kara.

12 sor kee rajakumaree bhee bhent karane ke liye upasthiat hogee, praja ke dhanavan log tujhe prasann karane ka yatn karenge..

13 rajakumaree mahal men ati shaebhayaman haai, usake vasr men sunahale bootte kaddhe huue haain

14 vah boottedar vasr paahine huae raja ke pas pahunchai jaaegee. jo kumaariyan usakee saheliyan haai, ve usake peechhe peechhe chalatee hui tere pas pahunchai jaaenggee.

15 ve anandait aur magan hokar pahunchai jaaenggee, aur ve raja ke mahal men pravesh karengee..

16 tere pitaron ke sthan par tere putra honge jinako too saree prathvee par haakim ttharaaega.

17 maain aesa karoonga, ki teree nam kee charcha peeddhee se peeddhee tak hotee rahegee is karan desh desh ke log sada sarvada tera dhanyavad karate rahenge..

ADHYĀYA 46

Parameshvar hamara sharanthan aur bal haai, sankatt men ati sahaj se milanevala sahayaka.

2 is karan ham ko koi bhy naheen chahe prathvee ulatt jaa, aur pahad samudr ke beech men dal diae jaaen

3 chahe samudr garaje aur faen uttaa, aur pahad usakee baddh se kanp utte..

4 aek nadee haaijisakee naharon se parameshvar ke nagar men arthata paramapradhaan ke pavitra nivas bhvan men anand hota haai.

5 parameshvar us nagar ke beech men haai, vah kabhee ttlane ka naheen pau fattte hee parameshvar usakee sahayata karata haai.

6 jaati jati ke log jhilla utte, rajy rajy ke log dgamagane lage vah bol utta, aur prathvee pighal gai.

7 senaon ka yahova hamare sange haai yakoob ka parameshvar hamara uncha gaddh haai..

8 ao, yahova ke mahakarma dekho, ki us ne prathvee par kaaisa kaaisa ujad kiya haai.

9 vah prathvee kee chhor tak ladaiyon ko mittata haai vah dhanush ko todta, aur bhale ko do ttukade kar dalata haai, aur rathon ko ag men jhonk deta haai!

10 chup ho jao, aur jan lo, ki maain hee parameshvar hoon. maain jatiyon men mahana hoo, maain prathvee bhr men mahana hoon!

11 senaon ka yahova hamare sang haai yakoob ka parameshvar hamara uncha gaddh haai..

ADHYĀYA 47

He desh desh ke sab logo, taliyon bajao! unche shabd se parameshvar ke liye jayajayakar karo!

2 kyonaki yahova paramapradhaan aur bhyayogy haai, vah saree prathvee ke upar maharaja haai.

3 vah desh ke logon ko hamare sammukh neecha karata, aur anyajaatiyon ko hamare panvon ke neeche kar deta haai.

4 vah hamare liye uttm bhag chun lega, jo usake piry yakoob ke ghamand ka karan haai..

5 parameshvar jayajayakar sahit, yahova narasinge ke shabd ke sath upar gaya haai.

6 parameshvar ka bhjan gao, bhjan gao! hamare maharaja ka bhjan gao, bhjan gao!

7 kyeanki parameshvar saree praathvaiiee ka maharaja haai samajh boojhkar buddh ise bhjan gao

⁸ parameshvar jaati jati par rajy karata haai parameshvar apane pavitra sinhasan par virajaman haai.

⁹ rajy rajy ke rais ibraaheem ke parameshvar kee praja hone ke liye ikatthe huae haain. kyonki prathvee ke ddhalen parameshvar ke vash men haai, vah to shairomanai haai!

ADHYĀYA 48

hamare parameshvar ke nagar me, aur apane pavitra parvat par yahova mahana aur ati stuati ke yogy haai!

² siyyon parvat unchai men sundar aur saree prathvee ke harsha ka karan haai, rajaadhairaj ka nagar uttreey sire par haai.

³ usake mahalon men parameshvar uncha gaddh mana gaya haai.

⁴ kyonki dekho, raja log ikatthe hua, ve aek sang age baddh gaae.

⁵ unhon ne ap hee dekha aur dekhte hee vismait hua, ve ghabarakar bhag gae.

⁶ vahan kapakapee ne unako a pakada, aur jachcha kee see peedaaen unhen hone lageen.

⁷ too poorvee vayu se tashareesh ke jahajon ko tod dalata haai.

⁸ senaon ke yahova ke nagar me, apane parameshvar ke nagar me, jaaisa ham ne suna tha, vaaisa dekha bhee haai parameshvar usako sada draddh aur sthiar rakhega..

⁹ he parameshvar ham ne tere mandair ke bheetar teree karoona par dhyan kiya haai.

¹⁰ he parameshvar tere nam ke yogy teree stuati prathvee kee chhor tak hotee haai. tera daahina hath dharma se bhra haai

¹¹ tere nyay ke kamon ke karan siyyon parvat anand kare, aur yahooda ke nagar kee putraiyan magan hon!

¹² siyyon ke charon or chalo, aur usakee parikrama karo, usake gummatton ko gin lo,

¹³ usakee shaharapanah par draashti lagao, usake mahalon ko dhyan se dekho jis se ki tum anevalee peeddhee ke logon se is bat ka varnn kar sako.

¹⁴ kyonki vah parameshvar sada sarvada hamara parameshvar haai, vah mratyu tak hamaree aguvai karega..

ADHYĀYA 49

he desh desh ke sab logon yah suno! he sansar ke sab nivaasiyo, kan lagao!

² kya unch, kya neech kya dhanee, kya daridr, kan lagao!

³ mere munh se buaddh ikee baten nikalengee aur mere day kee baten samajh kee hongee.

⁴ maain neetivachan kee or apana kan lagaunga, maain veena bajate huae apanee gupt bat prakaashait karoonga..

⁵ vipaati ke dinon men jab maain apane adnga maranevalon kee buraiyon se ghairoo, tab maain kyon droon?

⁶ jo apanee sampaati par bhrosa rakhte, aur apane dhan kee bahutayat par foolate haai,

⁷ un men se koi apane bhai ko kisee bhanti chhuda naheen sakata haai aur n parameshvar ko usakee santee praayaashchaitt men kuchh de sakata haai,

⁸ kyonki unakee praan kee chhudautee bharee haai vah ant tak kabhee n chuka sakenge.

⁹ koi aeesa naheen jo sadaaiv jeevit rahe, aur kabra ko n dekhe..

10 kyonaki dekhne men ata haai, ki buddhmaian bhee marate haai, aur moorkh aur pashu sareekhe manushy bhee donon nash hote haai, aur apanee sampati auron ke liye chhod jate haain.

11 ve man hee man yah sochate haai, ki unaka ghar sada sthiar rahega, aur unake nivas peeddhee se peeddhee tak bane rahenge isaliye ve apanee apanee boomi ka nam apane apane nam par rakhte haain.

12 parantu manushy pratishtta pakar bhee sthiar naheen rahata, vah pashuuon ke saman hota haai, jo mar mittte haain..

13 unakee yah chal unakee moorkhta haai, taubhee unake bad log unakee baton se prasann hote haain.

14 ve adhaelok kee manon bhed-bakaariyan ttharaae gaae haain mratyu unaka gaderiya ttharee aur bihan ko seedho log un par prabhuta karenge aur unaka sundar roop adhaelok ka kaur ho jaaega aur unaka koi adhaar n rahega.

15 parantu parameshvar mere praan ko adhaelok ke vash se chhuda lega, kyonaki vahee mujhe grahan kar apanaaega..

16 jab koi dhanee ho jaae aur usake ghar ka vibhv baddh jaa, tab too bhy n khana.

17 kyonaki vah mar kar kuchh bhee sath n le jaaega n usaka vibhv usake sath kabra men jaaega.

18 chahe vah jeete jee apane ap ko dhany kahata rahe, jab too apanee bhlai karata haai, tab ve log teree prashansa karate haain

19 taubhee vah apane purakhaon ke samaj men milaya jaaega, jo kabhee ujiyala n dekhenge.

20 manushy chahe pratishtit bhee hon parantu yaadi ve samajh naheen rakhte, to ve pashuuon ke saman haain jo mar mittte haain..

ADHYĀYA 50

Ishvar parameshvar yahova ne kaha haai, aur udayachal se lekar astachal tak prathvee ke logon ko bulaya haai.

2 siyyon se, jo param sundar haai, parameshvar ne apana tej dikhaya haai.

3 hamara parameshvar aaega aur chupachap n rahega, ag usake age age bhsm karatee jaaegee aur usake charon or badee andhaee chalegee.

4 vah apanee praja ka nyay karane ke liye upar se akash ko aur prathvee ko bhee pukarega:

5 mere bhkton ko mere pas ikattha karo, jinhon ne balidan chaddhakar mujh se vacha bandhaee haai!

6 aur svarga usake dharmee hone ka prachar karega kyonki parameshvar to ap hee nyayee haai..

7 he meree praja, sun, maain bolata hoo, aur he israael, maain tere vishay sakshaee deta hoon. parameshvar tera parameshvar maain hee hoon.

8 maain tujh par tere melabaaliyon ke vishay dosh naheen lagata, tere homabali to nity mere liye chaddhte haain.

9 maain n to tere ghar se baail n tere pashuushaalon se bakare le loonga.

10 kyonaki van ke sare jeevajantu aur hajaron pahodon ke janavar mere hee haain.

11 pahodon ke sab pakshiayon ko maain janata hoo, aur maaidan par chalane firanevale janavar mere hee haain..

12 yaadi maain bookha hota to tujh se n kahata kyonaki jagata aur jo kuchh us men haai vah mera haai.

13 kya maain baail ka mans khau, va bakaron ka lohoo peeun?

14 parameshvar ko dhanyavad hee ka balidan chaddha, aur paramapradhaan ke liye apanee mannaten pooree kara

15 aur sankatt ke din mujhe pukara maain tujhe chhudaunga, aur too meree maahima karane paaega..

16 parantu dushtt se parameshvar kahata haai: tujhe meree vidhaiyon ka varnn karane se kya kama? too maree vacha kee charcha kyon karata haai?

17 too to shaiksha se baair karata, aur mere vachanon ko tuchchh jatana haai.

18 jab too ne chor ko dekha, tab usakee sangati se prasann hua aur parasreegamiyon ke sath bhagee hua..

19 too ne apna munh burai karane ke liye khola, aur teree jeebh chhl kee baten gaddhtee haai.

20 too baaitta hua apane bhai ke virooddh bolata aur apane sage bhai kee chugalee khata haai.

21 yah kam too ne kiya, aur maain chup raha isaliye too ne samajh liya ki parameshvar bilakul mere samhane haai. parantu maain tujhe samajhaunga, aur teree ankhon ke samhane sab kuchh alag alag dikhaunga..

22 he ishvar ko boolanevalo yah bat bhlee bhanti samajh lo, kaheen aeesa n ho ki maain tumhen faad daloo, aur koi chhudanevala n ho!

23 dhanyavad ke balidan ka chaddhanevala meree maahima karata haai aur jo apana charitra uttm rakhta haai usako maain parameshvar ka kiya hua uddhar dikhaunga!

ADHYĀYA 51

he parameshvar, apanee karoona ke anusar mujh par anugrah kara apanee badee daya ke anusar mere aparadhaen ko mitta de.

2 mujhe bhleen bhanti dhaekar mera adharma door kar, aur mera pap chhudakar mujhe shuuddh kara!

3 maain to apane aparadhaen kon janata hoo, aur mera pap nirantar meree drashti men rahata haai.

4 maain ne keval tere hee virooddh pap kiya, aur jo teree drashti men bura haai, vahee kiya haai, taki too bolane men dharmee aur nyay karane men nishkalank tthare.

5 dek, maain adharma ke sath utpann hua, aur pap ke sath apanee mata ke garbh men pada..

6 dek, too day kee sachchai se prasann hota haai aur mere man hee men gyaan sikhaaega.

7 joofaa se mujhe shuuddh kar, to maain paavitra ho jaunga mujhe dhae, aur maain him se bhee adhaik shvet banoonga.

8 mujhe harsha aur anand kee baten suna, jis se jo haddiyan too ne tod dalee haain vah magan ho jaaen.

9 apana mukh mere papon kee or se faer le, aur mere sare adharma ke kamon ko mitta dala..

10 he parameshvar, mere andar shuuddh man utpann kar, aur mere bheetar sthiar atma naye sire se utpann kara.

11 mujhe apne samhane se nikal n de, aur apne pavitra atma ko mujh se alag n kara.

12 apne kiae huae uddhar ka harsha mujhe fir se de, aur udar atma dekar mujhe sambhal..

13 jab maain aparadhaiyon ko tera marga sikhaunga, aur papee teree or firenge.

14 he parameshvar, he mere uddharakarta parameshvar, mujhe hatya ke aparadha se chhuda le, tab maain tere dharma ka jayajayakar karane paunga..

15 he prabhu, mera munh khol de tab maain tera gunanuvad kar sakoonga.

16 kyoki too melabali men prasann naheen hota, naheen to maain deta homabali se bhee too prasann naheen hota.

17 tootta man parameshvar ke yogy balidan haai he parameshvar, too tootte aur pise huae man ko tuchchh naheen janata..

18 prasann hokar siyyon kee bhlai kar, yarooshalem kee shaharapanah ko too bana,

19 tab too dharma ke balidanon se arthata sarvang pashuuon ke homabaali se prasann hogta tab log teree par baail chaddhaaenge..

ADHYĀYA 52

He veer, too burai karane par kyon ghamand karata haai? ishvar kee karoona to anant haai.

2 teree jeebh keval dushtta gaddhtee haai sare dhare huae asture kee nain vah chhl ka kam karatee haai.

3 too bhlai se baddhkar burai men aur adharma kee bat se baddhkar joott se praeeti rakhta haai.

4 he chhlee jeebh too sab vinash karanevalee batoen se prasann rahatee haai..

5 he ishvar tujhe sada ke liye nash kar dega vah tujhe pakadkar tere dere se nikal dega aur jeevaton ke lok men tujhe ukhad dalega.

6 tab dharmee log is ghatna ko dekhkar dr jaaenge, aur yah kahakar us par hansenge, ki

7 dekho, yah vahee puroosh haai jis ne parameshvar ko apanee sharan naheen mana, parantu apne dhan kee bahutayat par bhrosa rakhta tha, aur apne ko dushtta men draddh karata raha!

8 parantu maain to parameshvar ke bhvan men hare jalapai ke vraksha ke saman hoon. maain ne parameshvar kee karoona par sada sarvada ke liye bhrosa rakha haai.

9 maain tera dhanyavad sarvada karata rahoonga, kyonki too hee ne yah kam kiya haai. maain tere hee nam kee batt johata rahoonga, kyonki yah tere paavitra bhkton ke samhane uttm haai..

ADHYĀYA 53

Mooddh ne apne man men kaha haai, ki koi parameshvar haai hee naheen. ve bigad gaa, unhon ne kuattlaita ke ghainaune kam kiae haain koi sukarmee naheen..

2 parameshvar ne svarga par se manushyon ke upar draashti kee taki dekhe ki koi buaddh ise chalanevala va parameshvar ko poochhnevala haai ki naheen..

3 ve sab ke sab hatt gaae sab aek sath bigad gaae koi sukarmee nahee, aek bhee naheen.. kya un sab anarthkaariyon ko kuchh bhee gyaan naheen

4 jo mere logon ko aeese khate haain jaaise rottee aur parameshvar ka nam naheen let?

5 vahan un par bhy chha gaya jahan bhy ka koi karan n tha. kyonaki yahova n unakee haaddiyon ko, jo tere virooddh chhavanee dale pade the, titar bitar kar diya too ne to unhen laajjait kar diya isaliye ki parameshvar ne unako nikamma ttharaya haai..

6 bhla hota ki israael ka poora uddhar siyyon se nikalata! jab parameshvar apanee praja ko bandhauvai se lautta le aaega tab yakoob magan aur israael anandait hogaa..

ADHYĀYA 54

he parameshvar apne nam ke dara mera udar kar, aur apne parakram se mera nyay kara.

2 he parameshvar, meree praarthna sun le mere munh ke vachanon kee or kan laga..

3 kyonaki paradeshaee mere virood utte haai, aur balatkaree mere praan ke graahak huai haain unhon ne parameshvar ko apne sammukh naheen jana..

4 dekho, parameshvar mera sahayak haai prabhu mere praan ke sambhalanevalon ke sang haai.

5 vah mere draeahiyon kee burai ko unheen par lautta dega he parameshvar, apne sachchai ke karan unhen vinash kara..

6 maain tujhe svechchhabaali chaddhaunga he yahova, maain tere nam ka dhanyavad karoonga, kyonaki yah uttm haai.

7 kyeaaki too ne mujhe sab dukhon se chhudaya haai, aur maain apne shatrauon par drashti karake santusht hua hoon..

ADHYĀYA 55

he parameshvar, meree praarthna kee or kan laga aur meree gidgidahatt se munh n mod!

2 meree or dhyan dekar, mujhe uttr de maain chinta ke mare chhettapattata hoon aur vyakul rahata hoon.

3 kyonaki shatra kolahal aur dushtt upadrap kar rahan haain ve mujh par doshaaropan karate haai, aur krodha men akar mujhe satate haain..

4 mera man bheetar hee bheetar sankatt men haai, aur mratyu ka bhy mujh men sama gaya haai.

5 bhy aur kanpakapee ne mujhe pakad liya haai, aur bhy ke karan mere ronae ronae khde ho gaae haain.

6 aur maain ne kaha, bhla hota ki mere kabootar ke se pankh hote to maain ud jata aur vishraam pata!

7 dekho, fir to maain udte udte door nikal jata aur jangal men basera leta,

8 maain prachand bayar aur andhaee ke jhonke se bachakar kisee sharan sthan men bhag jata..

9 he prabhu, unako satyanash kar, aur unakee bhasha men gadbaddee dal de kyonaki maain ne nagar men upadrap aur jhgada dekha haai.

10 rat din ve usakee shaharapanah par chaddhkar charon or ghoomate haain aur usake bheetar dushtta aur utpat hota haai.

11 usake bheetar dushtta ne basera dala haai aur andhor, atyachar aur chhl usake chauk se door naheen hote..

12 jo meree namadharai karata haai vah shatra naheen tha, naheen to maain usako sah

leta jo mere virood badai marata haai vah mera baairee naheen haai, naheen to maain us se chhpaai jata.

13 parantu vah to too hee tha jo meree barabaree ka manushy mera paramaamitra aur meree jan pahachan ka tha.

14 ham donon apas men kaaisee meettee meettee baten karate the ham bheed ke sath parameshvar ke bhvan ko jate the.

15 unako mratyu achanak a dabae ve jeevit hee adhaelok men utar jaen kyonaki unake ghar aur man donon men buraiyan aur utpat bhra haai..

16 parantu maain to parameshvar ko pukaroonga aur yahova mujhe bacha lega.

17 sanjh ko, bhor ko, dopahar ko, teenon pahar maain dohai doonga aur karahata rahoonga. aur vah mera shabd sun lega.

18 jo ladai mere virood machee thee us se us ne mujhe kushal ke sath bacha liya haai. unhon ne to bahuton ko sang lekar mera samhana kiya tha.

19 ishvar jo aadi se virajaman haai yah sunakar unako uttr dega. ye ve haai jin men koi paarivartan naheen aur un men parameshvar ka bhy haai hee naheen..

20 us ne apane mel rakhnevalon par bhee hath chhoda haai, us ne apanee vacha ko tod diya haai.

21 usake munh kee baten to makkhn see chikanee thee parantu usake man men ladai kee baten theen usake vachan tel se aadhaik naram to the parantu nangee talavaren theen..

22 apana bojh yahova par dal de vah tujhe sambhalega vah dharmee ko kabhee ttlane n dega..

23 parantu he parameshvar, too un logon ko vinash ke gadhe men gira dega hatyare aur chhlee manushy apanee adhaee ayu tak bhee jeevit n rahenge. parantu maain tujh par bhrosa rakhe rahoonga..

ADHYĀYA 56

he parameshvar, mujh par anugrah kar, kyonaki manushy mujhe nigalana chahate haain. ve din bhr ladkar mujhe satate haain.

2 mere draehee din bhr mujhe nigalana chahate haai, kyonki jo log abhaiman karake mujh se ladte haain ve bahut haain.

3 jis samay mujhe dl lagega, maain tujh par bhrosa rakoonga.

4 parameshvar kee sahayata se maain usake vachan kee prashansa karoonga, parameshvar par maain ne bhrosa rakha haai, maain naheen droonga. koi praanee mera kya kar sakata haai?

5 ve din bhr mere vachanon ko, ulatta arth laga lagakar marodte rahate haainddh unakee saree kalpanaaen meree hee burai karane kee hotee haai.

6 ve sab milakar ikatthe hote haain aur chhpaikar baaitte haain ve mere kadamon ko dekhte bhalate haain manon ve mere praanon kee ghaat men tak lagaae baaitten hon.

7 kya ve burai karake bhee bach jaaenge? he parameshvar, apane krodha se desh desh ke logon ko gira de!

8 too mere mare mare firane ka hisab rakhta haai too mere ansuon ko apanee kuppee men rakh le! kya unakee charcha teree pustak men naheen haai?

9 jab jis samay maain pukaroonga, usee samay mere shatra ulatte firenge. yah maain janata hoo, ki parameshvar meree or haai.

10 parameshvar kee sahayata se maain usake vachan kee prashansa karoonga, yahova

kee sahayata se maain usake vachan kee prashansa karoonga.

11 maain ne parameshvar par bhrosa rakha haai, maain n droonga. manushy mera kya kar sakata haai?

12 he parameshvar, teree mannaton ka bhra mujh par bana haai maain tujh ko dhanyavad bali chaddhaunga.

13 kyonki too ne mujh ko mratyu se bachaya haai too ne mere paairon ko bhee fisalane se n bachaya, taki maain ishvar ke samhane jeevaton ke ujiyale men chaloон firoon?

ADHYĀYA 57

he parameshvar, mujh par anugrah kar, mujh par anugrah kar, kyonki maain tera sharanagat hoon aur jab tak ye apatiayan nikal n jaae, tab tak maain tere pankhon ke tale sharan liae rahoonga.

2 maain param pradhaan parameshvar ko pukaroonga, ishvar ko jo mere liye sab kuchh siddh karata haai.

3 ishvar svarga se bhejakar mujhe bacha lega, jab mera nigalanevala ninda kar raha ho. parameshvar apanee karoona aur sachchai pragatt karega..

4 mera praan sinhon ke beech men haai, mujhe jalate huon ke beech men lettta padta haai, arthata aeese manushyon ke beech men jin ke dant barchhee aur teer haai, aur jinakee jeebh tej talavar haai..

5 he parameshvar too svarga ke upar ati mahan aur tejomay haai, teree maahima saree prathvee ke upar faail jaae!

6 unhon ne mere paairon ke liye jal lagaya haai mera praan ddhla jata haai. unhon ne mere age gadha khoda, parantu ap hee us men gir pade..

7 he parameshvar, mera man sthiar haai, mera man sthiar haai maain gaunga varan bhjan keertan karoonga.

8 he meree atma jag ja! he sarangee aur veena jag jao. maain bhee pau fattte hee jag utoonga.

9 he prabhu, maain desh ke logon ke beech tera dhanyavad karoonga maain rajy rajy ke logon ke beech men tera bhjan gaunga.

10 kyonki teree karoona svarga tak badee haai, aur teree sachchaai akashamandl tak pahunchatee haai..

11 he parameshvar, too svarga ke upar aati mahan haai! teree maahima saree prathvee ke upar faail jaae!

ADHYĀYA 58

he manushyo, kya tum sachamuch dharma kee bat bolate ho? aur he manushyavanashaiyon kya tum seedhaai se nyay karate ho?

2 nahee, tum man hee man men kuttlai kam karate ho tum desh bhr men upadrav karate jate ho..

3 dushtt log janmate hee paraae ho jate haai, ve pett se nikalate hee joott balate huae bhttk jate haain.

4 un men sarpa ka sa vish haai ve us nam ke saman he, jo sunana naheen chahata

5 aur sapera kaaisee hee nipunta se kyon n mantra paddhe, taubhee usakee naheen sunata..

- ⁶ he parameshvar, unake munh men se danton ko tod de he yahova un javan sinhon kee daddhon ko ukhad dala!
- ⁷ ve ghaulakar bahate huae panee ke saman ho jaaen jab ve apane teer chaddhaae, tab teer manon do ttukade ho jaaen.
- ⁸ ve ghaengho ke saman ho jaaen jo ghaulakar nash ho jata haai, aur sree ke gire huae garbh ke saman ho jis ne sooraj ko dekha hee naheen.
- ⁹ us se paahile ki tumharee hanbiyon men kantton kee anch lage, hare v jale, donon ko vah bavandr se uda le jaega..
- ¹⁰ dharmee aeesa palatta dekhkar anandait hogta vah apane panv dusht ke lohoo men dhaeaega..
- ¹¹ tab manushy kahane lagenge, nishchay dharmee ke liye fal haai nishchay parameshvar haai, jo prathvee par nyay karata haai..

ADHYĀYA 59

- h**e mere parameshvar, mujh ko shatrauon se bacha, mujhe unche sthan par rakhkar mere virodhaiyon se bacha,
- ² mujh ko burai karanevalon ke hath se bacha, aur hatyaron se mera udar kara..
- ³ kyonaki dek, ve meree ghaat men lage haain he yahova, mera koi dosh va pap naheen haai, taubhee balavant log mere virooddh ikatthe hote haain.
- ⁴ vah mujh nirdosh par daude daudkar ladne ko taaiyar ho jate haain.. mujh se milane ke liye jag ut, aur yah dekh!
- ⁵ he senaon ke parameshvar yahova, he israael ke parameshvar sab anyajaativalon ko dand dene ke liye jaga kisee vishvasaghaatee atyacharee par anugrah n kara..
- ⁶ ve lage sanjh ko lautkar kutte kee nain gurrate haai, aur nagar ke charon or ghoomate haain. dekh ve dkarate haai,
- ⁷ unake munh ke bheetar talavaren haai, kyonki ve kahate haai, kaun sunata haai?
- ⁸ parantu he yahova, too un par hansega too sab any jatiyon ko tttthan men udaaega.
- ⁹ he mere bal, mujhe teree hee as hogee kyonki parameshvar mera uncha gaddh haai..
- ¹⁰ parameshvar karoona karata hua mujh se milega parameshvar mere draehiyon ke vishay meree ichchha pooree kar dega..
- ¹¹ unhen ghaat n kar, n ho ki meree praja bool jae he prabhu, he hamaree ddhala! apanee shaaktai ke unhen titar bitar kar, unhen daba de.
- ¹² vah apane munh ke pap, aur otton ke vachan, aur shaap dene, aur joott bolane ke kara, abhaiman men fanse huae pakade jaaen.
- ¹³ jalajalahatt men akar unaka ant kar, unaka ant kar de taaki ve nashtt ho jaaen tab log janenge ki parameshvar yakoob par, varan prathvee kee chhor tak prabhuta karata haai..
- ¹⁴ ve sanjh ko lautkar kutte kee nain gurraae, aur nagar ke charon or ghoomen.
- ¹⁵ ve ttukade ke liye mare mare fire, aur trapt n hon par rat bhr vaheen tthare rahen..
- ¹⁶ parantu maain teree samathrya ka yash gaunga, aur bhor ko teree karoona ka jay jayakar karoonga. kyonaki too mera uncha gaddh haai, aur sankatt ke samay mera sharansthan tthara haai.
- ¹⁷ he mere bal, maain tera bhjan gaunga, kyonaki he parameshvar, too mera uncha gaddh aur mera karoona may parameshvar haai..

ADHYĀYA 60

he parameshvar too ne ham ko tyag diya, aur ham ko tod dala haai too krodrhait hua fir ham ko jyon ka tyan kar de.

2 too ne boomi ko kanpaya aur faad dala haai usake dararon ko bhr de, kyonki vah dgamaga rahee haai.

3 too ne apanee praja ko kattnai du:kh bhugataya too ne hamen ladkhda denevala dakhmadha pilaya haai..

4 too ne apane dravaaiyon ko jhnda diya haai, ki vah sachchai ke karan faharaya jaae.

5 too apane daahine hath se bacha, aur hamaree sun le ki tere piry chhudaee jaaen..

6 parameshvar paavitrata ke sath bola haai maain prafauallait hoonga maain shakem ko bantt loonga, aur sukkot kee tarai ko napavaunga.

7 gilad mera haai manashsho bhee mera haai aur aepraim mere sir ka ttop, yahooda mera rajadand haai.

8 moab mere dhaene ka patra haai maain aedom par apana joota faenkoonba he palishteen mere hee karan jayajayakar kara..

9 mujhe gaddhvale nagar men kaun pahunchaaega? aedom tak meree aguvai kis ne kee haai?

10 he parameshvar, kya too ne ham ko tyag nahee diya? he parameshvar, too hamaree sena ke sath naheen jata.

11 draehee ke virooddh hamaree sahayata kar, kyonaki manushy ka kiya hua chhuttkara vyarth hota haai.

12 parameshvar kee sahayata se ham veerata dikhaaenge, kyonki hamare draeahiyon ko vahee raundega..

ADHYĀYA 61

he parameshvar, mera chillana sun, meree praarthna kee or ghyan de.

2 oomoorchha khate samay maain prathvee kee chhor se bhee tujhe pukaroonga, jo chattan mere liye unchee haai, us par mujh ko le chala

3 kyonaki too mera sharanstan haai, aur shatra se bachane ke liye uncha gaddh haai..

4 maai tere tamboo men yuganuyug bana rahoonga.

5 kyonaki he parameshvar, too ne meree mannaten sunee, jo tere nam ke dravaaiye haai, unaka sa bhag too ne mujhe diya haai..

6 too raja kee ayu ko bahut baddhaaega usake varsha peeddhee peeddhee ke barabar honge.

7 vah parameshvar ke sammukh sada bana rahega too apanee karoona aur sachchai ko usakee raksha ke liye tthara rakh.

8 aur maain sarvada tere nam ka bhjan ga gakar apanee mannaten har din pooree kiya karoonga..

ADHYĀYA 62

Sachamuch maain chupachap hokar paramerashvar kee or man lagaae hoon mera uddhar usee se hota haai.

2 sachamuch vahee, meree chattan aur mera uddhar haai, vah mera gaddh haai maain bahut n dgaioonga..

3 tum kab tak aek puroosh par dhaava karate rahoge, ki sab milakar usaka ghaat karo? vah to jhukee hui bheet va girate huae bade ke saman haai.

4 sachamuch ve usako, usake unche pad se girane kee sammati karate haain ve joott se prasann rahate haain. munh se to ve ashaeervad dete par man men kosate haain..

5 he mere man, parameshvar ke samhane chupachap rah, kyonaki meree asha usee se haai.

6 sachamuch vahee meree chattan, aur mera uddhar haai, vah mera gaddh haai isaliye maain n dgaioonga.

7 mera uddhar aur meree mahima ka adhaar parameshvar haai meree draddh chattan, aur mera sharanthan parameshvar haai.

8 he logo, har samay us par bhrosa rakho us se apne apne man ke baten kholakar kaho parameshvar hamara sharanthan haai.

9 sachamuch neech log to asthai, aur bade log mithya hee haain taul men ve halake nikalate haain ve sab ke sab sans se bhee halake haain.

10 andhor karane par bhrosa mat rakho, aur loott patt karane par mat foolo chahe dhan sampati baddhe, taubhee us par man n lagana..

11 parameshvar ne aek bar kaha haai aur do bar maain ne yah suna haai: ki samathrya parameshvar ka haai.

12 aur he prabhu, karoona bhee teree haai. kyonki too aek aek jan ko usake kam ke anusar fal deta haai..

ADHYĀYA 63

he parameshvar, too mera ishvar haai, maain tujhe yatin se ddoonddoonga sookhee aur nirjal usar boomi par, mera man tera pyasa haai, mera shareer tera aati abhailashaee haai.

2 is prakar se maain ne paavitrasthan men tujh par draashti kee, ki teree samathrya aur mahima ko dekoon.

3 kyonki teree karoona jeevan se bhee uttm haai maain teree prashansa karoonga.

4 isee prakar maain jeevan bhr tujhe dhany kahata rahoonga aur tera nam lekar apne hath uttaunga..

5 mera jeev mano charbee aur chikane bhojan se trapt hogा, aur maain jayajayakar karake teree stuti karoonga.

6 jab maain bichhaune par pada tera smaran karoonga, tab rat ke aek aek pahar men tujh par dhyan karoonga

7 kyonki too mera sahayak bana haai, isaliye maain tere pankhon kee chhaya men jayajayakar karoonga.

8 mera man tere peechhe peechhe laga chalata haai aur mujhe to too apne dahine hath se tham rakhta haai..

9 parantu jo mere praan ke khojee haai, ve prathvee ke neeche sthanon men ja padenge

10 ve talavar se mare jaaenge, aur geedadon ka ahar ho jaaenge.

11 parantu raja parameshvar ke karan anaandait hoga jo koi ishvar kee shapath khaa, vah badai karane paaega parantu joott bolanevalon ka munh band kiya jaaega..

ADHYĀYA 64

he parameshvar, jab maain teree dohai doo, tab meree suna shatra ke upajaae huae bhy ke samay mere praan kee raksha kara.

2 kukarmiyon kee goshtee se, aur anarthkariyon ke hullad se meree ad ho.

3 unhon ne apanee jeebh ko talavar kee nain tej kiya haai, aur apane kadve bachanon ke teeron ko chaddhaya haai

4 taaki chhpaikar khre manushy ko maren ve nidr hokar usako achanak marate bhee haain.

5 ve bure kam karane ko hiyav bandhate haain ve fande lagane ke vishay batacheet karate haain aur kahate haai, ki ham ko kaun dekhega?

6 ve kuattlaita kee yuaktai nikalate haain aur kahate haai, ki ham ne pakkee yuktai khojakar nikalee haai. kyonaki manushy ka man aur day athah haain!

7 parantu parameshvar un par teer chalaega ve achanak ghaayal ho jaaenge.

8 ve apane hee vachanon ke karan ttokar khakar gir padenge jitane un par drashtti karenge ve sab apane apane sir hilaaenge

9 tab sare log dr jaaenge aur parameshvar ke kamon ka bakhan karange, aur usake karyakram ko bhlee bhanati samajhenge..

10 dharmee to yahova ke karan anandait hokar usaka sharanagat hoga, aur sab seedho manavale badai karenge..

ADHYĀYA 65

he parameshvar, siyyon men stuati teree batt johatee haai aur tere liye mannaten pooree kee jaaengee.

2 he praarthna ke sunanevale! sab praanee tere hee pas aaenge.

3 ardhama ke kam mujh par prabal huae haain hamare aparadhaen ko too ddhanp dega.

4 kya hee dhany haai vaha jisako too chunakar apane sameep ane deta haai, ki vah tere anganon men bas kare! ham tere bhvan ke, arthata tere paavitra maandair ke uttm uttm padathorn se trapt honge..

5 he hamare uddharakarta parameshvar, he prathvee ke sab door door deshaen ke aur door ke samudra par ke rahanevalon ke adhaar, too dharma se kiae huae bhyanak kamon ke dara hamara munh manga var dega

6 too jo parakram ka faentta kase hua, apanee samathrya ke parvatoen ko sthiar karata haai

7 too jo samudra ka mahashabd, usakee tarango ka mahashabd, aur desh desh ke logon ka kolahal shant karata haai

8 isaliye door door deshaen ke rahanevale tere chinh dekhkar dr gaae haain too udhayachal aur astachal deanon se jayajayakar karata haai..

9 too boomi kee sudhai lekar usako seenchata haai, too usako bahut faladayak karata haai parameshvar kee nahar jal se bhree rahatee haai too prathvee ko taaiyar karake manushyon ke liye ann ko taaiyar karata haai.

10 too reghaariyon ko bhlee bhanati seenchata haai, aur unake beech kee mittee ko baaittata haai, too boomi ko menh se naram karata haai, aur usakee upaj par ashaeesh deta haai.

11 apanee bhlai se bhre huae varsha par too ne mano mukutt dhar diya haai tere magorn men uttm uttm padarth paae jate haain.

12 ve jangal kee charaiyon men paae jate haain aur pahaadiyan harsha ka faentta bandho huae haai..

13 charaiyan bhed-bakaariyon se bhree hui haain aur taraiyan ann se ddhnpee hui haai, ve jayajayakar karateen aur gatee bhee haain..

ADHYĀYA 66

1 he saree prathvee ke logo, parameshvar ke liye jayajayakar karo

2 usake nam kee maahima ka bhjan gao usakee stuti karate hua, usakee mahima karo.

3 parameshvar se kaho, ki tere kam kya hee bhyanak haain! teree mahasamathrya ke karan tere shatra teree chapaloosee karenge.

4 saree prathvee ke log tujhe dandvata karenge, aur tera bhjan gaaenge ve tere nam ka bhjan gaaenge..

5 ao parameshvar ke kamon ko dakho vah apane karyon ke karan manushyon ko bhyayogy dekh padta haai.

6 us ne samudra ko sookhee boomi kar dala ve mahanad men se panv pavan par utare. vahan ham usake karan anandait hua,

7 jo parakram se sarvada prabhuta karata haai, aur apanee ankhon se jati jati ko takata haai. hatteele apane sir n uttaaen..

8 he desh desh ke logo, hamare parameshvar ko dhany kaho, aur usakee stuati men rag uttao,

9 jo ham ko jeeavit rakhta haai aur hamare panv ko ttlane naheen deta.

10 kyonaki he parameshvar too ne ham ko jancha too ne hamen chandee kee nain taya tha.

11 too ne ham ko jal men fansaya aur hamaree katt ipar bharee bojh bandha tha

12 too ne gaudchaddhon ko hamare siron ke upar se chalaya, ham ag aur jal se hokar gaae parantu too ne ham ko ubar ke sukh se bhr diya haai..

13 maain homabali lekar tere bhvan men anunga maain un mannaton ko tere liye pooree karoonga,

14 jo maain ne munh kholakar manee, aur sankatt ke samay kahee theen.

15 maain tujhe motte pashuuon ke homabaali, menddhon kee charbee ke dhoop samet chaddhunga maain bakaron samet baail chaddhaunga..

16 he parameshvar ke sab dravaaiyon akar suno, maain bataunga ki us ne mere liye kya kya kiya haai.

17 maain ne usako pukara, aur usee ka gunanuvad mujh se hua.

18 yaadi maain man men anarth bat sochata to prabhu meree n sunata.

19 parantu parameshvar ne to suna haai us ne meree praarthna kee or dhyan diya haai..

20 dhany haai parameshvar, jis ne n to meree praarthna anasunee kee, aur n mujh se apanee karoona door kar dee haai!

ADHYĀYA 67

Parameshvar ham par anugrah kare aur ham ko ashaeesh de vah ham par apne mukh ko prakash chamakaae

2 jis se teree gaati pathvee par, aur tera kiya hua udar saree jatiyon men jana jaae.

3 he parameshvar, desh desh ke log tera dhanyavad karen desh desh ke sab log tera dhanyavad karen..

4 rajy rajy ke log anand kare, aur jayajayakar kare, kyonki too desh desh ke longon ka nyay dharma se karega, aur prathvee ke rajy rajy ke logon ke aguvai karega..

5 he parameshvar, desh desh ke log tera dhanyavad karen desh desh ke sab log tera dhanyavad karen..

6 boomi ne apanee upaj dee haai, parameshvar jo hamara parameshvar haai, us ne hamen ashaeesh dee haai.

7 parameshvar ham ko ashaeesh dega aur prathvee ke door door deshaen ke sab log usaka bhy manenge..

ADHYĀYA 68

Parameshvar utte, usake shatra titr bitar hon aur usake baariee usake samhane se bhag jaaen.

2 jaaise dhauan ud jata haai, vaaise hee too unako uda de jaaise mom ag kee anch se pighal jata haai, vaaise hee dusht log parameshvar kee upaasthaati se nash hon.

3 parantu dharmee anandait hon ve parameshvar ke samhane prafauallait hon ve anand se magan hon!

4 parameshvar ka geet gao, usake nam ka bhjan gao jo nirjal deshaen men savar hokar chalata haai, usake liye sadk banao usaka nam yah haai, isaliye tum usake samhane prafauallait ho!

5 parameshvar apane paavitra dhaam me, anathon ka pita aur vidhavaon ka nyayee haai.

6 parameshvar anathon ka ghar basata haai aur bandhauon ko chhudakar bhagyavan karata haai parantu hatteelon ko sookhee boomi par rahana padta haai..

7 he parameshvar, jab too apanee praja ke age age chalata tha, jab too nirjal boomi men sena samet chala,

8 tab prathvee kanp uttee, aur akash bhee parameshvar ke samhane ttpakane laga, udhar seenaai parvat parameshvar, han israael ke parameshvar ke samhane kanp utta.

9 he parameshvar, too ne bahut se varadan barasaae tera nij bhag to bahut sookha tha, parantoo too ne usako hara bhra kiya haai

10 tera jhund us men basane laga he parameshvar too ne apanee bhlai se deen jan ke liye taaiyaree kee haai.

11 prabhu agyaa deta haai, tab shuubb samachar sunanevaaliyon kee badee sena ho jatee haai.

12 apanee apanee sena samet raja bhage chale jate haai, aur grahaasthian loott ko bant lettee haai.

13 kya tum bhedshaalon ke beech lett jaoge? aur aeesee kabootaree ke saman hogे jiske pankh chandee se aur jiske par peeple sone se maddhe huae hon?

14 jab sarvashaaktaiman ne us men rajaon ko titr bitar kiya, tab mano salmon parvat par him pada..

15 bashaan ka pahad parameshvar ka pahad haai bashaan ka pahad bahut shaikhravala pahad haai.

16 parantu he shaikhravale pahado, tum kyon us parvat ko ghoorate ho, jise parameshvar ne apane vas ke liye chaha haai, aur jahan yahova sada vas kiae rahega?

17 parameshvar ke rath bees hajar, varan hajaron hajar haain prabhu unake beech men haai, jaaise vah seenaai pavitrasthan men haai.

18 too unche par chaddha, too logon ko bandhauvai men le gaya too ne manushyon se, varan hatteele manushyon se bhee bhentten lee, jis se yah parameshvar un men vas kare..

19 dhany haai prabhu, jo praati din hamara bojh uttata haai vahee hamara uddharakarta ishvar haai.

20 vahee hamare liye bachanevala ishvar tthara yahova prabhu mratyu se bhee bachata haai..

21 nishchay parameshvar apane shatrauon ke sir par, aur jo adharma ke rmag par chalata rahata haai, usake bal bhre chonden par mar mar ke use choor krega.

22 prabhu ne kaha haai, ki maain unhen bashaan se nikal launga, maain unako gaahire sagar ke tal se bhee faer le aunga,

23 ki too apane panv ko lohoo men duboa, aur tere shatra tere kuton ka bhag ttharen..

24 he paramashevar teree gati dekhee gai, mere ishvar, mere raja kee gati pavitrasthan men dikhai dee haai

25 ganevale age age aur taravale bajon ke bajanevale peechee peeche gaa, charon or kumaariyan dfa bajatee theen.

26 sabhaon men parameshvar ka, he israael ke sote se nikale huae logo, prabhu ka dhanyavad karo.

27 vahan unako adhyaksha chhotta binyameen haai, vahan yahoooda ke hakim apane anucharon samet haai, vahan jabooloon aur naptalee ke bhee hakim haain..

28 tere parameshvar ne agyaa dee, ki tujhe samathrya mile he parameshvar jo kuchh too ne hamare liye kiya haai, use draddh kara.

29 tere mandair ke karan jo yarooshalem men haai, raja tere liye bhent le aaenge.

30 narakatton men rahanevale banaaile pashuuon ko, sandon ke jhund ko aur desh desh ke bachhdon ko jhdik de. ve chandee ke ttukade liye huae pranam karenge jo loge yuddh se prasann rahate haai, unako us ne titar bitar kiya haai.

31 misr se rais aaenge kooshaee apane hathon ko parameshvar kee or faurtee se faailaaenge..

32 he prathvee par ke rajy rajy ke logon parameshvar ka geet gao prabhu ka bhjan gao,

33 jo sab se unche sanatan svarga men savar hokar chalata haai dekho vah apanee vanee sunata haai, vah gambheer vanee shaktaishaalee haai.

34 paramashevar kee samathrya kee stuati karo, usaka pratap israael par chhaya hua haai, aur usakee samathrya akashamndl men haai.

35 he parameshvar, too apane pavitrasthanon men bhyayogy haai, israael ka ishvar hee apanee praja ko samathrya aur shaaktai ka denevala haai. parameshvar dhany haai..

ADHYĀYA 69

he parameshvar, mera uddhar kar, maain jal men ooba jata hoon.

2 maain bade daladal men dhosa jata hoo, aur mere paair kaheen naheen rookate maain gaahire jal men a gaya, aur dhaara men ooba jata hoon.

3 maain pukarate pukarate thk gaya, mera gala sookh gaya haai apne parameshvar kee batt johate johate, meree ankhe rah gai haain..

4 jee akaran mere baairee haai, ve ginatee men mere sir ke balon se aadhaik haain mere vinash karanevale jo vyarth mere shatra haai, ve samartheen haai, isaaliye jo maain ne lootta naheen vah bhee mujh ko dena pada haai.

5 he parameshvar, too to meree mooddhta ko janata haai, aur mere dosh tujh se chhpai naheen haain..

6 he prabhu, he senaon ke yahova, jo teree batt johate haai, unakee asha mere karan n tootte he israael ke parameshvar, jo tujhe ddoondhete haain unaka munh mere karan kala n ho.

7 tere hee karan meree ninda hui haai, aur mera munh lajja se ddhnpa haai.

8 maain apne bhaiyon ke samhane ajanabee hua, aur apne sage bhaiyon kee drashti men paradeshaee tthara hoon..

9 kyonki maain tere bhvan ke nimitt jalate jalate bhsm hua, aur jo ninda ve teree karate haai, vahee ninda mujh ko sahanee padee haai.

10 jab maain rokar aur upavas karake du:kh uttata tha, tab us se bhee meree namadharai hee hui.

11 aur jab maain ttatt ka vasr paahine tha, tab mera drashtant un men chalata tha.

12 faattk ke pas baaitnevale mere vishay batacheet karate haai, aur madira peenevale mujh par lagata hua geet gate haain.

13 parantu he yahova, meree praarthna to teree prasannata ke samay men ho rahee haai he parameshvar apanee karoona kee bahutayat se, aur bachane kee apanee sachchee praatigya ke anusar meree sun le.

14 mujh ko daladal men se ubar, ki maain dhans n jaun maain apne baaiariyon se, aur gaahire jal men se bach jaun.

15 maain dhaara men oob n jau, aur n maain gahire jal men oob maroo, aur n patal ka munh mere upar band ho..

16 he yahova, meree sun le, kyonki teree karoona uttm haai apanee daya kee bahutayat ke anusar meree or dhyan de.

17 apne das se apna munh n mod kyonki maain sankatt men hoo, faurtee se meree sun le.

18 mere nikatt akar mujhe chhuda le, mere shatrauon se mujh ko chhutkara de..

19 meree namadharai aur lajja aur anadar ko too janata haai: mere sab draehee tere samhane haain.

20 mera day namadharai ke karan fatt gaya, aur maain bahut udas hoon. maain ne kisee taras khanevale kee asha to kee, parantu kisee ko n paya, aur shaantai denevale ddoondheta to raha, parantu koi n mila.

21 aur logon ne mere khane ke liye indraayan diya, aur meree pyas bujhane ke liye mujhe siraka pilaya..

22 unako bhojan unake liye fanda ho jae aur unake sukh ke samay jal ban jae.

23 unakee ankhon par andhra chha jaa, taki ve dekh n saken aur too unakee kaatt iko hirantar kanpata raha.

24 unake upar apna rosh bhdka, aur tere krodha kee anch unako lage.

- 25** unakee chhavanee ujad jaa, unake deron men koi n rahe.
- 26** kyonakijisako too ne mara, ve usake peechhe pade haai, aur jinako too ne ghaayal kiya, ve unakee peeda kee charcha karate haain.
- 27** unake adharma par adharma baddha aur ve tere dharma ko praapt n karen.
- 28** unaka nam jeevan kee pustak men se katta jaa, aur dhaarmiyon ke sang likha n jae..
- 29** parantu maain to du:khee aur peeedit hoo, isaaliye he parameshvar too mera uddhar karake mujhe unche sthan par baaitta.
- 30** maain geet gakar tere nam kee stuati karoonga, aur dhanyavad karata hua teree badai karoonga.
- 31** yah yahova ko baail se adhaik, varan seeng aur khuravale baail se bhee aadhaik bhaaega.
- 32** namra log ise dekhkar anandait honge, he parameshvar ke khojyon tumhara man hara ho jaae.
- 33** kyonaki yahova daridraen kee or kan lagata haai, aur apane logon ko jo bandhauae haain tuchchh nahanee janata..
- 34** svarga aur prathvee usakee stuti kare, aur samudra apane sab jeev jantuon samet usakee stuati kare.
- 35** kyonaki parameshvar siyyon ka uddhar karega, aur yahooda ke nagaron ko fir basaaega aur log fir vahan basakar usake aadhaikaree ho jaaenge.
- 36** usake dason ko vansh usako apane bhag men paega, aur usake nam ke praemee us men vas karenge..

ADHYĀYA 70

- h**e parameshvar mujhe chhudane ke liye, he yahova meree sahayata karane ke liye faurtee kara!
- 2** jo mere praan ke khojee haai, unakee asha tootte, aur munh kala ho jaae! jo meree hani se prasann hote haai, ve peechhe hattaae aur niradar kiae jaaen..
- 3** jo kahate haai, aha, aha, ve apanee lajja ke mare ulate faere jaaen..
- 4** jitane tujhe ddoondhhte haai, ve sab tere karan hashairt aur anaandait hon! aur jo tera uddhar chahate haai, ve nirantar kahate rahe, ki parameshvar kee badai ho.
- 5** maain to deen aur daridra hoon he parameshvar mere liye faurtee kara! too mera sahayak aur chhudanevala haai he yahova vilamb n kara!

ADHYĀYA 71

- h**e yahova maain tera sharanagat hoon meree asha kabhee toottne n paae!
- 2** too to dharmee haai, mujhe chhuda aur mera uddhar kara meree or kan laga, aur mera uddhar kara!
- 3** mere liye sanatan kal kee chattan ka dhaam ban, jis men maain nity ja sakoon too ne mere uddhar kee agyaa to dee haai, kyonki too meree chattan aur mera gaddh tthara haai..
- 4** he mere parameshvar dushtt ke, aur kuattlai aur kroor manushy ke hath se meree raksha kara.
- 5** kyonaki he prabhu yahova, maain teree hee batt johata aya hoon bachapan se mera

adhaar too haai.

6 maain garbh se nikalate hee, tujh se sambhala gaya mujhe man kee koh se too hee ne nikala isaaliye maain nity teree stuati karata rahoonga..

7 maain bahuton ke liye chamatkar bana hoon parantu too mera draddh sharansthan haai.

8 mere munh se tere gunanuvad, aur din bhr teree shaebha ka varnn bahut hua kare.

9 buddhape ke samay mera tyag n kara jab mera bal ghatte tab mujh ko chhod n de.

10 kyonki mere shatra mere vishay baten karate haai, aur jo mere praan kee tak men haai, ve apas men yah sammati karate haai, ki

11 parameshvar ne usako chhod diya haai usaka peechha karake use pakad lo, kyonki usaka koi chhudanevala naheen..

12 he parameshvar, mujh se door n raha he mere parameshvar, meree sahayata ke liye faurtee kara!

13 jo mere praan ke virodhaee haai, unakee asha tootte aur unaka ant ho jaae jo meree haani ke abhailashaee haai, ve namadharai aur anadar men gad jaaen.

14 maain to nirantar asha lagaae rahoonga, aur teree stuti adhaik adhaik karata jaunga.

15 maain apne munh se tere dharma ka, aur tere kiae huae uddhar ka varnn din bhr karata rahoonga, parantu unaka poora byora jana bhee naheen jata.

16 maain prabhu yahova ke parakram ke kamon ka varnn karata hua aunga, maain keval tere hee dharma kee charcha kiya karoonga..

17 he parameshvar, too to mujh ko bachapan hee se sikhata aya haai, aur ab tak maain tere ashcharya kamorn ka prachar karata aya hoon.

18 isaliye he parameshvar jab maain booddha ho jaun aur mere bal pak jaae, tab bhee too mujhe n chhod, jab tak maain anevalee peeddhee ke logon ko tera bahubal aur sab utpann honevalon ko tera parakram sunaun.

19 aur he parameshvar, tera dharma ati mahan haai.. too jis ne mahakarya kiae haai, he paramevar tere tuly kaun haai?

20 too ne to ham ko bahut se kattnai kashtt dikhaae haain parantu ab too fir se ham ko jilaaega aur prathvee ke gahire gadhe men se ubar lega.

21 too meree badai ko baddhaaega, aur firakar mujhe shaantai dega..

22 he mere parameshvar, maain bhee teree sachchai ko dhanyavad sarangee bajakar gaunga he israael ke pavitra maain veena bajakar tera bhjan gaunga.

23 jab maain tera bhjan gaunga, tab apne munh se aur apne praan se bhee jo too ne bacha liya haai, jayajayakar karoonga.

24 aur maain tere dharma kee charcha din bhr karata rahoonga kyonki jo meree haani ke abhailashaee the, unakee asha toott gai aur munh kale ho gaae haain..

ADHYĀYA 72

he parameshvar, raja ko apna niyam bata, rajaputra ko apna dharma sikhla!

2 vah teree praja ka nyay dharma se, aur tere dee logon ka nyay tteek tteek chukaaega.

3 pahadon aur pahadiyon se praja ke liye, dharma ke dara shaantai mila karegee

4 vah praja ke deen logon ka nyay karega, aur daridra logon ko bachaaega aur andhor karanevalon ko choor karega..

5 jab tak soorya aur chandrama bane rahenge tab tak log peeddhee-peeddhee tera bhy manate rahenge.

- 6** vah ghaas kee koontee par barasanevale menh, aur boomi seenchanevalee jhaadiyon ke saman hoga.
- 7** usake dinon men dharmee foole falenge, aur jab tak chandrama bana rahega, tab tak shaantai bahut rahegee..
- 8** vah samudra se samudra tak aur mahanad se prathvee kee chhor tak prabhuta karega.
- 9** usake samhane jangal ke rahanevale ghauttne ttekenge, aur usake shatra mittee chattenge.
- 10** tashareesh aur deep deep ke raja bhentt le aaenge, shoba aur saba donon ke raja dravy pahunchaaenge.
- 11** sab raja usako dandvata karenge, jaati jati ke log usake adhaeen ho jaaenge..
- 12** kyonaki vah dohai denevale daaridra ko, aur du:khee aur asahay manushy ka uddhar karega.
- 13** vah kangan aur daaridra par taras khaaega, aur daridraen ke praano ko bachaaega.
- 14** vah unake praanon ko andhor aur upadrav se chhuda lega aur unaka lohoo usakee draashtti men anamol ttharega..
- 15** vah to jeeavit rahega aur shoba ke sone men se usako diya jaaega. log usake liye nity praarthna karenge aur din bhr usako dhany kahate harenge.
- 16** desh men pahadon kee chottyaen par bahut se ann hogajisakee balen labanon ke devadaroon kee nain joomengee aur nagar ke log ghaas kee nai lahalahaaenge.
- 17** usaka nam sada sarvada bana rahega jab tak soorya bana rahega, tab tak usaka nam nity naya hota rahega, aur log apne ko usake karan dhany ginenge, saree jatiyan usako bhagyavan kahenge..
- 18** dhany haai, yahova parameshvar jo israael ka parameshvar haai ashcharya karma keval vahee karata haai.
- 19** usaka maahimayukt nam sarvada dhany rahega aur saree prathvee usakee maahima se paaripoorn hogee. ameen fir ameena..
- 20** yishau ke putra daud kee praarthna samapt hui..

ADHYĀYA 73

- S**achamuch istraael ke liye arthata shuuddh manavalon ke liye parameshvar bhla haai.
- 2** mere dg to ukhdna chahate the, mere dg fisalane hee par the.
- 3** kyonaki jab maain dushton ka kushal dekhta tha, tab un ghamandiyon ke vishay dah karata tha..
- 4** kyonaki unakee mratyu men bedhanaaen naheen hotee, parantu unaka bal atoott rahata haai.
- 5** unako doosare manushyon kee nain kashtt naheen hota aur aur manushyon ke saman un par vipaati naheen padtee.
- 6** is karan ahankar unake gale ka har bana haai unaka oddhna upadrav haai.
- 7** unakee ankhon charbeen se jhlakatee haai, unake man kee bhvanaen umandtee haain.
- 8** ve ttttha marate haai, aur dushtta se andhor kee bat bolate haain
- 9** ve deeng marate haain. ve manon svarga men baaitte huae bolate haai, aur ve prathvee men bolate firate haain..
- 10** taubhee usakee praja idhar lautt aaegee, aur unako bhrre huae pyale ka jal milega.
- 11** fir ve kahate haai, ishvar kaaise janata haai? kya paramapradhaan ko kuchh gyaan

haai?

12 dekho, ye to dusht log haain taubhee sada subhagee rahakar, dhan sampati battorate rahate haain.

13 nishchay, maain ne apne day ko vyarth shuuddh kiya aur apne hathon ko nirdoshata men dhaeya haai

14 kyonki maain din bhr mar khata aya hoon aur praati bhor ko meree tadna hotee ai haai..

15 yaadi maain ne kaha hota ki maain aesa hee kahoonga, to dekh maain tere ladkon kee santan ke sath kroorata ka vyavahar karata,

16 jab maain sochane laga ki ise maain kaaise samajoo, to yah meree draashti men ati kattnai samasya thee,

17 jab tak ki maain ne ishvar ke paavitra sthan men jakar un logon ke parinam ko n socha.

18 nishchay too unhen fisalanevale sthanon men rakhta haai aur girakar satyanash kar deta haai.

19 aha, ve kshan bhr men kaaise ujad gaae haain! ve mitt gaa, ve ghabarate ghabarate nash ho gaae haain.

20 jaaise jaganehara svapn ko tuchchh janata haai, vaaise hee he prabhu jab too uttega, tab unako chhaya se samajhkar tuchchh janega..

21 mera man to chidchida ho gaya, mera anta:karan chhdai gaya tha,

22 maain to pashu sareekha tha, aur samajhta n tha, maain tere sang rahakar bhee, pashu ban gaya tha.

23 taubhee maain nirantar tere sang hee tha too ne mere dahine hath ko pakad rakha.

24 too sammaati deta hua, meree aguvai karega, aur tab meree maahima karake mujh ko apne pas rakhega.

25 svarga men mera aur kaun haai? tere sang rahate huae maain prathvee par aur kuchh naheen chahata.

26 mere day aur man donon to har gaae haai, parantu parameshvar sarvada ke liye mera bhag aur mere day kee chattan bana haai..

27 jo tujh se door rahate haain ve to nash honge jo koi tere virooddh vyabhaichar karata haai, usako too vinash karata haai.

28 parantu parameshvar ke sameep rahana, yahee mere liye bhla haai maain ne prabhu yahova ko apna sharanstan manhaai, jis se maain tere sab kamon ko varnn karo..

ADHYĀYA 74

he parameshvar, too ne hamen kyon sada ke liye chhod diya haai? teree kopagnai ka dhauan teree charai kee bhendon ke virooddh kyon utt raha haai?

2 apnee mandlee ko jise too ne praacheenakal men mol liya tha, aur apne nij bhag ka gotra hone ke liye chhuda liya tha, aur is siyyon parvat ko bhee, jis par too ne vas kiya tha, smaran kara!

3 apne dg sanatan kee khndhar kee or baddha arthata un sab buraiyon kee or jo shatrara ne pavitrasthan men kiae haain..

4 tere drahee tere sabhasthan ke beech garajate rahe haain unhon ne apnee hee dhvajaon ko chinh ttharaya haai. ve un manushyon ke saman the

5 jo ghane van ke pedon par kulhade chalate haain.

6 aur ab ve us bhvan ke nakkashae ko, kulhaadyaien aur hathaudon se bilakul tote

dalate haain.

7 unhon ne tere pavitrasthan ko ag men jhonk diya haai, aur tere nam ke nivas ko girakar ashuddh kar dala haai.

8 unhon ne man men kaha haai ki ham inako ekadak daba den unhon ne is desh men ishvar ke sab sabhasthanon kon foonk diya haai..

9 ham ko hamare nishaan naheen dekh padte ab koi nabee naheen raha, n hamare beech koi janata haai ki kab tak yah dasha rahegee.

10 he parameshvar drahee kab tak namadharai karata rahega? kya shatra, tere nam kee ninda sada karata rahega?

11 too apna daahina hath kyon roke rahata haai? use apne panjar se nikal kar unaka ant kar de..

12 parameshvar to praacheenakal se mera raja haai, vah prathvee par uddhar ke kam karata aya haai.

13 too ne apnee shaaktai se samudra ko do bhag kar diya too ne jal men magaramachchhon ke siron ko faod diya.

14 too ne to livyatanon ke sir ttukade ttukade karake jangalee jantuon ko khaiala diae.

15 too ne to sota kholakar jal kee dhaara bahai, too ne to barahamasee nadiyon ko sukha dala.

16 din tera haai rat bhee teree haai soorya aur chandrama ko too ne sthiar kiya haai.

17 too ne to prathvee ke sab sivanon ko ttharaya dhoopakal aur jada donon too ne ttharaee haain..

18 he yahova smaran kar, ki shatra ne namadharai hee haai, aur mooddh logon ne tere nam kee ninda kee haai.

19 apnee pindukee ke praan ko vanapashu ke vash men n kara apne dee janon ko sada ke liye n bool

20 apnee vacha kee sudhai le kyonki desh ke andhore sthan atyachar ke gharon se bhrapoor haain.

21 pise huae jan ko niradar hokar lautna n pade deen daridra log tere nam kee stuati karane paaen..

22 he parameshvar ut, apna mukama ap hee lad teree jo namadharai mooddh se din bhr hotee rahatee haai, use smaran kara.

23 apne draehiyon ka bada bol n bool, tere virodhaiyon ko kolahal to nirantar utta rahata haai.

ADHYĀYA 75

he parameshvar ham tera dhanyavad karate, ham tera nam dhanyavad karate haain kyonki tera nam pragatt hua haai, tere ashcharyakamorn ka varnn ho raha haai..

2 jab tteek samay aaega tab maain ap hee tteek tteek nyay karoonga.

3 prathvee apne sab rahanevalon samet gal rahee haai, maain ne usake khmbhon ko sthiar kar diya haai.

4 maain ne ghamandyaien se kaha, ghamand mat karo, aur dushton se, ki seeng uncha mat karo

5 apne seeng bahut uncha mat karo, n sir uttakar ddhtiai kee bat bolo..

6 kyonki baddhtee n to poorab se n paachchhim se, aur n jangal kee or se atee haai

7 parantu parameshvar hee nyayee haai, vah aek ko ghattata aur doosare ko baddhata

haai.

8 yahova ke hath men aek kattora haai, jis men ka dakhmadha jhagavala haai us men masala mila haai, aur vah us men se undelata haai, nishchay usakee talachhtt tak prathvee ke sab drashtt log pee jaaenge..

9 parantu maain to sada prachar karata rahoonga, maain yakoob ke parameshvar ka bhjan ganuga.

10 dushton ke sab seengon ko maain katt daloonga, parantu dharmee ke seeng unche kiae jaaenge.

ADHYĀYA 76

Parameshvar yahooda men jana gaya haai, usaka nam israael men mahan hua haai.

2 aur usaka mandp shaalem me, aur usaka dhaam siyyon men haai.

3 vahan us ne chamachamate teeron ko, aur ddhal or talavar ko todkar, nidan ladai hee ko tod dala haai..

4 he parameshvar too to jyotimay haai too aher se bhre huae pahadon se adhaik uttm aur mahan haai.

5 draddh manavale lutt gaa, aur bhree neend men pade haain

6 aur shooraveeron men se kisee ka hath n chala. he yakoob ke parameshvar, teree ghaudkee se, rathon samet ghaede bharee neend men pade haain.

7 keval too hee bhyayogy haai aur jab too krodha karane lage, tab tere samhane kaun khda rah sakega?

8 too ne svarga se nirny sunaya haai prathvee us samay sunakar dr gai, aur chup rahee,

9 jab parameshvar nyay karane ko, aur prathvee ke sab namra logon ka uddhar karane ko utta..

10 nishchay manushy kee jalajalahatt teree stuti ka karan ho jaaegee, aur jo jalajalahatt rah jaa, usako too rokega.

11 apne parameshvar yahova kee mannat mano, aur pooree bhee karo vah jo bhy ke yogy haai, usake as pas ke sab usake liye bhentt le aaen.

12 vah to pradhaanon ka abhaiman mitta dega vah prathvee ke rajaon ko bhyayogy jan padta haai..

ADHYĀYA 77

Maain parameshvar kee dohai chillia chillakar doonga, maain parameshvar kee dohai doonga, aur vah meree or kan lagaaega.

2 sankatt ke din maain prabhu kee khoj men laga raha rat ko mera hath faaila raha, aur ddheela n hua, mujh men shaanati ai hee naheen.

3 maain parameshvar ka smaran kar karake kaharata hoon maain chinta karate karate moorchnri ho chala hoon. sela

4 too mujhe jhpakee lagane naheen deta maain aeesa ghabaraya hoon ki mere munh se bat naheen nikalatee..

5 maain praacheenakal ke dinon ko, aur yug yug ke vashoran ko socha haai.

6 maain rat ke samay apne geet ko smaran karata aur man men dhyan karata hoo, aur man men bhlee bhanti vichar karata hoon:

- 7** kya prabhu yug yug ke liye chhod dega aur fir kabhee prasann n hoga?
- 8** kya usakee karoona sada ke liye jatee rahee? kya usaka vachan peeddhee peeddhee ke liye nishfal ho gaya haai?
- 9** kya ishvar anugrah karana bool gaya? kya us ne kraeedha karake apanee sab daya ko rok rakha haai? sela
- 10** maaine kaha yah to meree durbalata hee haai, parantu maain paramapradhaan ke dahine hath ke vasharen ko vicharata hoon..
- 11** maain yah ke bade kamon kee charcha karoonga nishchay maain tere praacheenakalavale adabhut kamon ko smaran karoonga.
- 12** maain tere sab kamon par dhyan karoonga, aur tere bade kamon ko sochoonga.
- 13** he parameshvar teree gati pavitrata kee haai. kaun sa devata parameshvar ke tuly bada haai?
- 14** adabhut kam karanevala ishvar too hee haai, too ne apane desh desh ke logon par apanee shaakti pragatt kee haai.
- 15** too ne apane bhujabal se apanee praja, yakoob aur yoosufa ke vansh ko chhuda liya haai.. sela
- 16** he parameshvar samudra ne tujhe dekha, samudra tujhe dekhkar dr gaya, gaahira sagar bhee kanp utta.
- 17** meghaen se badee vashara hui akash se shabd hua fir tere teer idhar udhar chale.
- 18** bavandr men tere garajane ka shabd sun pada tha jagat bijalee se prakaashait hua prathvee kanpee aur hil gai.
- 19** tere marga samudra men haai, aur tera rasta gaahire jal men hua aur tere panvon ke chinh malam naheen hote.
- 20** too ne moosa aur haroon ke ddhara, apanee praja kee aguvai bhedon kee see kee..

ADHYĀYA 78

- h**e mere lago, meree shaiksha suno mere vachanon kee or kan lagao!
- 2** maain apana moonh neetivachan kahane ke liye kholoonga maain praacheekal kee gupt baten kahoonga,
- 3** jin baton ko ham ne suna, or jan liya, aur hamare bap dadon ne ham se varnn kiya haai.
- 4** unhe ham unakee santan se gupt n rakhenge, parantu honahar peeddhee ke logon se, yahova ka gunanuvad aur usakee samarth aur ashcharyakarmon ka varnn karenge..
- 5** us ne to yakoob men ek chitaunee ttharai, aur israel men ek vyavastha chalai, jisake vishay us ne hamare pitaron ko agyaa dee, ki tum inhe apane apane ladkevalon ko batana
- 6** ki anevalee peeddhee ke log, arthat jo ladkevale utpann honevale haai, ve inhe janen aur apane apane ladkevalon se inaka bakhan karane men udhyt ho, jis se ve parameshvar ka asr rakhe,
- 7** aur ishvar ke bade kamon ko bool n jaae, parantu usakee agyaaon ka palan karate rahen
- 8** aur apane pitaron ke saman n ho, kyonki us peeddhee ke log to hatteele aur jhgadaloo the, aur unhon ne apana man sthiar n kiya tha, aur n unakee atma ishvar kee or sachchee rahee..
- 9** aepraemayon ne to shasrdhaaree aur dhanudhararee hone par bhee, yuddh ke samay peett dikha dee.

- 10** unho ne parameshvar kee vacha pooree naheen kee, aur usakee vyavastha par chalane se inakar kiya.
- 11** unho ne usake bade kamon ko aur jo ashcharyakarma us ne unake samhane kiae the, unako bhula diya.
- 12** us ne to unake bapadodon ke sammukh misr desh ke soan ke maaidan men adab hut karma kiae the.
- 13** us ne samudra ko do bhag karake unhe par kar diya, aur jal ko ddher kee nai khda kar diya.
- 14** aur us ne din ko badal ke khmbhon se aur rat bhr aagnai ke prakash ke ddhara unakee aguvai kee.
- 15** vah jangal men chattanen faadkar, unako mano gaahire jalashayon se manamane pilata tha.
- 16** us ne chattan se bhee dhaaraen nikaleen aur nadiyon ka sa jal bahaya..
- 17** taubhee ve fir usake virooddh aaghai pap karate gaa, aur nirjal desh men paramapradhaan ke virooddh utte rahe.
- 18** aur apanee chah ke anusar bhojan mangakar man hee man ishvar kee pareeksha kee.
- 19** ve parameshvar ke virooddh bole, aur kahane lage, kya ishvar jangal men mej laga sakata haai?
- 20** us ne chattan par marake jal baha to diya, aur dhaaraen umand chalee, parantu kya vah rottee bhee de sakata haai? kya vah apanee praja ke liye mans bhee taaiyar kar sakata?
- 21** yahova sunakar kraedha se bhr gaya, tab yakooob ke beech ag lagee, aur israael ke virooddh kraedha bhdka
- 22** isaliae ki unhon ne parameshvar par vishvas naheen rakha tha, n usakee uddhar karane kee shakti par bhrosa kiya.
- 23** taubhee us ne akash ko agyaa dee, aur svarga ke ddharon ko khola
- 24** aur unake liye khane ko man barasaya, aur unhe svarga ka ann diya.
- 25** unako shooraveeron kee see rottee milee us ne unako manamana bhojan diya.
- 26** us ne akash men puravai ko chalaya, aur apanee shakti se dakkhianee bahai
- 27** aur unake liye mans dhooli kee nai bahut barasaya, aur samudra ke baloo ke saman anaginit pakshaee bheje
- 28** aur unakee chhavanee ke beech me, unake nivason ke charon or giraae.
- 29** aur ve khakar ati trapt hua, aur us ne unakee kamana pooree kee.
- 30** unakee kamana banee hee rahee, unaka bhojan unake munh hee men tha,
- 31** ki parameshvar ka kraedha un par bhdka, aur us ne unake hashtpushhton ko ghaat kiya, aur israael ke javanon ko gira diya..
- 32** itane par bhee ve aur aadhaik pap karate gaae aur parameshvar ke ashcharyakamorn kee prateeati n kee.
- 33** tab us ne unake dinon ko vyarth shram me, aur unake vasharen ko dhabarahatt men kattvaya.
- 34** jab jab vah unhe ghaat karane lagata, tab tab ve usako poochhte the aur firakar ishvar ko yatn se khojate the.
- 35** aur unako smaran hota tha ki parameshvar hamaree chattan haai, aur paramapradhaan ishvar hamara chhudanevala haai.
- 36** taubhee unhon ne us se chapaloossee kee ve us se joott bole.

37 kyonaki unaka day usakee or draddh n tha n ve usakee vacha ke vishay sachche the.

38 parantu vah jo dayalu haai, vah adharma ko ddhanpata, aur nash naheen karata vah barabar apne kraedha ko ttnda karata haai, aur apnee jalajalahatt ko pooree reeati se bhdkane naheen deta.

39 usako smaran hua ki ye nashaman haai, ye vayu ke saman haain jo chalee jatee aur lautt naheen atee.

40 unhon ne kitane hee bar jangal men us se balava kiya, aur nirjal desh men usako udas kiya!

41 ve barabar ishvar kee pareeksha karate the, aur israael ke pavitra ko kheadit karate the.

42 unhone n to usaka bhujabal smaran kiya, n vah din jab us ne unako draehee ke vash se chhudaya tha

43 ki us ne kyonkar apne chinh misr me, aur apne chamatkar soan ke maaidan men kiae the.

44 us ne to mistriayon kee naharon ko lohoo bana dala, aur ve apnee naadiyon ka jal pee n sake.

45 us ne unake beech men dans bheje jinon ne unhe katt khaya, aur menddhk bhee bheje, jinon ne unaka bigad kiya.

46 us ne unakee boomi kee upaj keedon ko, aur unakee khetebaree ttddaiyon ko khaila dee thee.

47 us ne unakee dakhlaon ko oelon se, aur unake goolar ke pedon ko bade bade patthr barasakar nash kiya.

48 us ne unake pashuuon ko olon se, aur unake ddhoron ko bijaaliyon se mitta diya.

49 us ne unake upar apna prachand kraedha aur rosh bhdkaya, aur unhe sankatt men dala, aur dukhdai dooton ka dal bheja.

50 us ne apne kraedha ka marga khola, aur unake praanon ko mratyu se n bachaya, parantu unako maree ke vash men kar diya.

51 us ne misr ke sab paahilau ton ko mara, jo ham ke deron men pauroosh ke pahile fal the

52 parantu apnee praja ko bhed-bakaariyon kee nai payan karaya, aur jangal men unakee aguvai pashuuon ke jhund kee see kee.

53 tab ve usake chalane se bekhttke chale aur unako kuchh bhy n hua, parantu unake shatra samudra men oob gaae.

54 aur us ne unako apne paavitra desh ke sivane tak, isee pahadee desh men bahunchaya, jo us ne apne dahine hath se praapt kiya tha.

55 us ne unake samhane se anyajaatiyon ko bhga diya aur unakee boomi ko doree se map mapakar bantt diya aur israel ke gotraen ko unake deron men basaya..

56 taubhee unhone paramapradhaan parameshvar kee pareeksha kee aur us se balava kiya, aur usakee chitauniyon ko n mana,

57 aur mudkar apne purakhaon kee nai vishvasaghaat kiya unhon ne nikamme dhanush kee nai dhaekha diya.

58 kyonaki unhon ne unche sthan banakar usako ris dilai, aur khudee hui murtiyon ke dara us men jalan upajai.

59 parameshvar sunakar rosh se bhr gaya, aur us ne israael ko bilakul taj diya.

60 us ne shaeelo ke nivas, arthata us tambu ko jo us ne manushyon ke beech khda kiya tha, tyag diya,

61 aur apanee samarth ko bandhauai men jane diya, aur apanee shaebha ko draehee ke vash men kar diya.

62 us ne apanee praja ko talavar se marava diya, aur apane nij bhag ke logon par rosh se bhr gaya.

63 un ke javan ag se bhsm hua, aur unakee kumariyon ke vivah ke geet n gaae gae.

64 unakee yajak talavar se mare gaa, aur unakee vidhavaen rone n pai.

65 tab prabhu mano neend se chaunk utta, aur aeese veer ke saman utta jo dakhmadha peekar lalakarata ho.

66 aur us ne apanee draehiyon ko marakar peechee hatta diya aur unakee sada kee namadharai karai..

67 fir us ne yoosufa ke tapbu ko taj diya aur aepraim ke gotra ko n chuna

68 parantu yahooda hee ke gotra ko, aur apanee piry siyyon parvat ko chun liya.

69 us ne apanee paavitrasthan ko bahut uncha bana diya, aur prathvee ke saman sthiar banaya, jisakee nev us ne sada ke liye dalee haai.

70 fir usane apanee das daud ko chunakar bhedshaalaon men se le liya

71 vah usako bachchevalee bhedon ke peechee peechee firane se le aya ki vah usakee praja yakoob kee arthat usakee nij bhag israael kee charavahee kare.

72 tab us ne khre man se unakee charavahee kee, aur apanee hath kee kushalata se unakee aguvai kee..

ADHYĀYA 79

1 he parameshvar anyajatiyan tere nij bhg men ghaus ai unhon ne teere pavitra maandair ko ashuddh kiya aur yarooshalem ko khndhar kar diya haai.

2 unhon ne tere dason kee loeethon ko akash ke pakshiyon ka ahar kar diya, aur tere bhkton ka mans vanapashuuoen ko khaila diya haai.

3 unhon ne unaka lohoo yarooshalem ke charon or jal kee nai bahaya, aur unako mittee denevala koi n tha.

4 padosiyon ke beech hamaree namadharai hui charon or ke rahanevale ham par hansate, aur ttttha karate haain..

5 he yahova, too kab tak lagatar kraedha karata rahega? tujh men ag kee see jalan kab tak bhdkatee rahegee?

6 jo jaatiyan tuujh ko naheen janatee, aur jin rajyon ke log tujh se praarthna naheen karate, unhee par apanee sab jalajalahatt bhdka!

7 kyonaki unhon ne yakoob ko nigal liya, aur usakee vasasthan ko ujad diya haai.

8 hamaree haani ke liye hamare purakhaon ke adharma ke kamon ko smaran n kara teree daya ham par shaeegha ho, kyonaki ham badee durdasha men pade haain.

9 he hamare uddharakarta parameshvar, apanee nam kee mahima ke nimit hamaree sahayata kara aur apanee nam ke nimit ham ko chhudakar hamare papon ko ddhanp de.

10 anayajatiyan kyon kahane paaen ki unaka parameshvar kahan raha? anyajaatiyon ke beech tere dason ke koon ka palatta lena hamare dekhte unhen maloom ho jaae..

11 bandhauon ka karahana tere kan tak pahunche ghaat honevalon ko apanee bhujabal ke dara bacha.

12 aur he prabhu, hamare padosiyon ne jo teree ninda kee haai, usaka sataguna badala

unako de!

13 tab ham jo teree praja aur teree charai kee bheden haai, tera dhanyavad sada karate rahenge aur peeddhee se peeddhee tak tera gunanuvad karate rahengen..

ADHYĀYA 80

he istraael ke charavahe, too jo yoosufa kee aguvai bhedon kee see karata haai, kan laga! too jo karoobon par virajaman haai, apna tej dikha!

2 aepraim, binyameen, aur manashsho ke samhane apna parakram dikhakar, hamara uddhar karane ko a!

3 he parameshvar, ham ko jyon ke tyon kar de aur apne mukh ka prakash chamaka, tab hamara uddhar ho jaaega!

4 he senaon ke parameshvar yahova, too kab tak apnee praja kee praarthna par kraedhait rahega?

5 too ne ansuon ko unaka ahar kar diya, aur mattke bhr bhrake unhen ansu pilaae haain.

6 too hamen hamare padosiyon ke jhgadne ka karan kar deta haai aur hamare shatra manamane ttttha karate haain..

7 he senaon ke parameshvar, ham ko jyon ke tyon kar de aur apne mukh ka prakash ham par chamaka, tab hamara uddhar ho jaaega..

8 too misr se aek dakhla le aya aur anyajaatiyon ko nikalakar use laga diya.

9 too ne usake liye sthan taaiyar kiya haai aur us ne jad pakadee aur faailakar desh ko bhr diya.

10 usakee chhaya pahdon par faail gai, aur usakee daaliyan ishvar ke devadaron ke saman hui

11 usakee shaakhaen samudra tak baddh gai, aur usake ankur mahanad tak faail gae.

12 fir too ne usake badon ko kyon gira diya, ki sab battohee usake falon ko todte haai?

13 vanasooar usako nash kiae dalata haai, aur maaidan ke sab pashu use char jate haain..

14 he senaon ke parameshvar, fir al svarga se yan dekar dek, aur is dakhla kee sudhai le,

15 ye paudha too ne apne dahine hath se lagaya, aur jo lata kee shaakha too ne apne liye draddh kee haai.

16 vah jal gai, vah katt gai haai teree gaudkee se ve nash hote haain.

17 tere dahine hath ke sambhale hue puroosh par tera hath rakha rahe, us adamee par, jise too ne apne liye draddh kiya haai.

18 tab ham log tujh se n mudenge: too ham ko jila, aur ham tujh se praarthna kar sakenge.

19 he senaon ke parameshvar yahova, ham ko jyon ka tyon kar de! aur apne mukh ka prakash ham par chamaka, tab hamara uddhar ho jaaega!

ADHYĀYA 81

parameshvar jo hamara bal haai, usaka geet anand se gao yakoob ke parameshvar ka jayajayakar karo!

2 bhjan uttao, dfa aur madhaur bajanevalee veena aur sarangaee ko le ao.

3 naye chad ke din, aur poonmasee ko hamare parva ke din naraasinga fanuko.

- ⁴ kyonaki yah istraael ke liye vidhai, aur yakoob ke parameshvar ka ttharaya hua niyam haai.
- ⁵ isako us ne yoosufa men chitaunee kee reeti par us samay chalaya, jab vah mistr desh ke virooddh chala.. vahan maain ne aek anajanee bhasha sunee
- ⁶ maain ne unake kandhaen par se bojh ko utar diya unaka ttokaree ddhona chhutt gaya.
- ⁷ too ne sankatt men padkar pukara, tab maain ne tujhe chhudaya badal garajane ke gupt sthan men se maain ne teree sunee, aur mareeba nam sote ke pas teree pareeksha kee. sela
- ⁸ he meree praja, sun, maain tujhe chita deta hoon! he istraael bhla ho ki too meree sune!
- ⁹ tere beech men paraya ishvar n ho aur n too kisee paraae devata ko dandvata karana!
- ¹⁰ tera parameshvar yahova maain hoo, jo tujhe mistr desh se nikal laya haai. too apana munh pasar, maain use bhr doonga..
- ¹¹ parantu meree praja ne meree n sunee istraael ne mujh ko n chaha.
- ¹² isaliye maain ne usako usake man ke hatt par chhod diya, ki vah apanee hee yuktaion ke anusar chale.
- ¹³ yaadi meree praja meree sune, yadi istraael mere margin par chale,
- ¹⁴ to kshan bhr men unake shatrauon ko dabau, aur apana hath unake draehayon ke virooddh chalaun.
- ¹⁵ yahova ke baairee to us ke vash men ho jate, aur ve sadakal bane rahate haain.
- ¹⁶ aur vah unako uttm se uttm gehoon khailata, aur maain chattan men ke madha se unako trapt karoon..

ADHYĀYA 82

- p**arameshvar kee sabha men parameshvar hee khda haai vah ishvaron ke beech men nyay karata haai.
- ² tum log kab tak tteddha nyay karate aur dushton ka paksha lete rahoge?
- ³ kangan aur anathon ka nyay chukao, deen daridra ka vichar dharma se karo.
- ⁴ kangan aur nirdhan ko bacha lo dushton ke hath se unhen chhudao..
- ⁵ ve n to kuchh samajhte aur n kuchh boojhte haai, parantu andhore men chalate firate rahate haain prathvee kee pooree neev hil jatee haai..
- ⁶ maain ne kaha tha ki tum ishvar ho, aur sab ke sab paramapradhaan ke putra ho
- ⁷ taubhee tum manushyon kee nai maroge, aur kisee pradhaan ke saman gir jaoge..
- ⁸ he parameshvar ut, prathvee ka nyay kara kyonki too hee sab jatiyon ko apane bhag men lega!

ADHYĀYA 83

- h**e parameshvar maun n raha he ishvar chup n rah, aur n shaant raha!
- ² kyonaki dekh tere shatra dhoom macha rahe haain aur tere baairiyon ne sir uttaya haai.
- ³ ve chaturai se teree praja kee hani kee sammati karate, aur tere raakshiat logon ke virooddh yuaktaiyan nikalate haain.
- ⁴ unhon ne kaha, ao, ham unako aeesa nash karen ki rajy bhee mitt jae aur istrael ka nam age ko smaran n rahe.
- ⁵ unhon ne ek man hokar yuktai nikalee haai, aur tere hee virooddh vacha bandhaee haai.

- ⁶ ye to aedom ke tamboovale aur ishmailee, moabee aur hugrae,
⁷ gabalee, ammonee, amalekee, aur sor samet palishtee haain.
⁸ inake sang ashshooree bhee mil gaae haain un se bhee lotavanashaiyon ko sahara mila haai.
⁹ in se aesa kar jaaisa midhaaniyon se, aur keeshaen nale men seesara aur yabeen se kiya tha, jo aendor men nash hua,
¹⁰ aur boomi ke liye khad ban gaae.
¹¹ inake raison ko oreb aur jaaeb sareekhe, aur inake sab pradhaanon ko jebah aur salmunna ke saman kar de,
¹² jinhon ne kaha tha, ki ham parameshvar kee charaiyon ke aadhaikaree ap hee ho jaaen..
¹³ he mere parameshvar inako bavandr kee dhooli, va pavan se udaae huae boose ke saman kar de.
¹⁴ us ag kee nai jo van ko bhsm karatee haai, aur us lau kee nai jo pahadon ko jala detee haai,
¹⁵ too inhe apanee andhaee se bhag de, aur apane bavandr se ghabara de!
¹⁶ inake munh ko ati lajjait kar, ki he yahova ye tere nam ko ddoondhen.
¹⁷ ye sada ke liye laajjait aur ghabarae rahan inake munh kale ho, aur inaka nash ho jaa,
¹⁸ jis se yah janen ki keval too jisaka nam yahova haai, saree prathvee ke upar paramapradhaan haai..

ADHYĀYA 84

- h**e senaon ke yahova, tere nivas kya hee piry haain!
- ² mera praan yahova ke anganon kee abhailasha karate karate mroorchht ho chala mera tan man donno jeevate ishvar ko pukar rahe..
- ³ he senaon ke yahova, he mere raja, aur mere parameshvar, teree vediyon me gauairaaiya ne apana basera aur shoopabenee ne ghaensala bana liya haai jis men vah apane bachche rakhe.
- ⁴ kya hee dhany haain ve, jo tere bhvan men rahate haain ve teree stuti nirantar karate rahenge..
- ⁵ kya hee dhany haai, vah manushy jo tujh se shaktai pata haai, aur ve jinako siyyon kee sadk kee sudhai rahatee haai.
- ⁶ ven rone kee tarai men jate huae usako soton ka sthan banate haain fir barasat kee agalee vrashsti usamen ashaeesh hee ashaeesh upajatee haai.
- ⁷ ve bal par bal pate jate haain un men se har aek jan siyyon men parameshvar ko apna munh dikhaaega..
- ⁸ he senaon ke parameshvar yahova, meree praarthna sun, he yakoob ke parameshvar, kan laga!
- ⁹ he parameshvar, he hamaree ddhal, drashti kara aur apaneaabhaishaiktai ka mukh dekh!
- ¹⁰ kyonaki tere anganon men ka aek din aur kaheen ke hajar din se uttm haai. dushton ke deron men vas karane se apane parameshvar ke bhvan kee devaddhee par khda rahana hee mujhe aadhaik bhavata haai.
- ¹¹ kyonaki yahova parameshvar soorya aur ddhal haai yahova anugrah karega, aur

maahima dega aur jo log khree chal chalate haain un se vah koi achchha padarth rakh n chhodega.

12 he senaon ke yahova, kya hee dhany vah manushy haai, jo tujh par bhrosa rakhta haai!

ADHYĀYA 85

he yahova, too apane desh par prasann hua, yakoob ko bandhauai se lautta le aya haai.

2 too ne apanee praja ke adharma ko kshama kiya haai aur usake sab papon ko ddhanp diya haai.

3 too ne apane rosh ko shaant kiya haai aur apane bhdke huae kop ko door kiya haai..

4 he hamare uddharakartta parameshvar ham ko faer, aur apna kraedha ham par se door kara!

5 kya too ham par sada kopit rahega? kya too peeddhee se peeddhee tak kop karata rahega?

6 kya too ham ko fir n jilaaega, ki teree praja tujh men anand kare?

7 he yahova apanee karoona hamen dikha, aur too hamara uddhar kara..

8 maain kan lagaae rahoonga, ki ishvar yahova kya kahata haai, vah to apanee praja se jo usake bhkt haai, shaantai kee baten kahega parantu ve firake moorkhta n karane lagen.

9 nishchay usake dravaaiyon ke uddhar ka samay nikatt haai, tab hamare desh men maahima ka nivas hogaa..

10 karoona aur sachchai apas men mil gai haain dharma aur mel ne apas men chumban kiya haain.

11 prathvee men se sachchai ugatee aur svarga se dharma jhukata haai.

12 fir yahova uttm padarth dega, aur hamaree boomi apanee upaj degee.

13 dharma usake age age chalega, aur usake panvon ke chinhon ko hamare liye marga banaaega..

ADHYĀYA 86

he yahova kan lagakar meree sun le, kyonnaki maain deen aur daaridra hoon.

2 mere praan kee raksha kar, kyonki maain bhkt hoon too mera parameshvar haai, isaaliye apane das ka, jisaka bhrosa tujh par haai, uddhar kara.

3 he prabhu mujh par anugrah kar, kyonki maain tujhee ko lagatar pukarata rahata hoon.

4 apane das ke man ko anandait kar, kyonki he prabhu, maain apana man teree hee or lagata hoon.

5 kyonki he prabhu, too bhla aur kshama karanevala haai, aur jitane tujhe pukarate haain un sabhon ke liye too aati karoona may haai.

6 he yahova meree praarthna kee or kan laga, aur mere gidgidane ko yan se suna.

7 sankatt ke din maain tujh ko pukaroonga, kyonki too meree sun lega..

8 he prabhu devataon men se koi bhee tere tuly nahee, aur ne kisee ke kam tere kamon ke barabar haain.

9 he prabhu jitanee jatiyon ko too ne banaya haai, sab akar tere samhane dandvata karengee, aur tere nam kee maahima karengee.

10 kyonki too mahana aur ashcharyakarma karanevala haai, keval too hee parameshvar haai.

11 he yahova apna marga mujhe dikha, tab maain tere saty marga par chaloonga, mujh ko aek chitt kar ki maain tere nam ka bhy manoon.

12 he prabhu he mere parameshvar maain apne sampoorn man se tera dhanyavad karoonga, aur tere nam kee mahima sada karata rahoonga.

13 kyoenki teree karoona mere upar badee haai aur too ne mujh ko adhaelok kee tah men jane se bacha liya haai..

14 he parameshvar aabhai manee log to mere virooddh utte haai, aur balatkaariyon ka samaj mere praan ka khojee hua haai, aur ve tera kuchh vichar naheen rakhte.

15 parantu prabhu dayalu aur anugrahakaree ishvar haai, too vilamb se kop karanevala aur ati karoona may haai.

16 meree or firakar mujh par anugrah kara apne das ko too shaaktai de, aur apanee dasee ke putra ka uddhar kara..

17 mujhe bhlai ka koi lakshan dikha, jise dekhkar mere baai ree nirash ho, kyonki he yahova too ne ap meree sahayata kee aur mujhe shaantai dee haai..

ADHYĀYA 87

1 sakee nev paavitra parvaton men haai

2 aur yahoeva siyyon ke faattkon ko yakoob ke sare nivason se baddhkar praeeti rakhta haai.

3 he parameshvar ke nagar, tere vishay maahima kee baten kahee gai haain.

4 maain apne jana-pahachanavalon se rahab aur babel kee bhee charcha karoonga palisht, sor aur koosh ko dekho, yah vahan utpann hua tha.

5 aur siyyon ke vishay men yah kaha jaaega, ki amuk amuk manushy us men utpanna hua tha aur paramapradhaan ap hee usako sthiar rakhega.

6 yahoeva jab desh desh ke logon ke nam likhkar gin lega, tab yah kahega, ki yah vahan utpann hua tha..

7 gavaaiye aur nratak donon kahenge ki hamare sab sote tujhee men paae jate haain..

ADHYĀYA 88

1 he mere uddharakarta parameshvar yahova, maain din ko aur rat ko tere age chillata aya hoon.

2 meree praarthna tujh tak pahunche, mere chillane kee or kan laga!

3 kyonaki mera praan klesh men bhra hua haai, aur mera praan adhaelok ke nikatt pahuncha haai.

4 maain kabar men padnevalon men gina gaya hoon maain balaheen puroosh ke saman ho gaya hoon.

5 maain murdon ke beech chhoda gaya hoo, aur jo ghaat hokar kabar men pade haai, jinako too fir smaran naheen karata aur ve teree sahayata raahit haai, unake saman maain ho gaya hoon.

6 too ne mujhe gadhe ke tal hee me, andhore aur gaahire sthan men rakha haai.

7 teree jalajalahatt mujhee par banee hui haai, aur too ne apne sab tarangon se mujhe du:kh diya haai

8 too ne mere pahichanavalon ko mujh se door kiya haai aur mujh ko unakee drashti men

ghainauna kiya haai. maain bandee hoon aur nikal nahee sakata

9 du:kh bhogate bhoegate meree ankhe dhaundhala gai. he yahova maain lagatar tujhe pukarata aur apane hath teree or faailata aya hoon.

10 kya too murdon ke liye adabhuta kam karega? kya mare log uttkar tera dhanyavad karenge?

11 kya kabar men teree karoona ka, aur vinash kee dasha men teree sachchai ka varnn kiya jaaega?

12 kya tere adabhuta kam andhakar men, va tera dharma vishvasaghaat kee dasha men jana jaaega?

13 parantu he yahova, maain ne teree dohai dee haai aur bhor ko meree praarthna tujh tak pahunchegee.

14 he yahova, too mujh ko kyon chhodta haai? too apna mukh mujh se kyon chhpaiata rahata haai?

15 maain bachapan hee se du:khee varan adhamua hoo, tujh se bhy khate maain ati vyakul ho gaya hoon.

16 tera kraedha mujh par pada haai us bhy se maain mitt gaya hoon.

17 vah din bhr jal kee nai mujhe ghore rahata haai vah mere charon or dikhai deta haai.

18 too ne mitra aur bhaibandha donon ko mujh se door kiya haai aur mere jana-pahichanavalon ko andhakar men dal diya haai..

ADHYĀYA 89

Maain yahova kee saree karoona ke vishay sada gata rahoonga maain teree sachchai peeddhee peeddhee tak jatata rahoonga.

2 kyonaki maain ne kaha haai, teree karoona sada banee rahegee, too svarga men apanee sachchai ko sthiar rakhega.

3 maain ne apne chune huue se vacha bandhaee haai, maain ne apne das daud se shapath khai haai,

4 ki maain tere vash ko sada sthiar rakoonga aur teree rajagaee ko peeddhee peeddhee tak banaae rakoonga.

5 he yahova, svarga men tere adabut kam kee, aur paavitraen kee sabha men teree sachchai kee prashansa hogee.

6 kyonaki akashamandl men yahova ke tuly kaun ttarega? balavanton ke putraen men se kaun haai jisake sath yahova kee upama dee jaaegee?

7 ishvar paavitraen kee goshtee men atyant praatishtta ke yogy, aur apne charon or sab rahanevalon se aadhaik bhyayogy haai.

8 he senaon ke parameshvar yahova, he yah, tere tuly kaun samarthee haai? teree sachchai to tere charon or haai!

9 samudra ke garva ko too hee todta haai jab usake tarang utte haai, tab too unako shaant kar deta haai.

10 too ne rahab ko ghaat kiae huue ke saman kuchal dala, aur apne shatrauon ko apne bahubal se titar bitar kiya haai.

11 akash tera haai, prathvee bhee teree haai jagat aur jo kuchh us men haai, use too hee ne sthiar kiya haai.

12 uttr aur dakkhian ko too hee ne siraja tabor aur hemorn tere nam ka jayajayakar karate haain.

13 teree bhujalavant haai tera hath shaktaiman aur tera dahina hath prabal haai.

14 tere sinhasan ka mool, dharma aur nyay haai karoona aur sachchai tere age age chalatee haai.

15 kya hee dhany haai vah samaj jo anand ke lalakar ko pahichanata haai he hayova ve log mere mukh ke prakash men chalate haai,

16 ve tere nam ke hetu din bhr magan rahate haai, aur tere dharma ke karan mahan ho jate haain.

17 kyonaki too unake bal kee shaebha haai, aur apanee prasannata se hamare seeng ko uncha karega.

18 kyonaki hamaree ddhal yahova kee or se haai hamara raja israael ke pavitra kee or se haai..

19 aek samay too ne apne bhkt ko darshan dekar baten kee aur kaha, maain ne sahayata karane ka bhar aek veer par rakha haai, aur praja men se aek ko chunakar baddhaya haai.

20 maain ne apne das daud ko lekar, apne paavitra tel se usaka aabhaishok kiya haai.

21 mera hath usake sath bana rahega, aur meree bhuja use draddh rakhegee.

22 shatra usako tang karane n paaega, aur n kuttlai jal usako du:kh dene paaega.

23 maain usake draeahiyon ko usake samhane se nash karoonga, aur usake baaiariyon par vipaati daloonga.

24 parantu meree sachchai aur karoona us par banee rahengee, aur mere nam ke dara usaka seeng uncha ho jaaega.

25 maain samudra ko usake hath ke neeche aur mahadanon ko usake dahine hath ke neeche kar doonga.

26 vah mujhe pukarake kahega, ki too mera pita haai, mera ishvar aur mere bachane ke chattan haai.

27 fir maain usako apna paahilautta, aur prathvee ke rajaon par pradhaan ttharaunga.

28 maain apanee karoona us par sada banaae rahoonga, aur meree vacha usake liye attl rahegee.

29 maain usake vansh ko sada banaae rakoonga, aur usakee rajagaee svarga ke saman sarvada banee rahegee.

30 yaadi usake vansh ke log meree vyavastha ko chhoden aur mere niyamon ke anusar n chale,

31 yaadi ve meree vidhaiyon ka ullaghan kare, aur meree agyaaoon ko n mane,

32 te maain unake aparadha ka dand sontten se, aur unake adharma ka dand kodon se doonga.

33 parantu maain apanee karoona us par se hattaunga, aur n sachchai tyagakar jootta ttharoonga.

34 maain apanee vacha n tooonga, aur jo mere munh se nikal chuka haai, use n badaloonga.

35 aek bar maain apanee pavitrata kee shapath kha chuka hoon maain daud ko kabhee dhaekha n doonga.

36 usaka vansh sarvada rahega, aur usakee rajagaee soorya kee nai mere sammukh ttharee rahegee.

37 vah chandrama kee nai, aur akashamandl ke vishvasayogy sakshaee kee nai sada bana rahega.

38 taubhee too ne apne abhaishaikt ko chhoda aur use taj diya, aur us par aati kroda

kiya haai.

39 too apne das ke sath kee vacha se ghainaya, aur usake mukutt ko boomi par girakar ashuddh kiya haai.

40 too ne usake sab badon ko tead dala haai, aur usake gaddhon ko ujad diya haai.

41 sab battohee usako loott lete haai, aur usake padosyon se usakee namadharai hotee haai.

42 too ne usake draehiyon ko prabal kiya aur usake sab shatrauon ko anaandait kiya aur usake sab shatrauon ko anaandait kiya haai.

43 fir too usakee talavar kee dhaar ko mod deta haai, aur yuddh men usake panv jamane naheen deta.

44 too ne usaka tej har liya haai aur usake sinhasan ko boomi par pattk diya haai.

45 too ne usakee javanee ko ghattaya, aur usako laja se ddhanp diya haai..

46 he yahova too kab tak lagatar moonh faere rahega, teree jalajalahatt kab tak ag kee nain bhdkee rahegee..

47 mera smaran kar, ki maain kaaisa aanity hoo, too ne sab manushyon ko kyon vyarth siraja haai?

48 kaun puroosh sada amar rahega? kya koi apne praan ko adhaelok se bacha sakata haai?

49 he prabhu teree praacheenakal kee karoona kahan rahee, jisake vishay men too ne apanee sachchai kee shapath daud se khai thee?

50 he prabhu apne dason kee namadharai kee suadhai kara maain to sab samarthee jatiyon ka bojh liae rahata hoon.

51 tere un shatrauon ne to he yahova tere abhaishaikt ke peechhe padkar usakee namadharai kee haai..

52 yahova sarvada dhany rahega! ameen fir ameena..

ADHYĀYA 90

1 He prabhu, too peeddhee se peeddhee tak hamare liye dhaam bana haai.

2 is se paahile ki pahad utpann hua, va too ne prathvee aur jagat kee rachana kee, varan anaadikal se anantakal tak too hee ishvar haai..

3 too manushy ko lauttakar choor karata haai, aur kahata haai, ki he adaamiyo, lautt ao!

4 kyonaki hajar varsha teree draashti men aeese haai, jaaisa kal ka din jo beet gaya, va rat ka aek pahara..

5 too manushyon ko dhaara men baha deta haai ve svapn se ttharate haai, ve bhor ko baddhnevalee ghaas ke saman hote haain.

6 vah bhor ko foolatee aur baddhtee haai, aur sanjh tak kattkar murjha jatee haai..

7 kyonaki ham tere krodha se nash huai haain aur teree jalajalahatt se ghabara gaae haain.

8 too ne hamare adharma ke kamon se apne sammuk, aur hamare chhpai huai papon ko apne mukh kee jyoti men rakha haai..

9 kyonaki hamare sab din tere krodha men beet jate haai, ham apne varsha shabd kee hai bitate haain.

10 hamaree ayu ke varsha satr to hote haai, aur chahe bal ke karan assee varsha ke bhee ho jaae, taubhee unaka ghamand keval nashtt aur shaek hee shaek haai kyonki vah jaldee katt jatee haai, aur ham jate rahate haain.

- 11** tere krodha kee shaaktai ko aur tere bhy ke yogy rosh ko kaun samajhta haai?
- 12** ham ko apane din ginane kee samajh de ki ham buddhmaian ho jaaen..
- 13** he yahova lautt a! kab taka? aur apane dason par taras kha!
- 14** bhor ko hamen apanee karoona se trapt kar, ki ham jeevan bhr jayajayakar aur anand karate rahan.
- 15** jitane din too ne hamen du:kh deta aya, aur jitane varsha ham klesh bhogate aae haain utane hee varsha ham ko anand de.
- 16** teree kam tere dason ko, aur tera pratap unakee santan par pragatt ho.
- 17** aur hamare parameshvar yahova ke manoharata ham par pragatt ho, too hamare hathon ka kam hamare liye draddh kar, hamare hathon ke kam ko draddh kara..

ADHYĀYA 91

- 1** jo paramapradhaan ke chhaae huae sthan men baaitta rahe, vah sarvashaaktaiman kee chhaya men ttkiana paaega.
- 2** maain yahova ke vishay kahoonga, ki vah mera sharansthan aur gaddh haai vah mera parameshvar haai, maain us par bhrosa rakoonga.
- 3** vah to mujhe bahealiye ke jal se, aur mahamaree se bachaaega
- 4** vah tujhe apane pankhon kee ad men le lega, aur too usake paaiiron ke neeche sharan paaega usakee sachchai tere liye ddhal aur jhlaim tthareggee.
- 5** too n rat ke bhy se drega, aur n us teer se jo din ko udta haai,
- 6** n us maree se jo andhore men faailatee haai, aur n us maharog se jo din dupaharee men ujadta haai..
- 7** tere nikatt hajar, aur teree dahinee or das hajar girenge parantu vah tere pas n aaega.
- 8** paranatu too apanee ankhon kee drashti karega aur dushton ke ant ko dekhega..
- 9** he yahova, too mera sharansthan tthara haai. too ne jo paramapradhaan ko apana dhaam man liya haai,
- 10** isaliye koi vipaati tujh par n padegee, n koi du:kh tere dere ke nikatt aaega..
- 11** kyonaki vah apane dooton ko tere nimitt agyaa dega, ki jahan kaheen too jaae ve teree raksha karen.
- 12** ve tujh ko hathon hath utta lenge, aeesa n ho ki tere panvon men patthr se ttes lage.
- 13** too sinh aur nag ko kuchalega, too javan sinh aur ajagar ko latadega.
- 14** us ne jo mujh se sneh kiya haai, isaaliey maain usako chhudaunga maain usako unche sthan par rakoonga, kyonaki us ne mere nam ko jan liya haai.
- 15** jab vah mujh ko pukare, tab maain usakee sunoonga sankatt men maain usake sang rahoonga, maain usako bachakar usakee maahima baddhaunga.
- 16** maain usako deegharayu se trapt karoonga, aur apane kiae huae uddhar ka darshan dikhaunga..

ADHYĀYA 92

- Y**ahova ka dhanyavad karana bhla haai, he paramapradhaan, tere nam ka bhjan gana
- 2** praata:kal ko teree karoona, aur prati rat teree sachchai ka prachar karana,
- 3** das taravale bajre aur sarangee par, aur veena par gambheer svar se gana bhla haai.
- 4** kyonaki, he yahova, too ne mujh ko apane kam se anaandait kiya haai aur maain tere

hathon ke kamon ke karan jayajayakar karoonga..

- 5** he yahova, tere kam kya hee bade haai! teree kalpanaaen bahut gambheer haai!
- 6** pashu saman manushy isako naheen samajhta, aur moorkh isaka vichar naheen karata:
- 7** ki dushtt jo ghaas kee nain foolate-falate haai, aur sab anarthkaree jo prafauallait hote haai, yah isaaliye hota haai, ki ve sarvada ke liye nash ho jaae,
- 8** parantu he yahova, too sada virajaman rahega.
- 9** kyonaki ye yahova, tere shatra, han tere shatra nash honge sab anarthkaree titar bitar honge..
- 10** parantu mera seeng too ne jangalee sanddh ka sa uncha kiya haai maain tttke tel se chupada gaya hoon.
- 11** aur maain apane draeahiyon par draashti karake, aur un kukaarmiyon ka hal mere virooddh utte the, sunakar santusht hua hoon..
- 12** dharmee log khjoor kee nai foole falenge, aur labanon ke devadar kee nai baddhte rahenge.
- 13** ve yahova ke bhvan men rope jakar, hamare parameshvar ke anganon men foole falenge.
- 14** ve purane hone par bhee falate rahenge, aur ras bhre aur lahalahate rahenge,
- 15** jis se yah pragatt ho, ki yahova seedha haai vah meree chattan haai, aur us men kuattlaita kuchh bhee naheen..

ADHYĀYA 93

Yahova raja haai us ne mahatmy ka pahirava pahina haai yahova pahirava pahine hua, aur samathrya ka faetta bandho haai. is karan jagat sthiar haai, vah naheen ttlane ka.

- 2** he yahova, teree rajagae anadikal se sthiar haai, too sarvada se haai..
- 3** he yahova, mahanadon ka kolahal ho raha haai, mahanadon ka bada shabd ho raha haai, mahanad garajate haain.
- 4** mahasagar ke shabd se, aur samudra kee mahatarangon se, virajaman yahova aadhaik mahan haai..
- 5** teree chitauaniyan aati vishvasayogy haain he yahova tere bhvan ko yug yug paavitrita hee shaebha detee haai..

ADHYĀYA 94

he yahova, he palatta lenevale ishvar, he palatta lenevale ishvar, apana tej dikha!

- 2** he prathvee ke nyayee utt aur ghamaandiyon ko badala de!
- 3** he yahova, dushtt log kab tak, dushtt log kab tak deeng marate rahenge?
- 4** ve bakate aur dddittai kee baten bolate haai, sab anarthkaree badai marate haain.
- 5** he yahova, ve teree praja ko pees dalate haai, ve tere nij bhag ko du:kh dete haain.
- 6** ve vidhava aur paradeshaee ka ghaat karate, aur bapamoon ko mar dalate haain
- 7** aur kahate haai, ki yah n dekhega, yakoob ka parameshvar vichar n karega..
- 8** tum jo praja men pashu sareekhe ho, vichar karo aur he mookhorn tum kab tak buddhmaian ho jaoge?
- 9** jis ne kan diya, kya vah ap naheen sunata? jis ne ankh rachee, kya vah ap naheen dekhta?

- 10** jo jaati jati ko tadna deta, aur manushy ko gyaan sikhata haai, kya vah n samajhaaega?
- 11** yahova manushy kee kalpanaon ko to janata haai ki ve mithya haain..
- 12** he yaha, kya hee dhany haai vah purooshjisako too tadna deta haai, aur apanee vyavastha sikhata haai,
- 13** kyonaki too usako vipaati ke dinon men us samay tak chaain deta rahata haai, jab tak dushton ke liye gadha naheen khoda jata.
- 14** kyeanki yahova apanee praja ko n tajega, vah apane nij bhag ko n chhodega
- 15** parantu nyay fir dharma ke anusar kiya jaaega, aur sare seedho manavale usake peechhe peechhe ho lenge..
- 16** kukarmiyon ke virooddh meree or kaun khda hog? meree or se anarthkaariyon ka kaun samhana karega?
- 17** yaadi yahova mera sahayak n hota, to kshan bhr men mujhe chupachap hokar rahana padta.
- 18** jab maain ne kaha, ki mera panv fisalane laga haai, tab he yahova, teree karoona ne mujhe tham liya.
- 19** jab mere man men bahut see chintaaen hotee haai, tab he yahova, teree dee hui shaaantai se mujh ko sukh hota haai.
- 20** kya tere aur dushton ke sinsahan ke beech saandhi hogee, jo kanoon kee ad men utpat machate haain?
- 21** ve dharmee ka praan lene ko dal bandhate haai, aur nirdosh ko praandand dete haain.
- 22** parantu yahova mera gaddh, aur mera parameshvar meree sharan kee chattan tthara haai.
- 23** aur us ne unaka anarth kam unheen par lauttaya haai, aur vah unhen unheen kee burai ke dara sanyanash karega hamara parameshvar yahova unako satyanash karega..

ADHYĀYA 95

ao ham yahova ke liye unche svar se gaae, apane uddhar kee chattan ka jayajayakar karen!

- 2** ham dhanyavad karate huae usake sammukh aae, aur bhjan gate huae usaka jayajayakar karen!
- 3** kyonaki yahova mahan ishvar haai, aur sab devataon ke upar mahan raja haai.
- 4** prathvee ke gaahire sthan usee ke hath men haain aur pahadon kee chottyaian bhee usee kee haain.
- 5** samudra usaka haai, aur usee ne usako banaya, aur sthl bhee usee ke hath ka rakh haai..
- 6** ao ham jhukakar dandvata kare, aur apane karta yahova ke samhane ghauttne tteken!
- 7** kyonaki vahee hamara parameshvar haai, aur ham usakee charai kee praja, aur usake hath kee bheden haain.. bhla hota, ki aj tum usakee bat sunate!
- 8** apana apana day aeesa kattor mat karo, jaaisa mareeba me, va massa ke din jangal men hua tha,
- 9** jab tumhare purakhaon ne mujhe parakha, unhon ne mujh ko jancha aur mere kam ko bhee dekha.
- 10** chalees varsha tak maain us peeddhee ke logon se rootta raha, aur maain ne kaha, ye

to bhramanevale man ke haai, aur inhon ne mere magorn ko naheen paahichana.

11 is karan maain ne krodha men akar shapath khai ki ye mere vishraamasthan men kabhee pravesh n karane paaenge..

ADHYĀYA 96

yahova ke liye aek naya geet gao, he saree prathvee ke logon yahova ke liye gao!

2 yahova ke liye gao, usake nam ko dhany kaho din din usake kiae huae uddhar ka shuubhsamachar sunate raho.

3 any jatiyon men usakee maahima ka, aur desh desh ke logon men usake ashcharyakarmon ka varnn karo.

4 kyonaki yahova mahan aur aati stuati ke yogy haai vah to sab devataon se aadhaik bhyayogy haai.

5 kyonaki desh desh ke sab devata to mooraten hee haain parantu yahova hee ne svarga ko banaya haai.

6 usake charon aur vibhv aur aeeshvarya haai usake paavitraasthan men samathrya aur shaebha haai.

7 he desh desh ke kulo, yahova ka gunanuvad karo, yahova kee mahima aur samathrya ko mano!

8 yahova ke nam kee aeesee mahima karo jo usake yogy haai bhentt lekar usake anganon men ao!

9 paavitrata se shaebhayaman hokar yahova ko dandvat karo he saree prathvee ke logon usake samhane kanpate raho!

10 jaati jati men kaho, yahova raja hua haai! aur jagat aeesa sthiar haai, ki vah ttlane ka naheen vah desh desh ke logon ka nyay seedhaai se karega..

11 akash anand kare, aur prathvee magan ho samudra aur us men kee sab vastuaen garaj utten

12 maaidan aur jo kuchh us men haai, vah prafauallait ho usee samay van ke sare vraksha jayajayakar karenge.

13 yah yahova ke samhane ho, kyonki vah anevala haai. vah prathvee ka nyay karane ko ane vala haai, vah dharma se jagat ka, aur sachchai se desh desh ke logon ka nyay karega..

ADHYĀYA 97

yahova raja hua haai, prathvee magan ho aur deep jo bahutere haai, vah bhee anand karen!

2 badal aur andhakar usake charon or haain usake sinhasan ka mool dharma aur nyay haai.

3 usake age age ag chalatee hui usake draehiyon ko charon or bhsm karatee haai.

4 usakee bijaaliyon se jagal prakaashait hua, prathvee dekhkar thrathra gai haai!

5 pahad yahova ke samhane, mom kee nai pighal gaa, arthata saree prathvee ke parameshvar ke samhane..

6 akash ne usake dharma kee sakshaee dee aur desh desh ke sab logon ne usakee mahima dekhee haai.

7 jitane khudee hui mootiayon kee upasana karate aur mooraton par foolate haai, ve lajjait

hon he sab devataon tum usee ko dandvata karo.

8 siyyon sunakar anaandait hui, aur yahooda kee bettyaian magan hui he yahova, yah tere niyamon ke karan hua.

9 kyonaki he yahova, too saree prathvee ke upar paramapradhaan haai too sare devataon se adhaik mahan tthara haai.

10 he yahova ke praemiyo, burai se gharana karo vah apne bhkton ke praano kee raksha karata, aur unhen dushtton ke hath se bachana haai.

11 dharmee ke liye jyoti, aur seedho manavalon ke liye anand boyaa gaya haai.

12 he dhaarmiyon yahova ke karan anaandait ho aur jis pavitra nam se usaka smaran hota haai, usaka dhanyavad karo!

ADHYĀYA 98

Yahova ke liye aek naya geet gao, kyonaki us ne ashcharyakarma kiae haai! usake daahine hath aur paavitra bhuja ne usake liye uddhar kiya haai!

2 yahova ne apna kiya hua uddhar prakashait kiya, us ne anyajatiyon kee draashti men apna dharma pragatt kiya haai.

3 us ne israel ke gharane par kee apnee karoona aur sachchai kee suadhai lee, aur prathvee ke sab door door deshaen ne hamare parameshvar ka kiya hua uddhar dekha haai..

4 he saree prathvee ke logon yahova ka jayajayakar karo utsahapoorkva jayajayakar karo, aur bhjan gao!

5 veena bajakar yahova ka bhjan gao, veena bajakar bhjan ka svar sunaon.

6 turahiyan aur narasinge foonk foonkakar yahova raja ka jayajayakar karo..

7 samudra aushra us men kee sab vastuaen garaj utten jagat aur usake nivasee mahashabd karen!

8 naadiyan taaliyan bajaaen pahad milakar jayajayakar karen.

9 yahova ke samhane ho, kyonki vah prathvee ka nyay karane ko anevala haai. vah dharma se jagat ka, aur seedhaai se desh desh ke logon ka nyay karega..

ADHYĀYA 99

Yahova raja hua haai desh desh ke log kamp utten! vah karoobon par virajaman haai prathvee dol utte!

2 yahova siyyon men mahan haai aur vah desh desh ke logon ke upar pradhaan haai.

3 ve tere mahan aur bhyayogy nam ka dhanyavad karen! vah to paavitra haai.

4 raja kee samathrya nyay se mel rakhtee haai, too hee ne seedhaai ko sthaapit kiya nyay aur dharma ko yakoob men too hee ne chaloo kiya haai.

5 hamare parameshvar yahova ko saraho aur usake charanon kee chaukee ke samhane dandvata karo! vah pavitra haai!

6 usake yajakon men moosa aur haroon, aur usake praarthna karanevalon men se shamooel yahova ko pukarate the, aur vah unakee sun leta tha.

7 vah badal ke khimbhe men hokar un se baten karata tha aur ve usee chitauaniyon aur usakee dee hui vidhaiyon par chalate the..

8 he hamare parameshvar yahova too unakee sun leta tha too unake kamon ka palatta to

leta tha taubhee unake liye kshama karanevala ishvar tha.

9 hamare parameshvar yahova ko saraho, aur usake paavitra parvat par dandvata karo
kyonki hamara parameshvar yahova pavitra haai!

ADHYĀYA 100

Rahé saree prathvee ke logon yahova ka jayajayakar karo!

2 anand se yahova kee aradhana karo! jayajayakar ke sath usake sammukh ao!

3 nishchay jano, ki yahova kee parameshvar haai. usee ne ham ko banaya, aur ham usee
ke haain ham usakee praja, aur usakee charai kee bheden haain..

4 usake faattkon se dhanyavad, aur usake anganon men stuati karate huae pravesh karo,
usaka dhanyavad karo, aur usake nam ko dhany kaho!

5 kyonki yahova bhla haai, usakee karoona sada ke liye, aur usakee sachchai peeddhee
se peeddhee tak banee rahatee haai..

ADHYĀYA 101

Maain karoona aur nyay ke vishay gaunga he yahova, maain tera hee bhjan gaunga.

2 maain buddhmaianee se khre marga men chaloonga. too mere pas kab aaega! maain
apané ghar men man kee khrai ke sath apanee chal chaloonga

3 maain kisee achhe kam par chitt n lagaunga.. maain kumarga par chalanevalon ke kam
se ghain rakhta hoon aeese kam men maain n lagoonga.

4 tteddha svabhav mujh se door rahega maain burai ko janonga bhee naheen..

5 jo chhpaikar apane padosee ke chugalee khaa, usako maain satyanash karoonga
jisakee anken chaddhee hon aur jisaka man ghamandee haai, usakee maain n
sahoonga..

6 meree ankhen desh ke vishvasayogy logon par lagee rahengee ki ve mere sang rahan
jo khre marga par chalata haai vahee mera tthalua hoga..

7 jo chhl karata haai vah mere ghar ke bheetar n rahane paaega jo joott bolata haai vah
mere samhane bana n rahega..

8 bhor hee bhor ko maain desh ke sab dushton ko satyanash kiya karoonga, isaaliye ki
yahova ke nagar ke sab anarthkariyon ko nash karoон..

ADHYĀYA 102

He yahova, meree praarthna suna meree dohai tujh tak pahunche!

2 mere sankatt ke din apna mukh mujh se n chhpai le apna kan meree or laga jis
samay maain pukaroo, usee samay faurtee se meree sun le!

3 kyonki mere din dhauen kee nain ude jate haai, aur meree haaddiyan lukattee ke
saman jal gai haain.

4 mera man jhulasee hui ghaas kee nain sookh gaya haai aur maain apanee rottee khana
bool jata hoon.

5 kaharate kaharate mera chamada haaddiyon men satt gaya haai.

6 maain jangal ke dhanesh ke saman ho gaya hoo, maain ujade sthanon ke ulloo ke
saman ban gaya hoon.

7 maain pada pada jagata rahata hoon aur gaure ke saman ho gaya hoon jo chht ke upar akela baaitta haai.

8 mere shatra lagatar meree namadharai karate haai, jo mere viradha kee dhaun men bavale ho rahe haai, ve mera nam lekar shapath khate haain.

9 kyonaki maain ne rottee kee nain rakh khain aur anssoo milakar paneet peeta hoon.

10 yah tere krodha aur kop ke karan hua haai, kyeanaki too ne mujhe uttaya, aur fir faenk diya haai.

11 meree ayu ddhlatee hui chhaya ke saman haai aur maain ap ghaas kee nain sookh chala hoon..

12 parantu he yahova, too sadaaiv virajaman rahega aur jis nam se tera smaran hota haai, vah peeddhee se peeddhee tak bana rahega.

13 too uttkar siyyon par daya karega kyonaki us par anugrah karane ka ttharaya hu samay a pahuncha haai.

14 kyonaki tere das usake patthon ko chahate haai, aur usakee dhooli par taras khate haain.

15 isaliye anyajatiyan yahova ke nam ka bhy manengee, aur prathvee ke sab raja tere pratap se drenge.

16 kyonaki yahova ne siyyon ko fir basaya haai, aur vah apanee maahima ke sath dikhai deta haai

17 vah lachar kee praarthna kee or munh karata haai, aur unakee praarthna ko tuchchh naheen janata.

18 yah bat anevalee peeddhee ke liye likhee jaaegee, aur aek jati jo sirajee jaaegee vahee yah kee stuati karegee.

19 kyonaki yahova ne apne unche aur pavitra sthan se drashti karake svarga se prathvee kee or dekha haai,

20 taaki bandhauon ka karahana sune, aur ghaat honavalon ke bandhan khole

21 aur siyyon men yahova ke nam ka varnn kiya jaa, aur yarooshalem men usakee stuati kee jaae

22 yah us samay hoga jab desh desha, aur rajy rajy ke log yahova kee upasana karane ko ikatthe honge..

23 us ne mujhe jeevan yatra men du:kh dekar, mere bal aur ayu ko ghattaya.

24 maain ne kaha, he mere ishvar, mujhe adhaee ayu men n utta le, mere varsha peeddhee se peeddhee tak bane rahenge!

25 aadi men too ne prathvee kee nev dalee, aur akash tere hathon ka banaya hua haai.

26 vah te nash hoga, parantu too bana rahega aur vah sab kapade ke saman purana ho jaaega. too usako vasr kee nai badalega, aur vah to badal jaaega

27 parantu too vaheen haai, aur tere vasharen ka ant naheen hone ka.

28 tere dason kee santan banee rahegee aur unaka vansh tere samhane sthiar rahega..

ADHYĀYA 103

he mere man, yahova ko dhany kaha aur jo kuchh mujh men haai, vah usake pavitra nam ko dhany kahe!

2 he mere man, yahova ko dhany kah, aur usake kisee upakar ko n boolana.

3 vahee to tere sab adharma ko kshama karata, aur tere sab rogon ko changa karata

haai,

- ⁴ vahee to tere praan ko nash hone se bacha leta haai, aur tere sir par karoona aur daya ka mukutt bandhata haai,
- ⁵ vahee to teree lalasa ko uttm padathorn se trapt karata haai, jis se teree javanee ukab kee nain nai ho jatee haai..
- ⁶ yahova sab pise huon ke liye dharma aur nyay ke kam karata haai.
- ⁷ us ne moosa ko apanee gaati, aur israealiyon par apane kam pragatt kie.
- ⁸ yahova dayalu aur anugrahakarae, vilamb se kop karanevala aur ati karoonomay haai.
- ⁹ vah sarvada vadavivad karata n rahega, n usaka krodha sada ke liye bhdka rahega.
- ¹⁰ us ne hamare papon ke anusar ham se vyavahar naheen kiya, aur n hamare adharma ke kamon ke anusar ham ko badala diya haai.
- ¹¹ jaaise akash prathvee ke upar uncha haai, vaaise hee usakee karoona usake dravaaiyon ke upar prabal haai.
- ¹² udayachal astachal se jitnee door haai, us ne hamare aparadhaen ko ham se utanee hee door kar diya haai.
- ¹³ jaaise pita apne balakon par daya karata haai, vaaise hee yahova apne dravaaiyon par daya karata haai.
- ¹⁴ kyeanki vah hamaree srashti janata haai aur usako smaran rahata haai ki manushy mittee hee haai..
- ¹⁵ manushy kee ayu ghaas ke saman hotee haai, vah maaidan ke fool kee nain foolata haai,
- ¹⁶ jo pavan lagate hee tthar naheen sakata, aur n vah apne sthan men fir milata haai.
- ¹⁷ parantu yahova kee karoona usake dravaaiyon par yug yug, aur usaka dharma unake natee-poton par bhee pragatt hota rahata haai,
- ¹⁸ arthat un par jo usakee vacha ka palan karate aur usake upadeshaen ko smaran karake un par chalate haain..
- ¹⁹ yahova ne to apna sinhasan svarga men sthiar kiya haai, aur usaka rajy pooree srashti par haai.
- ²⁰ he yahova ke dooto, tum jo bade veer ho, aur usake vachan ke manane se usako poora karate ho usako dhany kaho!
- ²¹ he yahova kee saree senao, he usake tthaluo, tum jo usakee ichchha pooree karate ho, usako dhany kaho!
- ²² he yahova kee saree srashti, usake rajy ke sab sthanon men usako dhany kaho. he mere man, too yahova ko dhany kaha!

ADHYĀYA 104

- h**e mere man, too yahova ko dhany kaha! he mere parameshvar yahova, too atyant mahan haai! too vibhv aur aeeshvarya ka vasr paahine huae haai,
- ² jo ujiyale ko chadar kee hai oddhe rahata haai, aur akash ko tamboo ke saman tane rahata haai,
- ³ jo apanee attariyon kee kaadiyan jal men dharata haai, aur meghaen ko apna rath banata haai, aur pavan ke pankhon par chalata haai,
- ⁴ jo pavanon ko apne doot, aur dhadhakatee ag ko apne tthaluae banata haai..
- ⁵ too ne prathvee ko usakee neev par sthiar kiya haai, taki vah kabhee n dgamagaae.

- ⁶ too ne usako gaahire sagar se ddhanp diya haai jaaise vasr se jal pahadon ke upar tthar gaya.
- ⁷ teree ghaudkee se vah bhag gaya tere garajane ka shabd sunate hee, vah utavalee karake bah gaya.
- ⁸ vah pahadon par chaddh gaya, aur taraiyon ke marga se us sthan men utar gaya jise too ne usake liye taaiyar kiya tha.
- ⁹ too ne aek sivana ttharayajisako vah naheen langha sakata haai, aur n firakar sthl ko ddhanp sakata haai..
- ¹⁰ too nalon men soton ko bahata haai ve pahadon ke beech se bahate haai,
- ¹¹ un se maaidan ke sab jeeva-jantu jal peete haain jangalee gadahe bhee apanee pyas bujha lete haain.
- ¹² unake pas akash ke pakshaee basera karate, aur daliyon ke beech men se bolate haain.
- ¹³ too apanee attariyon men se pahadon ko seenchata haai tere kamon ke fal se prathvee trapt rahatee haai..
- ¹⁴ too pashuuon ke liye ghaas, aur manushyon ke kam ke liye annadi upajata haai, aur is reeti boomi se vah bhojana-vastuen utpann karata haai,
- ¹⁵ aur dakhmadha jis se manushy ka man anaandait hota haai, aur tel jis se usaka mukh chamakata haai, aur ann jis se vah sambhl jata haai.
- ¹⁶ yahova ke vraksha trapt rahate haai, arthata labanon ke devadar jo usee ke lagaae huiae haain.
- ¹⁷ un men chidiyan apane ghaensale banatee haain lagalag ka basera sanauvvar ke vrakshaen men hota haai.
- ¹⁸ unche pahad jangalee bakaron ke liye haain aur chattanen shaapanon ke sharansthan haain.
- ¹⁹ us ne niyat samayon ke liye chandrama ko banaya haai soorya apane ast hone ka samay janata haai.
- ²⁰ too andhakar karata haai, tab rat ho jatee haai jis men van ke sab jeev jantu ghoomate firate haain.
- ²¹ javan sinh aher ke liye garajate haai, aur ishvar se apana ahar mangate haain.
- ²² soorya uday hote hee ve chale jate haain aur apanee mandon men ja baaitte haain.
- ²³ tab manushy apane kam ke liye aur sandhya tak parishram karane ke liye nikalata haai.
- ²⁴ he yahova tere kam anaaginit haain! in sab vastuon ko too ne buaddh ise banaya haai prathvee teree sampaati se paripoorn haai.
- ²⁵ isee prakar samudra bada aur bahut hee chauda haai, aur us men anaginit jalacharee jeeva-jantu, kya chhotte, kya bade bhre pade haain.
- ²⁶ us men jahaj bhee ate jate haai, aur libyatan bhee jise too ne vahan khelane ke liye banaya haai..
- ²⁷ in sab ko tera hee asara haai, ki too unaka ahar samay par diya kare.
- ²⁸ too unhen deta he, ve chun lete haain too apanee mutthee kholata haai aur ve uttm padarthon se trapt hote haain.
- ²⁹ too mukh faer leta haai, aur ve ghabara jate haain too unakee sans le leta haai, aur unakee praan choott jate haain aur mittee men fir mil jate haain.
- ³⁰ fir too apanee or se sans bhejata haai, aur ve siraje jate haain aur too dharatee ko naya kar deta haai..
- ³¹ yahova kee maahima sada kal banee rahe, yahova apane kamon se aandait hove!

32 usakee draashti hee se prathvee karp utttee haai, aur usake choote hee pahadon se dhauan nikalata haai.

33 maain jeevan bhr yahova ka geet gata rahoonga jab tak maain bana rahoonga tab tak apane parameshvar ka bhjan gata rahoonga.

34 mera dhyan karana, usako piry lage, kyonki maain to yaheva ke karan anaandait rahoonga.

35 papee log prathvee par se mitt jaae, aur dushtt log age ko n rahan! he mere man yahova ko dhany kaha! yah kee stuati karo!

ADHYĀYA 105

Yahova ka dhanyavad karo, us se praarthna karo, desh desh ke logon men usake kamon ka prachar karo!

2 usake liye geet gao, usake liye bhjan gao, usake sab ashcharyakamorn par dhyan karo!

3 usake paavitra nam kee baddhai karo yahova ke khojiyon ka day anandait ho!

4 yahova aur usakee samarth ko khojo, usake darshan ke lagatar khojee bane raho!

5 usake kiae hu ashcharyakarma smaran karo, usake chamatkar aur nirny smaran karo!

6 he usake das ibraaheem ke vansha, he yakoob kee santan, tum to usake chune huae ho!

7 vahee hamara parameshvar yahova haai prathvee bhr men usake nirny hote haain.

8 vah apanee vacha ko sada smaran rakhta aya haai, yah vahee vachan haai jo us ne hajar peeddheeyon ke liye ttharaya haai

9 vahee vacha jo us ne ibraaheem ke sath bandhae, aur usake vishay men us ne isahak se shapath khai,

10 aur usee ko us ne yakoob ke liye vidhai karake, aur israael ke liye yah kahakar sada kee vacha karake draddh kiya,

11 ki maain kanan desh ko tujhee ko doonga, vah bantt men tumhara nij bhag hoga..

12 us samay to ve ginatee men thode the, varan bahut hee thode, aur us desh men paradeshaee the.

13 ve aek jaati se doosaree jaati me, aur aek rajy se doosare rajy men firate rahe

14 parantu us ne kisee manushy ko un par andhor karane n diya aur vah rajaon ko unake himitt yah dhamakee deta tha,

15 ki mere aabhaishaikton ko mat chhuo, aur n mere nabiyon kee haani karo!

16 fir us ne us desh men akal bheja, aur ann ke sab adhaar ko door kar diya.

17 us ne yoosufa nam ek puroosh ko un se paahile bheja tha, jo das hone ke liye becha gaya tha.

18 longon ne usake paairon men beadiyan dalakar use du:kh diya vah lohe kee sankalon se jakada gaya

19 jab tak ki usakee bat pooree n hui tab tak yahova ka vachan use kasauttee par kasata raha.

20 tab raja ke doot bhejakar use nikalava liya, aur desh desh ke logon ke svamee ne usake bandhan khulavaae

21 us ne usako apane bhvan ka pradhaan aur apanee pooree sampati ka adhaikaree ttharaya,

22 ki vah usake hakimon ko apanee ichchha ke anusar kaaid kare aur puraniyon ko gyaan

sikhaae..

23 fir israael misr men aya aur yakoob ham ke desh men paredashaee raha.

24 tab us ne apanee praja ko ginatee men bahut baddhaya, aur usake draeayien se aadhaik balavant kiya.

25 us ne misriyon ke man ko aeesa faer diya, ki ve usakee praja se baair rakhne, aur usake dason se chhl karane lage..

26 us ne apane das moosa ko, aur apane chune huae haroon ko bheja.

27 unhon ne unake beech usakee or se bhanti bhanati ke chinh, aur ham ke desh men chamatkar dikhae.

28 us ne andhakar kar diya, aur aandhiayara ho gaya aur unhon ne usakee baton ko n ttala.

29 us ne misriyon ke jal ko lohoo kar dala, aur machhliyon ko mar dala.

30 menddhk unakee boomi men varan unake raja kee kottariyon men bhee bhr gaae.

31 us ne agyaa dee, tab dans a gaa, aur unake sare desh men kuttakiyan a gain.

32 us ne unake liye jalavraashti kee santee ole, aur unake desh men dhadhakatee ag barasai.

33 aur us ne unakee dakhlataon aur anjeer ke vrakshaen ko varan unake desh ke sab pedon ko tod dala.

34 us ne agyaa dee tab anaaginat ttiiddaya, aur keede aa,

35 aur unhon ne unake desh ke sab annaadi ko kha dala aushra unakee boomi ke sab falon ko chatt kar gaae.

36 us ne unake desh ke sab pahilautton ko, unake pauroosh ke sab pahile fal ko nash kiya..

37 tab vah apane gotriyon ko sona chandee dilakar nikal laya, aur un men se koi nirbal n tha.

38 unake jane se misri anaandait hua, kyonki unaka dr un men sama gaya tha.

39 us ne chhaya ke liye badal faailaya, aur rat ko prakash dene ke liye ag pragatt kee.

40 unhon ne manga tab us ne batteren pahunchai, aur unako svargeey bhojan se trapt kiya.

41 us ne chattan faadee tab panee bah nikala aur nirjal boomi par nadee bahane lagee.

42 kyonki us ne apanee pavitra vachan aur apanee das ibraheem ko smaran kiya..

43 vah apanee praja ko hashairt karake aur apanee chune huon se jayajayakar karoke nikal laya.

44 aur unako anyajatiyon ke desh diae aur ve aur logon ke shram ke fal ke adhaikaree kiae gaa,

45 ki ve usakee vidhaiyon ko mane, aur usakee vyavastha ko pooree karen. yah kee stuati karo!

ADHYĀYA 106

Yah kee stuti karo! yahova ka dhanyavad karo, kyonki vah bhla haai aur usakee karoona sada kee haai!

2 yahova ke parakram ke kamon ka varnn kaun kar sakata haai, n usaka poora gunanuvad kaun suna sakata?

3 kya hee dhany haain ve jo nyay par chalate, aur har samay dharma ke kam karate

haain!

4 he yahova, apanee praja par kee prasannata ke anusar mujhe smaran kar, mere uddhar ke liye meree sudhai le,

5 ki maain tere chune huon ka kalyan dekoo, aur teree praja ke anand men anaandait ho jaun aur tere nij bhag ke sang badai karane paun..

6 ham ne to apane purakhaon kee nain pap kiya haai ham ne kuttlaita kee, ham ne dushtta kee haai!

7 misr men hamare purakhaon ne tere ashcharyakarmon par man naheen lagaya, n teree apar karoona ko smaran rakha unhon ne samudra ke teer par, arthata lal samudra ke teer par balava kiya.

8 taubhee us ne apane nam ke nimitt unaka uddhar kiya, jis se vah apane parakram ko pragatt kare.

9 tab us ne lal samudra ko gaudka aur vah sookh gaya aur vah unhen gaahire jal ke beech se manon jangal men se nikal le gaya.

10 us ne unhen baairee ke hath se ubara, aur shatra ke hath se chhuda liya.

11 aur unake draehee jal men oob gaae un men se aek bhee n bacha.

12 tab unahon ne usake vachanon ka vishvas kiya aur usakee stuti gane lage..

13 parantu ve jhtt usake kamon ko bool gaae aur usakee yuaktai ke liye n ttare.

14 unhon ne jangal men aati lalasa kee aur nirjal sthan men ishvar kee pareeksha kee.

15 tab us ne unhen munh manga var to diya, parantu unake praan ko sukha diya..

16 unhon ne chhavanee men moosa ke, aur yahova ke paavitra jan haroon ke vishay men dah kee,

17 boomi fatt kar datan ko nigal gai, aur abeeram ke jhund ko gras liya.

18 aur unake jhund men ag bhdk uttee aur dushtt log lau se bhsm ho gaae..

19 unhon ne horab men bachhda banaya, aur ddhlee hui mooti ko dandvata kee.

20 yon unhon ne apanee maahima arthata ishvar ko ghaas khanevale baail kee pratima se badal dala.

21 ve apane uddharakarta ishvar ko bool gaa, jis ne misr men bade bade kam kiae the.

22 us ne to ham ke desh men ashcharyakarma aur lal samudra ke teer par bhyankar kam kiae the.

23 isaliye us ne kaha, ki maain inhen satyanash kar dalata yaadi mera chuna hua moosa jokhaim ke sthan men unake liye khda n hota taaki meree jalajalahatt ko ttnda kare kaheen aeesa n ho ki maain unhen nash kar daloon..

24 unhon ne manabhavane desh ko nikamma jana, aur usake vachan kee prateeti n kee.

25 ve apane tambuon men kudkudaa, aur yahova ka kaha n mana.

26 tab us ne unake vishay men shapath khai ki maain inako jangal men nash karoonga,

27 aur inake vansh ko anyajatiyon ke sammukh gira doonga, aur desh desh men titar bitar karoonga..

28 ve poravale bal devata ko poojane lage aur murdon ko chaddhaae huae pashuuon ka mans khane lage.

29 yon unhon ne apane kamon se usako krodha dilaya aur maree un men foott padee.

30 tab peehas ne uttkar nyayadand diya, jis se maree thm gai.

31 aur yah usake lekhe peeddhee se peeddhee tak sarvada ke liye dharma gina gaya..

32 unhon ne mareeba ke sote ke pas bhee yahova ka krodha bhdkaya, aur unake karan moosa kee haani hui

33 kyonaki unhon ne usakee atma se balava kiya, tab moosa bin soche bol utta.
34 jin logon ke vishay yahova ne unhen agyaa dee thee, unako unhon ne satyanash n
kiya,
35 varan unheen jatiyon se hilaamil gaae aur unake vyavaharon ko seekh liya
36 aur unakee mootiayon kee pooja karane lage, aur ve unake liye fanda ban gai.
37 varan unhon ne apane bette-beattyaien ko pishaachon ke liye baalidan kiya
38 aur apane nirdosh bette-bettyaien ka lohoo bahaya jinen unhon ne kanan kee
mootiayon par bali kiya, isaliye desh koon se apavitra ho gaya.
39 aur ve ap apane kamon ke dara ashuuddh ho gaa, aur apane karyon ke dara
vyabhaicharee bhee ban gaae..
40 tab yahova ka kroda apanee praja par bhdka, aur usako apne nij bhag se gharana ai
41 tab us ne unako anyajatiyon ke vash men kar diya, aur unake baairiyne un par
prabhuta kee.
42 unake shatrauon ne un par andhor kiya, aur ve unake hath tale dab gae.
43 barambar us ne unhen chhudaya, parantu ve usake virooddh yuaktai karate gaa, aur
apane adharma ke karan dabate gaae.
44 taubhee jab jab unaka chillana usake kan men pada, tab tab us ne unake sankatt par
draashti kee!
45 aur unake hit apanee vacha ko smaran karake apanee apar karoona ke anusar taras
khaya,
46 aushra jo unhen bandhauae karake le gaae the un sab se un par daya karai..
47 he hamare parameshvar yahova, hamara uddhar kar, aur hamen anyajaatiyon men se
ikattha kar le, ki ham tere paavitra nam ka dhanyavad kare, aur teree stuti karate huae
tere vishay men badai karen..
48 israael ka parameshvar yahova anaadikal se anantakal tak dhany haai! aur saree praja
kahe ameena! yah kee stuati karo..

ADHYĀYA 107

1 **Y**ahova ka dhanyavad karo, kyonaki vah bhla haai aur usakee karoona sada kee haai!
2 yahova ke chhudaee huae aesa hee kahe, jinen us ne draehee ke hath se dam dekar
chhuda liya haai,
3 aur unhen desh desh se pooraba-pashchaim, uttr aur dakkhian se ikattha kiya haai..
4 ve jangal men marooboomi ke marga par bhtkate fire, aur koi basa hua nagar n paya
5 bookh aur pyas ke mare, ve vikal ho gaae.
6 tab unhon ne sankatt men yahova kee dohai dee, aur us ne unako saketee se chhudaya
7 aur unako tteek marga par chalaya, taki ve basane ke liye kisee nagar ko ja pahunche.
8 log yahova kee karoona ke kara, aur un ashcharyakarmon ke kara, jo vah manushyon
ke liye karata haai, usaka dhanyavad karen!
9 kyonaki vah abhailashaee jeev ko santushtt karata haai, aur bookhe ko uttm padarthon
se trapt karata haai..
10 jo aandhiayare aur mratyu kee chhaya men baaitte, aur du:kh men pade aur beadiyon
se jakade huae the,
11 isaliye ki ve ishvar ke vachanon ke virooddh chale, aur paramapradhaan ke sammaati
ko tuchchh jana.

- 12** tab usane unako kashtt ke dara dabaya ve ttokar khakar gir pade, aur unako koi sahayak n mila.
- 13** tab unhon ne sankatt men yahova kee dohai dee, aur us n saketee se unaka uddhar kiya
- 14** us ne unako aandhiayare aur mratyu kee chhaya men se nikal liya aur unake bandhanon ko tod dala.
- 15** log yahova kee karoona ke kara, aur un ashcharyakarmon ke karan jo vah manushyon ke liye karata haai, usaka dhanyavad karen!
- 16** kyonaki us ne peetal ke faattkon ko toda, aur lohe ke bendon ko ttukade ttukade kiya..
- 17** mooddh apanee kuchal, aur adharma ke kamon ke karan aati du:akhait hote haain.
- 18** unaka jee sab bhanti ke bhojan se michalata haai, aur ve mratyu ke faattk tak pahunchate haain.
- 19** tab ve sankatt men yahova kee dohai dete haai, aur v saketee se unaka uddhar karata haai
- 20** vah apne vachan ke dara unako changa karata aur jis gadhe men ve pade haai, us se nikalata haai.
- 21** log yahova kee karoona ke karan aur un ashcharyakarmon ke karan jo vah manushyon ke liye karata haai, usaka dhanyavad karen!
- 22** aur ve dhanyavadabali chaddhaae, aur jayajayakar karate hua, usake kamon ka varnn karen..
- 23** jo log jahajon men samudra par chalate haai, aur mahasagar par hokar vyopar karate haain
- 24** ve yahova ke kamon ko, aur un ashcharyakarmon ko jo vah gahire samudra men karata haai, dekhte haain.
- 25** kyonaki vah agyaa deta haai, vah prachand bayar uttkar tarangon ko uttatee haai.
- 26** ve akash tak chaddh jate, fir gaharai men utar ate haain aur klesh ke mare unake jee men jee naheen rahata
- 27** ve chakkar khate, aur matavale kee nai ladkhdate haai, aur unakee saree buaddh imaree jatee haai.
- 28** tab ve sankatt men yahova kee dohai dete haai, aur vah unako saketee se nikalata haai.
- 29** vah andhaee ko tham deta haai aur tarangen baaitt jatee haain.
- 30** tab ve unake baaittne se anaandait hote haai, aur vah unako man chahe bandar sthan men pahuncha deta haai.
- 31** log yahova kee karoona ke kara, aur vah un ashcharyakarmon ke karan jo vah manushyon ke liye karata haai, usaka dhanyavad karen.
- 32** aur sabha men usako sarahe, aur puraatiyon ke baaitt men usakee stuti karen..
- 33** vah naadiyon ko jangal bana dalata haai, aur jal ke soton ko sookhee boomi kar deta haai.
- 34** vah falavant boomi ko nonee karata haai, yah vahan ke rahanevalon ke dushtta ke karan hota haai.
- 35** vah jangal ko jal ka tal, aur nirjal desh ko jal ke sote kar deta haai.
- 36** aur vahan vah bookhon ko basata haai, ki ve basane ke liye nagar taaiyar karen
- 37** aur khetee kare, aur dakh kee bariyan lagaae, aur bhanati bhanati ke fal upaja len.
- 38** aur vah unako aeesee ashaeesh deta haai ki ve bahut baddh jate haai, aur unake pashuuon ko bhee vah ghattne naheen deta..

- 39** fir andhor, vipaati aur shaek ke kara, ve ghattte aur dab jate haain.
- 40** aur vah haakimon ko apaman se ladakar marga rahit jangal men bhtkata haai
- 41** vah daaridraen ko du:kh se chhudakar unche par rakhta haai, aur unako bhedon ke jhund sa parivar deta haai.
- 42** seedho log dekhkar anaandait hote haain aur sab kuattlai log apane munh band karate haain.
- 43** jo koi buddhmaian ho, vah in baton par dhyan karega aur yahova ke karoona ke kamon par dhyan karega..

ADHYĀYA 108

he parameshvar, mera day sthir haai maain gaunga, maain apanee atma se bhee bhjan gaunga.

- 2** he sarangee aur veena jago! maain ap pau fattte jag utoonga!
- 3** he yahova, maain desh desh ke logon ke madhy men tera dhanyavad karoonga, aur rajy rajy ke logon ke madhy men tera bhjan gaunga.
- 4** kyonaki teree karoona akash se bhee unchee haai, aur teree sachchai akashamndl tak haai..
- 5** he parameshvar, too svarga ke upar ho! aur teree mahima saree prathvee ke upar ho!
- 6** isaliye ki tere piry chhudaae jaae, too apane dahine hath se bacha le aur hamaree binatee sun le!
- 7** parameshvar ne apanee paavitrata men hokar kaha haai, maain prafauallait hokar shokem ko bantt loonga, aur sukkot kee tarai ko napavaunga.
- 8** gilad mera haai, manashsho bhee mera haai aur aepraim mere sir ka ttop haai yahooda mera rajadand haai.
- 9** moab mere dhaene ka patra haai, maain aedom par apana joota faenkoonga, palisht par maain jayajayakar karoonga..
- 10** mujhe gaddhvale nagar men kaun pahunchaaega? aeedom tak meree aguvai kis ne kee haain?
- 11** he parameshvar, kya too ne ham ko naheen tyag diya, aur he parameshvar, too hamaree sena ke sath payan naheen karata.
- 12** draehiyon ke virooddh hamaree sahayata kar, kyonaki manushy ka kiya hua chhuttkara vyarth haai!
- 13** parameshvar kee sahayata se ham veerata dikhaaenge, hamare draeahiyon ko vahee raundega..

ADHYĀYA 109

he parameshvar toojisakee maain stuti karata hoo, chup n raha.

- 2** kyonaki dushtt aur kapattee manushyon ne mere virooddh munh khola haai, ve mere vishay men joott bolate haain.
- 3** aur unhon ne baair ke vachanon se mujhe charon or ghor liya haai, aur vyarth mujh se ladte haain.
- 4** mere praem ke badale men ve mujh se virodha karate haai, parantu men to praarthna men lavaleen rahata hoon.

- ⁵ unhon ne bhlai ke palatte men mujh se burai kee aur mere praem ke badale mujh se baair kiya haai..
- ⁶ too usako kisee dushtt ke adhaikar men rak, aur koi virodhaee usakee dahinee or khda rahe.
- ⁷ jab usaka nyay kiya jaa, tab vah doshaee nikale, aur usakee praarthna pap ginee jaae!
- ⁸ usake din thode ho, aur usake pad ko doosara le!
- ⁹ usak ladkebale anath ho jaen aur usakee sree vidhava ho jae!
- ¹⁰ aur usake ladke mare mare fire, aur bheekh manga kare unako unake ujade huae ghar se door jakar ttukade mangana pade!
- ¹¹ mahajan fanda lagakar, usaka sarvasv le le aur paradeshaee usakee kamai ko loott len!
- ¹² koi n ho jo us par karoona karata rahe, aur usake anath balakon par koi anugrah n kare!
- ¹³ usaka vansh nash ho jaa, doosaree peeddhee men usaka nam mitt jae!
- ¹⁴ usake pitaron ka adharma yahova ko smaran rahe, aur usakee mata ka pap n mitte!
- ¹⁵ vah nirantar yahova ke sammukh rahe, ki vah unaka nam prathvee par se mitta dale!
- ¹⁶ kyonaki vah dusht, krapa karana bool gaya varan dee aur daridra ko satata tha aur mar dalane kee ichchha se kheadit manavalon ke peeche pada rahata tha..
- ¹⁷ vah shaap dene men praeeti rakhta tha, aur shaap us par a pada vah ashaeervad dene se prasann n hota tha, so ashareevad us se door raha.
- ¹⁸ vah shaap dena vasr kee nai paahinata tha, aur vah usake pett men jal kee nai aur usakee haaddiyon men tel kee nai sama gaya.
- ¹⁹ vah usake liye oddhne ka kam de, aur faentte kee nain usakee katt imen nity kasa rahe..
- ²⁰ yahova kee or se mere virodhaiyon ko, aur mere virooddh bura kahanevalon ko yahee badala mile!
- ²¹ parantu mujh se he yahova prabhu, too apane nam ke nimitt bartav kara teree karoona to badee haai, so too mujhe chhuttkara de!
- ²² kyonaki maain dee aur daaridra hoo, aur mera day ghaayal hua haai.
- ²³ maain ddhlatee hui chhaya kee nai jata raha hoon maain ttddiae ke saman uda diya gaya hoon.
- ²⁴ upavas karate karate mere ghautne nirbal ho gae aur mujh men charbee n rahane se maain sookh gaya hoon.
- ²⁵ meree to un logon se namadharai hotee haai jab ve mujhe dekhte, tab sir hilate haain..
- ²⁶ he mere parameshvar yahova, meree sahayata kara! apanee karoona ke anusar mera uddhar kara!
- ²⁷ jis se ve jane ki yah tera kam haai, aur he yahova, too hee ne yah kiya haai!
- ²⁸ ve kosate to rahe, parantu too ashaeesh de! ve to utte hee lajjait ho, parantu tera das anaandait ho!
- ²⁹ mere virodhaiyon ko anadararookee vasr paahinaya jaa, aur ve apanee lajja ko kambal kee nain oddhen!
- ³⁰ maain yahova ka bahut dhanyavad karoonga, aur bahut logon ke beech men usakee stuti karoonga.
- ³¹ kyonaki vah daridra kee daahinee or khda rahega, ki usako ghaat karanevale nyayiyon se bachaae..

ADHYĀYA 110

Mere prabhu se yahova kee vanee yah haai, ki too mere daahine hath baait, jab tak maain tere shatrauon ko tere charanon ke chaukee n kar doon..

2 tere parakram ka rajadand yahova siyyon se baddhaaega. too apane shatrauon ke beech men shaasan kara.

3 teree praja ke logar tere parakram ke din svechchhabali banate haain tere javan log pavitrata se shaebhayaman, aur bhor ke garbh se janmee hui os ke saman tere pas haain.

4 yahova ne shapath khai aur n pachhtaaega, ki too melkeesedek kee reeti par sarvada ka yajak haai..

5 prabhu teree daahinee or hokar apane krodha ke din rajaon ko choor kar dega.

6 vah jaati jati men nyay chukaaega, ranboomi lothon se bhr jaaegee vah lambe chaude desh ke pradhaan ko choor choor kar dega.

7 vah marga men chalata hua nadee ka jal peeaaega is karan vah sir ko uncha karega..

ADHYĀYA 111

Yah kee stuti karo. maain seedho logon kee goshttee men aur mandlee men bhee sampoorn man se yahova ka dhanyavad karoonga.

2 yahova ke kam bade haai, jitane un se prasann rahate haai, ve un par dhyan lagate haain.

3 usake kam ka vibhvamay aur aeeshvayryamay hote haai, aur usaka dhan sada tak bana rahega.

4 us ne apane ashcharyakamorn ka smaran karaya haai yahova anugrahakaree aur dayavant haai.

5 us ne apane dravaaiyon ko ahar diya haai vah apanee vacha ko sada tak smaran rakhega.

6 us ne apanee praja ko anyajaatiyon ka bhag dene ke liye, apane kamon ka pratap dikhaya haai.

7 sachchai aur nyay usake hathon ke kam haain usake sab upadesh vishvasayogy haai,

8 ve sada sarvada attl rahenge, ve sachchai aur sidhaai se kiae huae haain.

9 us ne apanee praja ka uddhar kiya haai us ne apanee vacha ko sada ke liye ttharaya haai. usaka nam paavitra aur bhyayogy haai.

10 buaddh ika mool yahova ka bhy haai jitane usakee agyaaon ko manate haai, unakee buddh iachchhee hotee haai. usakee stuti sada banee rahegee..

ADHYĀYA 112

Yah kee stuti karo. kya hee dhany haai vah puroosh jo yahova ka bhy manata haai, aur usakee agyaaon se ati prasann rahata haai!

2 usaka vansh prathvee par parakramee hogta seedho logon kee santan ashaeesh paeggee.

3 usake ghar men dhan sampaati rahatee haai aur usaka dharma sada bana rahega.

4 seedho logon ke liye andhakar ke beech men jyoti uday hotee haai vah anugrahakaree, dayavant aur dharmee hota haai.

- 5** jo puroosh anugrah karata aur udhaar deta haai, usaka kalyan hota haai, vah nyay men apane mukamen ko jeetega.
- 6** vah to sada tak attl rahega dharmee ka smaran sada tak bana rahega.
- 7** vah bure samachar se naheen drata usaka day yahova par bhrosa rakhne se sthiar rahata haai.
- 8** usaka day sambhla hua haai, isaaliye vah n drega, varan apane draehiyon par draashtti karake santushtt hogta.
- 9** us ne udarata se daridraen ko dan diya, usaka dharma sada bana rahega aur usaka seeng maahima ke sath uncha kiya jaega.
- 10** dushtt use dekhkar kuddhega vah dant peesa-peesakar gal jaaega dushton kee lalasa pooree n hogee..

ADHYĀYA 113

- Y**ah kee stuti karo he yahova ke dason stuati karo, yahova ke nam kee stuti karo!
- 2** yahova ka nam ab se lekar sarvada tak dhany kaha jaya!
- 3** udayachal se lekar astachal tak, yahova ka nam stuti ke yogy haai.
- 4** yahova saree jatiyon ke upar mahan haai, aur usakee mahima akash se bhee unchee haai..
- 5** hamare parameshvar yahova ke tuly kaun haai? vah to unche par virajaman haai,
- 6** aur akash aur prathvee par bhee, draashtti karane ke liye jhukata haai.
- 7** vah kangal ko mittee par se, aur daaridra ko ghoore par se uttakar uncha karata haai,
- 8** ki usako pradhaanon ke sang, arthata apanee praja ke pradhaanon ke sang baaittaae.
- 9** vah banjh ko ghar men ladkon kee anand karanevalee mata banata haai. yah kee stuti karo!

ADHYĀYA 114

- J**ab israael ne misr se, arthata yakoob ke gharane ne any bhashaavalon ke beech men kooch kiya,
- 2** tab yahooda yahova ka pavitrasthan aur israael usake rajy ke log ho gaae..
- 3** samudra dekhkar bhaga, yardan nadee ulatee bahee.
- 4** pahad meddhon kee nain uchhlane lage, aur pahaadiyan bhed-bakaariyon ke bachchon kee nain uchhlane lageen..
- 5** he samudra, tujhe kya hua, ki too bhaga? aur he yardan tujhe kya hua, ki too ulatee bahee?
- 6** he pahadon tumhen kya hua, ki tum bhedon kee nai, aur he pahaadiyon tumhen kya hua, ki tum bhed-bakaariyon ke bachchon kee nain uchhleen?
- 7** he prathvee prabhu ke samhane, han yakoob ke parameshvar ke samhane thrathra.
- 8** vah chattan ko jal ka tal, chakamak ke pathr ko jal ka sota bana dalata haai..

ADHYĀYA 115

he yahova, hamaree nahee, hamaree nahee, varan apane hee nam kee maahima, apanee karoona aur sachchai ke nimitt kara.

2 jaati jati ke log kyon kahane pana, ki unaka parameshvar kahan raha?

3 hamara parameshvar to svarga men haain us ne jo chaha vahee kiya haai.

4 un logon kee mooraten sone chandee hee kee to haai, ve manushyon ke hath kee banai hui haain.

5 unak munh to rahata haai parantu ve bol naheen sakatee unake ankh to rahatee haain parantu ve dekh naheen sakateen.

6 unake kan to rahate haai, parantu ve sun naheen sakateen unake nak to rahatee haai, parantu ve soongha naheen sakateen.

7 unake hath to rahate haai, parantu ve sparsha naheen kar sakateen unake panv to rahate haai, parantu ve chal naheen sakateen aur unake kantt se kuchh bhee shabd naheen nikal sakateen.

8 jaaisee ve haain vaaise hee unake bananevale haain aur un par bhrosa rakhnevale bhee vaaise hee ho jaaenge..

9 he israael yahova par bhrosa rakh! tera sahayak aur ddhal vahee haai.

10 he haroon ke gharane yahova par bhrosa rakh! tera sahayak aur ddhal vahee haai.

11 he yahova ke dravaaiyo, yahova par bhrosa rakho! tumhara sahayak aur ddhal vahee haai..

12 yahova ne ham ko smaran kiya haai vah ashaeesh dega vah israael ke gharane ko ashaeesh dega vah haroon ke gharane ko ashaeesh dega.

13 kya chhotte kya bade jitane yahova ke dravaaiye haai, vah unhen ashaeesh dega..

14 yahova tum ko aur tumhare ladkon ko bhee aadhaik baddhata jaae!

15 yahova jo akash aur prathvee ka karta haai, usakee or se tum ashaeesh paae ho..

16 svarga to yahova ka haai, parantu prathvee us ne manushyon ko dee haai.

17 mratak jitane chupachap pade haai, ve to yah kee stuati naheen kar sakate,

18 parantu ham log yah ko ab se lekar sarvada tak dhany kahate rahenge. yah kee stuti karo!

ADHYĀYA 116

Maain praem rakhta hoo, isaaliye ki yahova ne mere gidgidane ko suna haai.

2 us ne jo meree or kan lagaya haai, isaliye maain jeevan bhr usako pukara karoonga.

3 mratyu kee raassaiyan mere charon or theen maain adhaelok kee saketee men pada tha mujhe sankatt aur shaek bhogana pada.

4 tab maain ne yahova se praarthna kee, ki he yahova binatee sunakar mere praan ko bacha le!

5 yahova anugrahakaree aur dharmee haai aur hamara parameshvar daya karanevala haai.

6 yahova bholon kee raksha karata haai jab maain balaheen ho gaya tha, us ne mera uddhar kiya.

7 he mere praan too apne vishraamasthan men lautt a kyonki yahova ne tera upakar kiya haai..

8 too ne to mere praan ko mratyu se, meree ankh ko ansoo bahane se, aur mere panv ko ttokar khane se bachaya haai.

9 maain jeevit rahate hua, apane ko yahova ke samhane janakar nit chalata rahoonga.

10 maain ne jo aeesa kaha haai, ise vishvas kee kasauttee par kas kar kaha haai, ki maain to bahut kee du:akhait hua

11 maain ne utavalee se kaha, ki sab manushy jootten haain..

12 yahova ne mere jitane upakar kiae haai, unaka badala maain usako kya doon?

13 maain uddhar ka kattora uttakar, yahova se praarthna karoonga,

14 maain yahova ke liye apanee mannaten sabhon kee drashti men pragatt roop men usakee saree praja ke samhane pooree karoonga.

15 yahova ke bhkton kee mratyu, usakee draashti men anamol haai.

16 he yahova, sun, maain to tera das hoon maain tera das, aur teree dasee ka putra hoon. too ne mere bandhan khol diae haain.

17 maain tujh ko dhanyavadabaali chaddhaunga, aur yahova se praarthna karoonga.

18 maain yahova ke liye apanee mannate, pragatt men usakee saree praja ke samhane

19 yahova ke bhvan ke anganon me, he yarooshalem, tere bheetar pooree karoonga. yah kee stuti karo!

ADHYĀYA 117

he jaati jati ke sab logon yahova kee stuti karo! he rajy rajy ke sab logo, usakee prashansa karo!

2 kyonaki usakee karoona hamare upar prabal hui haai aur yahova kee sachchai sada kee haai yah kee stuati karo!

ADHYĀYA 118

yahova ka dhanyavad karo, kyonaki vah bhla haai aur usakee karoona sada kee haai!

2 israael kahe, usakee karoona sada kee haai.

3 haroon ka gharana kahe, usakee karoona sada kee haai.

4 yahova ke dravaaiye kahe, usakee karoona sada kee haai.

5 maain ne saketee men parameshvar ko pukara, parameshvar ne meree sunakar, mujhe chaude sthan men pahunchaya.

6 yahova meree or haai, maain n droonga. manushy mera kya kar sakata haai?

7 yahova meree or mere sahayakon men haai maain apane baaiariyon par draashti kar santushtt hoonga.

8 yahova ke sharan lenee, manushy par bhrosa rakhne se uttm haai.

9 yahova ke sharan lenee, pradhaanon par bhee bhrosa rakhne se uttm haai..

10 sab jaatiyon ne mujh ko ghor liya haai parantu yahova ke nam se maain nishchay unhen nash kar daloonga!

11 unhon ne mujh ko ghor liya haai, ni:sandeh ghor liya haai parantu yahova ke nam se maain nishchay unhen nash kar daloonga!

12 unhon ne mujhe madhaumaakkhiayon kee nain ghor liya haai, parantu kantton kee ag kee nain ve bujh gae yahova ke nam se maain nishchay unhen nash kar daloonga!

13 too ne mujhe bada dhakka diya to tha, ki maain gir paoon parantu yahova ne meree sahayata kee.

14 parameshvar mera bal aur bhjan ka vishay haai vah mera uddhar tthara haai..

- 15** dhaarmiyon ke tambuon men jayajayakar aur uddhar kee dhvani ho rahee haai, yahova ke dahine hath se parakram ka kam hota haai,
- 16** yahova ka daahina hath mahan hua haai, yahova ke dahine hath se parakram ka kam hota haai!
- 17** maain n maroonga varan jeeavit rahoonga, aur parameshvar parameshvar ke kamon ka varnn karata rahoonga.
- 18** parameshvar ne meree badee tadna to kee haai parantu mujhe mratyu ke vash men naheen kiya..
- 19** meere liye dharma ke dar kholo, maain un se pravesh karake yah ka dhanyavad karoonga..
- 20** yahova ka dar yahee haai, is se dharmee pravesh karane paaenge..
- 21** he yahova maain tera dhanyavad karoonga, kyonaki too ne meree sun lee haai aur mera uddhar tthar gaya haai.
- 22** rajamistriayon ne jis patthr ko nikamma ttharaya tha vahee kone ka sira ho gaya haai.
- 23** yah to yahova kee or se hua haai, yah hamaree draashti men adab hut haai.
- 24** aj vah din haai jo yahova ne banaya haai ham is men magan aur anaandait hon.
- 25** he yahova, binatee sun, uddhar kara! he yahova, binatee sun, safalata de!
- 26** dhany haai vah jo yahova ke nam se ata haai! ham ne tum ko yahova ke ghar se ashaeervad diya haai.
- 27** yahova ishvar haai, aur us ne ham ko prakash diya haai. yagyapashu ko vedee ke seengon se rassaiyon se bandhae!
- 28** he yahova, too mera ishvar haai, maain tera dhanyavad karoonga too mera parameshvar haai, maain tujh ko sarahoonga..
- 29** yahova ka dhanyavad karo, kyonaki vah bhla haai aur usakee karoona sada banee rahegee!

ADHYĀYA 119

- K**ya hee dhany haain ve jo chal ke khre haai, aur yahova kee vyavastha par chalate haain!
- 2** kya hee dhany haain ve jo usakee chitauaniyon ko manate haai, aur poorn man se usake pas ate haain!
- 3** fir ve kuttlaita ka kam naheen karate, ve usake margin men chalate haain.
- 4** too ne apane upadesh issaaliye diae haai, ki ve yatn se mane jaaen.
- 5** bhla hota ki teree vidhaiyon ke manane ke liye meree chalachalan draddh ho jaae!
- 6** tab maain teree sab agyaaoon kee or chitt lagaae rahoonga, aur meree asha n tootgegee.
- 7** jab maain tere dharmamay niyamon ko seekoonga, tab tera dhanyavad seedho man se karoonga.
- 8** maain teree vidhaiyon ko manoonga: mujhe pooree reeti se n taja!
- 9** javan apanee chal ko kis upay se shuuddh rakhe? tere vachan ke anusar savadhaan rahane se.
- 10** maain poore man se teree khoj meen laga hoon mujhe teree agyaaoon kee batt se bhtkane n de!
- 11** maain ne tere vachan ko apane day men rakh chhoda haai, ki tere virooddh pap n karoон.

- 12** he yahova, too dhany haai mujhe apanee vidhaiyan sikha!
- 13** tere sab kahe huae niyamon ka varnn, maain ne apane munh se kiya haai.
- 14** maain teree chitauaniyon ke marga se, manon sab prakar ke dhan se hashairt hua hoon.
- 15** maain tere upadeshaen par dhyan karoonga, aur tere margin kee or drashti rakoonga.
- 16** maain teree vidhaiyon se sukh paunga aur tere vachan ko n booloonga..
- 17** apane das ka upakar kar, ki maain jeeavit rahoo, aur tere vachan par chalata rahoон.
- 18** meree anken khol de, ki maain teree vyavastha kee adab hut baten dekh sakoon.
- 19** maain to prathvee par paradeshaee hoon apanee agyaaon ko mujh se chhpaiiae n rakh!
- 20** mera man tere niyamon kee abhailasha ke karan har samay khedit rahata haai.
- 21** too ne aabhaimaaniyon ko, jo shaapit haai, ghaudka haai, ve teree agyaaon kee batt se bhttke huae haain.
- 22** meree namadharai aur apaman door kar, kyonki maain teree chitauaniyon ko pakade hoon.
- 23** haakim bhee baaitte huae apas men mere virooddh baten karate the, parantu tera das teree vidhaiyon par dhyan karata raha.
- 24** teree chitauaniyan mera sukhmool aur mere mantraee haain..
- 25** maain dhoول men pada hoon too apane vachan ke anusar mujh ko jila!
- 26** maain ne apanee chalachalan ka tujh se varnn kiya haai aur too ne meree bat man lee haai too mujh ko apanee vidhaiyan sikha!
- 27** apane upadeshaen ka marga mujhe bata, tab maain tere ashyaarchakarmon par dhyan karoonga.
- 28** mera jeevan udasee ke mare gal chala haai too apane vachan ke anusar mujhe sambhla!
- 29** mujh ko joott ke marga se door kara aur karoona karake apanee vyavastha mujhe de.
- 30** maain ne sachchai ka marga chun liya haai, tere niyamon kee or maain chitt lagaae rahata hoon.
- 31** maain teree chitauaniyon men lavaleen hoo, he yahova, meree asha n tod!
- 32** jab too mera hiyav baddhaaega, tab maain teree agyao ke marga men dauoonga..
- 33** he yahova, mujhe apanee vidhaiyon ka marga dikha de tab maain use ant tak pakade rahoonga.
- 34** mujhe samajh de, tab maain teree vyavastha ko pakade rahoonga aur poorn man se us par chaloonga.
- 35** apanee agyaaon ke path men mujh ko chala, kyonki maain usee se prasann hoon.
- 36** mere man ko lobh kee or nahee, apanee chitauaniyon hee kee or faer de.
- 37** meree ankhon ko vyarth vastuon kee or se faer de too apane marga men mujhe jila.
- 38** tera vachan jo tere bhy mananevalon ke liye haai, usako apane das ke nimitt bhee poora kara.
- 39** jis namadharai se maain drata hoo, use door kara kyonki tere niyam uttm haain.
- 40** dek, maain tere upadeshaen ka abhailashaee hoon apane dharma ke karan mujh ko jila.
- 41** he yahova, teree karoona aur tera kiya hua uddhar, tere vachan ke anusar, mujh ko bhee mile
- 42** tab maain apanee namadharai karanevalon ko kuchh uttr de sakoonga, kyonki mera

bhrosa, tere vachan par haai.

43 mujhe apne saty vachan kahane se n rok kyonki meree asha tere niyamon par haai.

44 tab maain teree vyavastha par lagatar, sada sarvada chalata rahoonga

45 aur maain chode sthan men chala fira karoonga, kyonki maain ne tere upadeshaen kee sudhai rakhee haai.

46 aur maain teree chitauaniyon ke charcha rajaon ke samhane bhee karoonga, aur sankoch n karoonga

47 kyonki maain teree agyaao ke karan sukhee hoo, aur maain un se praeeti rakhta hoon.

48 maain teree agyaao kee or jin men maain praeeti rakhta hoo, hath faailaunga aur teree vidhaiyon par dhyan karoonga..

49 jo vachan too ne apne das ko diya haai, use smaran kar, kyonki too ne mujhe asha dee haai.

50 mere du:kh men mujhe shaaantai usee se hui haai, kyonki tere vachan ke dara maain ne jeevan paya haai.

51 aabhaimaaniyon ne mujhe atyant ttthe men udaya haai, taubhee maain teree vyavastha se naheen hatta.

52 he yahova, maain ne tere praacheen niyamon ko smaran karake shaaantai pai haai.

53 jo dusht teree vyavastha ko chhode huay haai, unake karan maain santap se jalata hoon.

54 jahan maain paradeshaee hokar rahata hoo, vahan teree vidhaiya, mere geet gane ka vishay banee haain.

55 he yahova, maain ne rat ko tera nam smaran kiya aur teree vyavastha par chala hoon.

56 yah mujh se is karan hua, ki maain tere upadeshaen ko pakade huay tha..

57 yahova mera bhag haai maain ne tere vachanon ke anusar chalane ka nishchay kiya haai.

58 maain ne poore man se tujhe manaya haai isaaliye apne vachan ke anusar mujh par anugrah kara.

59 maain ne apnee chalachalan ko socha, aur teree chitauaniyon ka marga liya.

60 maain ne teree agyaao ke manane men vilamb nahee, faurtee kee haai.

61 maain dushtton kee rassaiyon se bandha gaya hoo, taubhee maain teree vyavastha ko naheen boola.

62 tere dharmamay niyamon ke karan maain adhaee rat ko tera dhanyavad karane ko utoonga.

63 jitane tera bhy manate aur tere upadeshaen par chalate haai, unaka maain sangee hoon.

64 he yahova, teree karoona prathvee men bhree hui haai too mujhe apnee vidhaiyan sikha!

65 he yahova, too ne apne vachan ke anusar apne das ke sang bhlai kee haai.

66 mujhe bhlee viveka-shaktai aur gyaan de, kyonki maain ne teree agyaao ka vishvas kiya haai.

67 us se paahile ki maain du:khait hua, maain bhtkata tha parantu ab maain tere vachan ko manata hoon.

68 too bhlai haai, aur bhlai karata bhee haai mujhe apnee vidhaiyan sikha.

69 aabhaimaaniyon ne to mere virooddh joott bat gaddhee haai, parantu maain tere upadeshaen ko poore man se pakade rahoonga.

- 70** unaka man motta ho gaya haai, parantu maain teree vyavastha ke karan sukhee hoon.
- 71** mujhe jo du:kh hua vah mere liye bhla hee hua haai, jis se maain teree vidhaiyon ko seekh sakoon.
- 72** teree dee hui vyavastha mere liye hajaron roopayon aur muharon se bhee uttm haai..
- 73** tere hathon se maain banaya aur racha gaya hoon mujhe samajh de ki maain teree agyaon ko seekoon.
- 74** tere dravaaiye mujhe dekhkar anandait honge, kyonki maain ne tere vachan par asha lagai haai.
- 75** he yahova, maain jan gaya ki tere niyam dharmamay haai, aur too ne apne sachchai ke anusar mujhe du:kh diya haai.
- 76** mujhe apnee karoona se shaaantai de, kyonki too ne apne das ko aesa hee vachan diya haai.
- 77** teree daya mujh par ho, tab maain jeevit rahoonga kyonki maain teree vyavastha se sukhee hoon.
- 78** aabhaimaaniyon kee asha tootte, kyonki unhon ne mujhe joott ke dara gira diya haai parantu maain tere upadeshaen par dhyan karoonga.
- 79** jo tera bhy manate haai, vah meree or fire, tab ve teree chitaunaiyon ko samajh lenge.
- 80** mera man teree vidhaiyon ke manane men siddh ho, aesa n ho ki mujhe laajjait hona pade..
- 81** mera praan tere uddhar ke liye baaichen haai parantu mujhe tere vachan par asha rahatee haai.
- 82** meree anhen tere vachan ke poore hone kee batt johate johate rah gain haai aur maain kahata hoon ki too mujhe kab shaantai dega?
- 83** kyonki maain dhooaen men kee kuppee ke saman ho gaya hoo, taubhee teree vidhaiyon ko naheen boola.
- 84** tere das ke kitane din rah gaae haain? too mere peechhe pade huon ko dand kab dega?
- 85** aabhaimanee jo taree vyavastha ke anusar naheen chalate, unhon ne mere liye gadhe khode haain.
- 86** teree sab agyaaaen vishvasayogy haain ve log joott bolate huae mere peechhe pade haain too meree sahayata kara!
- 87** ve mujh ko prathvee par se mitta dalane hee par the, parantu maain ne tere upadeshaen ko naheen chhoda.
- 88** apnee karoona ke anusar mujh ko jila, tab maain teree dee hui chitaunee ko manoonga..
- 89** he yahova, tera vachan, akash men sada tak sthiar rahata haai.
- 90** teree sachchai peeddhee se peeddhee tak banee rahatee haai too ne prathvee ko sthiar kiya, isaliye vah banee haai.
- 91** ve aj ke din tak tere niyamon ke anusar tthare haain kyonki saree sraashti tere adhaeen haai.
- 92** yaadi maain teree vyavastha se sukhee n hota, to maain du:kh ke samay nash ho jata.
- 93** maain tere upadeshaen ko kabhee n booloonga kyonki unheen ke dara too ne mujhe jilaya haai.
- 94** maain tera hee hoo, too mera uddhar kara kyonki maain tere upadeshaen kee sudhai rakhta hoon.
- 95** dusht mera nash karane ke liye meree ghaat men lage haain parantu maain teree

chitauaniyon par dhyan karata hoon.

96 jitanee baten pooree jan padtee haai, un sab ko to maain ne adhooree paya haai, parantu teree agyaa ka vistar bada haai..

97 aha! maain teree vyavastha men kaaisee praeeti rakhta hoon! din bhr mera dhyan usee par laga rahata haai.

98 too apanee agyaaon ke dara mujhe apane shatrauon se adhaik buddhmaian karata haai, kyonki ve sada mere man men rahatee haain.

99 maain apane sab shaikshakon se bhee adhaik samajh rakhta hoo, kyonki mera dhyan teree chitauaniyon par laga haai.

100 maain puraaniyon se bhee samajhdar hoo, kyonki maain tere upadeshaen ko pakade huae hoon.

101 maain ne apane panvon ko har aek bure raste se rok rakha haai, jis se maain tere vachan ke anusar chaloon.

102 maain tere niyamon se naheen hatta, kyonki too hee ne mujhe shaiksha dee haai.

103 tere vachan mujh ko kaaise mette lagate haai, ve mere munh men madha se bhee mette haain!

104 tere upadeshaen ke karan maain samajhdar ho jata hoo, isaaliye maain sab mithya margon se baair rakhta hoon..

105 tera vachan mere panv ke liye deepak, aur mere marga ke liye ujiyala haai.

106 maain ne shapath khai, aur ttana bhee haai ki maain tere dharmapay niyamon ke anusar chaloonga.

107 maain atyat du:kh men pada hoon he yahova, apane vachan ke anusar mujhe jila.

108 he yahova, mere vachanon ko svechchhabali janakar grahan kar, aur apane niyamon ko mujhe sikha.

109 mera praan nirantar meree hathelee par rahata haai, taubhee maain teree vyavastha ko bool naheen gaya.

110 dushton ne mere liye fanda lagaya haai, parantu maain tere upadeshaen ke marga se naheen bhtka.

111 maain ne teree chitauaniyon ko sada ke liye apana nij bhag kar liya haai, kyonki ve mere day ke harsha ka karan haai.

112 maain ne apane man ko is bat par lagaya haai, ki ant tak teree vidhaiyon par sada chalata rahoон.

113 maain duchiton se to baair rakhta hoo, parantu teree vyavastha se praeeti rakhta hoon.

114 too meree ad aur ddhal haai meree asha tere vachan par haai.

115 he kukarmiyo, mujh se door ho jao, ki maain apane parameshvar kee agyaaon ko pakade rahoон.

116 he yahova, apane vachan ke anusar mujhe sambhal, ki maain jeeavit rahoo, aur meree asha ko n tod!

117 mujhe thanbh rak, tab maain bacha rahoonga, aur nirantar teree vidhaiyon kee or chitt lagaae rahoonga!

118 jitane teree vidhaiyon ke marga se bhtk jate haai, un sab ko too tuchchh janata haai, kyonki unakee chaturai joott haai.

119 too ne prathvee ke sab dushton ko dhaatu ke saman door kiya haai is karan maain teree chitauaniyon men praeeti rakhta hoon.

120 tere bhy se mera shareer kanp utta haai, aur maain tere niyamon se drata hoon..

121 maain ne to nyay aur dharma ka kam kiya haai too mujhe andhor karanevalon ke hath men n chhod.

122 apane das kee bhlai ke liye jaamin ho, taki abhaimanee mujh par andhor n karane panae.

123 meree ankhen tujh se uddhar pane, aur tere dharmamay vachan ke poore hone kee batt johate johate rah gai haain.

124 apane das ke sang apanee karoona ke anusar bartav kar, aur apanee vidhaiyan mujhe sikha.

125 maain tera das hoo, too mujhe samajh de ki maain teree chitauaniyon ko samajoon.

126 vah samay aya haai, ki yahova kam kare, kyonki logon ne teree vyavastha ko tod diya haai.

127 is karan maain teree agyaaoon ko sone se varan kundan se bhee adhaik piry manata hoon.

128 isee karan maain tere sab upadeshaen ko sab vishayon men tteek janata hoon aur sab mithya margin se baair rakhta hoon..

129 teree chitauaniyan anoop haai, is karan maain unhen apane jee se pakade huae hoon.

130 teree baton ke khulane se praakash hota haai us se bhole log samajh praapt karate haain.

131 maain munh kholakar hanfane laga, kyonki maain teree agyaaoon ka pyasa tha.

132 jaaisee teree reeti apane nam kee praeeti rakhnevalon se haai, vaaise hee meree or bhee firakar mujh par anugrah kara.

133 mere paairon ko apane vachan ke marga par sthiar kar, aur kisee anarth bat ko mujh par prabhuta n karane de.

134 mujhe manushyon ke andhor se chhuda le, tab maain tere upadeshaen ko manoonga.

135 apane das par apane mukh ka prakash chamaka de, aur apanee vidhaiyan mujhe sikha.

136 meree ankhon se jal kee dhaara bahatee rahatee haai, kyonki log teree vyavastha ko naheen manate..

137 he yahova too dharmee haai, aur tere niyam seedho haain.

138 too ne apanee chitauaniyon ko dharma aur pooree satyata se kaha haai.

139 maain teree dhaun men bhsm ho raha hoo, kyonki mere satanevale tere vachanon ko bool gaae haain.

140 tera vachan pooree reeati se taya hua haai, isaliye tera das us men praeeti rakhta haai.

141 maain chhotta aur tuchchh hoo, taubhee maain tere upadeshaen ko nahee boolata.

142 tera dharma sada ka dharma haai, aur teree vyavastha saty haai.

143 maain sankatt aur saketee men fansa hoo, parantu maain teree agyaaoon se sukhee hoon.

144 teree chitauaniyan sada dharmamay haain too mujh ko samajh de ki maain jeeavit rahoon..

145 maain ne sare man se praarthna kee haai, he yahova meree sun lena! maain teree vidhaiyon ko pakade rahoonga.

146 maain ne tujh se praarthna kee haai, too mera uddhar kar, aur maain teree chitauaniyon ko mana karoonga.

147 maain ne pau fattne se pahile dohai dee meree asha tere vachanon par thee.

148 meree ankhen rat ke aek aek pahar se paahile khul gai, ki maain tere vachan par dhyan karoон.

149 apanee karoona ke anusar meree sun le he yahova, apanee reeti ke anusar mujhe jeeavit kara.

150 jo dushtta men dhaun lagate haai, ve nikatt a gaae haain ve teree vyavastha se door haain.

151 he yahova, too nikatt haai, aur teree sab agyaaaen saty haain.

152 bahut kal se maain teree chitauaniyon ko janata hoo, ki too ne unakee nev sada ke liye dalee haai..

153 mere du:kh ko dekhkar mujhe chhuda le, kyonki maain teree vyavastha ko bool naheen gaya.

154 mera mukama lad, aur mujhe chhuda le apne vachan ke anusar mujh ko jila.

155 dushton ko uddhar milana kattnai haai, kyonaki ve teree vidhaiyon kee suadhai naheen rakhte.

156 he yahova, teree daya to badee haai isaaliye apne niyamon ke anusar mujhe jila.

157 mera peechha karanevale aur mere satanevale bahut haai, parantu maain teree chitauaniyon se naheen hattta.

158 maain vishvasaghaatiyon ko dekhkar udas hua, kyonaki ve tere vachan ko naheen manate.

159 dek, maain tere niyamon se kaaisee praeeti rakhta hoon! he yahova, apanee karoona ke anusar mujh ko jila.

160 tera sara vachan saty hee haai aur tera aek aek dharmamay niyam sada kal tak atti haai..

161 haakim vyarth mere peechhe pade haai, parantu mera day tere vachanon ka bhy manata haai.

162 jaaise koi badee loott pakar hashairt hota haai, vaaise hee maain tere vachan ke karan hashairt hoon.

163 joott se to maain baair aur gharana rakhta hoon, parantu teree vyavastha se praeeti rakhta hoon.

164 tere dharmamay niyamon ke karan maain pratidin sat ber teree stuti karata hoon.

165 teree vyavastha se praeeti rakhnevalon ko badee shaaantai hotee haai aur unako kuchh ttokar naheen lagatee.

166 he yahova, maain tujh se uddhar pane kee asha rakhta hoon aur teree agyaaon par chalata aya hoon.

167 maain tere chitauaniyon ko jee se manata hoo, aur un se bahut praeeti rakhta aya hoon.

168 maain tere upadeshaen aur chitauaniyon ko manata aya hoo, kyonki meree saree chalachalan tere sammukh pragatt haai..

169 he yahova, meree dohai tujh tak pahunche too apne vachan ke anusar mujhe samajh de!

170 mera gidgidana tujh tak pahunche too apne vachan ke anusar mujhe chhuda le.

171 mere munh se stuti nikala kare, kyonaki too mujhe apanee vidhaiyan sikhata haai.

172 maain tere vachan ka geet gaunga, kyonaki teree sab agyaaaen dharmamay haain.

173 tera hath meree sahayata karane ko taaiyar rahata haai, kyonaki maain ne tere upadeshaen ko apanaya haai.

174 he yahova, maain tujh se uddhar pane kee abhailasha karata hoo, maain tere

vyavastha se sukhee hoon.

175 mujhe jila, aur maain teree stuti karoonga, tere niyamon se meree sahayata ho.

176 maain khoi hui bhed kee nain bhtka hoon too apane das ko ddoondhh le, kyonaki maain teree agyaan ko bool naheen gaya..

ADHYĀYA 120

Sankatt ke samay maain ne yahova ko pukara, aur us ne meree sun lee.

2 he yahova, joott bolanevale munh se aur chhlee jeebh se meree raksha kara..

3 he chhlee jeeb, tujh ko kya mile? aur tere sath aur kya aadhaik kiya jaae?

4 veer ke nokeele teer aur jha ke angare!

5 hay, hay, kyonaki mujhe meshok men paradeshaee hokar rahana pada aur kedar ke tambuon men basana pada haai!

6 bahut kal se mujh ko mel ke baaiariyon ke sath basana pada haai.

7 maain to mel chahata hoon parantu mere bolate hee, ve ladna chahate haain!

ADHYĀYA 121

Maain apanee ankhen parvaton kee or lagaunga. mujhe sahayata kahan se milegee?

2 mujhe sahayata yahova kee or se milatee haai, jo akash aur prathvee ka kartta haai..

3 vah tere panv ko ttlane n dega, tera rakshak kabhee n ungho.

4 sun, israael ka rakshak, n unghoga aur n soaega..

5 yahova tera rakshak haai yahova teree daahinee or teree ad haai.

6 n to din ko dhoop se, aur n rat ko chandanee se teree kuchh haati hogee..

7 yahova saree vipaati se teree raksha karega yah tere praan kee raksha karega.

8 yahova tere ane jane men teree raksha ab se lekar sada tak karata rahega..

ADHYĀYA 122

Jab logon ne mujh se kaha, ki ham yahova ke bhvan ko chale, tab maain anandait hua.

2 he yarooshalem, tere faattkon ke bheetar, ham khde ho gaae haain!

3 he yarooshalem, too aeese nagar ke saman bana haai, jisake ghar aek doosare se mile huae haain.

4 vahan yah ke gotra gotra ke log yahova ke nam ka dhanyavad karane ko jate haain yah israael ke liye sakshaee haai.

5 vahan to nyay ke sinhasan, daud ke gharane ke liye dhare huae haain..

6 yarooshalem kee shaaantai ka varadan mango, tere praemee kushal se rahan!

7 teree shaharapanah ke bheetar shaantai, aur tere mahalon men kushal hove!

8 apane bhaiyon aur sangiyon ke nimit, maain kahoonga ki tujh men shaaantai hove!

9 apane parameshvar yahova ke bhvan ke nimit, maain teree blhai ka yatn karoonga..

ADHYĀYA 123

he svarga men virajaman maain apanee ankhen teree or lagata hoon!

2 dek, jaaise dason kee ankhen apne svamiyon ke hath kee or, aur jaaise dasiyon kee ankhen apanee svaminee ke hath kee or lagee rahatee haai, vaaise hee hamaree ankhen hamare parameshvar yahova kee or us samay tak lagee rahengee, jab tak vah ham par anugrah n kare..

3 ham par anugrah kar, he yahova, ham par anugrah kar, kyonki ham apaman se bahut hee bhr gaae haain.

4 hamara jeev sukhee logon ke ttthon se, aur ahankaariyon ke apaman se bahut hee bhr gaya haai..

ADHYĀYA 124

israael yah kahe, ki yadi hamaree or yahova n hota,

2 yaadi yahova us samay hamaree or n hota jab manushyon ne ham par chaddhai kee,

3 to ve ham ko usee samay jeeavit nigal jate, jab unaka krodha ham par bhdka tha,

4 ham usee samay jal men oob jate aur dhaara men bah jate

5 umadte jal men ham usee samay hee bah jate..

6 dhany haai yahova, jis ne ham ko unake daton tale jane n diya!

7 hamar jeev pakshaee kee nain chideemar ke jal se choott gaya jal fatt gaya, ham bach nikale!

8 yahova jo akash aur prathvee ka kartta haai, hamaree sahayata usee ke nam se hotee haai.

ADHYĀYA 125

jo yahova par bhrosa rakhte haai, ve siyyon parvat ke saman haai, jo ttlata nahee, varan sada bana rahata haai.

2 jis prakar yarooshalem ke charon or pahad haai, usee prakar yahova apanee praja ke charon or ab se lekar sarvada tak bana rahega.

3 kyonki dushton ka rajadand dhaarmiyon ke bhag par bana n rahega, aesa n ho ki dharmee apne hath kuattlai kam kee or baddhaen..

4 he yahova, blon ka, aur seedho manavalon ka bhla kara!

5 parantu jo mudkar tteddhe magorn men chalate haai, unako yahova anarthkaariyon ke sang nikal dega! israael ko shaantai mile!

ADHYĀYA 126

jab yahova siyyon se lauanevalon ko lautta le aya, tab ham svapt dekhnevale se ho gaae.

2 tab ham anand se hansane aur jayajayakar karane lage tab jaati jati ke beech men kaha jata tha, ki yahova ne, inake sath bade bade kam kiae haain.

3 yahova ne hamare sath bade bade kam kiae haain aur is se ham anaandait haain..

4 he yahova, daakkhan desh ke nalon kee nai, hamare bandhauon ko lautta le a!

5 jo ansoo bahate huae bote haai, ve jayajayakar karate huae lavane paaenge.

6 chahe bonevala beej lekar rota hua chala jaa, parantu vah fir pooliyan liae jayajayakar karata hua nishchay lautt aaega..

ADHYĀYA 127

Yaadi ghar ko yahova n banaa, to usake bananevalon ko parishram vyarth hoga. yadi nagar kee raksha yahova n kare, to rakhvale ka jagana vyarth hee hoga.

2 tum jo savere utte aur der karake vishraam karate aur du:kh bhree rottee khate ho, yah sab tumhare liye vyarth hee haai kyonki vah apane piryon ko yonhee neend dan karata haai..

3 dekhe, ladke yahova ke diae huae bhag haai, garbh ka fal usakee or se praatifal haai.

4 jaaise veer ke hath men teer, vaaise hee javanee ke ladke hote haain.

5 kya hee dhany haai vah puroosh jis ne apane tarkash ko un se bhr liya ho! vah faattk ke pas shatrauon se baten karate sankoch n karega..

ADHYĀYA 128

Kya hee dhany haai har aek jo yahova ka bhy manata haai, aur usake margin par chalata haai!

2 too apanee kamai ko nishchay khane paaega too dhany hoga, aur tera bhla hee hoga..

3 tere ghar ke bheetar teree sree falavant dakhlata see hogee teree mej ke charon or tere balak jalapai ke paudho se honge.

4 sun, jo puroosh yahova ka bhy manata ho, vah aeesee hee ashaeesh paaega..

5 yahova tujhe siyyon se ashaeesh deve, aur too jeevan bhr yarooshalem ka kushal dekhta rahe!

6 varan too apane natee-poton ko bhee dekhne paae! israael ko shaantai mile!

ADHYĀYA 129

Israael ab yah kahe, ki mere bachapan se log mujhe bar bar klesh dete aae haai,

2 mere bachapan se ve mujh ko bar bar klesh dete to aae haai, parantu mujh par prabal naheen huae.

3 halavahon ne meree peett ke upar hal chalaya, aur lambee lambee rekhaen keen.

4 yahova dharmee haai us ne dushton ke fandon ko katt dala haai.

5 jitane siyyon se baair rakhte haai, un sabhon kee asha tootte, or unako peechhe hattna pade!

6 ve chht par kee ghaas ke saman ho, jo baddhne se paahile sookh jatee haai

7 jis se koi lavaaiya apanee mutthee naheen bhrata, n pooliyon ka koi bandhanevala apanee ankavar bhr pata haai,

8 aur n ane janevale yah kahate haai, ki yahova kee ashaeesh tum par hove! ham tum ko yahova ke nam se ashaeervad dete haain!

ADHYĀYA 130

- h**e yahova, maain ne gahire sthanon men se tujh ko pukara haai!
- 2 he prabhu, meree suna! tere kan mere gidgidane kee or dhyan se lage rahan!
 - 3 he yah, yadi too adharma ke kamon ka lekha le, to he prabhu kaun khda rah sakega?
 - 4 parantu too kshama karanevala haai? jis se tera bhy mana jaae.
 - 5 maain yahova kee batt johata hoo, maain jee se usakee batt johata hoo, aur meree asha usake vachan par haai
 - 6 paharooae jitana bhor ko chahate haai, ha, paharooae jitana bhor ko chahate haai, us se bhee adhaik maain yahova ko apne praanon se chahata hoon..
 - 7 israael yahova par asha lagaae rahe! kyonki yahova karoona karanevala aur poora chhuttkara denevala haai.
 - 8 israael ko usake sare adharma ke kamon se vahee chhuttkara dega..

ADHYĀYA 131

- h**e yahova, n to mera man garva se aur n meree drashti ghamand se bhree haai aur jo baten badee aur mere liye aadhaik kattnai haai, un se maain kam naheen rakhta.
- 2 nishchay maain ne apne man ko shaant aur chup kar diya haai, jaaise doodha chhudaya hua ladka apnee man kee god men rahata haai, vaaise hee doodha chhudaae huue ladke ke saman mera man bhee rahata haai..
 - 3 he israael, ab se lekar sada sarvada yahova hee par asha lagaae raha!

ADHYĀYA 132

- h**e yahova, daud ke liye usakee saree durdash ko smaran kara
- 2 us ne yahova se shapath khai, aur yakoob ke sarvashaaktaiman kee mannat manee haai,
 - 3 ki nishchay maain us samay tak apne ghar men pravesh n karoonga, aur ne apne palang par chaddoonga
 - 4 n apnee ankhon men neend, aur n apnee palakon men jhpakee ane doonga,
 - 5 jab tak maain yahova ke liye aek sthan, arthata yakoob ke sarvashaaktaiman ke liye nivas sthan n paun..
 - 6 dekho, ham ne aeprata men isakee charcha sunee haai, ham ne isako van ke kheton men paya haai.
 - 7 ao, ham usake nivas men pravesh kare, ham usake charanon kee chaukee ke age dandvata karen!
 - 8 he yahova, uttak apne vishraamasthan men apnee samathrya ke sandook samet a.
 - 9 tere yajak dharma ke vasr paahine rahe, aur tere bhkt log jayajayakar karen.
 - 10 apne das daud ke liye apne aabhaishaikt kee praarthna kee anasunee n kara..
 - 11 yahova ne daud se sachchee shapath khai haai aur vah us se n mukarega: ki maain teree gaee par tere aek nij putra ko baaittaunga.
 - 12 yaadi tere vansh ke log meree vacha ka palan karen aur jo chitaunee maain unhen sikhaunga, us par chale, to unake vansh ke log bhee teree gaee par Yug Yug baaitte chale jaaenge.
 - 13 kyonki yahova ne siyyon ko apanaya haai, aur use apne nivas ke liye chaha haai..
 - 14 yah to Yug Yug ke liye mera vishraamasthan haain yaheen maain rahoonga, kyonki

maain ne isaka chaha haai.

15 maain is men kee bhojanavastuon par ati ashaeesh doonga aur isake daridraen ko rottee se trapt karoonga.

16 isake yajakon ko maain uddhar ka vasr pahinaunga, aur isake bhkt log unche svar se jayajayakar karenge.

17 vahan maain daud ke aek seeng ugaunga maain ne apane abhaishaikt ke liye aek deepak taaiyar kar rakha haai.

18 maain use shatrauon ko to lajja ka vasr paahinaunga, parantu usee ke sir par usaka mukutt shaebhayaman rahega..

ADHYĀYA 133

dekho, yah kya hee bhlee aur manohar bat haai ki bhai log apas men mile rahan!

2 yah to us uttm tel ke saman haai, jo haroon ke sir par dala gaya tha, aur usakee daddhee par bahakar, usake vasr kee chhor tak pahunch gaya.

3 vah hemorna kee us os ke saman haai, jo siyyon ke pahadon par giratee haai! yahova ne to vaheen sada ke jeevan ke ashaeesh ttharai haai..

ADHYĀYA 134

he yahova ke sab sevako, suno, tum jo rat rat ko yahova ke bhvan men khde rahate ho, yahova ko dhany kaho.

2 apane hath paavitrothan men uttakar, yahova ko dhany kaho.

3 yahova jo akash aur prathvee ka karta haai, vah siyyon men se tujhe ashaeesh deve..

ADHYĀYA 135

yah kee stuti karo, yahova ke nam kee stuti karo, he yahova ke sevako tum stuti karo,

2 tum jo yahova ke bhvan me, arthata hamare parameshvar ke bhvan ke anganon men khde rahate ho!

3 yah kee stuti karo, kyonaki yahova bhla haai usake nam ka bhjan gao, kyonki yah manabha haai!

4 yah ne to yakoob ko apane liye chuna haai, arthata israael ko apane nij dhan hone ke liye chun liya haai.

5 maain to janata hoon ki hamara prabhu yahova sab devataon se mahan haai.

6 jo kuchh yahova ne chaha use us ne akash aur prathvee aur samudra aur sab gaahire sthanon men kiya haai.

7 vah prathvee kee chhor se kuhare uttata haai, aur vashara ke liye bijalee banata haai, aur pavan ko apane bhndar men se nikalata haai.

8 us ne misr men kya manushy kya pashu, sab ke pahilautton ko mar dala!

9 he misr, us ne tere beech men firaun aur usake sab karmachaariyon ke beech chinh aur chamatkar kiae.

10 us ne bahut see jatiyan nash kee, aur samarthee rajaon ko,

11 arthata aemoriyon ke raja seehon ko, aur bashaan ke raja og ko, aur kanan ke sab rajaon ko ghaat kiya

- 12** aur unake desh ko bantkar, apanee praja israael ke bhag hone ke liye de diya..
- 13** he yahova, tera nam sada sthiar haai, he yahova jis nam se tera smaran hota haai, vah peeddhee-peeddhee bana rahega.
- 14** yahova to apanee praja ka nyay chukaaega, aur apane dason kee durdasha dekhkar taras khaaega.
- 15** anyajatiyon kee mooraten sona-chandee hee haai, ve manushyon kee banai hui haain.
- 16** unake munh to rahata haai, parantu ve bol naheen sakatee, unake anken to rahatee haai, parantu ve dekh naheen sakatee,
- 17** unake kan to rahate haai, parantu ve sun naheen sakatee, n unake kuchh bhee sans chalatee haai.
- 18** jaaisee ve haain vaaise hee unake bananevale bhee haain aur un par sab bhrosa rakhnevale bhee vaaise hee ho jaaenge!
- 19** he israael ke gharane yahova ko dhany kaha! he haroon ke gharane yahova ko dhany kaha!
- 20** he levee ke gharane yahova ko dhany kaha! he yahova ke dravaaiyo yahova ko dhany kaho!
- 21** yahova jo yarooshalem men vas karata haai, use siyyon men dhany kaha jave! yah kee stuti karo!

ADHYĀYA 136

- Y**ahova ka dhanyavad karo, kyonaki vah bhla haai, aur usakee karoona sada kee haai.
- 2** jo ishvaron ka parameshvar haai, usaka dhanyavad karo, usakee karoona sada kee haai.
- 3** jo prabhuon ka prabhu haai, usaka dhanyavad karo, usakee karoona sada kee haai..
- 4** usako chhodkar koi bade bade ashacharyakarma naheen karata, usakee karoona sada kee haai.
- 5** us ne apanee buaddh ise akash banaya, usakee karoona sada kee haai.
- 6** us ne prathvee ko jal ke upar faailaya haai, usakee karoona sada kee haai.
- 7** us ne badee badee jyotiyon banai, usakee karoona sada kee haai.
- 8** din par prabhuta karane ke liye soorya ko banaya, usakee karoona sada kee haai.
- 9** aur rat par prabhuta karane ke liye chandrama aur taragan ko banaya, usakee karoona sada kee haai.
- 10** us ne misriyon ke paahlautton ko mara, usakee karoona sada kee haai..
- 11** aur unake beech se israeliyon ko nikala, usakee karoona sada kee haai.
- 12** balavant hath aur baddhai hui bhuja se nikal laya, usakee karoona sada kee haai.
- 13** us ne lal samudra ko khnd khnd kar diya, usakee karoona sada kee haai.
- 14** aur israael ko usake beech se par kar diya, usakee karoona sada kee haai.
- 15** aur firaun ko sena samet lal samudra men dal diya, usakee karoona sada kee haai.
- 16** vah apanee praja ko jangal men le chala, usakee karoona sada kee haai.
- 17** us ne bade bade raja mare, usakee karoona sada kee haai.
- 18** us ne pratapee rajaon ko bhee mara, usakee karoona sada kee haai.
- 19** aemoriyon ke raja seehon ko, usakee karoona sada kee haai.
- 20** aur bashaan ke raja og ko ghaat kiya, usakee karoona sada kee haai.

- 21** aur unake desh ko bhag hone ke liye, usakee karoona sada kee haai.
22 apane das israeliyon ke bhag hone ke liye de diya, usakee karoona sada kee haai.
23 us ne hamaree durdasha men hamaree suadhai lee, usakee karoona sada kee haai.
24 aur ham ko draehiyon se chhudaya haai, usakee karoona sada kee haai.
25 vah sab praanaiyon ko ahar deta haai, usakee karoona sada kee haai.
26 svarga ke parameshvar ka dhanyavad karo, usakee karoona sada kee haai.

ADHYĀYA 137

- b**abul kee naharon ke kinare ham log baaitt gaa, aur siyyon ko smaran karake ro pade!
2 usake beech ke majanoo vaksharen par ham ne apanee veenaon ko ttang diya
3 kyonaki jo ham ko bandhauae karake le gaae the, unhon ne vahan ham se geet gavana chaha, aur hamare roolanevalon ne ham se anand chahakar kaha, siyyon ke geeton men se hamare liye koi geet gao!
4 ham yahova ke geet ko, paraae desh men kyonkar gaaen?
5 he yarooshalem, yaadi maain tujhe bool jau, to mera daahina hath jootta ho jaae!
6 yaadi maain tujhe smaran n rakoo, yadi maain yarooshalem ko apane sab anand se shraesht n janoo, to meree jeebh taloo se chipatt jaae!
7 he yahova, yarooshalem ke din ko aedomiyon ke virooddh smaran kar, ki ve kyonkar kahate the, ddhao! usako nev se ddha do.
8 he babul too jo ujadnevalee haai, kya hee dhany vah hogा, jo tujh se aesa bartav karega jaaisa too ne ham se kiya haai!
9 kya hee dhany vah hogा, jo tere bachchon ko pakadkar, chattan par pattk dega!

ADHYĀYA 138

- m**aain poore man se tera dhanyavad karoonga devataon ke samhane bhee maain tera bhjan gaunga.
2 maain tere paavitra maandair kee or dandvata karoonga, aur teree karoona aur sachchai ke karan tere nam ka dhanyavad karoonga kyonaki too ne apane vachan ko apane bade nam se aadhaik mahatv diya haai.
3 jis din maain ne pukara, usee din too ne meree sun lee, aur mujh men bal dekar hiyav bandhaaya..
4 he yahova, prathvee ke sab raja tera dhanyavad karenge, kyonaki unhone tere vachan sune haain
5 aur ve yahova kee gaati ke vishay men gaaenge, kyonaki yahova kee mahima badee haai.
6 yadhypि yahova mahan haai, taubhee vah namra manushy kee or drashti karata haai parantu ahankaree ko door hee se paahichanata haai..
7 chahe maain sankatt ke beech men rahoon taubhee too mujhe jilaaega, too mere krokhait shatrauon ke virooddh hath baddhaaega, aur apane daahine hath se mera uddhar karega.
8 yahova mere liye sab kuchh poora karega he yahova, teree karoona sada kee haai. too apane hathon ke kayorn ko tyag n de..

ADHYĀYA 139

he yahova, too ne mujhe janch kar jan liya haai..

2 too mera uttna baaittna janata haai aur mere vicharon ko door hee se samajh leta haai.

3 mere chalane aur lettne kee too bhlee bhanti chhanabeen karata haai, aur meree pooree chalachalan ka bhed janata haai.

4 he yahova, mere munh men aeesee koi bat naheen jise too pooree reeati se n janata ho.

5 too ne mujhe age pеechhe ghor rakha haai, aur apna hath mujh par rakhe rahata haai.

6 yah gyaan mere liye bahut kattnai haai yah gambheer aur meree samajh se bahar haai..

7 maain tere atma se bhagakar kidhar jaun? va tere samhane se kidhar bhagoon?

8 yaadi maain akash par chaddoo, to too vahan haai! yadi maain apna bichhauna adhaelok men bichhaun to vahan bhee too haai!

9 yaadi maain bhor kee kiranon par chaddhkar samudra ke par ja basoo,

10 to vahan bhee too apane hath se meree aguvai karega, aur apane dahine hath se mujhe pakade rahega.

11 yaadi maain kahoon ki andhakar men to maain chhpai jaunga, aur mere charon or ka ujiyala rat ka andhora ho jaaega,

12 taubhee andhakar tujh se n chhpai aaega, rat to din ke tuly prakash degee kyonki tere liye aandhiayara aur ujiyala donon aek saman haain..

13 mere man ka svamee to too haai too ne mujhe mata ke garbh men racha.

14 maain tera dhanyavad karoonga, isaliye ki maain bhyanak aur adab hut reeati se racha gaya hoon. tere kam to ashcharya ke haai, aur maain ise bhlee bhanti janata hoon.

15 jab maain gupt men banaya jata, aur prathvee ke neeche sthanon men racha jata tha, tab meree haddiyan tujh se chhpai ee n theen.

16 teree ankhan ne mere bedaul tatv ko dekha aur mere sab ang jo din din banate jate the ve rache jane se paahile teree pustak men likhe huae the.

17 aur mere liye to he ishvar, tere vichar kya hee bahumooly haain! unakee sankhya ka jod kaaisa bada haai..

18 yaadi maain unako ginata to ve baloo ke kinakon se bhee adhaik ttharate. jab maain jag utta hoo, tab bhee tere sang rahata hoon..

19 he ishvar nishchay too dushtt ko ghaat karega! he hatyaro, mujh se door ho jao.

20 kyonaki ve teree charcha chaturai se karate haain tere draehee tera nam jootee bat par lete haain.

21 he yahova, kya maain tere baaariyon se baair n rakoo, aur tere virodhaiyon se roott n jaun?

22 ha, maain un se poorn baair rakhta hoon maain unako apna shatra samajhta hoon.

23 he ishvar, mujhe janchakar jan le! mujhe parakhkar meree chintaon ko jan le!

24 aur dekh ki mujh men koi buree chal haai ki nahee, aur anant ke marga men meree aguvai kara!

ADHYĀYA 140

he yahova, mujh ko bure manushy se bacha le upadravee puroosh se meree raksha kar,
2 kyonaki unhon ne man men buree kalpanaaen kee haain ve lagatar ladaiyan machate haain.
3 unaka bolana sanp ka kattna sa haai, unake munh men nag ka sa vish rahata haai..
4 he yahova, mujhe dushtt ke hathon se bacha le upadravee puroosh se meree raksha kar, kyonaki unhon ne mere paairon ke ukhadne kee yuaktai kee haai.
5 ghamandiyon ne mere liye fanda aur pase lagaa, aur path ke kinare jal bichhaya haai unhon ne mere liye fande laga rakhe haain..
6 he yahova, maain ne tujh se kaha haai ki too mera ishvar haai he yahova, mere gidgadane kee or kan laga!
7 he yahova prabhu, he mere samarthee uddharakarta, too ne yuddh ke din mere sir kee raksha kee haai.
8 he yahova dushtt kee ichchha ko pooree n hone de, usakee buree yuaktai ko safal n kar, naheen to vah ghamand karega..
9 mere ghoranevalon ke sir par unheen ka vichara hua utpat pade!
10 un par angare dale jaen! ve ag men gira diae jaen! aur aeese gadhon men gire, ki ve fir utt n saken!
11 bakavadee prathvee par sthiar naheen hone ka upadravee puroosh ko girane ke liye burai usaka peechha karegee..
12 he yahova, mujhe nishchay haai ki too deen jan ka aur daridraen ka nyay chukaaega.
13 ni:sandeh dharmee tere nam ka dhanyavad karane paaenge seedho log tere sammukh vas karenge..

ADHYĀYA 141

he yahova, maain ne tujhe pukara haai mere liye faurtee kara! jab maain tujh ko pukaroo, tab meree or kan laga!
2 meree praarthna tere samhane sugandha dhoop, aur mera hath faailana, sandhyakal ka annabaali tthare!
3 he hayova, mere mukh ka pahara baaitta, mere hatton ke dar par rakhvalee kara!
4 mera man kisee buree bat kee or firane n de maain anarthkaree purooshaen ke sang, dushtt kamon men n lagoo, aur maai unake svaadishtt bhojanavastuon men se kuchh n khaun!
5 dharmee mujh ko mare to yah kupa manee jaaegee, aur vah mujhe tadna de, to yah mere sir par ka let ttarega mera sir us se inkar n karega.. logon ke bure kam karane par bhee maain praarthna men lavaleen rahoonga.
6 jab unake nyayee chattan ke pas giraae gaa, tab unhon ne mere vachan sun liae kyonaki ve madhaur haain.
7 jaaise boomi men hal chalane se ddhele footte haai, vaaise hee hamaree haddiyan adhaelok ke munh par chhtairai hui haain..
8 parantu he yahova, prabhu, meree ankhe teree hee or lagee haain maain tera sharanagat hoon too mere praan jane n de!
9 mujhe us fande se, jo unhon ne mere liye lagaya haai, aur anarthkaariyon ke jal se meree raksha kara!
10 dushtt log apane jalon men ap hee fanse, aur maain bach nikaloon..

ADHYĀYA 142

Maain yahova kee dohai deta, maain yahova se gidgidata hoo,
2 maain apane shaek kee baten us se kholakar kahata, maain apana sankatt usake age pragatt karata hoon.
3 jab meree atma mere bheetar se vyakul ho rahee thee, tab too meree dasha ko janata tha! jis raste se maain janevala tha, usee men unhon ne mere liye fanda lagaya.
4 maain ne dahinee or dekha, parantu koi mujhe naheen dekhta haai. mere liye sharan kaheen naheen rahee, n mujh ko koi poochhta haai..
5 he yahova, maain ne teree dohai dee haai maain ne kaha, too mera sharansthan haai, mere jeete hee too mera bhag haai.
6 meree chillahatt ko dhyan dekar sun, kyonki meree badee durdasha ho gai haai! jo mere pеechhe pade haai, un se mujhe bacha le kyonki ve mujh se adhaik samarthee haain.
7 mujh ko bandeegrah se nikal ki maain tere nam ka dhanyavad karoон! dharmee log mere charon or aaenge kyonki too mera upakar karega..

ADHYĀYA 143

He yahova meree praarthna suna mere gidgidane kee or kan laga! too jo sachcha aur dharmee haai, so meree sun le,
2 aur apane das se mukama n chala! kyonaki koi praanee teree drashti men nirdosh naheen thar sakata..
3 shatra to mere praan ka gahak hua haai us ne mujhe choor karake mittee men milaya haai, aur mujhe ddher din ke mare huon ke saman andhore sthan men dal diya haai.
4 meree atma bheetar se vyakul ho rahee haai mera man vikal haai..
5 mujhe praachaeenakal ke din smaran ate haai, maain tere sab adab hut kamon par dhyan karata hoo, aur tere kam ko sochata hoon.
6 maain teree or apane hath faailaae hooae hoon sookhee boomi kee nain maain tera pyasa hoon..
7 he yahova, faurtee karake meree sun le kyonaki mere praan nikalane hee par haain mujh se apana munh n chhpai, aesa n ho ki maain kabar men pade huon ke saman ho jaun.
8 apanee karoona kee bat mujhe shaeegha suna, kyonaki maain ne tujhee par bhrosa rakha haai. jis marga se mujhe chalana haai, vah mujh ko bata de, kyonki maain apana man teree hee or lagata hoon..
9 he hayova, mujhe shatrauon se bacha le maain teree hee ad men a chhpai hoon.
10 mujh ko yah sikha, ki maain teree ichchha kyonkar pooree karoo, kyonki mera parameshvar too hee haai! tera bhla atma mujh ko dharma ke marga men le chale!
11 he yahova, mujhe apane nam ke nimitt jila! too jo dharmee haai, mujh ko sankatt se chhuda le!
12 aur karoona karake mere shatrauon ko satyanash kar, aur mere sab satanevalon ka hash kar dal, kyonaki maain tera das hoon..

ADHYĀYA 144

dhany haai yahova, jo meree chattan haai, vah mere hathon ko ladne, aur yuddh karane ke liye taaiyar karata haai.

2 vah mere liye karoonaanidhaan aur gaddh, uncha sthan aur chhudanevala haai, vah meree ddhal aur sharanstan haai, jo meree praja ko mere vash men kar deta haai..

3 he yahova, manushy kya haai ki too usakee sudhai leta haai, ya adamee kya haai, ki too usakee kuchh chinta karata haai?

4 manushy to sans ke saman haai usakee din ddhlatee hui chhaya ke saman haain..

5 he yahova, apne svarga ko neechaa karake utar a! pahadon ko choo tab un se dhaunan uttenga!

6 bijalee kadkakar unake titar bitar kar de, apne teer chalakar unako ghabara de!

7 apne hath upar se baddhakar mujhe mahasagar se ubar, arthata paradeashaiyon ke vash se chhuda.

8 unake munh se to vyarth baten nikalatee haai, aur unake dahine hath se dhaekhe ke kam hote haain..

9 he parameshvar, maain teree stuati ka naya geet gaunga maain das taravalee sarangee bajakar tera bhjan gaunga.

10 too rajaon ka uddhar karata haai, aur apne das daud ko talavar kee mar se bachata haai.

11 too mujh ko ubar aur paradeshaiyon ke vash se chhuda le, jin ke munh se vyarth baten nikalatee haai, aur jinaka dahina hath joott ka dahina hath haai..

12 jab hamare bette javanee ke samay paudhaen kee nain baddhe huae ho, aur hamaree bettyaian un konevale patthron ke saman ho, jo mandair ke patthron kee nain banaae jaaen

13 jab hamare khtte bhre rahe, aur un men bhanati bhanati ka ann dhara jaa, aur hamaree bhed-bakaariyon hamare maaidanon men hajaron hajar bachche janen

14 jab hamare baail koob lade huae hon jab hamen n vidhn ho aur n hamara kaheen jana ho, aur n hamare chaukon men rona-peetna ho,

15 to is dasha men jo rajy ho vah kya hee dhany hoga! jis rajy ka parameshvar yahova haai, vah kya hee dhany haai!

ADHYĀYA 145

he mere parameshvar, he raja, maain tujhe saraaonga, aur tere nam ko sada sarvada dhany kahata rahoonga.

2 praati din maain tujh ko dhany kaha karoonga, aur tere nam kee stuti sada sarvada karata rahoonga.

3 yahova mahan aur ati stuati ke yogy haai, aur usakee badai agam haai..

4 tere kamon kee prashansa aur tere parakram ke kamon ka varnn, peeddhee peeddhee hota chala jaaega.

5 maain tere aeeshvarya kee mahima ke pratap par aur tere bhanti bhanati ke ashcharyakarmon par dhyan karoonga.

6 log tere bhyanak kamon kee shaaktai ke charcha karenge, aur maain tere bade bade kamon ka varnn karoonga.

7 log teree badee bhlai ka smaran karake usakee charcha karenge, aur tere dharma ka jayajayakar karenge..

- ⁸ yahova anugrahakaree aur dayalu, vilamb se krodha karanevala aur aati karoona may haai.
- ⁹ yahova sabhon ke liye bhla haai, aur usakee daya usakee saree sraashti par haai..
- ¹⁰ he yahova, teree saree sraashti tera dhanyavad karegee, aur tere bhkt lag tujhe dhany kaha karenge!
- ¹¹ ve tere rajy kee maahima kee charcha karenge, aur tere parakram ke vishay men baten karenge
- ¹² ki ve adaamiyon par tere parakram ke kam aur tere rajy ke pratap kee maahima pragatt karen.
- ¹³ tera rajy yug yug ka aur teree prabhuta sab peeddhion tak banee rahegee..
- ¹⁴ yahova sab girate huon ko sanbhalata haai, aur sab jhuke huon ko seedha khda karata haai.
- ¹⁵ sabhon kee ankhen teree or lagee rahatee haai, aur too unako ahar samay par deta haai.
- ¹⁶ too apanee mutthee kholakar, sab praanaiyon ko ahar se trapt karata haai.
- ¹⁷ yahova apanee sab gaati men dharmee aur apane sab kamon me karoona may haai.
- ¹⁸ jinate yahova ko pukarate haai, arthata jitane usako sachchai se pukarate hen un sabhon ke vah nikatt rahata haai.
- ¹⁹ vah apane dravaaiyon kee ichchha pooree karata haai, or unakee dohai sunakar unaka uddhar karata haai.
- ²⁰ yahova apane sab praemiyon kee to raksha karata, parantu sab dushton ko satyanash karata haai..
- ²¹ maain yahova kee stuati karoonga, aur sare praanee usake pavitra nam ko sada sarvada dhany kahate rahan..

ADHYĀYA 146

- Y**ah kee stuti karo. he mere man yahova kee stuati kara!
- ² maain jeevan bhr yahova kee stuti karata rahoonga jab tak maain bana rahoonga, tab tak maain apane parameshvar ka bhjan gata rahoonga..
- ³ tum pradhaanon par bhrosa n rakhna, n kisee adamee par, kyonki us men uddhar karane kee bhee shaaktai naheen.
- ⁴ usaka bhee praan nikalega, vahee bhee mittee men mil jaega usee din usakee sab kalpanaen nash ho jaengee..
- ⁵ kya hee dhany vah haai,jisaka sahayak yakoob ka ishvar haai, aurjisaka bhrosa apane parameshvar yahova par haai.
- ⁶ vah akash aur prathvee aur samudra aur un men jo kuchh haai, sab ka karta haai aur vah apna vachan sada ke liye poora karata rahega.
- ⁷ vah pise huon ka nyay chukata haai aur bookhon ko rottee deta haai.. yahova bandhauon ko chhudata haai
- ⁸ yahova andhaen ko ankhen deta haai. yahova jhuke huon ko seedha khda karata haai yahova dharmiyon se praem rakhta haai.
- ⁹ yahova paradeashaiyon kee raksha karata haai aur anathon aur vidhava ko to

sambhalata haai parantu dushton ke marga ko tteddha meddha karata haai..

10 he siyyon, yahova sada ke liye, tera parameshvar peeddhee peeddhee rajy karata rahega. yah kee stuti karo!

ADHYĀYA 147

Yah kee stuti karo! kyonaki apne parameshvar ka bhjan gana achchha haai kyonaki vah manabhavana haai, usakee stuti karane manabhavane haai.

2 yahova yarooshalem ko basa raha haai vah nikale huae israaelion ko ikattha kar raha haai.

3 vah kheadit manavalon ko changa karata haai, aur unake shaek par marahama-pattee bandhata haai.

4 vah taron ko ginata, aur un men se aek aek ka nam rakhta haai.

5 hamara prabhu mahan aur aati samarthee haai usakee buaddh iaparampar haai.

6 yahova namra logon ko sambhlata haai, aur dushton ko boomi par gira deta haai..

7 dhanyavad karate huae yahova ka geet gao veena bajate huae hamare parameshvar ka bhjan gao.

8 vah akash ko meghaen se chha deta haai, aur prathvee ke liye menh kee taaiyaree karata haai, aur pahadon par ghaas ugata haai.

9 vah pashuuon ko aur kauve ke bachchon ko jo pukarate haai, ahar deta haai.

10 n to vah ghaede ke bal ko chahata haai, aur n puroosh ke paaron se prasann hota haai

11 yahova apne dravaaiyon hee se prasann hota haai, arthata un se jo usakee karoona kee asha lagaae rahate haain..

12 he yarooshalem, yahova kee prashansa kara! he siyyon, apne parameshvar kee stuti kara!

13 kyonaki us ne tere faattkon ke khmbhon ko draddh kiya haai aur tere ladke balon ko ashaeesh dee haai.

14 aur tere sivanon men shaaantai deta haai, aur tujh ko uttm se uttm gehoon se trapt karata haai.

15 vah prathvee par apnee agyaa ka prachar karata haai, usaka vachan aati veg se daudta haai.

16 vah un ke saman him ko girata haai, aur rakh kee nain pala bikherata haai.

17 vah barfa ke ttukade girata haai, usakee kee hui ttnd ko kaun sah sakata haai?

18 vah agyaa dekar unhen galata haai vah vayu bahata haai, tab jal bahane lagata haai.

19 vah yakoob ko apna vachan, aur israael ko apnee vidhaiyan aur niyam batata haai.

20 kisee aur jaati se us ne aesa bartav naheen kiya aur usake niyamon ko auron ne naheen jata.. yah kee stuti karo.

ADHYĀYA 148

Yah kee stuti karo! yahova kee stuti svarga men se karo, usakee stuti unche sthanon men karo!

2 he usake sab dooto, usakee stuati karo: he usakee sab sena usakee stuati kara!

3 he soorya aur chandrama usakee stuati karo, he sab jyotimay taragan usakee stuti karo!

4 he sab se unche akasha, aur he akash ke uparavale jal, tum donon usakee stuti karo.

- 5** ve yahova ke nam kee stuti kare, kyonki usee ne agyaa dee aur ye siraje gaae.
- 6** aur us ne unako sada sarvada ke liye sthiar kiya haai aur aeeseed vidhai ttharai haai, jo ttlane kee naheen..
- 7** prathvee men se yahova kee stuti karo, he magaramachchhon aur gahire sagar,
- 8** he aagnai aur olo, he him aur kuhare, he usaka vachan mananevalee prachand bayara!
- 9** he pahadon aur sab tteelo, he faladai vrakshaen aur sab devadaron!
- 10** he vana-pashuuon aur sab gharaailoo pashuuo, he renganevale jantuon aur he pakshiyon!
- 11** he prathvee ke rajao, aur rajy rajy ke sab logo, he hakimon aur prathvee ke sab nyayiyan!
- 12** he javanon aur kumariyo, he puraaniyon aur balakon!
- 13** yahova ke nam kee stuti karo, kyonaki keval usakee ka nam mahan haai usaka aeeshvarya prathvee aur akash ke upar haai.
- 14** aur us ne apanee praja ke liye aek seeng uncha kiya haai yah usake sab bhkton ke liye arthata israaeliyon ke liye aur usake sameep rahanevalee praja ke liye stuti karane ka vishay haai. yah kee stuati karo.

ADHYĀYA 149

- Y**ah kee stuti karo! yahova ke liye naya geet gao, bhkton ke sabha men usakee stuati gao!
- 2** israael apane kartta ke karan anaandait ko, siyyon ke nivasee apane raja ke karan magan hon!
- 3** ve nachate huae usake nam kee stuati kare, aur dfa aur veena bajate huae usaka bhjan gaaen!
- 4** kyonaki yahova apanee praja se prasann rahata haai vah namra logon ka uddhar karake unhen shaebhayaman karega.
- 5** bhkt log mahima ke karan prafauallait hon aur apane bichhaunon par bhee pade pade jayajayakar karen.
- 6** unake kantt se ishvar ke prashansa ho, aur unake hathon men dodhaaree talavaren rahe,
- 7** ki ve anyajaatiyon se palatta le saken aur rajy rajy ke logon ko tadna de,
- 8** aur unake rajaon ko sankalon se, aur unake pratishtit purooshaen ko lohe kee bediyon se jakad rakhe,
- 9** aur unako ttharaya hua dand den! usake sab bhkton ke aeeseed hee pratishtta hogee. yah kee stuti karo.

ADHYĀYA 150

- Y**ah kee stuti karo! ishvar ke paavitasthan men usakee stuti karo usakee samathrya se bhere huae akashamndl men usee kee stuati karo!
- 2** usake parakram ke kamon ke karan usakee stuti karo usakee atyat badai ke anusar usakee stuti karo!
- 3** narasinga foonkate huae usakee stuti karo sarangee aur veena bajate huae usakee stuati karo!

⁴ dfa bajate aur nachate huae usakee stuati karo taravale baje aur bansulee bajate huae usakee stuti karo!

⁵ unche shabdavalee jhanjh bajate huae usakee stuti karo anand ke mahashabdavalee jhanjh bajate huae usakee stuti karo!

⁶ jite praanee haain sab ke sab yah kee stuati karen! yah kee stuati karo!

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