

Tehillim/Psalms

A song of ascents | Psalms 126

Some Yom Haatzmaut liturgy includes psalms 107, 97, and 98.

We are suggesting three alternative chapters that may be more accessible to students.

Chapter 126 sung to the tune of Hatikva

Psalms 126

A song of ascents.

When Hashem brought back those who returned
to Zion, we were like dreamers.

our mouths were filled with laughter,
our tongues, with songs of joy.

Then the nations said

“Hashem has done great things for them!”

Hashem will do great things for us
and we will rejoice.

Restore our captives, Hashem,
like springs in the Negev.

They who sow in tears
will reap with songs of joy.

Though he goes along weeping,
carrying the seed-bag,

he will come back with songs of joy,
carrying his sheaves.

תהילים קכ"ו

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְהוָה אֶת־שִׁיבַת צִיּוֹן
הָיִינוּ כְּחֹלְמִים:

אֲזַ יִמְלֵא שְׂחֹק פִּינוּ וּלְשׁוֹנֵינוּ רִנָּה אֲזַ

יֹאמְרוּ בְּגוֹיִם הַגְּדִיל יְהוָה לַעֲשׂוֹת עִם־אֱלֹהֵי:

הַגְּדִיל יְהוָה לַעֲשׂוֹת עִמָּנוּ הָיִינוּ שְׂמֵחִים:

שׁוֹבֵה יְהוָה אֶת־[שְׁבִיתָנוּ] (שְׁבוֹתָנוּ)

כַּאֲפִיקִים בְּנֶגֶב:

הַזְרָעִים בְּדַמְעָה בְּרִנָּה יִקְצְרוּ:

הַלֹּחֵךְ יִלֵּךְ וּבִכְה נִשְׂא מִשְׁךְ־הַזֶּרַע בְּאֵיבָא

בְּרִנָּה נִשְׂא אֶל־מִתְיוֹ: {פ}

Why this chapter?

This chapter celebrates the miracle of returning to Zion. It also describes the hope that the pain involved in building and planting will ultimately result in joy and growth.