

## **The Psalm Project**

*Discovering the Spiritual World through the Psalms*

Psalm 61

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**The Goal of this project:**

This research project will examine the 150 psalms for the spiritual awareness each Psalm offers. Each Psalm will be examined by its language and the commentary of the Sages. The spiritual awareness analysis will be done in alignment with Ari's definition of the Tree of life, the Book of Creation, and the Zohar. Each verse of the Psalm will be rewritten using the intent of the language and spiritual commentary to convey its spiritual lesson.

**The Main Resources:**

The Zohar

The Book of Creation

Ari's writing on the Tree of Life and the Ten Sefirot

The Theological Wordbook of the Old Testament

Samson Hirsch's commentary on the Psalms

Tehillim – Psalms – A new translation with a commentary  
anthologized from the Talmudic and rabbinic sources

Accordance Bible Software

# Psalm 61

New American Standard 1995	Hebrew
<p><b>Psa. 61:0</b> For the choir director; on a stringed instrument. <i>A Psalm</i> of David.</p>	<p><b>Psa. 61:1</b> לַמְנַצֵּחַ אֶל-נְגִינָת לְדָוִד : 2 שְׁמְעָה אֱלֹהִים</p>
<p><b>Psa. 61:1</b> <sup>a</sup>Hear my cry, O God; <sup>b</sup>Give heed to my prayer. 2 From the <sup>a</sup>end of the earth I call to You when my heart is <sup>b</sup>faint; Lead me to <sup>c</sup>the rock that is higher than I. 3 For You have been a <sup>a</sup>refuge for me, A <sup>b</sup>tower of strength <sup>1</sup>against the enemy. 4 Let me <sup>1a</sup>dwell in Your tent forever; Let me <sup>b</sup>take refuge in the shelter of Your wings. <sup>2</sup>Selah.</p>	<p>רָנַנְתִּי תִקְשִׁיבָה תִפְלְתִּי : 3 מִקְצֵה הָאָרֶץ   אֵלַיךְ אֶקְרָא בְּעֵטֶף לִבִּי בְּצוּר-יְרוּם מִמֶּנִּי תִנְחֲנִי : 4 כִּי-הָיִיתָ מַחֲסֶה לִּי מִגֹּדֶל-עֹז מִפְּנֵי אוֹיֵב : 5 אֲנוּרָה בְּאַהֲלֶךְ עוֹלָמִים אֶחָסֶה בְּסֶתֶר כְּנֹפֶיךָ סֹלָה : 6 כִּי-אַתָּה אֱלֹהִים שְׁמַעַת לְנַדְרֵי נְתַתָּ יְרֻשָּׁת יִרְאִי שְׁמֶךָ : 7 יָמִים עַל-יָמֵי-מַלְכְּךָ תוֹסִיף שְׁנוֹתָיו כְּמוֹ-דָר וָדָר : 8 יֵשֶׁב עוֹלָם לִפְנֵי אֱלֹהִים תִּסְדֹּר וְאַמֶּת מִן יִנְצְרֶהוּ : 9 כֵּן אֲזַמְרָה שְׁמֶךָ לְעַד לְשִׁלְמֵי נְדָרֵי יוֹם   יוֹם :</p>
<p><b>Psa. 61:5</b> For You have heard my <sup>a</sup>vows, O God; You have given <i>me</i> the inheritance of those who <sup>b</sup>fear Your name. 6 You will <sup>1a</sup>prolong the king's <sup>2</sup>life; His years will be as many generations. 7 He will <sup>1</sup>abide <sup>a</sup>before God forever; Appoint <sup>b</sup>lovingkindness and truth that they may preserve him.</p>	

<p><sup>s</sup> So I will <sup>a</sup>sing praise to Your name forever, That I may <sup>b</sup>pay my vows day by day.</p>	
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## References

### **Psalm 61:1**

<sup>a</sup>Ps 64:1

<sup>b</sup>Ps 86:6

### **Psalm 61:2**

<sup>a</sup>Ps 42:6

<sup>b</sup>Ps 77:3

<sup>c</sup>Ps 18:2; 94:22

### **Psalm 61:3**

<sup>1</sup>Lit *from*

<sup>a</sup>Ps 62:7

<sup>b</sup>Ps 59:9; Prov 18:10

### **Psalm 61:4**

<sup>1</sup>Or *sojourn*

<sup>2</sup>*Selah* may mean: *Pause, Crescendo* or *Musical interlude*

<sup>a</sup>Ps 23:6; 27:4

<sup>b</sup>Ps 17:8; 91:4

### **Psalm 61:5**

<sup>a</sup>Job 22:27; Ps 56:12

<sup>b</sup>Deut 28:58; Neh 1:11; Ps 86:11; 102:15; Is 59:19; Mal 2:5; 4:2

### **Psalm 61:6**

<sup>1</sup>Lit *add days to*

<sup>2</sup>Lit *days*

<sup>a</sup>Ps 21:4

### **Psalm 61:7**

<sup>1</sup>Or *sit enthroned*

<sup>a</sup>Ps 41:12

<sup>b</sup>Ps 40:11

### **Psalm 61:8**

<sup>a</sup>Judg 5:3; Ps 30:4; 33:2; 71:22

<sup>b</sup>Ps 65:1; Is 19:21

## Targum

**Psa. 61:1** For praise, with the psalms of David. <sup>2</sup> Accept, O LORD, my petition, hear my prayer. <sup>3</sup> From the ends of the earth I will pray in your presence when my heart is weary; lead me to a strong fortress built on a rock that is higher than I. <sup>4</sup> For you have been security for me, in truth, a stronghold before the enemy. <sup>5</sup> I will dwell in your tent forever, I will be secure in the shade of your presence forever. <sup>6</sup> For you, O LORD, have heard my vows; you have given the inheritance to those who fear your name. <sup>7</sup> You will add days to the age to come, the days of the King Messiah; his years are like the generations of this age and the generations of the age to come. <sup>8</sup> He will dwell forever in the presence of the LORD; goodness and truth from the Lord of the World will guard him. <sup>9</sup> Therefore, will I praise your name forever, when I pay my vows in the day of the redemption of Israel, and in the day the King Messiah is anointed to be king.

## Spiritual Awareness

**The spiritual rewrite for the verses is in bold.**

### Introduction

This Psalm demonstrates that no distance or danger could diminish David's fervent love for the LORD.

### Verse one

**נְגִינָה** (n'geenat) – means “instruments.” In the context of this verse, this word denotes tones of a song inspired by and suited for all the various situations of physical and spiritual life.

David is speaking of the impact of his musical gifts, which exceeded his accomplishments as a warrior.

**To the Sefirah Netzach who offers victory, upon the tones of song, a Psalm of David.**

### Verse two

**Hear, O God, the outpouring of my spirit; attend to my prayer.**

### Verse three

The mind controls the body, which is visible to the outside world. If the spirit is weak, it will withdraw and hide behind the physical body. Therefore, a person needs a strong body and spirit.

**If I call upon You from the end of the land when my heart shrouds itself,  
You will lead me to a rock that would be too high for me to ascend alone.**

### Verses four and five

In moments of anguish and weakness, it is good to know that one can rely on the LORD to be there.

**For You have become a refuge for me, a tower of fortitude in the face of  
the enemy.**

**So I shall endeavor to dwell in Your tent forever, even when I shall rest  
hidden beneath the shade of your wings, as I trustingly hope to do.  
Meditate on this verse.**

### Verse six

David believed that his spiritual activities were his life's pledge and that the LORD accepted it with favor.

**For you, O God, have heard my vows: You have granted them the  
heritage of those that fear Your Name.**



Verse seven

David believed that the LORD gave him a longer life because of his spiritual activities. There is a midrash that says that Adam was shown David's rule and Adam decided to give David 25 years of his life.

**You will add to my days as king; You will let his years be as the succession of generations.**

Verse eight

David calls for the love and truth of the Sefirah Chesed for the time that he is on the throne of Israel.

**But if he is to dwell before God forever, have the Sefirah Chesed place mercy and truth upon me.**

Verse nine

**Thus I will sing praises unto Your Name throughout all time, in order to perform my vows day by day.**

## **Complete Psalm Rewrite Emphasizing Spiritual Awareness**

To the Sefirah Netzach who offers victory, upon the tones of song, a Psalm of David.  
Hear, O God, the outpouring of my spirit; attend to my prayer.

If I call upon You from the end of the land when my heart shrouds itself, You will lead me to a rock that would be too high for me to ascend alone.

For You have become a refuge for me, a tower of fortitude in the face of the enemy.

So I shall endeavor to dwell in Your tent forever, even when I shall rest hidden beneath the shade of your wings, as I trustingly hope to do. Meditate on this verse.

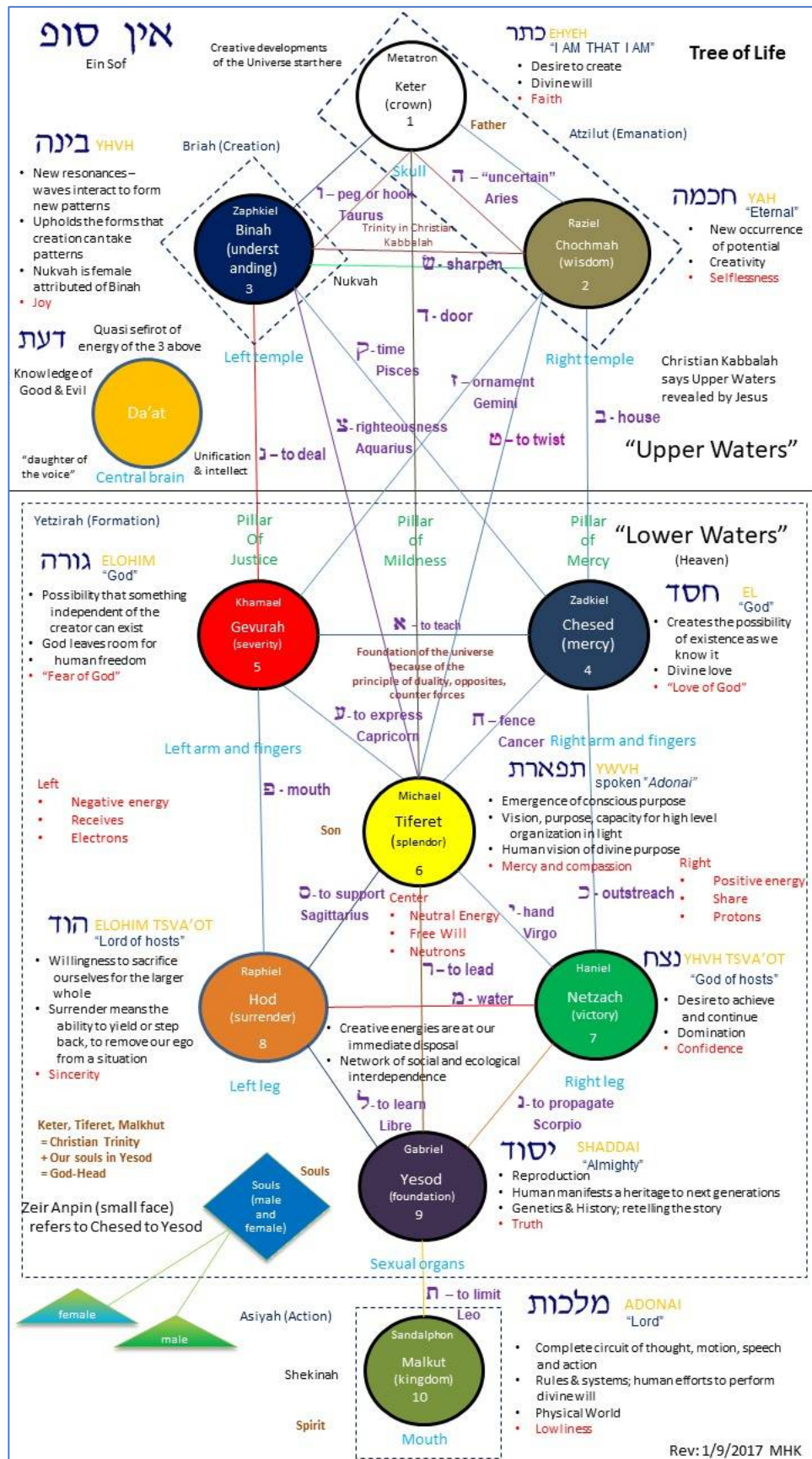
For you, O God, have heard my vows: You have granted them the heritage of those that fear Your Name.

You will add to my days as king; You will let his years be as the succession of generations.

But if he is to dwell before God forever, have the Sefirah Chesed place mercy and truth upon me.

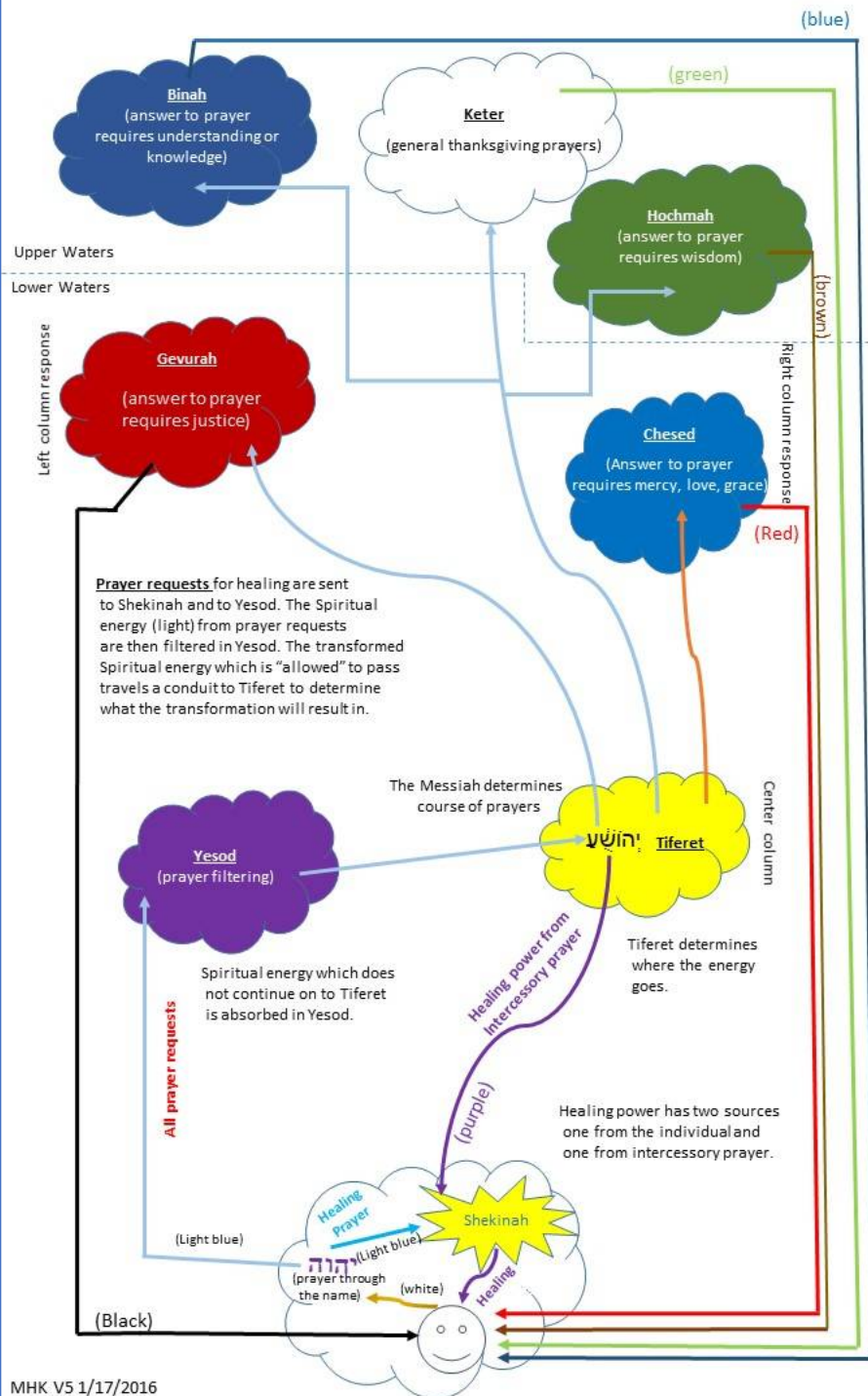
Thus I will sing praises unto Your Name throughout all time, in order to perform my vows day by day.

## Appendix



## Mystical Methodology to Prayer

All prayers result in spiritual energy which rises through the conduits that connect Sefirot realms. The "answer" to prayers is the transformation of spiritual energy from its original frequency to an appropriate frequency which will give the necessary results.



## Chambers of Aba and Ima of Briyah

