

## **The Psalm Project**

*Discovering the Spiritual World through the Psalms*

Psalm

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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

New American Standard 1995	Hebrew
<p><b>Psa. 26:0</b> <i>A Psalm</i> of David.</p>	<p>Psa. 26:1 לְדָוִד אֲשַׁפְּטֵנִי יְהוָה כִּי־אֲנִי</p>
<p><b>Psa. 26:1</b> <sup>1</sup>Vindicate me, O LORD, for I have <sup>b</sup>walked in my integrity, And I have <sup>c</sup>trusted in the LORD <sup>2d</sup>without wavering.</p>	<p>בְּתַמִּי הִלַּכְתִּי וּבֵיתוֹהָ בִּשְׁתַּחֲתִי לֹא אֶמְעָד : <sup>2</sup> בְּחַנְנֵי יְהוָה וְנַסֵּנִי צְרוּפָה [צָרְפָה] כְּלִיזוֹתִי וְלִבִּי : <sup>3</sup></p>
<p><sup>2</sup> <sup>a</sup>Examine me, O LORD, and try me;</p>	<p>כִּי־חֲסֹדֶךָ לְנִגְדִי עֵינַי וְהִתְהַלַּכְתִּי בְּאִמְתָּךְ : <sup>4</sup> לֹא־יִשְׁבַּתִּי עִם־מְתֵי-</p>
<p><sup>b</sup>Test my <sup>1</sup>mind and my heart.</p>	<p>שׂוֹא וְעַם נְעֻלְמִים לֹא אָבוֹא : <sup>5</sup></p>
<p><sup>3</sup> For Your <sup>a</sup>lovingkindness is before my eyes,</p>	<p>שְׁנֵאתִי קָהַל מְרַעִים וְעַם־רְשָׁעִים לֹא אֲשַׁב : <sup>6</sup> אֲרַתֵּן בְּנִקְנִיֹן כַּפִּי וְאֶסְבְּבָה אֶת־מִזְבְּחֶךָ יְהוָה : <sup>7</sup></p>
<p>And I have <sup>b</sup>walked in Your <sup>1</sup>truth.</p>	<p>לִשְׁמַע בְּקוֹל תּוֹדָה וְלִסְפֹּר כָּל־</p>
<p><sup>4</sup> I do not <sup>a</sup>sit with <sup>1</sup>deceitful men, Nor will I go with <sup>2b</sup>pretenders.</p>	<p>נִפְלְאוֹתֶיךָ : <sup>8</sup> יְהוָה אֶתְהַבְּתִי מְעוֹן בֵּיתֶךָ וּמְקוֹם מִשְׁכַּן כְּבוֹדֶךָ : <sup>9</sup> אֶל־</p>
<p><sup>5</sup> I <sup>a</sup>hate the assembly of evildoers, And I will not sit with the wicked.</p>	<p>תְּאַסֹּף עִם־חַטָּאִים נִפְשֵׁי וְעַם־ אֲנָשֵׁי דָמִים תִּקְיִי : <sup>10</sup> אֲשֶׁר־בִּידֵיהֶם זִמָּה וַיִּמְיִנּוּ מִלְּאָה שָׁחַד : <sup>11</sup> וְאֲנִי</p>
<p><sup>6</sup> I shall <sup>a</sup>wash my hands in innocence,</p>	<p>בְּתַמִּי אֵלֶךְ פְּדַנִּי וְחַנְּנִי : <sup>12</sup> רַגְלִי עַמְדָה בְּמִישׁוֹר בְּמִקְהָלִים אֲבַרֶךְ יְהוָה :</p>
<p>And I will go about <sup>b</sup>Your altar, O LORD,</p>	
<p><sup>7</sup> That I may proclaim with the voice of <sup>a</sup>thanksgiving</p>	
<p>And declare all Your <sup>1</sup>wonders.</p>	
<p><b>Psa. 26:8</b> O LORD, I <sup>a</sup>love the habitation of Your house</p>	
<p>And the place <sup>1</sup>where Your <sup>b</sup>glory dwells.</p>	
<p><sup>9</sup> <sup>a</sup>Do not <sup>1</sup>take my soul away <i>along</i> with sinners,</p>	
<p>Nor my life with <sup>b</sup>men of bloodshed,</p>	
<p><sup>10</sup> In whose hands is a <sup>a</sup>wicked scheme,</p>	
<p>And whose right hand is full of <sup>b</sup>bribes.</p>	

<p><sup>11</sup> But as for me, I shall <sup>a</sup>walk in my integrity; <sup>b</sup>Redeem me, and be gracious to me.</p> <p><sup>12</sup> <sup>a</sup>My foot stands on a <sup>b</sup>level place; In the <sup>c</sup>congregations I shall bless the LORD.</p>	
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## References

<p><b>Psalm 26:1</b>  <sup>1</sup>Lit <i>Judge</i>  <sup>2</sup>Lit <i>I do not slide</i>  <sup>a</sup>Ps 7:8  <sup>b</sup>2 Kin 20:3; Prov 20:7  <sup>c</sup>Ps 13:5; 28:7  <sup>d</sup>Heb 10:23</p> <p><b>Psalm 26:2</b>  <sup>1</sup>Lit <i>kidneys</i>, figurative for inner man  <sup>a</sup>Ps 17:3; 139:23  <sup>b</sup>Ps 7:9</p> <p><b>Psalm 26:3</b>  <sup>1</sup>Or <i>faithfulness</i>  <sup>a</sup>Ps 48:9  <sup>b</sup>2 Kin 20:3; Ps 86:11</p> <p><b>Psalm 26:4</b>  <sup>1</sup>Or <i>worthless men</i>; lit <i>men of falsehood</i>  <sup>2</sup>Or <i>dissemblers, hypocrites</i>  <sup>a</sup>Ps 1:1  <sup>b</sup>Ps 28:3</p> <p><b>Psalm 26:5</b>  <sup>a</sup>Ps 31:6; 139:21</p> <p><b>Psalm 26:6</b>  <sup>a</sup>Ps 73:13  <sup>b</sup>Ps 43:3, 4</p> <p><b>Psalm 26:7</b>  <sup>1</sup>Or <i>miracles</i>  <sup>a</sup>Ps 9:1</p>	<p><b>Psalm 26:8</b>  <sup>1</sup>Lit <i>of the tabernacle of Your glory</i>  <sup>a</sup>Ps 27:4  <sup>b</sup>Ps 24:7</p> <p><b>Psalm 26:9</b>  <sup>1</sup>Lit <i>gather</i>  <sup>a</sup>Ps 28:3  <sup>b</sup>Ps 139:19</p> <p><b>Psalm 26:10</b>  <sup>a</sup>Ps 37:7  <sup>b</sup>Ps 15:5</p> <p><b>Psalm 26:11</b>  <sup>a</sup>Ps 26:1  <sup>b</sup>Ps 44:26; 69:18</p> <p><b>Psalm 26:12</b>  <sup>a</sup>Ps 40:2  <sup>b</sup>Ps 27:11  <sup>c</sup>Ps 22:22</p>
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## Targum

**Psa. 26:1** Of David. Judge me, O LORD, for I have walked in my innocence; and in the LORD I have hoped [and] trusted; I shall not be shaken. <sup>2</sup> Try me, O LORD, and prove me; purify my inmost thoughts. <sup>3</sup> Because your goodness is before my eyes, and I have walked in your truth. <sup>4</sup> I have not reclined [to dine] with lying men; and I will not enter with those who hide themselves to do evil. <sup>5</sup> I hate the gathering of evildoers, and with the wicked I will not recline [to dine]. <sup>6</sup> I will sanctify my hands by my merit, and I have gone around your altar, O LORD. <sup>7</sup> To make heard the sound of praise, and to tell of all your wonders. <sup>8</sup> O LORD, I love the dwelling of your sanctuary, and the place of your glorious tabernacle. <sup>9</sup> My soul will not gather with the sinners, nor my life with the men who shed blood. <sup>10</sup> In whose hands is the purpose of sinning; their right hands are full of bribes. <sup>11</sup> But I will go about in my innocence; redeem me and have mercy on me. <sup>12</sup> My foot stands upright; in the gathering of the righteous I will bless the LORD.

## Spiritual Awareness

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

### Introduction

This Psalm contains various desires David's lifelong aspirations: perfect innocence, purity, clarity of vision, truth, separation from evil, cleanliness, and zeal. David strived to become worthy of building the LORD's Temple in Jerusalem.

### Verse one

שָׁפְטֵנִי (shap'tawnee) – means “to judge.” The NASB uses the translation of “vindicate.” The Targum uses the translation of “judge,” which is more accurate. David asked the LORD to judge his life's actions. He wanted to build the LORD's house in Jerusalem. David knew that he had to become as pure as possible. The request is for the LORD to judge his life and determine if he was worthy of such an honor.

**Judge me, LORD, for I have walked in my integrity and have trusted in you without any doubt.**

### Verse two

David knew that he needed the aid of the LORD to attain his moral goals. Therefore, he implores the LORD to examine his soul to see if he is worthy of serving. In addition, David asks the LORD to test him to see whether he is capable of more.

**Examine me, Lord, and put me to the test to see if I can achieve more.**

Verse three

David recognized that the Sefirah Chesed was always with him. Chesed offers the lovingkindness of the LORD.

**The power of Chesed was always with me, and I have walked in your truth.**

Verse four

David said that he did not deal with people who had no conception of the deeper meaning of life because they were interested in the vanity of materialism. He also avoided dealing with people who did not believe in the LORD.

**I do not sit with materialistic only men, nor with anyone who does not believe in you.**

Verse five

David detested engaging with people who were evil or wicked.

**I have hated every gathering of wicked persons and will not be seated with the lawless.**

Verse six

Paths of divine truth are revealed and established in several ways. One prerequisite to divine truth is to not associate with people who can lead one astray from the LORD by their words or actions.

**I washed my hands in purity when I wanted to step within the circle of Your altar LORD.**



Verse seven

לִשְׂמֵעַ (lash'meea) – means “to become loud.” The construction of the word, which is missing two letters (yud and hey), denotes saying something that other persons can hear. One purpose of communal worship is to acknowledge our debt to the LORD in the presence of other people. *Lash'meea* implies that David spoke these words while in the presence of other people. He was expressing his gratitude to the LORD with other worshipers.

**May the voice of thanksgiving be heard as it tells them about your wondrous works.**

Verse eight

David wanted to build the Temple, and he expressed that desire.

**LORD, I love the chance to build Your house where your Shekinah can dwell.**

Verse nine and ten

David repeats his resolution to live such a life that his soul will not perish in sensual levity, nor will it be absorbed by crimes against his fellow-men.

**Do not take away my soul with sinners, nor my life with men who commit bloodshed, who reach out with their hands of lust, and the right hand has bribes.**

Verse eleven

David repeats verse one and repeats his request for redemption.

**But as for me, I shall walk on my integrity, redeem me with your favor.**

Verse twelve

David found firm footing when his goals of purity had been reached.

**My foot now stands on the firm foundation of purity. I go to the congregation to bless the LORD.**

## Complete Psalm Rewrite Emphasizing Spiritual Awareness

**J**udge me, LORD, for I have walked in my integrity and have trusted in you without any doubt.

Examine me, Lord, and put me to the test to see if I can achieve more.

The power of Chesed was always with me, and I have walked in your truth.

I do not sit with materialistic only men, nor with anyone who does not believe in you.

I have hated every gathering of wicked persons and will not be seated with the lawless.

I washed my hands in purity when I wanted to step within the circle of Your altar LORD.

May the voice of thanksgiving be heard as it tells them about your wondrous works.

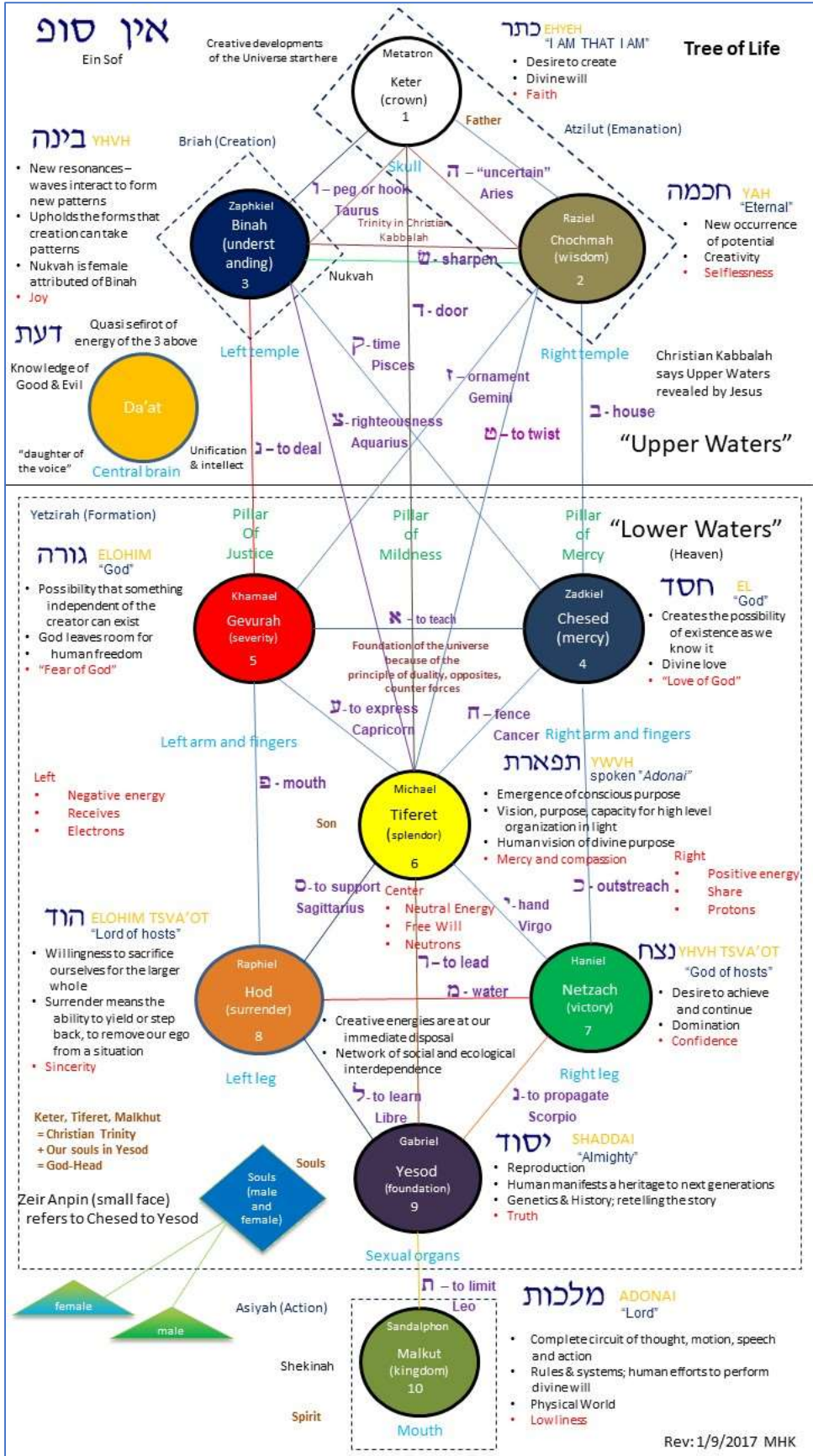
LORD, I love the chance to build Your house where your Shekinah can dwell.

Do not take away my soul with sinners, nor my life with men who commit bloodshed, who reach out with their hands of lust, and the right hand has bribes.

But as for me, I shall walk on my integrity, redeem me with your favor.

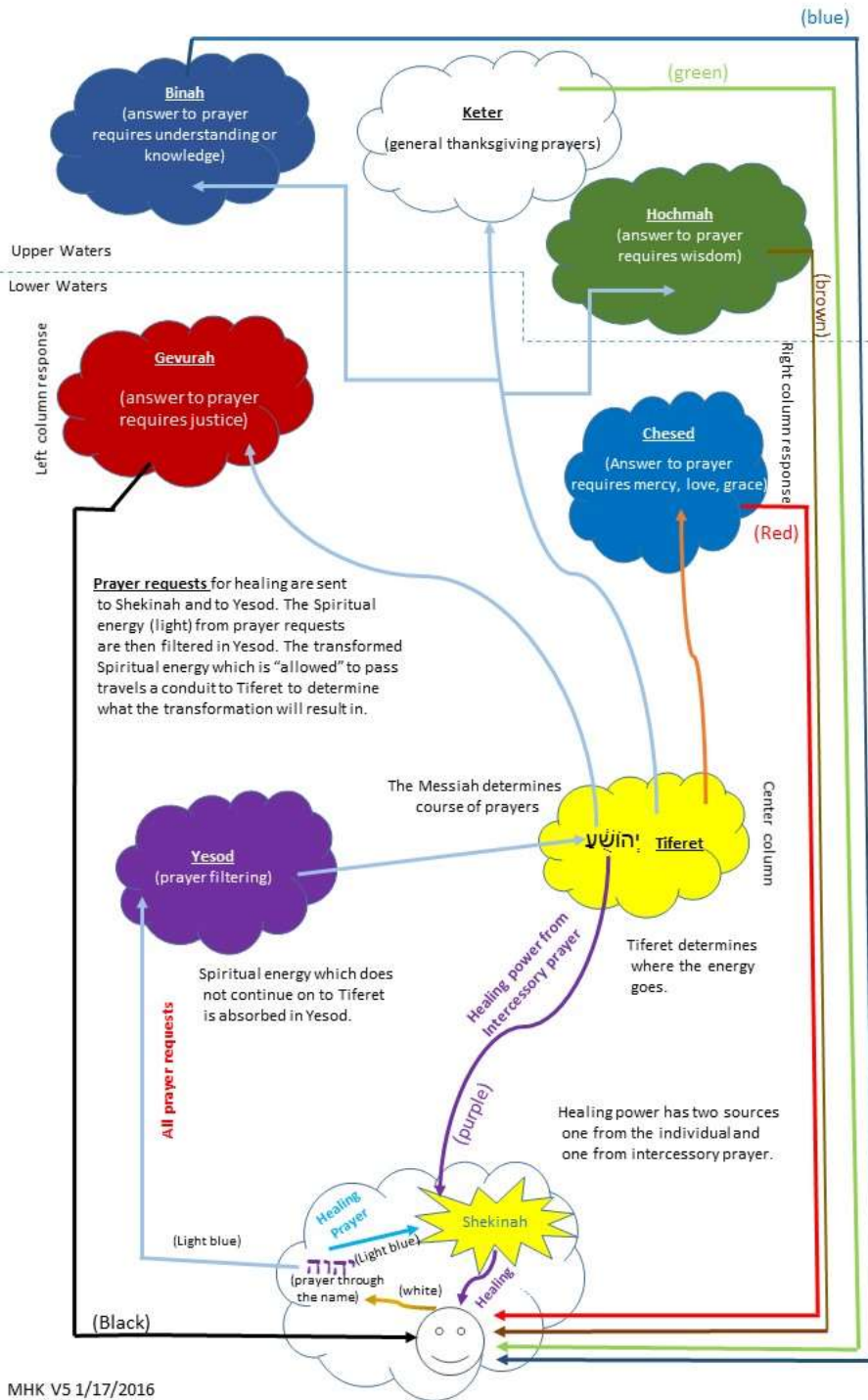
My foot now stands on the firm foundation of purity. I go to the congregation to bless the LORD.

## 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.



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## Chambers of Aba and Ima of Briyah

