

The Psalm Project

Discovering the Spiritual World through the Psalms

Psalm 90

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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 90

New American Standard 1995	Hebrew
<p>Psa. 90:0 A Prayer of [†]Moses, the man of God.</p>	<p>Psa. 90:1 תִּפְלֵה לְמוֹשֶׁה אִישׁ־הָאֱלֹהִים אֲדַנִּי מִעוֹן אֶתָּה הָיִיתָ לָנוּ בְּדָר וּדָר : 2 בְּטָרִם אֶהְרִים יִלְדוּ וְתִתּוֹלֵל אֶרֶץ וְתִבֵּל וּמַעוֹלָם עַד־עוֹלָם אֶתָּה אֵל : 3 תִּשָּׁב אֲנוֹשׁ עַד־דָּפָא וְתֹאמֶר שׁוּבוּ בְנֵי־אָדָם :</p>
<p>Psa. 90:1 Lord, You have been our ^{1a}dwelling place in all generations. ² Before ^a“the mountains were born ¹Or You ^bgave birth to the earth and the world, Even ^c“from everlasting to everlasting, You are God.</p>	<p>4 כִּי אֵלֶּךָ שָׁנִים בְּעֵינֶיךָ כַּיּוֹם אֶתְמוּל כִּי יַעֲבֹר וְאַשְׁמוּרָה בְּלִילָה : 5 זָרְמַתָּם שָׁנָה יִהְיוּ בַּבֶּקֶר כַּחֲצִיר יַחֲלֶף : 6 בַּבֶּקֶר יִצְיֵן וְחֲלָף לְעֶרֶב יִמּוּלֵל וַיִּבֶשׁ : 7 כִּי־כָלִינוּ בְּאַפְּךָ וּבַחֲמָתְךָ נִבְהַלְנוּ : 8 שֵׁתָּ [שֵׁתָּה] עוֹנֵתֵינוּ לְנִגְדֶּךָ עַל־מִנוּ לְמֵאֹר פָּנֶיךָ : 9 כִּי כָל־יָמֵינוּ פָּנוּ בְּעִבְרַתְךָ כַּלִּינוּ שָׁנֵינוּ כְּמוֹ־הַהֶגֶה : 10 יָמֵי־שָׁנוֹתֵינוּ בְּתֵם שְׂבַעִים שָׁנָה וְאִם בְּגִבּוֹרֹת אֲשִׁמוּנִים שָׁנָה וְרַהֲבָם עָמַל וְאוֹן כִּי־גִזַּח חַיִּשׁ וְנִעַפָּה : 11 מִי־יֹדַע עֹז אַפְּךָ וְכִיר־אַתָּה עֲבַרְתָּךְ : 12 לְמִנּוֹת יָמֵינוּ בֵּן הַיּוֹדַע וְנָבֵא לִבָּב חֲכָמָה : 13 שׁוֹבֵה יְהוָה עַד־מָתֵי וְהִנָּחֵם עַל־עַבְדֶּיךָ : 14 שִׁבְעֵנוּ בַּבֶּקֶר חֲסִדֶּךָ וְנִרְנָנָה וְנִשְׁמָחָה בְּכָל־יָמֵינוּ : 15</p>
<p>Psa. 90:3 You ^a“turn man back into dust And say, “Return, O children of men.” ⁴ For ^a“a thousand years in Your sight Are like ^byesterday when it passes by, ¹Or <i>as</i> a ^c“watch in the night. ⁵ You ^a“have ¹swept them away like a flood, they ^{2b}fall asleep; In the morning they are like ^c“grass which ³sprouts anew. ⁶ In the morning it ^a“flourishes and ¹sprouts anew; Toward evening it ^bfades and ^c“wITHERS AWAY.</p>	
<p>Psa. 90:7 For we have been ^a“consumed by Your anger And by Your wrath we have been ¹dismayed. ⁸ You have ^a“placed our iniquities before You,</p>	

Our ^bsecret *sins* in the light of
Your presence.

⁹ For ^aall our days have declined in
Your fury;

We have finished our years like a
¹sigh.

¹⁰ As for the days of our ¹life, ²they
contain seventy years,

Or if due to strength, ^aeighty
years,

Yet their pride is *but* ^blabor and
sorrow;

For soon it is gone and we ^cfly
away.

¹¹ Who ¹understands the ^apower of
Your anger

And Your fury, according to the
^bfear ²that is due You?

¹² So ^ateach us to number our days,
That we may ^{1b}present to You a
heart of wisdom.

Psa. 90:13 Do ^areturn, O LORD;
^bhow long *will it be?*

And ¹be ^csorry for Your servants.

¹⁴ O ^asatisfy us in the morning with
Your lovingkindness,

That we may ^bsing for joy and be
glad all our days.

¹⁵ ^aMake us glad ¹according to the
days You have afflicted us,

And the ^byears we have seen ²evil.

¹⁶ Let Your ^awork appear to Your
servants

And Your ^bmajesty ¹to their
children.

¹⁷ Let the ^afavor of the Lord our
God be upon us;

And ^{1b}confirm for us the work of
our hands;

שְׁמַחְנוּ כִּי־מָוֹת עֲנִיתָנוּ שְׁנוֹת רָאִינוּ
רָעָה : 16 יִרְאֶה אֶל־עַבְדֶּיךָ פֶּעֶלְךָ
וְתִדְרֹךְ עַל־בְּנֵיהֶם : 17 וַיְהִי אֲנֵם
אֲדָנִי אֱלֹהֵינוּ עָלֵינוּ וּמַעֲשֵׂה יְדֵינוּ
כּוֹנֵנָה עָלֵינוּ וּמַעֲשֵׂה יְדֵינוּ
כּוֹנֵנָהוּ :

Yes, ¹ confirm the work of our hands.	
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References

Psalm 90:0

[†]Deut 33:1

Psalm 90:1

¹Or *hiding place*; some ancient mss read *place of refuge*

^aDeut 33:27; Ps 71:3; 91:1; Ezek 11:16

Psalm 90:2

¹Or *And*

^aJob 15:7; Prov 8:25

^bGen 1:1; Ps 102:25; 104:5

^cPs 93:2; 102:24, 27; Jer 10:10

Psalm 90:3

^aGen 3:19; Job 34:14, 15; Ps 104:29

Psalm 90:4

¹Or *And*

^a2 Pet 3:8

^bPs 39:5

^cEx 14:24; Judg 7:19

Psalm 90:5

¹Or *flooded*

²Lit *become asleep*

³Or *passes away*

^aJob 22:16; 27:20

^bJob 14:12; 20:8; Ps 76:5

^cPs 103:15; Is 40:6

Psalm 90:6

¹Or *passes away*

^aJob 14:2

^bPs 92:7; Matt 6:30

^cJames 1:11

Psalm 90:7

¹Or *terrified*

^aPs 39:11

Psalm 90:8

^aPs 50:21; Jer 16:17

^bPs 19:12; Eccl 12:14

Psalm 90:9

¹Or *whisper*

^aPs 78:33

Psalm 90:10

¹Lit *years*

²Lit *in them are*

^a2 Kin 19:35

^bEccl 12:2-7; Jer 20:18

^cJob 20:8; Ps 78:39

Psalm 90:11

¹Or *knows*

²Lit *of You*

^aPs 76:7

^bNeh 5:9

Psalm 90:12

¹Or *gain, bring in*

^aDeut 32:29; Ps 39:4

^bProv 2:1-6

Psalm 90:13

¹Or *repent in regard to*

^aPs 6:4; 80:14

^bPs 6:3; 74:10

^cEx 32:12; Deut 32:36; Ps 106:45; 135:14; Amos 7:3, 6; Jon 3:9

Psalm 90:14

^aPs 36:8; 65:4; 103:5; Jer 31:14

^bPs 31:7; 85:6

Psalm 90:15

¹Or *as many days as*

²Or *trouble*

^aPs 86:4

^bDeut 2:14-16; Ps 31:10

Psalm 90:16

¹Or *upon*

^aDeut 32:4; Ps 44:1; 77:12; 92:4; Hab 3:2

^{b1} Kin 8:11; Is 6:3

Psalm 90:17

¹Or *give permanence to*

^aPs 27:4

^bPs 37:23; Is 26:12; 1 Cor 3:7

Targum

Psa. 90:1 The prayer that Moses the prophet of the LORD prayed when the people, the house of Israel, sinned in the wilderness. He raised his voice and thus he said: O LORD, the dwelling of whose presence is in heaven, you have been for us a helper in every generation. ² When it was manifest in your presence that your people were going to sin, you established repentance; before ever the mountains were lifted up and the earth and the world's inhabitants created, and from this age to the age to come, you are God. ³ You will return a son of man to death because of his sin; and [yet] you have said, "Repent, O sons of men." ⁴ For a thousand years in your eyes are considered in your presence like a yesterday, for it will pass; and like a watch in the night. ⁵ And if they do not repent, death will come upon them, they will be as those who are sleeping; and in the age to come, they will disappear like crumbling grass. [ANOTHER TARGUM: You made them drink the cup of cursing; they became like a drunken man in his sleep.] ⁶ Their deeds are like grass that in the morning will spring up and multiply; in the evening it fades and dries up from the heat. ⁷ For we have been destroyed by your harshness, and by your anger we have been terrified. ⁸ You have set our sins in front of you, the iniquities of our youth before the light of your face. ⁹ For all our days have been removed from your presence in your anger; we have completed the days of our lives like a vapor of the mouth in winter. ¹⁰ The days of our years in this age are seventy years, quickly passing; and if [one is] in strength, eighty years; but most of them are toil and deceit for the guilty, for they pass in haste and fly away to the morning. ¹¹ Who is he who knows how to turn back the force of your harshness? – except the righteous, who fear you, appease your anger. ¹² Who is right to teach us to number our days, except the prophet, whose heart pours forth wisdom? ¹³ Turn, O LORD – how long will you afflict us? – and turn from the harm that you commanded to do to your servants. ¹⁴ Satisfy us with your goodness in the age that is likened to a morning, and we will rejoice and be glad in all our days. ¹⁵ Gladden us like the days that you afflicted us, like the years that we saw harm. ¹⁶ Let the works of your miracles appear to your servants, and let your splendor be upon their sons. ¹⁷ And may the pleasantness of the Garden of Eden be upon us from the presence of the LORD our God, and the works of our hands will be established by him.

Spiritual Awareness

Introduction

This Psalm starts the fourth book of the Psalms. The first eleven works of the fourth book were composed by Moses. The sage Rashi explains that these Psalms were Moses's blessings on eleven tribes. Simeon was excluded from the blessings because they held an orgy (Numbers 25:1-15). The sage Radak explained that David found these eleven Psalms in an old manuscript to which the authorship of Moses had traditionally been ascribed. David decided to adapt these Psalms into his book of Psalms.

Verse five

The LORD will often allow a thousand years to stream away like raindrops on the earth. It is a process of regeneration and restoration. When it is over, there is a renewed vigor like a fresh young sprout of grass.

You let them flow away; sleep they become, but in the morning, it renews its vigor fresh as grass.

Verse 12

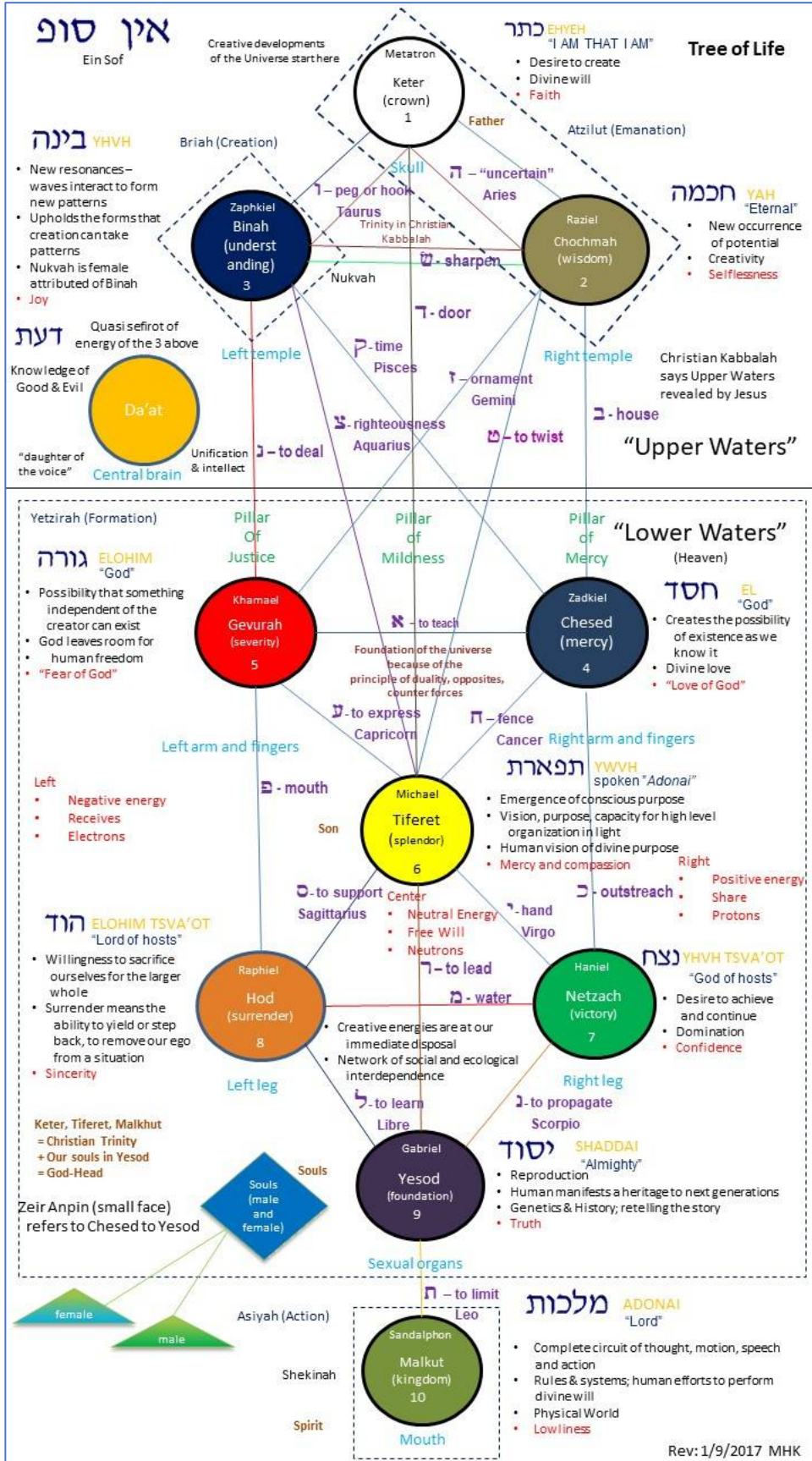
All the happiness humans can live in comes from the blissful certainty that they have lived all their years, days, hours, and minutes on earth in loyalty to the LORD.

So teach us to number our days, then we shall bring home a heart of wisdom.

Verse fourteen

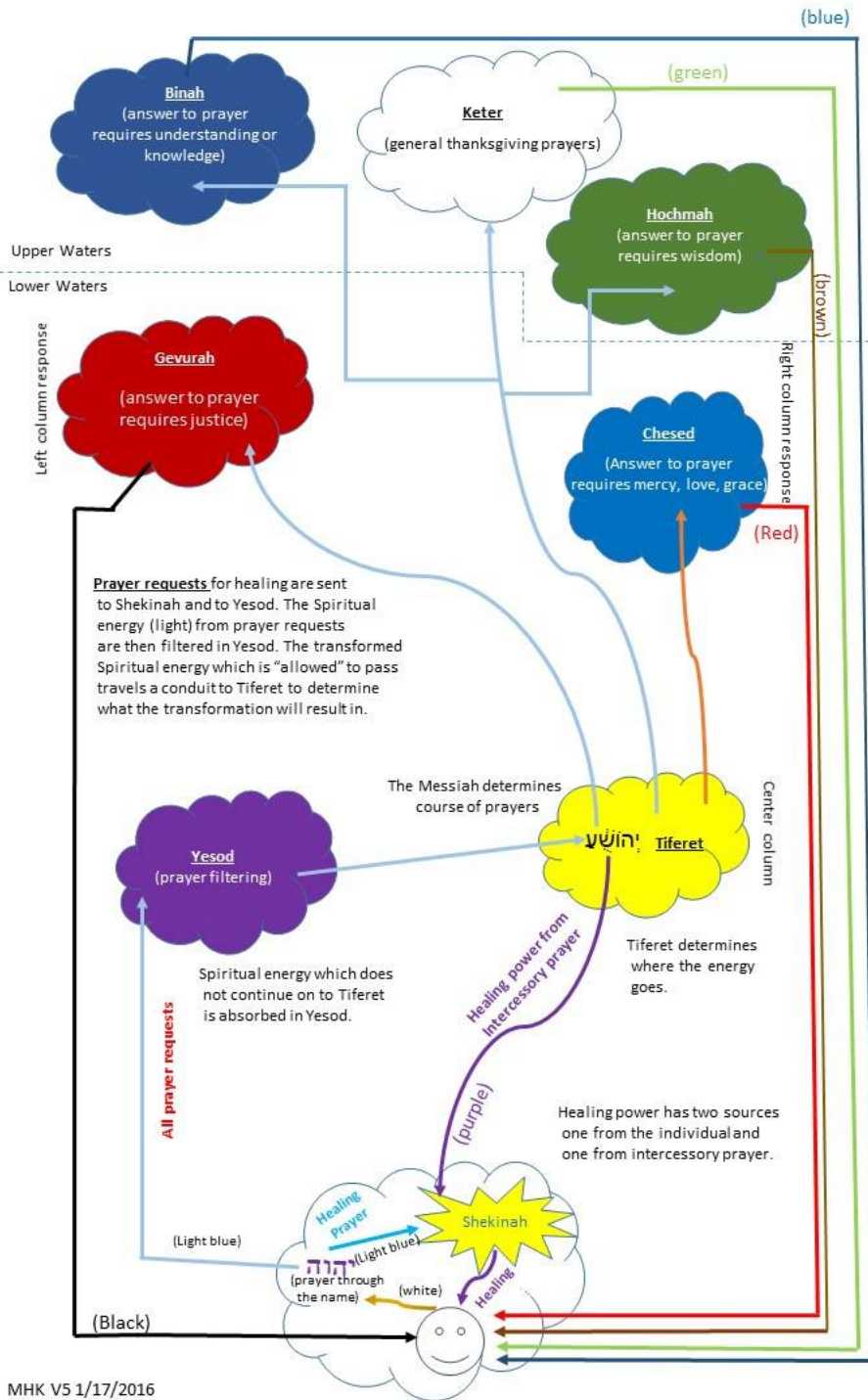
Satisfy us with the loving-kindness of the Sefirah Chesed in the morning; then, we shall exult and be glad in our days.

Appendix



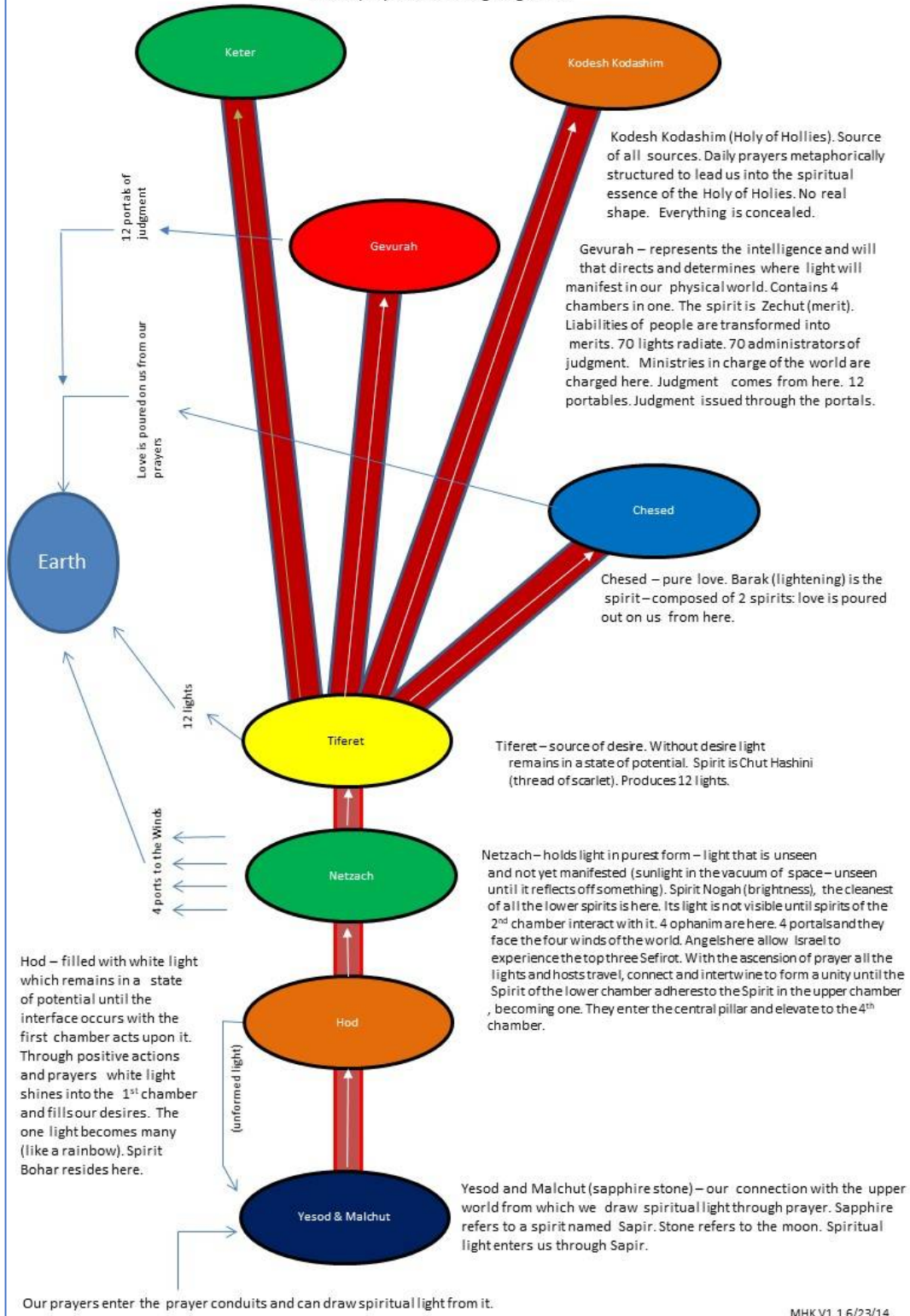
Mystical Methodology to Prayer

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

Keter: prayers of thanksgiving come



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