

1. باركي يا نفسي الرَّبَّ. أُمِّيَا الرَّبُّ إِلَهِي مَا أَعْظَمَكَ، جَلالاً وَبِهَاءً لَبِسْتَ. 2. تَغَطَّيْتَ بِالنُّورِ كَثُوبٍ، وَنَصَبْتَ السَّمَاءَ كَخَيْمَةٍ. 3. جَعَلْتَ الْمِيَاهَ سَقْفَ عَلَالِيكَ وَسَحَابَ السَّمَاءِ مَرَكَبَةً لَكَ.
- سِرْتَ عَلَى أَجْنِحَةِ الرِّيحِ، 4. وَصَنَعْتَ الرِّيحَ رُسُلَكَ وَلَهَيْبَ النَّيْرَانِ حُدَّامَكَ. 5. أَسَّسْتَ الْأَرْضَ عَلَى قَوَاعِدِهَا فَلَا تَتَزَعَّزَعُ إِلَى الْأَبَدِ. 6. كَسَوْتَهَا الْغَمَرَ لِبَاساً، وَعَلَى الْجِبَالِ أَوْقَفْتَ الْمِيَاهَ. 7. نَهَرْتَهَا فَهَرَبَتْ فِي الْحَالِ، وَابْتَعَدَتْ مِنْ صَوْتِ رَعْدِكَ. 8. صَعَدَتْ صُعُوداً إِلَى الْجِبَالِ وَنَزَلَتْ نُزولاً إِلَى الْأوديةِ، إِلَى مَوْضِعِ أَسَّسْتَهُ لَهَا. 9. رَسَمْتَ حَدًّا لَا تَتَعَدَّاهُ وَلَا تَعُودُ تُغَطِّي الْأَرْضَ. 10. تُفَجِّرُ الْينابيعَ أَنْهاراً فَتَجْرِي الْأَنْهارُ بَيْنَ الْجِبَالِ 11. لِتَسْقِي جَمِيعَ وَحُوشِ الْبَرِّ، وَبِهَا تَكْسِرُ الْفِرَاءَ عَطَشَهَا. 12. عَلَيْهَا تَسْكُنُ طُيُورُ السَّمَاءِ وَتُعْرِدُ مِنْ بَيْنِ الْأَغْصَانِ. 13. تَسْقِي الْجِبَالَ مِنْ عَلَالِيكَ، وَمِنْ ثَمَرَةِ أَعْمَالِكَ تَشْبَعُ الْأَرْضُ. 14. تُبْدِثُ الْعُشْبَ لِلْبَهَائِمِ وَالْحُضْرَةَ لِخِدْمَةِ الْبَشَرِ، فَيُخْرِجُونَ قُوتاً مِنَ الْأَرْضِ، 15. خَمراً تُفَرِّحُ قَلْبَ الْإِنْسَانِ وَزَيْتاً يَجْعَلُ وَجْهَهُ مُشْرِقاً وَخَبزاً يَسْنُدُ بِهِ قَلْبَهُ. 16. أَشْجَارُ الرَّبِّ تَشْبَعُ مَطْراً، أَرْزُ لَبْنَانَ الَّذِي غَرَسَهُ. 17. هُنَاكَ تُعَشِّشُ الْعَصَافِيرُ، وَلِلْقُلُقِ بَيْتٌ فِي السَّرْوِ. 18. لِلْوُوعُولِ جِبَالُهَا الشَّامِخَةُ، وَلِلْوَبَارِ مَلْجَأُهَا فِي الصُّخُورِ. 19. صَنَعْتَ الْقَمَرَ لِلْمَوَاعِيدِ، وَعَرَفْتَ الشَّمْسَ مَدَارَهَا. 20. جَعَلْتَ الظَّلَامَ فَكَانَ لَيْلاً، فِيهِ تَدِبُّ وَحُوشُ الْغَابِ 21. وَتَزَارُ الْأَشْجَالَ لِلْإِفْتِرَاسِ وَالتَّمَاسِ طَعَامِهَا مِنَ اللَّهِ. 22. تُشْرِقُ الشَّمْسُ فَتَنْصَرِفُ وَتَعُودُ لِتَرْبُضَ فِي مَآوِيهَا، 23. فَيُخْرِجُ الْإِنْسَانُ إِلَى عَمَلِهِ وَإِلَى شُغْلِهِ حَتَّى الْمَسَاءِ.

Psalm 104:1-23 (ESV)

1 Bless the LORD, O my soul! O LORD my God, you are very great! You are clothed with splendor and majesty, 2 covering yourself with light as with a garment, stretching out the heavens like a tent. 3 He lays the beams of his chambers on the waters; he makes the clouds his chariot; he rides on the wings of the wind; 4 he makes his messengers winds, his ministers a flaming fire. 5 He set the earth on its foundations, so that it should never be moved. 6 You covered it with the deep as with a garment; the waters stood above the mountains. 7 At your rebuke they fled; at the sound of your thunder they took to flight. 8 The mountains rose, the valleys sank down to the place that you appointed for them. 9 You set a boundary that they may not pass, so that they might not again cover the earth. 10 You make springs gush forth in the valleys; they flow between the hills; 11 they give drink to every beast of the field; the wild donkeys quench their thirst. 12 Beside them the birds of the heavens dwell; they sing among the branches. 13 From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work. 14 You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth 15 and wine to gladden the heart of man, oil to make his face shine and bread to strengthen man's heart. 16 The trees of the LORD are watered abundantly, the cedars of Lebanon that he planted. 17 In them the birds build their nests; the stork has her home in the fir trees. 18 The high mountains are for the wild goats; the rocks are a refuge for the rock badgers. 19 He made the moon to mark the seasons; the sun knows its time for setting. 20 You make darkness, and it is night, when all the beasts of the forest creep about. 21 The young lions roar for their prey, seeking their food from God. 22 When the sun rises, they steal away and lie down in their dens. 23 Man goes out to his work and to his labor until the evening.