

# Psalm 126

Contributed by [Joseph Zitt](#)

Source: Traditional

שִׁיר הַמַּעֲלוֹת

בְּשׁוּב ה' אֶת שִׁיבַת צִיּוֹן הָיִינוּ כְּחֹלְמִים  
אֲזַי מָלֵא שְׁחֹק פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה  
אֲזַי יִאמְרוּ בְּגוֹיִם הַגְּדִיל ה' לַעֲשׂוֹת עִם אֵלֶּה  
הַגְּדִיל ה' לַעֲשׂוֹת עִמָּנוּ הָיִינוּ שִׂמְחִים  
שׁוֹבָה ה' אֶת שְׁבִיתֵנוּ: כִּאֲפִיקִים בְּנֶגֶב  
הַזְרָעִים בְּדִמְעָה בְּרִנָּה יִקְצְרוּ:  
הַלֹּךְ יֵלֵךְ וּבָכָה נִשְׂא מִשֶּׁךְ הַזָּרַע  
בֹּא יבֹא בְרִנָּה נִשְׂא אֲלֻמֹּתָיו

*Shir hama'alot,*

*b'shuv Adonai et shivat Tziyon hayinu k'khol'mim.*

*Az yimaley s'khok pinu, ul'shoneynu rinah.*

*Az yom'ru vagoyim: Higdil Adonai la'asot im eyleh.*

*Higdil Adonai la'asot imanu, hayinu s'meykhim.*

*Shuvah Adonai et sh'viteynu ka'afikim baNegev.*

*Ha-zor'im b'dimah b'rinah yiktzoru.*

*Halokh yeyleykh uvakhoh, nose y meshekh ha-zara,*

*bo yavo v'rinah, nose alumotav.*

A Song for Going Upward:

When the Lord restored the fortunes of Zion,  
we were like those who dreamed.

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

Then it was said among the nations,  
"The Lord has done great things for them."

The Lord has done great things for us,  
and we are filled with joy.

Restore our fortunes, Lord,  
like streams in the Negev.

Those who sow with tears  
will reap with songs of joy.

Those who go out weeping,  
carrying seed to sow,

will return with songs of joy,  
carrying sheaves with them.