

Niggun 026a - Shir HaMalot (Psalm 126) - Melody 2

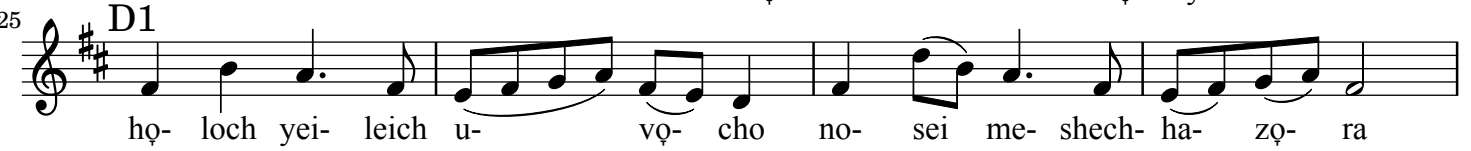
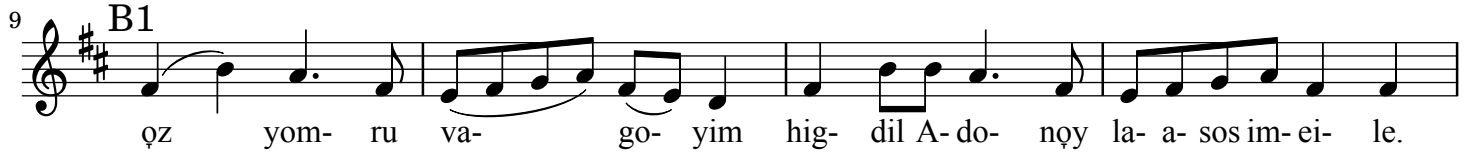
Jewish Folk Song, for Birkat Hamazon (Grace After Meals) on Shabbat and Festivals

Transliteration Style: Tehillat Hashem English

Arranged by Amichai Andy Rosenbaum | Sivan 5786 / May 2026 | v01 | B"H

A1

$\text{♩} = 100$



A song of ascents. When Hashem will return
 the exiles of Zion, we will have been like dreamers.
 Then our mouth will be filled with laughter,
 and our tongue with songs of joy;
 then will they say among the nations,
 'Hashem has done great things for these.'
 Hashem has done great things for us;
 we were joyful.
 Hashem, return our exiles
 as streams to arid soil.
 Those who sow in tears
 will reap with songs of joy.
 He goes along weeping,
 carrying the bag of seed;
 he will surely return with songs of joy,
 carrying his sheaves.

שיר המעלות בשוב יי
 אֶת־שִׁיבַת צִיּוֹן הָיִינוּ כְּחֹלְמִים:
 אֲזַיְמָלֵא שְׂחֹק פִּינוּ
 וְלִשׁוֹנֵנוּ רִנָּה
 אֲזַיֹּאמְרוּ בְּגוֹיִם
 הַגִּדִּיל יי לַעֲשׂוֹת עִם־אֱלֹהִים:
 הַגִּדִּיל יי לַעֲשׂוֹת עִמָּנוּ
 הָיִינוּ שְׂמֵחִים:
 שׁוּבָה יי אֶת־שְׁבִיתֵנוּ
 כַּאֲפִיקִים בְּנֶגֶב:
 הַזֹּרְעִים בְּדִמְעָה
 בְּרִנָּה יִקְצְרוּ:
 הַלֹּוֹד יֵלֵךְ וּבֹכָה
 נוֹשֵׂא מִשָּׂךְ־הַזֶּרַע
 בְּאֵיבָה בְּרִנָּה
 נוֹשֵׂא אֲלֻמֹּתָיו: