

Niggun 026c - Shir HaMalot (Psalm 126) - Melody 4

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 / June 2026 | v01 | B"H

A1

$\text{♩} = 120$



shir ha-ma'a-los b'- shuv A-do- noy es-shi- vas tzi- yon ho- yi- nu k'- chol'- mim.

5 A2



oz yi- mo- lei s'chok pi- nu ul'- sho- nei- nu ri- no.

9 B1



oz yom- ru va- go- yim hig- dil A- do- noy la- a- sos im- ei- le.

13 B2



hig- dil A- do- noy la- a- sos i- mo- nu ho- yi- nu s'- mei- chim.

17 C1



shu- vo A- do- noy es- sh'- vi- sei- nu ka- a- fi- kim ba- ne- gev.

21 C2



ha- zo- r'im b'- dim- o b'- ri- no yik- tzo- ru.

25 D1



ho- loch yei- leich u- vo- cho no- sei me- shech- ha- zo- ra

29 D2



bo- yo- vo v'- ri- no no- sei a- lu- mo- sov.

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 בשׁוֹב יי
אֶת־שִׁבַּת צִיּוֹן הֵינּוּ כְּחֹלְמִים:
אֶז יִמְלֵא שְׂחֹק פִּינוּ
וּלְשׁוֹנֵנוּ רִנָּה
אֶז יֹאמְרוּ בְּגוֹיִם
הַגְּדִיל יי לַעֲשׂוֹת עִם־אֲלֹהֵי:
הַגְּדִיל יי לַעֲשׂוֹת עִמָּנוּ
הֵינּוּ שְׂמֵחִים:
שׁוֹבָה יי אֶת־שְׁבִיתֵנוּ
כְּאֶפְרַיִם בְּנֹגֵב:
הַזֹּרְעִים בְּדִמְעָה
בְּרִנָּה יִקְצְרוּ:
הַלֹּדֶת יֵלֵד וּבִכָּה
נִשְׂא מִשָּׂדֶה הַזֶּרַע
בְּאֵיבָה בְּרִנָּה
נִשְׂא אֶלְמֹתָיו: