



# Psalm 144:4

*Mizmor Qof-Mem-Dalet, pasuk Dalet*

אָדָם לְהֵבֶל דָּמָה יָמָיו כְּצֶל עוֹבֵר:

*The Vanity of Natural Life...*

עוֹבֵר	כְּצֶל	יָמָיו	דָּמָה	לְהֵבֶל	אָדָם
oh'-veir'	ke'-tzel'	yah'-mahv'	dah'-mah'	la'-he'-vel	ah'-dahm'
עָבַר - v "pass over, pass, go by" qal partic active ms עָבַר	כּ - "like, as, accord- ing to" צֶל - n ms "shadow, shade"	יָוֶם - n "day, time" mpl cstr יָוֶם - 3mpl cstr sfx יָוֶם	דָּמָה - v "be like, resemble, compare" qal prf 3ms דָּמָה	לְ - px "to/for" הַ - "the" הֶבֶל - n ms "vapor, vanity, breath, nothing emptiness"	אָדָם - n ms abs "mankind, man, person" fr> אָדָם - v "grow red"
his days are like a shadow that passes			a man is like a vapor		

אָדָם לְהֵבֶל דָּמָה יָמָיו כְּצֶל עוֹבֵר:

"Man is like a breath;  
his days are like a passing shadow" (Psalm 144:4)

ἄνθρωπος ματαιότητι ὡμοιώθη  
αἱ ἡμέραι αὐτοῦ ὡσεὶ σκιά παράγουσιν (LXX)

*Sefer Tehillim:*

אָדָם לְהֵבֶל דָּמָה  
יָמָיו כְּצֶל עוֹבֵר



For audio, see the Hebrew for Christians website.



**Psalm 144:4**

אָדָם לְהֶבֶל דְּמָה  
a man is like a breath.

יָמָיו כְּצֵל עוֹבֵר:  
his days are like a shadow  
that passes.