Ko ngā Waiata

PUKAPUKA 1

1

(Waiata 1–41)

Ngā Ara e Rua

1 Ka hari te tangata kāhore nei,
e haere i te whakaaro o te tangata kino,
ā, kāhore e tū i te ara o te hunga hara,
kāhore anō e noho i te nohoanga o te hunga whakahī.
2 Engari ko te Ture a Ihowā tāna e whakaahuareka ai;
kei tōna ture ōna whakaaro i te ao, i te pō.
3 E rite hoki ia ki te rākau
i whakatōkia ki te taha o ngā awa wai,
e whai hua nei i te pō e hua ai;
e kore tōna rau e memenge;
ā, ka pono āna mea katoa e mea ai ia.

4 E kore e pērā ngā tāngata kino;
engari, ka rite ki te pāpapa e āia ana e te hau.
5 Āe rā, e kore e tū te hunga kino i te whakawākanga,
me te hunga hara i te whakaminenga o te hunga tika.
6 E mātau ana hoki a Ihowā ki te ara o te hunga tika;
ko te ara ia o te hunga kino e ngaro.

2

Te Kīngi i Whiriwhiria e Ihowā

1 He aha ka nana ai ngā tauiwi,
ka whakaaro horihori ai ngā iwi?
2 Whakatika mai ana ngā kīngi o te whenua,
rūnanga tahi ana ngā ariki,
ki te whawhai ki a Ihowā,
ki tāna tangata hoki i whakawahi ai; me te kī anō,
3 “Kia motumotuhia e tātou ā rāua here,
kia ākiritia ā rāua taura i a tātou.”

4 Ko ia kei te rangi e noho ana, ka kata ia;
ka whakahī te Ariki ki a rātou.
5 Nā, ka kōrero ia ki a rātou me te riri anō;
ka tino weriweri hoki, ka whakaohorere i a rātou,
6 “Ahakoa rā ka whakawahia e ahau tāku kīngi
ki runga ki tāku maunga tapu, ki Hiona.”

7 Māku e whakapuaki te kupu:
Kua mea a Ihowā ki ahau, “Ko koe tāku tama,
nōnāianei koe i whakatupuria ai e ahau.
8 Īnoi ki ahau, ā, ka hoatu e ahau ki a koe ngā tauiwi hei kāinga mōu,
me ngā tōpito o te whenua hei nohoanga tupu mōu.
9 Ka wāwāhi koe i a rātou ki te whiu rino,
mongamonga noa rātou i a koe, ānō he oko nā te kaihanga rīhi.”

10 Nā, kia mahara rā, e ngā kīngi;
kia ākona, e ngā kaiwhakawā o te whenua.
11 Mahi atu ki a Ihowā i runga i te wehi,

kia hari me te wiri.
12 Kihia te tama kei riri ia,
ā, ka mate koutou i te ara,
ka hohoro tonu hoki te mura o tōna riri.

Ka hari katoa te hunga e whakawhirinaki ana ki
a ia.

3

Te Whakawhirinaki ki Ihowā i te Wā Kōarotanga
He hīmene nā Rāwiri, i tōna omanga atu i tāna tama i a Apohārama.

1 E Ihowā, anō te tini o ōku hoariri,
he tokomaha te hunga e whakatika mai ana
ki ahau.
2 He tokomaha te mea ana ki tōku wairua,
“Hore rawa he whakaoranga mōna i te
Atua.”
Hera

3 Ko koe ia, e Ihowā, hei whakangungu rākau
mōku,
hei korōria mōku, hei kaiwhakaara i tōku
mātenga.
4 I karanga, tōku reo ki a Ihowā;
ā, whakahoki kupu mai ana ia ki ahau i tōna
maunga tapu.
Hera

5 I takoto ahau, i moe;
i ara ake anō; nā Ihowā hoki ahau i
whakamau ake.
6 E kore ahau e mataku i ngā mano tini o te iwi,
kua whakatika mai nei ki ahau karapoti noa.

7 Whakatika, e Ihowā;
whakaorangia ahau, e tōku Atua!
Nāu hoki i patu te kauae o ōku hoariri katoa;
mangungu noa i a koe ngā niho o te hunga kino.

8 Nā Ihowā te whakaoranga.
Kei runga i tāu iwi tāu manaaki.
Hera

4

He Īnoi i te Ahiahipō mō te Āwhina
Ki te tino kaiwhakatangi Nekinoto. He hīmene nā Rāwiri.

1 Whakahokia mai he kupu ki ahau,
e te Atua o tōku tika, ina karanga ahau.
I ahau i te pōuri i whakaputaina ahau e koe;
kia atawhai ki ahau, whakarongo ki tāku īnoi.

2 E ngā tama a te tangata,
kia pēhea te roa o tā koutou mea i tōku korōria hei whakamā,
o tā koutou aroha ki te horihori,
o tā koutou whai i te teka?
Hera
3 Otiia kia mōhio koutou he mea momotu kē nā Ihowā te tangata tapu māna;
e whakarongo a Ihowā ua karanga ahau ki a ia.

4 Kia oho koutou, ā, kaua e hara;

kōrerorero ki ō koutou ngākau i runga i ō
koutou moenga,
me te āta takoto anō.
Hera
5 Patua ngā whakahere o te tika,
me te okioki anō ki a Ihowā.

6 He tokomaha te mea ana, “Mā wai e whakakite
te pai ki a mātou?
Kia ara, e Ihowā, te mārama o tōu mata ki
runga ki a mātou.”
7 Hira ake te hari i hōmai e koe ki roto ki tōku
ngākau
i tō rātou i te wā i hua ai ā rātou wīti, tā rātou
wāina.

8 Ka takoto mārire ahau, ā, moe tonu iho;
ko koe anake hoki, e Ihowā,
hei mea kia au tōku noho.

5

He Īnoi mō te Whakangungu

Ki te tino kaiwhakatangi Nehiroto. He hīmene
nā Rāwiri.
1 Tahuri tōu taringa, e Ihowā, ki āku kupu,
kia mōhio koe ki tōku whakaaroaronga.
2 Whakarongo ki te reo o tāku karanga,
e tōku Kīngi, e tōku Atua,
he īnoi hoki tāku ki a koe.
3 E rongo koe ki tōku reo, e Ihowā, i te ata;
i te ata ka whakatikaia atu e ahau tāku īnoi
ki a koe,
ā, ka titiro matatau atu.

4 Ehara hoki koe i te Atua e pai ana ki te hara,

e kore te kino e noho ki a koe.
5 E kore te hunga wairangi e tū ki tōu aroaro;
e kinongia ana e koe ngā kaimahi katoa i te kino.
6 E ngaro i a koe te hunga kōrero teka;
e whakarihariha ana a Ihowā
ki te tangata toto, ki te tangata hīanga.

7 Ko ahau ia ka haere i runga i te tini
o āu atawhai ki tōu whare;
ka koropiko ki te ritenga o tāu temepara tapu,
me te wehi anō ki a koe.
8 E Ihowā, ārahina ahau i runga i tōu tika,
he hoariri hoki ōku;
whakatikaia tāu ara i mua i ahau.

9 Kāhore hoki he pono i ō rātou māngai;
he kino kau a roto i a rātou;
he urupā puare noa ō rātou korokoro;
e patipati ana ō rātou arero.
10 Whakataua te hara ki a rātou, e te Atua;
kia hinga rātou i ō rātou whakaaro.
Peia atu rātou me ā rātou tini mahi tutū;
mō rātou i whakakeke ki a koe.

11 Nā, kia hari katoa te hunga e whakawhirinaki ana ki a koe.
Kia hāmama tonu rātou i te koa,
mō rātou e hīpokina nei e koe;
ā, kia whakamanamana ki a koe te hunga e aroha ana ki tōu ingoa.
12 Nō te mea ka manaakitia e koe, e Ihowā, te tangata tika;
me he whakangungu rākau te manako e karapotia ai ia e koe.

6

He Īnoi mō te Whakaoranga i te Mate Taumaha
Ki te tino kaiwhakatangi: Nekinoto, he mea Heminiti. He hīmene nā Rāwiri.
1 E Ihowā, kaua e whakatūpehupehu mai ki
ahau, ina riri koe,
kaua anō ahau e pākia ina ārita mai koe.
2 E Ihowā, tohungia ahau, he ngoikore hoki
ahau;
rongoātia ahau, e Ihowā, e ohooho ana hoki
ōku wheua.
3 E ohooho noa iho ana hoki tōku wairua;
ko koe ia, e Ihowā, kia pēhea atu te roa?

4 Hoki mai, e Ihowā, kia mawhiti atu tōku
wairua;
kia mahara ki tōu aroha, ā, whakaorangia
ahau.
5 Kāhore hoki he mahara ki a koe ina mate;
ko wai hei whakawhetai ki a koe i roto i te
rēinga?

6 Māuiui iho ahau i tōku auētanga;
e manu ana tōku moenga i ahau ā pau noa
te pō;
e whakamākūkūria ana e ahau
tōku takotoranga ki ōku roimata.
7 Pakoko kau tōku kanohi i te tangi;
kua koroheke haere i ōku hoariri katoa.

8 Mawehe atu i ahau, e ngā kaimahi katoa i te
kino;
kua rongo nei hoki a Ihowā i te reo o tāku
tangi.

9 Kua rongo a Ihowā ki tāku īnoi;
ka manako a Ihowā ki tāku karakia.
10 Ka whakamā, ka pōkaikaha noa iho ōku hoariri katoa;
ka hoki rātou, ka pā whakarere atu te whakamā.

7

He Īnoi Āwhina mō ngā Tūkino a ngā Kaiwhakawhiu

He Hikaiono nā Rāwiri, tāna i waiata ai ki a Ihowā mō ngā kupu a Kuhu Pineamine.

1 E Ihowā, e tōku Atua, kei a koe tōku whakawhirinakitanga;
kia ora ahau i te hunga katoa e aru ana i ahau,
kia mawhiti atu hoki ahau;
2 kei haehae ia i tōku wairua, ānō he raiona,
ā, tītaritari noa, i te mea kāhore he kaiārai.

3 E Ihowā, e tōku Atua, ki te mea nāku tēnā mahi,
ki te mea he hara kei ōku ringa;
4 ki te mea i whakahokia e ahau he kino ki te tangata kua mau nei tā māua rongo;
i whakaora nei hoki ahau i te tangata i kino noa mai ki ahau;
5 kia arumia tōku wairua e te hoariri, ā, kia mau;
kia takahia hoki tōku ora e ia ki te whenua,
kia whakatakotoria anō tōku korōria ki te puehu.

Hera

6 E Ihowā, whakatika, kia riri koe, ara ake,

e nanā nei hoki ōku hoa whawhai;
kia oho ake hoki koe mōku; kua kīia e koe te whakawā.
7 Tukua kia karapotia koe e te whakaminenga o ngā iwi;
mā runga atu i a rātou tōu hokinga atu ki runga.
8 Ko Ihowā e whakarite whakawā ana mō ngā iwi;
kia rite, e Ihowā, tāu whakawā mōku ki tāku mahi tika,
ki te tapatahi hoki o ōku whakaaro.
9 Kia whakamutua te kino o te hunga kino;
whakaūkia hoki te tangata tika;
e whakamātautau ana hoki te Atua tika i ngā ngākau,
i ngā whatumanawa.

10 Kei te Atua tōku whakangungu rākau,
māna e whakaora te hunga ngākau tika.
11 He kaiwhakawā tika te Atua, āe rā,
he Atua e riri ana i tēnei rā, i tēnei rā.
12 Ki te kore tētahi e tahuri,
ka whakakoia e ia tāna hoari;
kua whakapikoa e ia tāna kōpere,
ā, oti rawa te whakapai.
13 Oti rawa anō āna mea whakamate te whakapai e ia;
kua meinga e ia āna pere ānō he ahi.

14 Nanā, he kino te mea e whakamamae nei ia;
he whanokē te mea i hapū ki roto ki a ia,
ā, whānau ake he teka.
15 I pokaia e ia he poka, he mea keri nāna,

taka iho ia ki roto ki te rua i mahia e ia.
16 Ka hoki tōna whanokē ki tōna mātenga,
ā, ka tau iho tāna tūkino ki tōna tumuaki.

17 Ka rite ki tōna tika tāku whakamoemiti ki a
Ihowā,
ka hīmene atu hoki ahau ki te ingoa o
Ihowā, o te Runga Rawa.

8

Te Korōria o te Atua me te Mana o te Tangata
Ki te tino kaiwhakatangi: Kititi. He hīmene nā
Rāwiri.

1 E Ihowā, e tō mātou Ariki,
anō te nui o tōu ingoa i te whenua katoa!

Pakū ana i a koe tōu korōria ki runga ake i ngā
rangi!
2 Ū pū i a koe te kaha o te māngai o ngā
kōhungahunga,
o ngā mea ngote ū hei mea mō ōu hoariri,
hei pēhi mō te hoariri, mō te kairapu utu.

3 Ka titiro ahau ki āu rangi,
ki te mahi a ōu maihao,
ki te marama, ki ngā whetū,
i hangā nei e koe;
4 he aha te tangata i maharatia ai e koe,
te tama rānei a te tangata i tirohia ai ia e
koe?
5 Nohinohi nei te wāhi i whakaititia iho ai ia e
koe i te Atua,

karaunatia ana ia e koe ki te korōria, ki te
hōnore.

6 Waiho iho e koe hei kīngi mō ngā mahi a ōu
ringa;
kua waiho e koe ngā mea katoa i raro i ōna
waewae;
7 ngā hipi katoa, ngā pūru,
me ngā kīrehe katoa o te pārae;
8 te manu o te rangi, me te ika o te moana,
e tere nei i ngā ara o ngā moana.

9 E Ihowā, e tō mātou Ariki,
anō te nui o tōu ingoa i te whenua katoa!

9

Te Kaha me te Tika o te Atua
Ki te tino kaiwhakatangi: Muturapena. He
hīmene nā Rāwiri.
1 Ka whakapaua tōku ngākau ki te
whakamoemiti ki a Ihowā,
ka kōrerotia e ahau āu mahi whakamīharo
katoa.
2 Ka koa ahau, ka whakamanamana ki a koe,
ka hīmene atu ki tōu ingoa, e te Runga Rawa.

3 I te hokinga whakamuri o ōku hoariri,
tūtuki ana rātou, ngaro iho i tōu aroaro.
4 Nāu hoki i whakatika āku kōrero me tōku
whakawā;
i runga koe i te torōna e noho ana, e
whakarite tika ana.

5 Kua whakatūpehupehu koe ki ngā tauiwi,

hunā ana e koe te tangata kino,
horoia atu ana tō rātou ingoa ake ake.
6 Ko te hoariri, mutu pū rātou, he ngaromanga
oti tonu iho;
ā, ko ngā pā i hunā e koe,
ngaro whakarere tō rātou
whakamaharatanga.

7 Ko Ihowā ia noho tonu hei kīngi, ake, ake;
kua whakapaia e ia tōna torōna mō te
whakawā.
8 Ā, e whakarite ia mō te ao i runga i te tika,
ka whakatakoto tikanga mō ngā iwi i runga
i te pono.

9 Hei pā teko anō a Ihowā mō te tangata e
tūkinotia ana,
hei pā teko i ngā wā o te hē.
10 Ā, ka whakawhirinaki ki a koe te hunga e
mātau ana ki tōu ingoa;
nō te mea e kore e whakarērea e koe,
e Ihowā, te hunga e rapu ana i a koe.

11 Hīmene ki a Ihowā e noho nei i Hiona.
Whakapuakina i waenganui ngā iwi āna
mahi.
12 Ka whakataki toto ia, ka mahara ia ki a rātou;
kāhore e wareware i a ia te karanga a te
hunga iti.

13 Tohungia ahau, e Ihowā;
titiro ki tōku mate i te hunga e kino ana ki
ahau,

e te kaiwhakaara i ahau i ngā tatau o te
mate;
14 kia whakakitea katoatia ai e ahau
ōu whakamoemiti i ngā tatau o te tamāhine
o Hiona;
ka hari ahau ki tāu whakaoranga.
15 Kua tapoko ngā tauiwi ki te rua i keria e rātou;
kua mau tō rātou waewae i roto i te kupenga
i hunā e rātou.
16 Kua mātauria a Ihowā ki te whakawā e
whakaritea ana e ia;
he māhanga mō te tangata kino te mahi a
ōna ringa.
Hikaiono. Hera.
17 Ka hoki ngā tāngata kino ki te rēinga,
arā ngā iwi katoa e wareware ana ki te Atua.
18 E kore hoki e warewarea tonutia te tangata
rawakore;
e kore e taka tonu tā te hunga iti i tūmanako
atu ai.

19 E ara, e Ihowā, kei riro i tā te tangata;
kia whakawākia ngā tauiwi i tōu aroaro.
20 E Ihowā, meinga rātou kia wehi;
kia mātau ngā tauiwi he tangata nei anō
rātou.
Hera

10

He Īnoi mō te Hunga e Tāmia ana

1 He aha koe ka tū mai ai i tawhiti, e Ihowā?
Ka whakangarongaro ai i ngā wā o te hē?

2 E whakakake ana te tangata kino, e tūkino ana i
te tangata iti –
kia hopukina rātou ki ngā whakaaro i
whakaaro ai rātou.
3 E whakapehapeha ana hoki te tangata kino ki
te hiahia o tōna ngākau,
ā, ko te hunga apo taonga, e whakakāhore
ana,
āe rā, e whakahāwea ana ki a Ihowā.
4 Ka mea te tangata kino, i te whakapehapeha o
tōna mata,
“E kore e hiahiatia e ia.”
Kei roto i ōna whakaaro katoa e mea ana,
“Kāhore he Atua.”

5 Whanokē tonu ōna ara i ngā wā katoa;
kei runga noa ake āu whakaritenga tē kitea
e ia,
he mea whakatūpererū e ia ōna hoariri
katoa.
6 E mea ana i roto i tōna ngākau, “E kore ahau e
whakakorikoria.
Kāhore hoki he hē mōku ā ngā
whakatupuranga katoa.”

7 Kī tonu tōna māngai i te kanga, i te hīanga, i te
tūkino;
kei raro i tōna arero te whanokē me te teka.
8 E noho ana ia, e whanga ana i ngā pā koraha;
e kōhurutia ana e ia te hunga harakore i ngā
wāhi ngaro.

E matatau ana ōna kanohi ki te hunga rawakore.
9 E whanga puku ana ia me he raiona i tōna
kuhunga;

e whanga ana kia hopukia te tangata iti;
e hopukia ana e ia te tangata iti, ua kūmea
ki tāna kupenga.

10 Kūpapa ana ia, piko ana,
hinga ana te hunga rawakore i āna mea
kaha.
11 E mea ana i roto i tōna ngākau, “Ka wareware
te Atua,
e huna ana ia i tōna mata e kore ia e kite ake
tonu atu.”

12 Whakatika, e Ihowā, e te Atua, tākiritia tōu
ringa;
kaua e wareware ki te hunga iti.
13 He aha te tangata kino ka whakahāwea ai ki te
Atua.
Kua mea ia i roto i tōna ngākau,
“E kore tēnei e whakatakina e koe”?

14 Kua kite koe; e tirohia nei hoki e koe
te whanokē me te whakatoi, ā, ka utua e tōu
ringa.
E tuku ana te rawakore i a ia anō ki a koe;
ko koe hei tuarā mō te pani.

15 Whatia e koe te ringa o te tangata kino;
tēnā ko te tangata nanakia, whakatakina
tōna kino,
kia kāhore rā anō e kitea e koe.
16 Ko Ihowā te Kīngi ake ake
kua kāhore kē ngā tauiwi i tōna whenua.

17 E Ihowā, kua whakarongo koe ki te hiahia o te
hunga whakaiti;
māu anō ō rātou ngākau e whakapai,
ka tahuri anō tōu taringa ki te whakarongo;
18 ki te whakawā mō te pani, mō te tangata e
tūkinotia ana,
kei whakamataku ā mua ake te tangata o te
whenua.

11

He Whakamanawatanga i roto i a Ihowā
Ki te tino kaiwhakatangi. Nā Rāwiri.
1 Ko Ihowā tāku e whakawhirinaki ai;
he aha koutou ka mea ai ki tōku wairua,
“Rere ā-manu atu ki tō koutou maunga?
2 Nanā, kua whakapikoa te kōpere e te hunga
kino,
e whakatikaia ana ā rātou pere ki te aho,
hei perenga pukutanga mā rātou ki te hunga
ngākau tika.
3 Ki te wāwāhia ngā tūranga ake,
me pēhea te tangata tika?”

4 Kei tōna temepara tapu a Ihowā,
kei te rangi te torōna o Ihowā.
E titiro ana ōna kanohi,
e whakamātautau ana ōna kamo i ngā tama
a te tangata.
5 E whakamātautau ana a Ihowā i te tangata tika;
ā, e kinongia ana e tōna wairua te tangata
kino me te tangata
e aroha ana ki te tutū.

6 Ka uaina e ia ki runga ki te hunga kino he
māhanga,
he ahi, he whānāriki, he āwhā tuai kerekere;
ko te wāhi tēnā mō tō rātou kapu.

7 Nō te mea he tika a Ihowā,
e aroha ana ki te tika;
ka kite te hunga tika i tōna kanohi.

12

He Īnoi mō te Āwhina i ngā Wā Kino

Ki te tino kaiwhakatangi: Heminiti. He hīmene nā Rāwiri.

1 Whakaorangia, e Ihowā;
ka mutu hoki ngā tāngata tapu;
ka taweke atu te hunga pono i roto i ngā
tama a te tangata.
2 E kōrero teka ana rātou tētahi ki tētahi;
he ngutu patipati, he ngākau rua ō rātou ina
kōrero.

3 Ka hātepea e Ihowā ngā ngutu patipati katoa,
me te arero e kōrero whakapehapeha ana;
4 e mea nei, “Mā ō tātou arero tātou ka kake ai;
nō tātou anō ō tātou ngutu, ko wai hei ariki
mō tātou?”

5 “Mō te tūkinotanga i te hunga iti, mō te auē a te
hunga rawakore,
ka whakatika ahau āianei,” e ai tā Ihowā,
“Ka whakanohoia ia e ahau ki te wāhi e ora ai ia
i ngā tāngata e whakatūpererū ana ki a ia.”
6 He kupu parakore ngā kupu a Ihowā;

he hiriwa i whakakorea nei te para i roto i
te oumu whenua,
he mea tuku whitu.

7 Ka tiakina rātou e koe, e Ihowā,
ka whakaorangia rātou i tēnei
whakatupuranga ake tonu atu.
8 E hāereere noa ana ngā tāngata kino i tētahi
taha, i tētahi taha,
i te mea e whakateiteitia ana te kino i roto i
ngā tama a te tangata.

13

He Īnoi mō te Whakaoranga mai i ngā Hoariri

Ki te tino kaiwhakatangi. He hīmene nā Rāwiri.

1 Kia pēhea te roa o tōu wareware ki ahau, e
Ihowā? Mō ake tonu atu rānei?
Kia pēhea te roa o tāu hunanga i tōu mata ki
ahau?
2 Kia pēhea te roa o tōku whakaaroaronga i roto i
tōku wairua,
o te pōuri i roto i tōku ngākau i tēnei rā, i
tēnei rā?
Kia pēhea te roa o te whakakake mai a tōku
hoariri ki ahau?

3 Titiro mai, whakahokia mai he kupu ki ahau, e
Ihowā, e tōku Atua;
whakamāramatia ōku kanohi, kei moe ahau i
te moe o te mate.
4 Kei mea mai tōku hoariri, “Kua taea ia e ahau,”
kei whakamanamana ōku hoariri, ina
whakakorikoria ahau.

5 Ko ahau ia e whakawhirinaki ana ki tāu mahi
tohu;
ka whakamanamana tōku ngākau ki tāu
whakaoranga.
6 Ka waiata ahau ki a Ihowā,
mōna i atawhai mai ki ahau.

14

Te Kino o te Tangata
(Waiata 53)
Ki te tino kaiwhakatangi. Nā Rāwiri.
1 Kua kī te wairangi i tōna ngākau,
“Kāhore he Atua.”
Kua pirau rātou, he whakahouhou ā rātou mahi,
kāhore tētahi e mahi ana i te pai.

2 I titiro iho a Ihowā i te rangi ki ngā tama a te
tangata,
kia kite me kāhore tētahi e mahara ana,
e rapu ana i te Atua.
3 Kua peka kē rātou katoa kua pirau tahi;
kāhore tētahi e mahi ana i te pai, kāhore kia
kotahi.

4 E kore rānei e mōhio ngā kaimahi katoa o te
kino?
E kai nei i tōku iwi, me te mea e kai taro ana,
ā, kāhore e karanga ki a Ihowā.

5 Nā, i reira rātou e tūiri noa ana;
kei roto hoki te Atua i te whakatupuranga o
te hunga tika.
6 Meinga ana e koutou te whakaaro o te hunga
iti hei whakamā,

nō te mea ko Ihowā tōna piringa.

7 Auē, me i puta mai te whakaoranga o Īharaira i
Hiona!
Kia whakahokia e Ihowā tāna iwi i te
whakarau,
ka whakamanamana a Hākopa, ka hari a
Īharaira.

15

Ngā Hiahia o te Atua

He hīmene nā Rāwiri.

1 E Ihowā, ko wai e noho ki tōu tapenākara?
Ko wai e noho ki tōu maunga tapu?

2 Ko ia he tapatahi nei te haere, he tika te mahi,
he kōrero pono anō i roto i tōna ngākau.
3 Kāhore nei e ngautuarā tōna arero,
kāhore e kino te mahi ki tōna hoa,
kāhore āna ingoa kino mō tōna hoa.
4 E whakahēngia ana te tangata kino e ōna
kanohi,
e whakahōnoretia ana ia e ia te hunga e wehi
ana ki a Ihowā.
Ahakoa mate i tāna oati, kāhore e
whakapaheketia e ia.
5 Kāhore e tuku i tāna moni hei moni whakatupu;
kāhore hoki e tango i te moni hei utu mate
mō te tangata harakore.

Ki te pēnei te mahi a tētahi,
e kore ia e whakakorikoria ake ake.

16

He Īnoi Whakawhirinaki
He Mikitama nā Rāwiri.
1 Tiakina ahau, e te Atua;
e whakawhirinaki nei hoki ahau ki a koe.

2 Kua mea ahau ki a Ihowā, “Ko koe tōku Ariki,
kāhore ōku pai i tua atu i a koe.”
3 Ko te hunga tapu i runga i te whenua,
te hunga pai rawa, kua ahu katoa tōku
āhuareka ki a rātou.
4 Ka whakanuia ngā mamae o te hunga e
whakawhiti ana i a Ihowā mō tētahi atua
kē;
e kore e ringihia e ahau ā rātou ringihanga
toto,
e kore anō ō rātou ingoa e whakahuatia e
ōku ngutu.

5 Ko Ihowā te wāhi i wehea mai mōku, tāku kapu
hoki;
ko koe te kaiwhakapūmau i te wāhanga
māku.
6 Kua takoto ōku aho ki ngā wāhi āhuareka,
inā, he wāhi pai tōku.

7 Ka whakapaingia e ahau a Ihowā, i
whakamahara nei i ahau;
ka whakaako anō hoki ōku whatumanawa i
ahau i te pō.
8 Kua waiho tonu e ahau a Ihowā ki tōku aroaro;
kei tōku ringa matau nei ia, e kore ahau e
whakakorikoria.

9 Koia i koa ai tōku ngākau, i whakamanamana ai
tōku korōria,
i takoto tūmanako ai anō ōku kikokiko.
10 Nō te mea e kore e waiho e koe tōku wairua i
te rēinga,
e kore e tukua tāu Mea Tapu kia kite i te
pirau.
11 Ka whakakitea mai e koe ki ahau te huarahi o
te ora;
kei tōu aroaro te hari nui,
kei tōu matau ngā āhuareka e kore e mutu.

17

Te Īnoi a te Tangata Pono

He īnoi nā Rāwiri.
1 Whakarongo ki te tika, e Ihowā, tahuri mai ki
tāku karanga,
kia tītaha mai tōu taringa ki tāku īnoi,
arā ki tā te ngutu tinihangakore.
2 Kia puta mai te whakaritenga o tāku whakawā
i tōu aroaro;
tirohia mai e ōu kanohi te mea rite.

3 Kua whakamātauria e koe tōku ngākau;
kua tirotirohia iho ahau e koe i te pō;
kua whakamātau koe i ahau, ā, kāhore he mea i
kitea e koe;
e mea ana ahau kia kaua e hara tōku māngai.
4 Ko ngā mahi ia a te tangata, ko ngā kupu a tōu
māngai
tāku mea hei pā mai i ahau i ngā ara o te
kaiwhakangaro.
5 I whakaūkia ōku hīkoinga ki āu ara,
kīhai i paheke ōku waewae.

6 Kua karanga nei ahau ki a koe,
nō te mea ka whakahoki kupu mai koe, e te Atua, ki ahau;
whakatītahatia mai tōu taringa ki ahau,
whakarongo ki tāku kupu.
7 Whakaaturia tōu aroha whakamīharo, ko koe hoki, ko tōu matau,
te kaiwhakaora mō te hunga e whakawhirinaki ana ki a koe,
i te hunga e whakatika mai ana.

8 Tiakina ahau, ānō ko te whatu o te kanohi,
hunā ahau ki raro i te taumarumarutanga o ōu pākau,
9 i te hunga kino e tūkino nei i ahau,
i ōku hoariri whakamate e karapoti nei i ahau.
10 E kōpakia ana rātou e ō rātou ngako;
e kōrero whakapehapeha ana ō rātou māngai.
11 Tēnei ō mātou hīkoinga te karapotia nei e rātou;
matatau tonu iho ō rātou kanohi ki te tuku iho i a mātou ki te whenua.
12 Kei te raiona e hiahia ana ki te hopu kai te rite,
kei te kūao raiona e piri ana i ngā wāhi ngaro.

13 E ara, e Ihowā, haukotia tōna aroaro, turakina ia ki raro;
whakaorangia tōku wairua ki tāu hoari i te tangata kino;
14 i ngā tāngata, mā tōu ringa, e Ihowā,
i ngā tāngata o te ao.
Kei tēnei ora nei tō rātou wāhi,

ā, e whakakīia ana ō rātou kōpū e koe ki tāu
taonga.
E kikī ana rātou i te tamariki,
whakarērea iho ngā toenga o ā rātou taonga
ki ā rātou kōhungahunga.

15 Ko ahau, e kite ahau i tōu mata i runga i te
tika,
ā, ka tatū tōku ngākau,
ina oho ake ahau, kia kite i tōu āhua.

18

Tā Rāwiri Waiata Manahau
(2 Hamuera 22.1-51)

Ki te tino kaiwhakatangi. He hīmene nā te
pononga a Ihowā nā Rāwiri. Nāna i whakahua
ngā kupu o tēnei waiata ki a Ihowā i te rā i
whakaorangia ai ia i te ringa o ōna hoariri
katoa, i te ringa anō o Haora. I mea ia:
1 Ka aroha ahau ki a koe, e Ihowā,
e tōku kaha.
2 Ko Ihowā tōku kāmaka, tōku pā, tōku
kaiwhakaora;
tōku Atua, tōku tino kāmaka, e
whakawhirinaki ai ahau;
tōku whakangungu rākau, te haona o tōku
whakaoranga, tōku pourewa tiketike.
3 Ka karanga ahau ki a Ihowā, e tika nei kia
whakamoemititia;
ā, ka ora i ōku hoariri.

4 I karapotia ahau e ngā whakawiringa a te mate,
ā, whakawehia ana ahau e ngā waipuke o te
kino.

5 I karapotia ahau e ngā whakawiringa a te
rēinga,
i haukotia e ngā māhanga a te mate.
6 I karanga ahau ki a Ihowā i tōku pāweratanga;
i hāmama ki tōku Atua.
I whakarongo ia ki tōku reo i roto i tōna
temepara,
i tae anō tāku hāmama ki tōna aroaro, ki ōna
taringa.

7 Nā, ka ngāueue te whenua, ka rū,
wiri ana ngā pūtake o ngā maunga,
ngāueue ana i tōna riri.
8 I kake he paowa i ōna pongaponga,
ā, kai ana te kāpura a tōna māngai,
ngiha ana ngā waro.
9 I whakapīngoretia e ia ngā rangi, ā, heke iho
ana,
ā, i raro te pōuri mātotoru i ōna waewae.
10 I eke ia ki runga ki te kerupa, ā, rere ana;
āe, i rere omaki ia i runga i ngā parirau o te
hau.
11 I meinga e ia te pōuri hei wāhi ngaro mōna,
hei tēneti i tētahi taha ōna, i tētahi taha;
ko te pōuritanga o ngā wai, ko ngā kapua
mātotoru o te rangi.
12 I rere atu ōna kapua mātotoru
i te wherikotanga o tōna aroaro;
te whatu, me ngā waro kāpura.
13 I papā anō te whatitiri a Ihowā i ngā rangi,
ā, puaki ana te reo o te Runga Rawa;
he whatu, he waro kāpura.
14 I kōkiritia e ia āna pere, ā, marara ana rātou;
āe, i kōperea hoki e ia te tini uira,

ā, whati ana rātou.
15 Kātahi ka kitea ngā takere o ngā wai,
ā, ka takoto kau ngā pūtake o te ao
i tāu whakatūpehupehutanga, e Ihowā,
i te whengunga o te manawa o ōu
pongaponga.

16 I tono karere mai ia i runga, ka mau ki ahau;
tōia ake ahau e ia i roto i ngā wai maha.
17 Nāna ahau i ora ai i tōku hoariri kaha,
i te hunga e kino ana ki ahau;
he kaha rawa hoki rātou i ahau.
18 I huakina tatatia ahau e rātou i te rā o tōku
matenga;
ko Ihowā ia tōku whakawhirinakitanga.
19 I whakaputaina ahau e ia ki te wāhi nui,
i whakaorangia ahau e ia; he āhuareka nōna
ki ahau.

20 Rite tonu ki tāku mahi tika tā Ihowā utu ki
ahau;
rite tonu ki te mā o ōku ringa tāna i
whakahoki ai ki ahau.
21 Mōku i pupuri i ngā ara o Ihowā,
ā, kīhai i hē, i whakarere i tōku Atua.
22 Kei mua tonu hoki i ahau āna whakaritenga
katoa,
kīhai anō i whakamataratia atu i ahau āna
tikanga.
23 Tapatahi tonu hoki tōku whakaaro ki tōna
aroaro,
ā, i tiaki ahau i ahau kei kino.
24 Nā, ka hōmai e Ihowā he utu ki ahau,
rite tonu ki tōku tika,
ki te mā o ōku ringa i tōna aroaro.

25 He tangata atawhai, ka atawhai hoki koe;
he tangata tika, ka tika hoki koe.
26 He tangata mā, ka mā hoki koe;
he tangata whakakeke, ka whakakeke hoki koe.
27 E whakaorangia hoki e koe te iwi ngākau mamae;
ka whakahokia anō e koe ki raro ngā kanohi whakakake.
28 Māu hoki e whakaū tāku rama;
mā Ihowā, mā tōku Atua, e whakamārama tōku pōuri.
29 Nāu hoki ahau i rere ai nā waenganui atu i te rōpū;
nā tōku Atua hoki i pekea ai e ahau te taiepa.

30 Tēnā ko te Atua, tika tonu tōna ara;
kua oti tāna kupu te whakamātau;
he whakangungu rākau ia
ki te hunga katoa e whakawhirinaki ana ki a ia.
31 Ko wai oti te Atua, ki te kāhore a Ihowā?
Ko wai hoki he kāmaka, ki te kāhore tō tātou Atua?
32 Ko te Atua, nāna ahau i whītiki ki te kaha,
i mea kia tino tika tōku ara.
33 Ko ia hei mea i ōku waewae kia rite ki ō te hāta;
māna hoki ahau e whakatū ki runga ki ōku wāhi tiketike.
34 Ko ia hei whakaako i ōku ringa ki te whawhai,
ā, whati ana te kōpere parāhi i ōku ringa.
35 Kua hōmai anō e koe ki ahau te whakangungu rākau o tāu whakaoranga;
puritia ana ahau e tōu ringa matau,

whakanuia ana e tōu whakaaro māhaki.
36 I whakanuia e koe ōku takahanga i raro i ahau;
tē paheke ōku waewae.

37 Ka arumia e ahau ōku hoariri, mau iho i ahau;
e kore ahau e tahuri mai, ā ngaro noa rātou.
38 Marū ana rātou i ahau, tē kaha te whakatika;
hinga ana ki raro i ōku waewae.
39 Nāu hoki ahau i whītiki ki te kaha mō te whawhai;
piko ana i a koe ki raro i ahau te hunga e whakatika mai ana ki ahau.
40 Kua meinga e koe kia tahuri mai ngā tuarā o ōku hoariri ki ahau,
kia hautopea ai e ahau te hunga e kino ana ki ahau.
41 I karanga rātou, heoi kāhore he kaiwhakaora;
ki a Ihowā, otirā kīhai i whakahoki kupu ki a rātou.
42 Nā, ka tukia rātou e ahau ā rite noa rātou ki te puehu e pūhia ana e te hau;
ākiritia atu ana rātou ki waho, ānō he paru nō te huarahi.

43 Kua whakaorangia ahau e koe i ngā ngangautanga a te iwi;
kua meinga e koe hei rangatira mō ngā tauiwi;
hei apa mōku te iwi kāhore i mātauria e ahau.
44 Kia rongo kau te taringa ki ahau, ka kakama tonu mai rātou ki ahau;
ko ngā tāngata iwi kē ngohe kau ki ahau.
45 Ka memeha haere ngā tāngata iwi kē;

ka puta wehi mai hoki i roto i ō rātou
kuhunga.

46 E ora ana a Ihowā; kia whakapaingia hoki
tōku kāmaka,
kia whakanuia te Atua o tōku whakaoranga;
47 ko te Atua, māna nei e rapu he utu mōku,
māna e pēhi ngā iwi ki raro i ahau.
48 Māna ahau e mawhiti ai i ōku hoariri,
āe rā, māu ahau e mea kia teitei ake i te hunga e
whakatika mai ana ki ahau;
ka whakaorangia ahau e koe i te tangata
tutū.

49 Mō konei ka whakawhetai ahau ki a koe, e
Ihowā, i waenganui i ngā tauiwi;
ka hīmene ki tōu ingoa.
50 He nui nei tāna whakaora i tāna kīngi;
e whakaputa aroha ana ki tāna tangata i
whakawahi ai,
ki a Rāwiri rātou ko ōna uri ake ake.

19

Te Korōria o te Atua i Whakaaturia i te Kāpuatanga

Ki te tino kaiwhakatangi. He hīmene nā Rāwiri.
1 E kōrerotia ana e ngā rangi te korōria o te Atua;
ā, e whakaaturia ana e te kikorangi te mahi
a ōna ringa.
2 E puaki ana te reo o tēnā rangi, o tēnā rangi,
e whakaatu mōhiotanga ana hoki tēnā pō,
tēnā pō.
3 Kāhore he hamumu, kāhore he kupu,

kāhore e rangona tō rātou reo.
4 Kua puta tā rātou aho ki te whenua katoa,
ā rātou kupu, ā te pito rā anō o te ao.

Whakatūria ana e ia ki reira te tapenākara mō te rā;
5 ā, e puta ana ia me he tāne mārena hou
i tōna whare moenga, whakaī ana ia,
pērā ana me te tangata kaha e mea ana ki te oma whakataetae.
6 Ko tōna putanga kei tētahi pito o te rangi,
ā, whawhe noa ki tētahi pito;
kāhore hoki tētahi mea e ngaro i tōna mahana.

Te Ture a Ihowā

7 Tapatahi tonu te Ture a Ihowā,
he mea whakatahuri i te wairua;
pono tonu ngā whakaatu a Ihowā,
e whakawhaiwhakaaro ana i te kūare.
8 He tika ngā ako a Ihowā,
e whakahari ana i te ngākau,
he mā te whakahau a Ihowā,
e whakamārama ana i ngā kanohi.
9 He mā te wehi ki a Ihowā,
pūmau tonu ake ake,
he pono ngā whakaritenga a Ihowā,
tika kau anō.
10 Engari ēnā e hiahiatia ana i te kōura,
āe, i te tino kōura ahakoa maha;
reka atu i te honi,
i te māturuturutanga iho o ngā honikoma.
11 Nā ēnā anō tāu pononga i whakatūpato;
he nui te utu ki te puritia.

12 Ko wai e mātau ana ki ōna hē?
Whakamākia ōku hara puku.
13 Puritia anō tāu pononga kei riro i ngā hara whakakake hei rangatira mōku;
ko reira ahau tū tika ai,
ā, ka wātea i te hē nui.

14 Kia manakohia ngā kupu a tōku māngai;
me ngā whakaaro o tōku ngākau i tōu aroaro,
e Ihowā, e tōku kāmaka, e tōku kaihoko.

20

He Īnoi i mua i te Whawhai
Ki te tino kaiwhakatangi. He hīmene nā Rāwiri.
1 Mā Ihowā e whakahoki he kupu ki a koe i te rā o te hē;
mā te ingoa o te Atua o Hākopa koe e tiaki.
2 Māna e tono mai he āwhina mōu i te wāhi tapu,
e whakaū hoki koe i Hiona.
3 Māna e mahara ki āu whakahere katoa,
e manako ki āu tahunga tinana.
Hera

4 Māna e hōmai ki a koe tā tōu ngākau e mea ai,
e whakamana katoa hoki tāu e wawata ai.
5 Ka hari mātou ki tāu whakaoranga,
ka whakatū hoki i ō mātou kara
i runga i te ingoa o tō mātou Atua.
Mā Ihowā e whakarite āu īnoi katoa.

6 Kātahi ahau ka mātau e whakaora ana a Ihowā i tāna tangata i whakawahi ai,
ka whakahoki kupu ia ki a ia i tōna rangi tapu,

me te kaha anō tōna ringa matau ki te
whakaora.
7 Ko tā ētahi he hāriata, ko tā ētahi he hōiho;
ko tātou ia ka whakahua i te ingoa o Ihowā,
o tō tātou Atua.
8 Kua piko rātou, kua hinga
ko tātou ia kua ara, kua tū ki runga.

9 Whakaorangia, e Ihowā;
kia whakahoki kupu mai te Kīngi ina
karanga mātou.

21

Te Karaunatanga o te Kīngi

Ki te tino kaiwhakatangi. He hīmene nā Rāwiri.

1 Ka hari te kīngi ki tōu kaha, e Ihowā;
anō te nui o tōna whakamanamana ki tāu
whakaoranga!
2 Kua hōmai e koe ki a ia tā tōna ngākau i hiahia
ai;
kīhai anō i kaiponuhia e koe tā ōna ngutu i
īnoi ai.
Hera
3 Kei mua nei hoki koe i a ia e hōmai ana i ngā
manaakitanga o te pai;
karaunatia ana e koe tōna mātenga ki te tino
kōura.
4 He ora tāna i īnoi ai i a koe, ā, kua hōmai e koe
ki a ia,
he roa noa atu ngā rā ake ake.
5 Te nui tōna korōria i tāu whakaoranga;
uhia ana ia e koe ki te hōnore, ki te korōria.
6 Nāu hoki ia i mea kia manaakitia rawatia ake
ake;

whakaharitia ana ia e koe ki te koa o tōu
mata.
7 E whakawhirinaki ana hoki te kīngi ki a Ihowā;
e kore anō ia e whakangāueuetia,
he atawhai hoki nō te Runga Rawa.

8 Ka mau i tōu ringa ōu hoariri katoa;
ka mau i tōu ringa matau te hunga e kino
ana ki a koe.
9 Ka meinga rātou e koe,
kia rite ki te oumu kāpura i te wā e riri ai
koe;
e horomia rātou e Ihowā ina weriweri ia,
ā, mā te kāpura rātou e kai.
10 Ka whakamōtītia e koe ō rātou hua i runga i te
whenua,
ō rātou uri i waenganui o ngā tama a te
tangata.
11 He kino hoki tā rātou i whakatakoto ai mōu,
he mahi nanakia tā rātou i whakaaro ai,
kīhai nei i taea e rātou.
12 Mō reira ka meinga e koe kia tahuri ō rātou
tuarā,
ina whakatikaia e koe āu pere i runga i āu
aho ki ō rātou mata.

13 Kia whakanuia koe, e Ihowā, i runga i tōu
kaha!
Ka waiata mātou, ka hīmene ki tōu nui.

22

He Tangi Aurere me te Waiata Whakamoemiti
Ki te tino kaiwhakatangi: Airete Hahara. He
hīmene nā Rāwiri.

1 E tōku Atua, e tōku Atua, he aha koe i
whakarere ai i ahau?
He aha koe i matara atu ai ki te whakaora i
ahau,
i ngā kupu hoki o tāku hāmama?
2 E tōku Atua, e karanga nei ahau i te awatea,
heoi kāhore koe e rongo,
i te pō anō kāhore ahau e wahangū.

3 Otiia he tapu koe,
kei ngā whakamoemiti a Īharaira tōu
nohoanga.
4 I whakawhirinaki ō mātou mātua ki a koe,
i whakawhirinaki, ā, whakaorangia ana e
koe.
5 I karanga rātou ki a koe, ā, kua ora;
i whakawhirinaki ki a koe, ā, kīhai i
whakamā.

6 Ko ahau ia he toke, ehara i te tangata;
e tāwaia ana e te tangata,
e whakahāweatia ana e te iwi.
7 Kataina iho ahau e te hunga katoa e kite ana i
ahau,
kō ana ō rātou ngutu, rūrū ana ō rātou
mātenga, e kī mai ana,
8 “Tukua atu koe ki a Ihowā, māna ia e
whakaora;
māna ia e whakaora, e pai ana hoki ia ki a
ia.”

9 Nāu ia ahau i whakawhānau mai i roto i te
kōpū,
i mea hoki kia tūmanako, i ahau i ngā ū o
tōku whaea.

10 He mea whakarere atu ahau ki runga ki a koe
nō te kōpū mai;
ko koe tōku Atua nō te kōpū mai anō o tōku
whaea.
11 Kei mamao atu i ahau,
e tata ana hoki te hē,
kāhore hoki he kaiāwhina.

12 He tini ngā pūru e karapoti nei i ahau;
e whakapaea ana ahau e ngā mea kaha o
Pahana.
13 E hāmama ana ō rātou māngai ki ahau,
ānō he raiona e haehae ana, e hāmama ana.

14 Kua ringihia ahau, ānō he wai,
kua takoki katoa ōku iwi;
me te ware pī tōku ngākau,
e rewa ana i waenganui i ōku whēkau.
15 Kua maroke tōku kaha, ānō he maramara rīhi,
piri tonu tōku arero ki ōku kauae.
Kua whakatakotoria anō ahau e koe ki te
puehu o te mate.

16 Kua karapotia nei hoki ahau e te kīrehe,
kua muia e te whakaminenga o ngā tāngata
hara;
kua pokaia e rātou ōku ringa me ōku
wāewae.
17 E taea e ahau te tatau ōku iwi katoa;
e titiro mai ana rātou, e mātakitaki ana ki
ahau.
18 E wehewehea ana ōku kākahu mō rātou,
e maka rota ana mō tōku weruweru.

19 Kaua rā ia koe e matara atu, e Ihowā;

e tōku kaha, hohoro mai hei āwhina mōku.
20 Whakaorangia tōku wairua i te hoari,
tāku hoki e matenui nei i te kurī.
21 Whakaorangia ahau i te māngai o te raiona.

Āe, i ngā haona o ngā kau mākā kua whakahokia mai e koe he kupu ki ahau.
22 Ka kōrerotia e ahau tōu ingoa ki ōku tēina,
ka whakamoemititia koe e ahau i waenganui i te whakaminenga.
23 E te hunga e wehi ana ki a Ihowā, whakamoemiti ki a ia;
whakakorōriatia ia, e te uri katoa o Hākopa,
kia wehi hoki ki a ia, e te uri katoa o Īharaira.
24 Kīhai hoki ia i whakahāwea,
kīhai i whakarihariha ki te auē o te ngākau mamae;
kīhai anō i huna i tōna mata ki a ia,
engari i tāna karangatanga ki a ia i whakarongo ia.

25 Ko koe tāku e whakamoemiti ai i waenganui o te whakaminenga nui,
ka whakamanā e ahau āku kupu taurangi ki te aroaro o te hunga e wehi ana ki a ia.
26 Ka kai te hunga māhaki, ā, ka mākona;
ka whakamoemiti ki a Ihowā te hunga e rapu ana ki a ia.
Kia ora tonu ō koutou ngākau, ake, ake!

27 E mahara ngā pito katoa o te whenua,
ā, ka tahuri ki a Ihowā;
ka koropiko anō

ngā hapū katoa o ngā iwi ki tōu aroaro.
28 Nō Ihowā hoki te rangatiratanga,
ko ia anō te kāwana i waenganui o ngā iwi.

29 Ka kai, ā, ka koropiko ngā tāngata tetere katoa
o te whenua;
ka tuohu ki tōna aroaro te hunga katoa e
heke ana ki te puehu;
tae noa ki te tangata kāhore e ora i a ia tōna
wairua.
30 Tērā e mahi tētahi uri ki a ia;
ka waiho ki te Ariki hei whakatupuranga.
31 E haere mai rātou, e kauwhau i tōna tika
ki te iwi e whānau ā mua,
he meatanga tēnei nāna.

23

Ko Ihowā toku Hēpara

He hīmene nā Rāwiri.
1 Ko Ihowā tōku hēpara;
e kore ahau e hapa.
2 Ko ia hei mea kia takoto ahau
ki ngā wāhi tarutaru hou;
e ārahi ana ia i ahau ki te taha o ngā wai āta rere.
3 Ko ia hei whakahoki ake i tōku wairua;
e ārahi ana ia i ahau i ngā ara o te tika,
he whakaaro ki tōna ingoa.

4 Āe, ahakoa haere ahau i te awaawa o te
ātārangi o te mate,
kāhore he kino e wehi ai ahau;
nō te mea kei tōku taha koe;
ko tāu rākau, ko tāu tokotoko,
ko ēnā hei oranga ngākau mōku.

5 E takā ana e koe he tēpu ki tōku aroaro
i te tirohanga a ōku hoariri,
e whakawahia ana e koe tōku mātenga ki te hinu,
pūrena tonu tāku kapu.
6 He pono e aru i ahau te pai me te atawhai
i ngā rā katoa e ora ai ahau,
ā, ka noho ahau ki te whare o Ihowā
ake tonu atu.

24

Te Kīngi Nui

He hīmene nā Rāwiri.
1 Nō Ihowā te whenua, me ōna tini mea,
te ao, me ngā tāngata e noho ana i runga.
2 He mea whakatū hoki nāna ki runga ki ngā
moana,
he mea whakaū ki runga ki ngā roma.

3 Ko wai e eke ki te maunga o Ihowā?
Ko wai e tū ki tōna wāhi tapu?
4 Ko te tangata he mā nei ngā ringa, he harakore
tōna ngākau,
kāhore nei i ara tōna wairua ki te horihori,
ā, kāhore i oati teka.
5 Ka riro i a ia te manaaki a Ihowā,
me te tika a te Atua o tōna whakaoranga.
6 Ko te whakatupuranga tēnei o te hunga e rapu
ana ki a ia,
e rapu nei i tōu mata, e Hākopa.
Hera

7 Kia ara ō koutou mātenga, e ngā tatau,
ara ake, e ngā tatau onamata;
ā, ka tomo te Kīngi o te korōria.

8 Ko wai tēnei Kīngi korōria? Ko Ihowā, ko te
kaha,
ko te mārohirohi, ko Ihowā, ko te mārohirohi
ki te whawhai.
9 Kia ara ō koutou mātenga, e ngā tatau,
kia ara ake, e ngā tatau onamata,
ā, ka tomo te Kīngi o te korōria.
10 Ko wai tēnei Kīngi korōria?
Ko Ihowā o ngā mano, ko ia te Kīngi korōria.
Hera

25

He Īnoi mō te Ārahi me te Whakangungu
Nā Rāwiri.
1 Ka ara nei tōku wairua ki a koe, e Ihowā;
2 e tōku Atua, ko koe tōku whakawhirinakitanga;
kei whakamā ahau,
aua ōku hoariri e tukua kia whakaputa ki
ahau.
3 Āe, aua tētahi o te hunga e tatari ana ki a koe e
tukua kia whakamā;
kia whakamā te hunga e tinihanga noa ana.

4 Whakakitea ki ahau āu ara, e Ihowā;
whakaakona ahau ki āu huarahi.
5 Ārahina ahau i tōu pono, whakaakona hoki
ahau;
ko koe hoki te Atua o tōku whakaoranga;
pau noa te rā i ahau e tatari nei ki a koe.

6 E Ihowā, kia mahara ki āu mahi tohu, ki āu
mahi aroha;
nōnamata riro hoki ēnā.

7 Kaua e maharatia ngā hara o tōku
tamarikitanga, me ōku kino;
mahara mai koe ki ahau, e Ihowā,
kia rite ki tāu mahi tohu, kia whakaaro ki
tōu pai.

8 He pai, he tika a Ihowā,
ā, ka whakaakona e ia te hunga hara ki te
huarahi.
9 Ka ārahina e ia te hunga māhaki i runga i te
whakawā;
ka ākona hoki e ia te hunga māhaki ki tāna
ara.
10 He mahi tohu, he pono ngā ara katoa o Ihowā
ki te hunga e pupuri ana i tāna kawenata, i
āna whakaaturanga.

11 Kia mahara ki tōu ingoa, e Ihowā,
ā, murua tōku kino, he nui nei hoki.
12 Ko wai te tangata e wehi ana ki a Ihowā?
Ka whakaako ia i a ia ki te ara e pai ai ia.

13 Ka noho tōna wairua i runga i te pai,
ā, ka riro te whenua i tōna uri.
14 Kei te hunga e wehi ana i a ia te mea ngaro a
Ihowā;
ā, māna e whakakite ki a rātou tāna
kawenata.
15 E tau tonu ana ōku kanohi ki a Ihowā;
māna hoki e unu ake ōku waewae i te
kupenga.

16 Tahuri mai ki ahau, tohungia hoki ahau;
he mokemoke hoki ahau, e mamae ana te
ngākau.

17 Kua whakanuia ngā whakapāwera o tōku
ngākau;
whakaputaina ahau i roto i ngā mea e pēhi
nei i ahau.
18 Tirohia tōku mate me tōku mamae,
ā, murua katoatia ōku hara.

19 Tirohia mai ōku hoariri, he tokomaha hoki
rātou;
ā, he nanakia te kino e kino nei rātou ki
ahau.
20 Tiakina tōku wairua, ā, whakaorangia ahau;
kei whakamā ahau; e whakawhirinaki ana
hoki ahau ki a koe.
21 Tukua mā te ngākau tapatahi, mā te tika ahau
e tiaki;
e tūmanako ana hoki ahau ki a koe.

22 Hokona, e te Atua, a Īharaira
i roto i ōna whakapāwera katoa.

26

Te Īnoi o te Tangata Pai

Nā Rāwiri.
1 Whakawākia ahau, e Ihowā,
kua haere nei hoki ahau i te tapatahitanga o
tōku ngākau;
kua whakawhirinaki anō ki a Ihowā, nā, e
kore e paheke.
2 Tirohia iho ahau, e Ihowā, whakamātauria
ahau,
kia kitea ōku whatumanawa me tōku ngākau.
3 Kei mua hoki tōu atawhai i ōku kanohi;
kua haere nei ahau i tōu pono.

4 Kāhore ahau i noho tahi ki ngā tāngata horihori;
e kore anō ahau e tomo tahi me ngā tāngata tinihanga.
5 Kino tonu ahau ki te whakaminenga o ngā kaimahi i te hē,
e kore anō ahau e noho tahi ki te hunga kino.

6 Ka horoia e ahau ōku ringa ki te harakore,
ka taiāwhio ai i tāu āta, e Ihowā;
7 ā, ka rangona tōku reo e whakamoemiti ana,
e whakapuaki ana i āu mahi whakamīharo katoa.

8 E Ihowā, kua aroha nei ahau ki tōu whare nohoanga,
ki te wāhi e nohoia ana e tōu korōria.
9 Kei huia tōku wairua ki roto ki te hunga hara,
me tōku ora ki roto ki te hunga toto.
10 He mahi nanakia hoki tā ō rātou ringa;
kī tonu ō rātou matau i te utu whakapati.

11 Ko ahau ia, ka haere i runga i tōku tapatahi;
hokona ahau, tohungia hoki ahau.
12 E tū ana tōku waewae i te wāhi tika;
ka whakapaingia a Ihowā e ahau i roto i ngā whakaminenga.

27

He Īnoi Whakamoemiti
Nā Rāwiri.
1 Ko Ihowā tōku mārama, tōku whakaoranga;
kia wehi ahau i a wai?
Ko Ihowā te kaha o tōku ora;

ko wai e mataku ai ahau?

2 I te whakatatanga mai o te hunga kino,
o ōku hoariri, o ōku hoa whāinga,
ki te kai i ōku kikokiko,
tūtuki ana rātou, hinga ana.

3 Ahakoa whakapae noa te ope i ahau
e kore tōku ngākau e wehi;
ahakoa ara noa te pakanga ki ahau,
ka au tonu ia ahau.

4 Kotahi tāku mea i īnoi ai i a Ihowā,
ko tāku tēnā e rapu ai:
kia noho i te whare o Ihowā
i ngā rā katoa e ora ai ahau,
kia kite ai i te ātaahua o Ihowā,
kia ui ai i roto i tōna temepara.

5 Ka hunā hoki ahau e ia ki tōna tēneti
i te rā o te hē,
ka hunā ki te wāhi ngaro i tōna tapenākara,
ka hāpainga ahau ki runga ki te kōhatu.

6 Nā āianei, ka teitei tōku māhunga
ki runga ake i ōku hoariri, e karapoti nei i
ahau;
ā, ka patua e ahau i roto i tōna tapenākara he
whakahere hari;
ka waiata ahau, āe ka hīmene ki a Ihowā.

7 Whakarongo mai ki tōku reo, e Ihowā, ua
karanga ahau,

tohungia ahau, whakahokia mai hoki he
kupu ki ahau.
8 I a koe i mea, “Rapua e koutou tōku mata.”
Ka mea tōku ngākau ki a koe,
“Ka rapu ahau i tōu mata, e Ihowā.”
9 Kaua tōu mata e hunā ki ahau.

Kaua tāu pononga e peia atu ua riri koe;
ko koe tōku kaiāwhina,
kei mahue ahau i a koe, kei whakarērea e koe,
e te Atua o tōku whakaoranga.
10 Ki te whakarērea ahau e tōku pāpā,
e tōku whaea, ko Ihowā hei tukunga atu
mōku.

11 E Ihowā, whakaakona ahau ki tāu ara;
ārahina ahau i te ara tika, he hoariri hoki
ōku.
12 Kaua ahau e tukua ki te hiahia o ōku hoariri;
kua whakatika mai hoki ki ahau he
kaiwhakapae teka,
me te hunga manawa nanakia.

13 Kua ngohe ahau, me i kaua ahau i whakapono,
tērā ahau e kite i te pai o te Atua i te whenua
o te ora.
14 Tāria a Ihowā;
kia māia, ā, kia kaha tōu ngākau;
inā, tāria a Ihowā.

28

Ki te Wahangū te Atua
Nā Rāwiri.
1 Ka karanga ahau ki a koe, e Ihowā,

e tōku kōhatu, kaua e wahangū ki ahau.
Ki te wahangū hoki koe ki ahau,
ka rite ahau ki te hunga e heke atu ana ki te poka.
2 Whakarongo ki tōku reo īnoi,
ua karanga ahau ki a koe,
ina totoro ōku ringa
ki tōu ahurewa tapu.

3 Kaua ahau e kūmea tahitia me te hunga hē;
me ngā kaimahi i te kino,
he mārie ā rātou kupu ki ō rātou hoa,
he kino ia kei roto i ō rātou ngākau.
4 Kia rite ki ā rātou mahi tāu e hoatu ai ki a rātou,
ki te kino anō o ā rātou hanga;
kia rite ki ngā mahi a ō rātou ringa tāu e hoatu ai ki a rātou,
whakahokia tā rātou utu ki a rātou.
5 Nā, kāhore nei rātou e whakaaro ki ngā mahi a Ihowā,
ki ngā meatanga a ōna ringa,
mō reira ka whakahoroa iho rātou e ia,
e kore anō e whakatūria ake.

6 Kia whakapaingia a Ihowā mōna
i whakarongo mai ki tōku reo īnoi.
7 Ko Ihowā tōku kaha, tōku whakangungu rākau;
i whakawhirinaki tōku ngākau ki a ia,
ā, āwhinatia ana ahau; koia i hari ai tōku ngākau,
i whakamoemiti ai hoki tāku waiata ki a ia.

8 Ko Ihowā tō rātou kaha,
ko ia anō te kaha whakaora o tāna tangata i whakawahi ai.

9 Whakaorangia tāu iwi, manaakitia tōu kāinga tupu;
whāngainga rātou, whakaarahia ake ake.

29

Te Reo o Ihowā i rite ki te Marangai

He hīmene nā Rāwiri.
1 Hoatu ki a Ihowā, e ngā tama a te hunga nunui,
hoatu ki a Ihowā te korōria me te kaha.
2 Hoatu ki a Ihowā te korōria e rite ana mō tōna ingoa,
koropiko ki a Ihowā i roto i te ātaahua o te tapu.

3 Kei runga te reo o Ihowā i ngā wai;
e papā ana te whatitiri a te Atua o te korōria;
kei runga a Ihowā i ngā wai maha.
4 Kaha tonu te reo o Ihowā;
korōria tonu te reo o Ihowā.

5 Mongamonga noa ngā hīta i te reo o Ihowā;
inā, mongamonga noa i a Ihowā ngā hīta o Repanōna.
6 Ko ia hei mea i a rātou kia mokowhiti, ānō he kūao;
a Repanōna rāua ko Hiriona, ānō he kūao kau mākā.

7 E wehewehe ana te reo o Ihowā i ngā mura ahi.
8 Wiri ana te koraha i te reo o Ihowā;
wiri ana i a Ihowā te koraha o Karehe.

9 Whānau ana ngā hāta i te reo o Ihowā,
tīhorea ana ngā ngahere kia tahanga;

i tōna temepara ko te kupu a te katoa,
“Korōria!”

10 I noho a Ihowā hei kīngi i runga i te waipuke;
āe, ka noho a Ihowā hei kīngi, ake ake.
11 Ka hōmai e Ihowā he kaha ki tāna hunga;
he rongo mau tā Ihowā manaaki mō tāna hunga.

30

He Īnoi Whakawhetai

He hīmene. He waiata mō te tāinga o te kawa o te whare. Nā Rāwiri.

1 Ka whakanui ahau i a koe, e Ihowā;
nāu hoki ahau i hāpai ake,
ā, kīhai i tukua ōku hoariri kia hari ki ahau.
2 E Ihowā, e tōku Atua, i karanga ahau ki a koe,
ā, kore ake tōku mate i a koe.
3 E Ihowā, nāu i whakaputa ake tōku wairua i te rēinga;
nāu ahau i whakaora kei heke ki te poka.

4 Hīmene ki a Ihowā, e tāna hunga tapu,
whakawhetai hoki ki tōna ingoa tapu.
5 He iti hoki te wāhi e riri ai ia;
he oranga ki te manakohia e ia.
E tau iho te tangi i te ahiahi,
ā, i te ata he hari.

6 I mea ahau i tōku wā i kake ai,
“E kore ahau e whakangāueuetia ā muri ake nei.”
7 He manakohanga nāu, e Ihowā,
i ū ai i a koe te tū o tōku maunga;

i hunā e koe tōu mata,
ā, raru iho ahau.

8 E Ihowā, i karanga ahau ki a koe,
i īnoi hoki ki a Ihowā.
9 “He aha te pai o ōku toto
ina heke ahau ki te poka?
Mā te puehu koia koe e whakamoemiti?
Māna oti e whakapuaki tōu pono?
10 Whakarongo, e Ihowā, tohungia hoki ahau;
e Ihowā, ko koe hei āwhina mōku.”

11 Kua puta kē i a koe tāku tangi hei kanikani;
kua wewete i tōku kākahu taratara,
ā, whītikiria ana ahau e koe ki te koa;
12 hei mea e hīmene ai tōku korōria ki a koe, kore
ake e wahangū.
E Ihowā, e tōku Atua, ka whakawhetai ahau
ki a koe ake ake.

31

He Īnoi Whakawhirinaki ki te Atua
Ki te tino kaiwhakatangi. He hīmene nā Rāwiri.
1 E Ihowā, ko koe tāku e whakawhirinaki nei;
kei whakamā ahau ake ake;
whakaorangia ahau, he tika nei hoki koe.
2 Anga mai tōu taringa ki ahau;
hohoro te whakaora i ahau.
Kia ai koe hei kōhatu kaha mōku,
hei whare tiaki mōku.

3 Ko koe hoki tōku kōhatu, tōku pā;
nā, kia mahara ki tōu ingoa,
ā, ārahina ahau, tohutohungia hoki ahau.

4 Kapohia ahau i roto i te kupenga i hunā e rātou
mōku;
ko koe hoki tōku kaha.
5 Tēnei tōku wairua te tukua atu nei e ahau ki tōu
ringa;
nāu ahau i hoko e Ihowā, e te Atua o te pono.

6 E kino ana ahau ki te hunga e whakaaro ana ki
ngā mea tekateka noa;
e whakawhirinaki ana hoki ahau ki a Ihowā.
7 Ka whakamanamana ahau, ka hari ki tōu
atawhai;
mōu i titiro ki tāku tangi;
i mātau hoki ki tōku wairua i ngā wā o te hē;
8 kāhore ahau i kopia e koe ki roto ki te ringa o te
hoariri;
kua whakatūria e koe ōku waewae ki te wāhi
nui.

9 Tohungia ahau, e Ihowā, kei te hē hoki ahau,
pakoko kau tōku mata i te pōuri,
tōku wairua me tōku kōpū.
10 Ka hemo nei hoki tōku ora i te tangi,
me ōku tau i te auē;
poto iho tōku kaha i tōku hē,
kurupopo ana ōku iwi.

11 He tāwainga ahau nā ōku hoariri katoa;
ko te tino mahi ia tēnā a ōku hoa noho tata,
he mea wehi ahau nā ngā tāngata i mōhio ki
ahau;
ko te hunga i kite i ahau i waho, rere ana i
ahau.
12 Kua warewaretia ahau
me te tūpāpaku kua ngaro atu i te ngākau;

kua rite ki te oko pakaru.
13 I rongo hoki ahau i te ngautuarā a te tini;
i karapotia ahau e te wehi;
i a rātou e rūnanga ana ki te hē mōku,
i mea kia whakamatea ahau.

14 Ko ahau ia i whakawhirinaki ki a koe, e Ihowā;
i mea, “Ko koe tōku Atua.”
15 Kei tōu ringa ōku tāima,
whakaorangia ahau i ngā ringa o ōku hoariri,
i te hunga e tūkino ana i ahau.
16 Kia whiti tōu mata ki tāu pononga;
whakaorangia ahau, he mahi tohu hoki tāu.
17 Kei whakamā ahau, e Ihowā;
kua karanga hoki ahau ki a koe;
kia whakamā te hunga kino,
kia takoto puku i te rēinga.
18 Whakamutua te kōrero a ngā ngutu teka,
he kino nei ā rātou kōrero mō te tangata tika,
nā tō rātou whakapehapeha hoki, nā tō rātou whakahīhī.

19 Anō te nui o tāu pai kua rongoātia nei e koe
mō te hunga e wehi ana ki a koe;
i mahia nei e koe mō te hunga e whakawhirinaki ana ki a koe
i te aroaro o ngā tama a te tangata!
20 Ka hunā rātou e koe ki te wāhi ngaro i tōu aroaro
i ngā rauhanga a te tangata;
ka hunā rātou e koe ki roto ki te tēneti,
kei taea e te ngangau a ngā arero.

21 Kia whakapaingia a Ihowā,
mōna i mea kia mīharotia tāna mahi tohu
ki ahau i te pā kaha.
22 I kī hoki ahau i tōku pōtatutatunga,
“Kua motuhia mai ahau i mua i ōu kanohi.”
Ahakoa rā i rongo koe ki tōku reo īnoi
i tāku karangatanga ki a koe.

23 Arohaina a Ihowā, e tāna hunga tapu katoa;
e tiakina ana e Ihowā te hunga pono,
ā, he nui tāna utu ki te kaimahi
whakapehapeha.
24 Kia māia, kia kaha ō koutou ngākau,
e te hunga katoa e tūmanako ana ki a Ihowā.

32

Te Whākinga me te Murunga
Nā Rāwiri: he Makiri.
1 Ka hari te tangata kua oti tāna hē te muru,
tōna hara te hīpoki.
2 Ka hari te tangata kāhore nei e whakairia e
Ihowā he hara ki a ia,
ā, kāhore he hīanga i tōna wairua.

3 I ahau kīhai i kuihi, ngahengahe kau ōku iwi
i tāku auētanga i te rā roa.
4 Nō tōu ringa i taimaha ki ahau i te ao, i te pō;
kua whakaputaina kētia tōku mākūkūranga,
ānō nā te maroketanga o te raumati.
Hera

5 I whākina e ahau tōku hara ki a koe,
kīhai hoki i huna i tōku kino;

i mea ahau, “Ka whākina āku mahi tutū ki a
Ihowā,”
ā, murua ana e koe te kino o tōku hara.
Hera

6 Mō konei ka īnoi ki a koe
ngā tāngata tapu katoa i te wā e kitea ai koe;
he pono ka ngawhā ngā wai nui,
e kore e tata ki a ia.
7 Ko koe tōku piringa;
māu ahau e whakaora i te pōuri,
māu ahau e karapoti ki ngā waiata
whakaora.
Hera

8 Ka tohutohungia koe e ahau, ka whakaakona
koe ki te ara e haere ai koe;
mā tōku kanohi koe e ārahi.
9 Kei rite koutou ki te hōiho, ki te muera rānei,
kāhore nei he mātauranga;
he mea kuku nei ō rāua kauae ki te paraire,
ki te mōkā hei pupuri mai;
ki te kore hoki, e kore e tata ki a koe.

10 He tini ngā mea whakapōuri mō te tangata
hara;
ko te tangata ia e whakawhirinaki ana ki a
Ihowā,
ka karapotia e te atawhai.

11 Kia koa ki a Ihowā, whakamanamana, e te
hunga tika;
kia hari, hāmama, e te hunga ngākau tika
katoa.

33

Te Ngari me te Pai o te Atua

1 Kia hari ki a Ihowā, e te hunga tika;
he mea ātaahua te whakamoemiti mā te hunga kore hē.
2 Whakamoemiti ki a Ihowā i runga i te hāpa;
hīmene ki a ia i runga i te hātere kotahi tekau nei ngā aho.
3 Waiatatia ki a ia he waiata hou;
kia tika te whakatangi, kia nui te reo.

4 Nō te mea he tika te kupu a Ihowā,
ā, kei runga i te pono āna mahi katoa.
5 E paingia ana e ia te tika me te whakawā;
kī tonu te whenua i te atawhai a Ihowā.

6 Nā te kupu a Ihowā ngā rangi i hanga;
ko ngā mano katoa hoki o reira nā te hā o tōna māngai.
7 He mea huihui e ia ngā wai o te moana, ānō he pūranga;
he mea whawhao e ia te rire ki ngā pākoro.

8 Kia wehi te whenua katoa ki a Ihowā;
kia ohooho ngā tāngata katoa o te ao ki a ia.
9 I kī hoki ia, ā, kua oti;
i whakahau, ā, tū tonu iho.

10 E whakatakā ana e Ihowā te whakaaro o ngā tauiwi;
e whakakāhoretia ana e ia ngā meatanga a ngā iwi.
11 Ko te whakaaro o Ihowā, tū tonu ake ake;

ko ngā meatanga a tōna ngākau kei tēnā
whakatupuranga,
kei tēnā whakatupuranga.
12 Ka hari te iwi nō rātou nei Atua a Ihowā,
te iwi kua whiriwhiria e ia hei taonga tupu
mōna.

13 E titiro iho ana a Ihowā i te rangi;
e kite ana ia i ngā tama katoa a te tangata.
14 Kei tōna wāhi nohoanga ia e mātakitaki iho ana
ki ngā tāngata katoa o te whenua.
15 Nāna i hanga ngā ngākau o rātou katoa,
e mōhiotia ana e ia ā rātou mahi katoa.
16 E kore tētahi kīngi e ora i te nui o te ope,
e kore e ora te mārohirohi i te nui o te kaha.
17 He mea teka te hōiho hei whakaora;
ehara anō tōna kaha nui i te mea e mawhiti
ai.

18 Nanā, kei runga i te hunga e wehi ana i a ia te
kanohi o Ihowā,
kei te hunga e tūmanako ana ki tāna mahi
tohu;
19 hei whakaora i ō rātou wairua kei mate,
hei mea i a rātou kia ora i te wā o te
hemokai.

20 Kua tatari nei ō tātou wairua ki a Ihowā;
ko ia tō tātou kaiāwhina, tō tātou
whakangungu rākau.
21 Hari tonu tō tātou ngākau ki a ia;
nō tātou hoki i whakawhirinaki ki tōna
ingoa tapu.
22 E Ihowā, hei runga i a mātou tāu mahi tohu;
kia rite hoki ki tā mātou tūmanako ki a koe.

34

He Whakamoemiti mō te Whakaoranga

Nā Rāwiri, i tōna āhua i rerekē rā i te aroaro o Apīmereke; nā peia ana ia, ā, haere ana.

1 Ka whakapaingia e ahau a Ihowā i ngā wā katoa;
he whakamoemiti tonu tā tōku māngai ki a ia.
2 Ka whakamanamana tōku wairua ki a Ihowā;
ka rongo te hunga māhaki, ā, ka hari.
3 Kia whakanui tahi tātou i a Ihowā,
kia whakateitei tahi hoki i tōna ingoa.

4 I rapu ahau i a Ihowā, ā, rongo mai ana ia ki ahau,
whakaorangia ana ahau e ia i ōku wehi katoa.
5 I titiro rātou ki a ia, ā, kua mārama;
ā, kāhore rawa he whakamā o ō rātou mata.
6 I karanga tēnei tangata iti, ā, whakarongo ana a Ihowā,
whakaora ana i a ia i ōna whakapāwera katoa.
7 E noho ana te anahera a Ihowā i tētahi taha, i tētahi taha,
o te hunga e wehi ana i a ia, ā, e whakaora ana i a rātou.
8 Whakamātauria, kia kite ai koutou i te pai o Ihowā;
ka hari te tangata e whakawhirinaki ana ki a ia.
9 Kia wehi ki a Ihowā, e tōna hunga tapu;
e kore hoki e hapa ngā tāngata e wehi ana i a ia.

10 E hapa ana ngā kūao raiona, e mate ana i te
kai;
ko te hunga ia e rapu ana ki a Ihowā,
e kore e hapa i tētahi mea pai.

11 Haere mai, e ngā tamariki, whakarongo ki
ahau;
mākū koutou e ako kia wehi ki a Ihowā.
12 Ko wai te tangata e hiahia ana ki te ora,
e whai ana kia maha ngā rā, kia kite i te pai?
13 Tiakina tōu arero kei kino,
ōu ngutu kei kōrero hīanga.
14 Mawehe atu i te kino, mahia te pai;
rapua te āta noho, whāia hoki.

15 E tau ana ngā kanohi o Ihowā ki te hunga tika;
me ōna taringa ki tā rātou karanga.
16 E hē ana te mata o Ihowā ki ngā kaimahi i te
kino,
hei hātepe i a rātou i te whenua kei
maharatia.
17 I karanga te hunga tika, ā, i whakarongo a
Ihowā,
whakaorangia ana rātou e ia i ō rātou
whakapāwera katoa.
18 E tata ana a Ihowā ki te hunga ngākau marū;
ka whakaorangia anō e ia te hunga wairua
iro.

19 He tini ngā mate o te tangata tika;
otiia, e whakaorangia ana ia e Ihowā i roto i
ērā katoa.
20 E tiakina ana e ia ōna wheua katoa;
e kore tētahi e whati.

21 Ka mate i te kino te tangata hara,
ā, ka hē te hunga e kino ana ki te tangata tika.
22 E hokona ana e Ihowā te wairua o āna pononga;
e kore anō e hē tētahi o te hunga e whakawhirinaki ana ki a ia.

35

He Īnoi mō te Rapunga Utu

Nā Rāwiri.
1 E ngana, e Ihowā, ki te hunga e tohe ana ki ahau;
whawhaitia te hunga e whawhai nei ki ahau.
2 Kia mau ki te whakangungu rākau, ki te puapua;
whakatika hei āwhina mōku.
3 Unuhia te tao, āraia te ara
o te hunga e whai nei i ahau;
kī mai ki tōku wairua,
“Ko ahau tōu whakaoranga.”

4 Kia whakamā, kia numinumi te hunga
e whai ana kia whakamatea ahau;
kia whakahokia ki muri,
kia whakapōauautia te hunga
e whakatakoto ana i te kino mōku.
5 Kia rite rātou ki te pāpapa e pūhia ana e te hau;
kia āia haeretia e te anahera a Ihowā.
6 Kia pōuri tō rātou ara, kia pāhekeheke;
kia whāia rātou e te anahera a Ihowā.
7 Kāhore hoki he rawa i hunā ai e rātou te poka o tā rātou kupenga mōku;
he mea keri takekore kia mate ai ahau.

8 Kia rokohanga pōauautia ia e te ngaromanga;
kia mau anō ko ia i tāna kupenga i huna ai,
kia taka ia ki taua tino ngaromanga.
9 Ā, ka koa tōku wairua ki a Ihowā,
ka hari ki tāna whakaoranga.
10 Ka kī katoa ōku wheua,
“E Ihowā, ko wai te rite mōu,
mō te kaiwhakaora o te iti
i te tangata e kaha ake ana i a ia,
āe, o te iti, o te rawakore i tōna kaipāhua?”

11 Whakatika ana ngā kaiwhakapae teka;
whakawākia ana ahau mō ngā mea kīhai nei
ahau i mātau atu.
12 Utua ana e rātou tāku pai ki te kino,
ā, whakatupu pani ana tōku wairua.
13 Tēnā ko ahau, i a rātou e mate ana,
he kahu taratara tōku,
waikauwere ana tōku wairua, kīhai i kai;
ā, hoki mai ana tāku īnoi ki tōku uma.
14 Ko tōku āhua me te mea he hoa ia, he teina
nōku;
kūpapa noa iho ahau,
ānō he tangata e tangi ana ki tōna whaea.

15 I tōku paheketanga ia koa ana rātou, huihui
ana;
huihui ana ngā tāngata kino noa iho hei
hoariri mōku,
kīhai anō ahau i mōhio, haehae ana rātou i ahau,
kīhai hoki i mutu.
16 Rite tonu ki ngā kaiwhakakata o ngā hākari,
tetēā ana ō rātou niho ki ahau.

17 E te Ariki, kia pēhea te roa o tāu titiro kau mai?

Whakaorangia tōku wairua i ā rātou
whakangaromanga,
tāku e aroha nei, i ngā raiona.
18 Ka whakawhetai ahau ki a koe i roto i te
whakaminenga nui,
ka whakamoemiti ki a koe i roto i te iwi
maha.

19 Kei hari pokanoa ki ahau ōku hoariri;
kei whakakini te kanohi o te hunga e kino
noa ana ki ahau.
20 Ehara hoki tā rātou i te kōrero mō te
rangimārie;
heoi kei te whakatakoto kupu tinihanga
rātou
mō te hunga āta noho o te whenua.
21 Inā, hāmama ana ō rātou māngai ki ahau,
e kī ana, “Ha, ha,
kua kite tō mātou kanohi!”

22 Kua kite koe, e Ihowā; kaua rā e wahangū,
e te Ariki, kei matara i ahau.
23 Oho ake, e ara ki te whakarite i tōku whakawā,
ki tāku tautohe, e tōku Atua, e tōku Ariki.
24 Kia rite ki tōu tika te whakarite mōku,
e Ihowā, e tōku Atua:
kei koa anō rātou ki ahau.
25 Kei mea rātou i roto i ō rātou ngākau,
“Ha, ko tā mātou tēnā i pai ai.”
Kei mea rātou, “Kua horomia ia e tātou.”

26 Kia whakamā, kia numinumi ngātahi,
te hunga e koa ana ina hē ahau;
kia whakakākahuria ki te whakamā, ki te
numinumi,

te hunga e whakakake ana ki ahau.

27 Kia hāmama i te hari,
kia koa te hunga e pai ana ki tāku mahi tika;
āe, kia mea tonu,
“Kia whakanuia a Ihowā
e whakapai nei ki te ora o tāna pononga.”
28 Ā, ka kōrerotia e tōku arero tāu mahi tika,
me te whakamoemiti ki a koe i te rā roa.

36

Te Kino o te Tangata me te Pai o te Atua
Ki te tino kaiwhakatangi. Nā te pononga a Ihowā, nā Rāwiri.
1 E mea ana te mahi kino a te tangata hara
i roto i tōku ngākau,
kāhore he wehi ki te Atua
i mua i ōna kanohi.
2 E whakapai ana hoki ōna kanohi ake ki a ia anō,
e kore e kitea tōna hara, e kore e kinongia.
3 He kino ngā kupu a tōna māngai, he rauhanga hoki,
kua mahue i a ia te mahara, te mahi i te pai.
4 He mahi nanakia tāna e whakaaro ai i runga i tōna moenga;
ehara i te pai te ara e tūria ana e ia,
kāhore ōna whakarihariha ki te kino.

5 Kei ngā rangi, e Ihowā, tāu mahi tohu;
tutuki noa atu tōu pono ki ngā kapua.
6 Rite tonu tōu tika ki ngā maunga o te Atua;
he rire nui āu whakaritenga;

ko koe, e Ihowā, te kaiwhakaora i te tangata,
i te kararehe.

7 Anō te pai o tōu aroha, e te Atua;
ka okioki ngā tama a te tangata
i raro i te taumarumarutanga iho o ōu
pākau.
8 Ka mākona rātou i ngā mea mōmona o tōu
whare;
ka whakainumia anō e koe ki te awa o āu
mea whakahari.
9 Kei a koe hoki te puna o te ora;
mā tōu mārama ka kite ai mātou i te mārama.

10 Kia roa tōu aroha ki te hunga e mātau ana ki a
koe,
tōu tika hoki ki te hunga ngākau tika.
11 Kei puta mai ki ahau te waewae whakapakari;
kei āia atu ahau e te ringa o te hunga hara.
12 Hinga iho i reira ngā kaimahi i te kino;
kua turakina iho, tē āhei te ara ake.

37

Te Whakamutunga o te Hunga Kino me te Utu o te Hunga Pai

Nā Rāwiri.

1 Kaua e mamae ki te hunga kino,
kaua e hae ki ngā kaimahi i te hē,
2 nō te mea ka hohoro rātou te kotia,
te pērātia me te tarutaru,
ā, ka memenge me he otaota hou.

3 Whakawhirinaki ki a Ihowā, mahia te pai;

e noho ki te whenua, ā, e aru i muri i te
pono.
4 Whakaahuareka ki a Ihowā,
ā, ka hōmai e ia ki a koe tā tōu ngākau i
hiahia ai.

5 Tukua tōu ara ki a Ihowā;
whakawhirinaki hoki ki a ia, ā, māna e
mahi.
6 Māna hoki e whakaputa tōu tika, ānō he
mārama,
ōu ritenga me te mea ko te rā e tū ana.

7 Okioki ki a Ihowā, tatari mārie ki a ia;
kei mamae ki te tangata e tere ana i tōna ara,
ki te tangata e taea ana e ia ngā whakaaro
kino.

8 Kāti te riri, whakarērea hoki te ārita.
Kei mamae koe, kei tākina kia mahi i te kino.
9 Nō te mea ka hātepea atu te hunga kino;
ko te hunga ia e tatari ana ki a Ihowā,
ka riro i a rātou te whenua.

10 Kia potopoto ake nei hoki, ā, ka kore noa iho
te hunga kino;
āe rā, ka āta tirohia e koe tōna wāhi, ā, kore
kau noa iho ia.
11 Nā, ka riro te whenua i te hunga māhaki;
ā, ka hari rātou i te roa o te āta noho.

12 E whakangārahu ana te tangata kino mō te
tangata tika;
pakiri ana ōna niho ki a ia.
13 Ka kata te Ariki ki a ia,

nō te mea ka kite ia e tata ana tōna rā.

14 Kua unuhia te hoari e te hunga kino,
kua piko tā rātou kōpere,
hei turaki i te ware, i te rawakore,
hei kōhuru i te hunga e tika ana, i te ara.
15 Ka tapoko tā rātou hoari ki ō rātou ngākau;
ā, ka whatia ā rātou kōpere.

16 Engari te wāhi iti a te tangata tika
i ngā taonga o ngā tāngata kino tokomaha.
17 Ka whatia hoki ngā ringa o te hunga kino;
ū tonu ia i a Ihowā te hunga tika.

18 E mātau ana a Ihowā ki ngā rā o te hunga tika;
ā, ka pūmau tō rātou kāinga ake ake.
19 E kore rātou e whakamā i te wā o te hē,
ka mākona anō rātou i ngā rā o te hemokai.

20 Ka ngaro ia te hunga kino,
ā, ka rite ngā hoariri o Ihowā ki te mōmona
o te tarutaru;
ka mahea atu rātou – ka mahea atu me he
paowa.

21 E tango ana te tangata kino i te taonga tārewa,
kāhore hoki āna utu;
ko te tangata tika ia he aroha tōna, he hōmai.
22 Ka riro hoki te whenua i āna e manaaki ai;
ka hātepea anō āna e kanga ai.

23 Ka ū i a Ihowā ngā hīkoinga o te tangata tika;
e paingia ana hoki e ia tōna ara.
24 Ahakoa hinga, e kore e tino takoto rawa;

ka ū hoki ia i te ringa o Ihowā.

25 He tamariki ahau i mua, ā, kua koroheke nei,
heoi, kāhore ahau i kite i te tangata tika e
whakarērea ana,
i ōna uri hoki e pīnono taro ana.
26 I te rā roa he atawhai tonu tāna, he ohaoha;
ka manaakitia hoki ōna uri.

27 Whakarērea te kino, mahia te pai,
ka noho tonu ai.
28 E aroha ana hoki a Ihowā ki te ritenga pai;
e kore anō e whakarere i tāna hunga tapu.

E tiakina tonutia ana rātou ake ake;
ka hātepea atu ia ngā uri o te hunga kino.
29 Ka riro te whenua i te hunga tika,
ka nohoia hoki a reira e rātou ake ake.

30 He kupu mōhio tā te māngai o te tangata tika;
he ritenga pai tā tōna arero e kōrero ai.
31 Kei tōna ngākau te ture a tōna Atua;
e kore e paheke tētahi o ōna hīkoinga.

32 E tau ana te titiro a te tangata kino ki te
tangata tika,
ā, e whai ana kia whakamatea ia.
33 E kore a Ihowā e whakarere i a ia ki tōna
ringa;
e kore anō ia e whakatau hē ki a ia ina
whakawākia.

34 Tāria a Ihowā, kia mau ki tāna ara,
ā, ka whakanuia koe e ia,

ka whakawhiwhia hoki ki te whenua;
e hātepea atu te hunga kino, ka kite koe.

35 I kite ahau i te tangata kino e kake ana,
e tautorotoro ana me te rākau matomato i tōna oneone tupu.
36 Heoi, pahure noa ake tētahi, ā, kore kau noa iho;
āe, i rapua ia e ahau, ā, kīhai i kitea.

37 Waitohutia te tangata tika, tirohia iho te tangata kore hē;
nō te mea he mārie te tukunga iho ki taua tangata.
38 Tēnā ko te hunga kino, ka ngaro ngātahi atu rātou;
te tukunga iho ki te hunga kino, ka hātepea atu rātou.

39 Nā Ihowā ia te whakaoranga o te hunga tika;
ko ia tō rātou pā kaha i te wā o te hē.
40 Mā Ihowā rātou e āwhina, ko ia hoki hei tauārai mō rātou;
ko ia hei tauārai mō rātou i te hunga kino, ka whakaorangia rātou e ia,
mō rātou ka whakawhirinaki ki a ia.

38

Te Īnoi a te Tangata e Mamae ana

He hīmene nā Rāwiri, hei whakamahara.
1 E Ihowā, kaua e whakatūpehupehu mai ki ahau ina riri koe,
kaua anō ahau e pākia ina ārita koe.
2 Titi tonu hoki āu pere ki ahau;

kaha rawa te pēhi a tōu ringa i ahau.

3 Kāhore he wāhi ora o ōku kikokiko,
nā tōu riri hoki;
kāhore anō e āta takoto ōku wheua,
nōku i hara nei.
4 Kua taupokina iho hoki tōku mātenga e ōku
kino;
ānō he pīkaunga taimaha e pēhi rawa ana i
ahau.

5 E piro ana ōku whiunga,
kua pirau i tāku mahi pōauau.
6 E whakawiria ana ahau, piko rawa;
e tangi haere ana i te roa o te rā.
7 Kei te tahuna hoki tōku hope, kapi tonu;
kāhore hoki he wāhi ora o ōku kikokiko.
8 Kua kore ōku kaha, marū rawa ahau;
hāmama ana tāku auē i te mamae o tōku
ngākau.

9 E te Ariki, kei tōu aroaro ōku hiahia katoa;
kāhore hoki e ngaro i a koe tāku auē.
10 Kihakiha kau tōku ngākau, kua hemo tōku
kaha;
me te mārama o ōku kanohi, kua kore hoki
ēnā ōku.
11 Matara noa atu i tōku mate te tūranga mai
o ngā tāngata i aroha mai ki ahau, o ōku hoa
hoki;
i tawhiti anō ōku whanaunga e tū kē mai
ana.

12 E whakatakoto māhanga ana mōku te hunga e
whai ana i ahau kia whakamatea;

he nanakia anō ngā kupu a te hunga e rapu
ana i te hē mōku;
he whakaaro tinihanga anō ā rātou ā pau
noa te rā.

13 Ko ahau ia, i rite ki te turi, kīhai i rongo,
ki te tangata wahangū, kāhore nei e
hamumu tōna māngai.
14 Nā, rite tonu ahau ki te tangata kāhore nei e
rongo,
kāhore nei he whakatūpehupehu i tōna
māngai.

15 E tūmanako nei hoki ahau ki a koe, e Ihowā;
ka whakahoki kupu mai anō koe, e te Ariki,
e tōku Atua.
16 I mea hoki ahau, “Kei koa mai rātou ki ahau;
ka paheke tōku waewae, ka whakahīhī rātou
ki ahau.”

17 Ko ahau hoki, meāke kopa,
ā, kei mua tonu i ahau tōku pōuri.
18 Ka whāki hoki ahau i tōku kino,
ka pōuri mō tōku hara.
19 Ko ōku hoariri ia hauhau tonu, kaha tonu;
kua tokomaha anō te hunga e kino noa ana
ki ahau.
20 He hoariri anō ki ahau te hunga e utu ana i te
pai ki te kino;
mōku e whai ana i te pai.

21 Kaua ahau e whakarērea, e Ihowā,
e tōku Atua; kei mamao atu koe i ahau.
22 Hohoro ki te āwhina i ahau, e te Ariki,
e tōku whakaoranga.

39

Te Whākina a te Tangata e Mamae ana
Ki te tino kaiwhakatangi: ki a Ierutunu. He hīmene nā Rāwiri.
1 I mea ahau, “Ka āta whakaaro ahau ki ōku ara,
kei hara tōku arero;
ka tiakina tōku māngai, paraire rawa,
i te mea kei tōku aroaro te tangata kino.
2 I whakamoroki ahau, i wahangū,
kīhai i puaki tāku kupu, ahakoa pai;
ā, ka oho tōku mamae.
3 Werawera ana tōku ngākau i roto i ahau;
i ahau e whakaaro ana ka kā te ahi,
ā, ka kōrero tōku arero:

4 “E Ihowā, meinga ahau kia mātau ki tōku mutunga,
ki te maha hoki o ōku rā, e hia rānei;
kia mātau ai ahau he mea memeha noa ahau.
5 Nanā, he whānuitanga ringa ōku rā kua hōmai nei e koe;
he kāhore noa iho anō ōku tau i tōu aroaro.
Ahakoa ū noa te tū o ngā tāngata katoa,
he mea memeha kau.
Hera
6 He pono kei roto i te ātārangi te tangata e kōpikopiko noa ana;
he pono e ohorere noa ana rātou;
e āmi ana ia i te taonga, ā, kāhore e mātau mā wai rānei e kohi.

7 “Nā, he aha tāku e tatari atu nei, e te Ariki?
Ko koe tāku e tūmanako ai.
8 Whakaorangia ahau i āku mahi tutū katoa;

kaua ahau e waiho hei tāwainga mā te
wairangi.
9 Wahangū ana ahau; kīhai i kuihi tōku māngai;
he meatanga hoki tēnei nāu.
10 Nekehia atu i ahau tāu whiu;
ka ngaro ahau i te pakinga a tōu ringa.

11 “Ka pākia e koe te tangata,
ka whakatūpehupehutia mō te hara,
ka meinga e koe tōna ātaahua kia memeha,
kia pērā me te pūrehurehu.
He pono he mea teka noa ngā tāngata katoa.
Hera

12 “Whakarongo ki tāku īnoi e Ihowā,
kia tītaha mai tōu taringa ki tāku karanga;
kei wahangū koe ki ōku roimata.
He heke hoki ahau nāu, he manene,
he pērā me ōku mātua katoa.
13 Kia āta hanga ki ahau, kia tā ai tōku manawa,
keiwhā haere atu ahau, i konei, ā, ka kāhore
noa iho.”

40

He Waiata Whakawhetai me te Tangi
Ki te tino kaiwhakatangi. He hīmene nā Rāwiri.
1 I tatari mārie ahau ki a Ihowā;
ā, anga ana ia ki ahau, whakarongo ana ki
tāku karanga.
2 Nā, kei te tango ake ia i ahau i te poka
whakamataku,
i te paru tāoruoru;

kei te whakatū i ōku waewae ki runga ki te
kōhatu,
kei te whakaū i ōku hīkoinga.
3 Ā, hōmai ana e ia he waiata hou ki tōku māngai,
he whakamoemiti ki tō tātou Atua.
He tokomaha e kite, ā, ka wehi,
ka whakawhirinaki ki a Ihowā.

4 Ka hari te tangata kua waiho nei e ia
a Ihowā hei whakawhirinakitanga mōna;
ā, kāhore e tahuri ki te hunga whakakake,
ki te hunga hoki e peka ana ki te teka.
5 E Ihowā, e tōku Atua, he tini
āu mahi whakamīharo i mahia e koe,
me ōu whakaaro ki a mātou.
E kore e taea te kōrero whakatepe atu ki a koe;
me i mea ahau kia whakakitea,
kia kōrerotia, e kore e taea te tatau.

6 Kīhai i matenuitia e koe te patunga tapu, me te
whakahere;
pokaia ana e koe ōku taringa.
Kīhai koe i mea mai ki te tahunga tinana,
ki te whakahere hara.
7 Nā, ko tāku meatanga atu, “Nā, kua tae mai
ahau;
kei roto i te pukapuka te tuhituhi mōku.
8 Ko taku pai ko te mea i tāu e pai ai, e tōku Atua;
āe rā, kei tōku ngākau tāu ture.”

9 Kua kauwhautia e ahau te tika
i roto i te whakaminenga nui;
nanā, kīhai i kopia ōku ngutu,
tēnā koe te mātau ana, e Ihowā.

10 Kīhai i hunā e ahau tōu tika i roto i tōku
ngākau;
kua kōrerotia e ahau tōu pono me tāu
whakaoranga;
kīhai, i hunā e ahau tōu aroha me tōu pono
i te whakaminenga nui.

11 Kei kaiponuhia tōu aroha ki ahau, e Ihowā;
mā tōu atawhai me tōu pono ahau e tiaki i
ngā wā katoa.
12 Tā te mea kua karapotia ahau e ngā kino
e kore e taea te tatau;
mau pū ahau i ōku kino,
tē āhei te titiro ake;
he tini kē i ngā makawe o tōku mātenga;
ā, hemo iho tōku ngākau.

13 Kia pai, e Ihowā, ki te whakaora i ahau;
e Ihowā, hohoro ki te āwhina i ahau.
14 Kia whakamā, kia pororaru ngātahi te hunga
e rapu ana i tōku wairua kia whakamatea;
kia whakahokia ki muri, kia whakamā te hunga
e hiahia ana kia hē ahau.
15 Kia hunā, hei utu mō tō rātou whakamā te
hunga
e mea mai ana ki ahau, “Ha, ha!”

16 Kia hari, kia koa ki a koe te hunga katoa
e rapu ana i a koe;
kia mea tonu te hunga e pai ana ki tāu
whakaoranga,
“Kia whakanuia a Ihowā.”
17 Ko ahau ia, he iti, he rawakore;
heoi e whakaaro ana te Ariki ki ahau.

Ko koe tōku āwhina, tōku kaiwhakaora;
kaua rā e whakaroa, e tōku Atua.

41

Te Īnoi a te Tangata e Mate ana

Ki te tino kaiwhakatangi. He hīmene nā Rāwiri.

1 Ka hari te tangata e whakaaro ana ki te
rawakore;
e whakaorangia ia e Ihowā i te rā o te hē.
2 Mā Ihowā ia e tiaki, e whakaora;
ka whakaharitia ia i runga i te whenua.
E kore anō e tukua e koe ki ngā hiahia o ōna
hoariri.
3 Mā Ihowā ia e whakakaha, i a ia e whakaruhi
ana i runga i te moenga:
māu anō e whakapai katoa tōna moenga i a
ia e mate ana.

4 I mea ahau, “E Ihowā, tohungia ahau;
rongoātia tōku wairua; kua hara hoki ahau
ki a koe.”
5 He kino te kōrero a ōku hoariri mōku, e mea
ana,
“Āhea rānei ia mate ai, pirau ai tōna ingoa?”
6 Ā, ki te haere mai ia kia kite i ahau, ka kōrero
horihori ia;
e āmi ana tōna ngākau i te kino māna;
i tōna putanga ki waho, kōrerotia ana e ia.
7 E kōmuhumuhu ana mōku te hunga katoa e kino
ana ki ahau;
e whakatakoto ana i te kino mōku.

8 E ai tā rātou, “E piri ana te mate kino ki a ia;

ā, ka takoto nei ia, heoi anō tōna aranga
ake.”
9 Āe, ko tōku hoa ake anō, i whakawhirinaki ai
ahau,
i kai nei i tāku taro, kua hiki ake tōna
rekereke ki ahau.
10 Ko koe ia, e Ihowā, kia aroha ki ahau;
ā, whakaarahia ahau, kia utua ai rātou e
ahau.

11 Nā konei ahau i mātau ai e pai ana koe ki ahau,
nō te mea kāhore tōku hoariri e
whakamanamana ki ahau.
12 Ko ahau ia, ko koe e whakamau ake ana i
ahau i runga i tōku ngākau tapatahi;
e whakatū ake ana hoki i ahau ki tōu aroaro
ake tonu atu.

13 Kia whakapaingia a Ihowā, te Atua o Īharaira
inamata riro anō, ake tonu atu anō hoki.
Āmine, āe Āmine.

PUKAPUKA 2

42

(Waiata 42–72)

Ki te tino kaiwhakatangi. He Makiri, mā ngā
tama a Koraha.
1 Rite tonu ki te hāta e kihakiha nei ki ngā
manga wai
tōku ngākau e kihakiha nei ki a koe, e te
Atua.
2 E hiainu ana tōku wairua ki te Atua, ki te Atua
ora;
āhea ahau tae ai, puta ai ki te aroaro o te
Atua?

3 Ko ōku roimata tāku kai
i te ao, i te pō,
i a rātou e mea tonu mai nei ki ahau,
“Kei hea tōu Atua?”

4 Ka mahara ahau ki ēnei mea;
me te wai tōku ngākau e maringi ana i roto i ahau:
i haere hoki ahau i roto i te huihui,
i haere tahi mātou ki te whare o te Atua,
he hari te reo, he whakamoemiti,
me te huihui e mea hākari ana.
5 He aha koe i piko ai, e tōku wairua?
I ohorere ai i roto i ahau?
Tūmanako ki te Atua;
tērā anō ahau e whakawhetai ki a ia,
mō te ora o tōna mata,
6 e tōku Atua.

Kua piko tōku wairua i roto i ahau;
koia ahau ka mahara ai ki a koe
i te whenua o Horano, o ngā Heremoni,
i Maunga Mitara.
7 Rarā ana tētahi rire ki tētahi rire
i te haruru o āu āwhiowhio wai;
tika ana āu ngaru katoa me āu tūātea
i runga i ahau.
8 Ahakoa rā e whakahaua mai anō e Ihowā tōna atawhai i te awatea;
ā, he waiata tāku ki a ia i te pō,
he īnoi ki te Atua o tōku ora.

9 Ka mea ahau ki te Atua,
“E tōku kōhatu, he aha koe i wareware ai ki ahau?
He aha ahau ka haere pōuri ai

i te tūkino a te hoariri?”
10 Ānō he hoari i roto i ōku wheua
te tāwai a ōku hoariri;
i a rātou e mea mai nei ki ahau i ngā rā katoa,
“Kei hea tōu Atua?”

11 He aha koe i piko ai, e tōku wairua?
He aha koe i ohorere ai i roto i ahau?
Tūmanako ki te Atua;
tērā anō ahau e whakawhetai ki a ia,
ko te ora nei ia o tōku mata, ko tōku Atua.

43

Te Īnoi a tētahi e Noho Manene ana
1 E te Atua, whakaritea tāku whakawā,
whakatikaia āku kōrero ki te iwi atuakore;
whakaorangia ahau
i te tangata tinihanga e mahi nei i te hē.
2 Ko koe hoki te Atua o tōku kaha;
he aha ahau ka pangā nei e koe?
He aha ahau ka haere pōuri ai
i te tūkino a te hoariri?

3 Tukua mai tōu mārama me tōu pono
hei ārahi i ahau;
hei kawe i ahau ki tōu maunga tapu,
ki ōu tapenākara.
4 Ā, ka haere ahau ki te āta a te Atua,
ki te Atua, ki tōku hari nui;
āe, ka whakamoemiti ki a koe,
e te Atua, e tōku Atua, i runga i te hāpa.

5 He aha koe i piko ai, e tōku wairua?

He aha koe i ohorere ai i roto i ahau?
Tūmanako ki te Atua;
tērā anō ahau e whakawhetai ki a ia,
ko te ora nei ia o tōku mata, ko tōku Atua.

44

He Īnoi mō te Whakangungu

Ki te tino kaiwhakatangi, mā ngā tama a Koraha.
He Makiri.

1 E te Atua, kua rongo ō mātou taringa,
kua kōrerotia ki a mātou e ō mātou mātua,
ngā mahi i mahia e koe i ō rātou rā,
i ngā rā ō mua:
2 nāu ngā tauiwi i pana ki tōu ringa,
nāu rātou i whakatō;
nāu ngā iwi i whiu,
ā, whakamararatia ana rātou.
3 Ehara hoki i te mea, nā tā rātou hoari i whiwhi
ai rātou ki te whenua,
ehara tō rātou tākakau i te mea i ora ai rātou;
engari nā tōu matau, nā tōu tākakau hoki,
nā te mārama anō o tōu mata,
he pai hoki nōu ki a rātou.

4 E te Atua, ko koe tōku Kīngi;
whakahaua he whakaora mō Hākopa.
5 Māu ka turaki ai mātou i ō mātou hoariri;
mā tōu ingoa ka takahia ai e mātou
te hunga e whakatika ana ki a mātou.
6 E kore hoki ahau e whakawhirinaki ki tāku
kōpere;
e kore anō tāku hoari e whakaora i ahau.
7 Nāu hoki mātou i ora ai i ō mātou hoariri;

nāu anō i whakamā ai te hunga i kino ki a
mātou.
8 Ko te Atua tā mātou e whakamanamana ai i te
roa o te rā;
ka whakamoemiti anō mātou ki tōu ingoa
ake ake.
Hera

9 Otirā, kua pangā nei mātou e koe, kua meinga
kia whakamā;
kāhore hoki koe kia haere tahi me ā mātou
taua.
10 Kua meinga mātou kia hoki whakamuri mai i
te hoariri;
kei te pāhua anō i ētahi mā rātou te hunga e
kino ana ki a mātou.
11 Kua hoatu mātou e koe, ānō he hipi e kainga
ana;
kua marara ki roto ki ngā tauiwi.
12 E hokona ana e koe tāu iwi, ā, hore he utu;
kāhore hoki koe e whiwhi rawa i te utu mō
rātou.

13 E meinga ana mātou e koe hei tāwainga
mā ō mātou hoa kāinga;
hei whakahāweatanga, hei whakakatanga mai
mā te hunga i tētahi taha, i tētahi taha o
mātou.
14 E meinga ana mātou e koe hei whakatauki mā
ngā tauiwi;
hei rurutanga mātenga mā ngā iwi.
15 Kei mua tonu i ahau tōku whakamā;
kua taupokina ahau e te pāwera o tōku mata;
16 i te reo o te kaitāwai, o te kaikohukohu;
i te hoariri, i te kairapu utu.

17 Kua pā katoa tēnei ki a mātou;
heoi kāhore mātou i wareware ki a koe,
kīhai anō i teka ki tāu kawenata.
18 Kāhore tō mātou ngākau i tahuri whakamuri;
kīhai anō ō mātou hīkoinga i peka kē i tāu ara.
19 I marū ai mātou i a koe i te wāhi o ngā
tarakona;
ā, taupoki rawa ki te ātārangi o te mate.

20 Mehemea kua wareware mātou ki te ingoa o
tō mātou Atua,
kua totoro rānei ō mātou ringa ki te atua kē;
21 e kore rānei tēnei e āta tirohia e te Atua?
E mātau ana hoki ia ki ngā mea ngaro o te
ngākau.
22 Mōu nei hoki mātou i patua ai i te rā roa nei;
kīia iho mātou he hipi e patua ana.

23 E ara, he aha koe ka moe ai, e te Ariki?
Whakatika, kaua mātou e pangā tonutia.
24 He aha koe ka huna ai i tōu mata?
Ka wareware ai ki tō mātou mamae, ki tō
mātou tūkinotanga?
25 Kua piko nei hoki tō mātou wairua ki raro ki te
puehu;
piri rawa tō mātou kōpū ki te whenua.
26 E ara, hei āwhina i a mātou;
kia mahara ki tōu aroha, ā, hokona mātou.

45

He Waiata Mārena mō te Kīngi

Ki te tino kaiwhakatangi. He Hohanimi mā ngā tama a Koraha. He Makiri, he waiata aroha.

1 E pupuke ake ana te mea pai i roto i tōku
ngākau;
ka kōrerotia e ahau āku i tito ai mō te kīngi;
he pene tōku arero nā te kaituhituhi hohoro.

2 Engari koe he ātaahua i ngā tama a te tangata;
kua ringihia ōu ngutu ki te āhuareka;
nā reira i manaakitia ai koe e te Atua ake
ake.
3 Whītikiria tāu hoari ki tōu hūwhā, e te Nui Rawa,
tōu korōria me tōu hōnore.

4 Aratakina hoki tōu hōiho i runga i tōu hōnore, i
te kaha,
hei mea hoki mō te pono, mō te māhaki, mō
te tika,
ā, mā tōu matau koe e whakaako ki ngā mea
whakamataku.
5 He koi āu pere; ka hinga ngā iwi ki raro i a koe;
kei roto rātou i te ngākau o ngā hoariri o te
kīngi.

6 He pūmau, e te Atua, tōu torōna ake ake;
he hēpeta tika te hēpeta o tōu kīngitanga.
7 Kua aroha koe ki te tika, kua kino ki te hara;
nā reira, nui atu i tō ōu hoa te
whakawahinga a te Atua,
a tōu Atua i a koe ki te hinu o te hari.
8 Ko tōu kākahu katoa he kakara maira, he aroe,
he kahia.
Ko ngā mea aho, whakatangitangi o ngā
whare rei
nāna koe i whakaahuareka.
9 Kei roto i āu wāhine hōnore ngā tamāhine kīngi;

kei tōu matau te kuīni e tū ana, nō Ōpira te
kōura.

10 Whakarongo, e kō, titiro, tahuri iho tōu
taringa;
ā, kia wareware koe ki tōu iwi, ki te whare
anō o tōu pāpā.
11 Pēnei ka matenuitia e te kīngi tōu ātaahua;
ko ia hoki tōu Ariki; ā, me koropiko ki a ia.
12 Ko reira anō te tamāhine o Tāira me te ohaoha;
ka whai anō ngā tāngata taonga o te iwi kia
manakohia e koe.

13 Kei roto te tamāhine a te kīngi, he korōria kau,
he mea whakairo ki te kōura tōna kākahu.
14 He mea whakapaipai ki te ngira tōna kākahu e
kawea ai ia ki te kīngi;
ka ārahina ki a koe ngā wāhina,
ōna takahoa e whai ana i a ia.
15 He hari, he koa ina kawea mai rātou;
ka tomo ki te whare o te kīngi.

16 Ko āu tamariki hei whakakapi mō ōu mātua;
ka meinga anō rātou e koe hei kāwana mō te
whenua katoa.
17 Ka meinga e ahau tōu ingoa kia maharatia e
ngā whakatupuranga katoa;
e whakamoemititia ai koe e ngā iwi ā ake
ake.

46

Kei a Tātou a Ihowā
Ki te tino kaiwhakatangi, mā ngā tama a Koraha.
He waiata Arāmoto.

1 Ko te Atua tō tātou piringa, tō tātou kaha;
he kaiāwhina e tino tata ana i ngā wā o te hē.
2 Nā reira kore ake tō tātou wehi, ahakoa
nekehia te whenua,
ahakoa kāhakina ngā maunga ki waenga
moana;
3 ahakoa rarā, taupatupatu noa ōna wai,
ahakoa wiri ngā maunga i tōna huamo.
Hera

4 He awa tēnā ko ōna manga hei whakahari i te
pā o te Atua,
i te wāhi tapu o ngā tapenākara o te Runga
Rawa.
5 Kei waenganui ōna te Atua, e kore ia e
whakakorikoria;
mā te Atua ia e āwhina i te putanga anō o te
ata.
6 I nanā ngā tauiwi, i whakakorikoria ngā
rangatiratanga;
puaki ana tōna reo, rewa ana te whenua.

7 Kei a tātou a Ihowā o ngā mano,
ko te Atua o Hākopa tō tātou piringa.
Hera

8 Haere mai, tirohia ngā mahi a Ihowā,
ngā whakangaromanga i whakaputaina e ia
ki te whenua.
9 E whakamutua ana e ia ngā whāinga ā te pito
rā anō o te whenua;
whati ana i a ia te kōpere, poro pū te tao,
tahuna ake e ia te hāriata ki te kāpura.
10 “Kia āta noho, ā, kia mātau ko ahau te Atua;
e whakanuia ahau i waenganui i ngā tauiwi,

e whakanuia ahau i te whenua."

11 Kei a tātou a Ihowā o ngā mano;
ko te Atua o Hākopa tō tātou piringa.
Hera

47

Te Rangatira Tino Nui

Ki te tino kaiwhakatangi. He hīmene mā ngā tama a Koraha.

1 Pākia ō koutou ringa, e ngā iwi katoa;
hāmama ki te Atua, kia hari te reo.
2 Nō te mea he wehi a Ihowā, te Runga Rawa,
he kīngi nui ia nō te whenua katoa.
3 Māna e riro ai ngā iwi ki raro i a tātou,
me ngā tautāngata ki raro ki ō tātou waewae.
4 Māna e whiriwhiri tō tātou nohoanga mō tātou,
te mea pai rawa o Hākopa, o tāna i aroha ai.
Hera

5 Kua kake atu te Atua i roto i te hāmama,
a Ihowā i roto i te tangi o te tētere.
6 Hīmene ki te Atua, hīmene atu;
hīmene ki tō tātou Kīngi, hīmene atu.
7 Ko te Atua hoki te Kīngi o te whenua katoa;
hīmene atu i runga i te mōhio.

8 Ko te Atua te Kīngi o ngā tauiwi;
e noho ana te Atua i runga i te torōna o tōna tapu.
9 Kua huihui ngā rangatira o ngā iwi,
hei iwi mō te Atua o Āperahama.
Nā te Atua hoki ngā whakangungu rākau o te whenua;

kua whakanuia rawatia ia.

48

Ko Hiona, te Pā o te Atua
He waiata, he hīmene mā ngā tama a Koraha.
1 He nui a Ihowā, kia nui hoki te whakamoemiti
ki a ia i te pā o tō tātou Atua, i te maunga o
tōna tapu;
2 ātaahua ana te tairanga o Maunga Hiona,
ko tā te ao katoa e koa ai;
kei te taha ki te raki
te pā o te Kīngi nui.
3 E mātauria ana te Atua
i roto i ōna whare papai hei piringa.

4 Nā, huihui tahi mai ana ngā kīngi,
haere tahi atu ana rātou.
5 I kite rātou, mīharo iho;
raruraru ana, hohoro tonu atu.
6 Pā ana te wehi ki a rātou i reira, te mamae,
ānō he wahine e whānau ana.
7 E wāhia ana e koe
ngā kaipuke o Tarahihi ki te marangai.

8 Rite tonu ki tā mātou i rongo ai,
tā mātou i kite ai i roto i te pā o Ihowā o ngā
mano,
i te pā o tō tātou Atua;
mā te Atua e whakapūmau ake ake.
Hera

9 I whakaaroaro mātou ki tōu atawhai,
e te Atua, i waenganui o tōu temepara.
10 E te Atua, rite tahi ki tōu ingoa te
whakamoemiti mōu,

tae noa atu ki ngā pito o te whenua;
kī tonu tōu matau i te tika.
11 Kia hari a Maunga Hiona,
kia koa ngā tamāhine a Hūrā
i āu whakaritenga.

12 Taiāwhiotia a Hiona, haere, ā kōpiko noa mai;
taua ōna pourewa,
13 maharatia ōna pekerangi,
tirohia ōna whare papai;
hei kōrerotanga mā koutou ki ēnei ake
whakatupuranga.
14 Ko tēnei Atua hoki te Atua mō tātou ake ake.
Ko ia hei kaiārahi i a tātou ā mate noa.

49

Te Wairangi kia Whakawhirinaki ki ngā Taonga

Ki te tino kaiwhakatangi. He hīmene mā ngā tama a Koraha.

1 Whakarongo ki tēnei, e ngā iwi katoa;
tahuri mai ō koutou taringa, e ngā tāngata
katoa o te ao.
2 E ngā tāngata iti, koutou ko ngā tāngata rahi,
e te tangata taonga kōrua ko te rawakore.
3 Ka whakapuakina he mātauranga e tōku
māngai;
ā, he āta ngārahu te whakaaro o tōku ngākau.
4 Ka tītaha tōku taringa ki te kupu whakarite;
ka puaki tāku pepeha i runga i te hāpa.

5 Kia wehi ahau ki te aha i ngā rā o te kino,
ina karapotia ahau e te kino kei ōku
rekereke?

6 Ko te hunga e whakawhirinaki ana ki ō rātou
taonga,
e whakamanamana ana ki te nui o ō rātou
rawa.
7 E kore tētahi o rātou e āhei te hoko i tōna teina,
te hoatu rānei i tētahi utu mōna ki te Atua.
8 He nui hoki te utu mō tō rātou wairua,
ā, me whakarere atu ake ake;
9 kia ora tonu ai ia ake ake,
kia kaua e kite i te pirau.

10 E kite ana hoki ia e matemate ana ngā tāngata
whakaaro nui,
e ngaro ngātahi ana te pōauau me te
whakaarokore,
ā, mahue iho ō rātou taonga ki ētahi atu.
11 Ki tō rātou whakaaro puku, tērā e pūmau tonu
ō rātou whare me ō rātou nohoanga,
ki ngā whakatupuranga katoa;
huaina iho ō rātou whenua ki ō rātou ingoa.
12 Heoi, kāhore te tangata e noho tonu i roto i te
hōnore;
ko tōna rite kei ngā kararehe ka mōtī nei.

13 Ko tō rātou ara tēnei, arā ko tō rātou pōauau;
heoi e whakapai ana tō rātou uri ki ā rātou
kōrero.
Hera
14 Kei te hipi te rite; ko te wāhi mō rātou ko te
rēinga;
ko te mate hei hēpara mō rātou,
hei rangatira anō te hunga tika mō rātou i te ata;
ko tō rātou ātaahua mā te rēinga e
whakamōtī,
kia kore ai he whare mōna.

15 Mā te Atua ia tōku wairua e hoko mai i te
rēinga;
ko ia hoki hei tukunga atu mōku.
Hera

16 Kaua e wehi ua whai taonga te tangata,
ina nui haere te korōria o tōna whare.
17 Kāhore hoki āna mea e mau atu ai ia ina mate;
e kore tōna korōria e tuku iho i muri i a ia.
18 Whakapai noa ia i tōna wairua i a ia e ora ana;
ā, ka whakamoemititia koe ua pai āu mahi
ki a koe anō.
19 Ka haere ia ki te whakatupuranga o ōna
tūpuna;
e kore rawa rātou e kite i te mārama.

20 Ko te tangata e whakahōnoretia ana, ā, kāhore
e whai whakaaro,
kei ngā kararehe ka mōtī nei tōna rite.

50

Te Koropiko Pono

He hīmene nā Āhapa.

1 Kua puaki te kupu a te Atua, a te Atua tonu, a
Ihowā,
ā, karangatia ana e ia te whenua i te
putanga mai o te rā,
tae noa ki tōna torengitanga.
2 Kua tīaho mai te Atua i roto i Hiona,
i te tino o te ātaahua.

3 Ka haere mai tō tātou Atua, e kore anō e
wahangū;
ka kai te kāpura i tōna aroaro,

ā, ka hūkerikeri te āwhā ki tētahi taha ōna, ki
tētahi taha.
4 Ka karangatia e ia ngā rangi i runga, me te
whenua hoki,
ki te whakaritenga mō tōna iwi.
5 “Huihuia mai ki ahau tāku hunga tapu,
te hunga i whakarite kawenata ki ahau i
runga i te patunga tapu.”
6 Ā, mā ngā rangi e whakakite tōna tika;
ko te Atua ake nei hoki te kaiwhakawā.
Hera

7 “Whakarongo, e tōku iwi, ā, ka kōrero ahau;
e Īharaira, ka whakaatu ahau ki a koe;
ko ahau te Atua, ko tōu Atua.
8 E kore ahau e riri ki a koe mō āu patunga tapu;
ā, kei tōku aroaro tonu āu tahunga tinana.
9 E kore ahau e tango i tētahi pūru i roto i tōu
whare,
i ētahi koati toa rānei i roto i āu taiepa.
10 Nāku nei hoki ngā kīrehe katoa o te ngahere,
ngā kararehe i runga i te mano o ngā
pukepuke.
11 E mātau ana ahau ki ngā manu katoa o ngā
maunga;
nāku anō ngā kīrehe o te pārae.

12 “Me he matekai tōku, e kore ahau e kōrero ki a
koe;
nāku nei hoki te ao, me ōna tini mea.
13 E kai koia ahau i te kikokiko o ngā pūru,
e inu rānei i te toto o ngā koati?
14 Ko te whakawhetai hei patunga tapu māu ki te
Atua;

whakamanā hoki āu kupu taurangi ki te
Runga Rawa.
15 Ā, karanga ki ahau i te rā o te hē;
māku koe e whakaora, ā, ka whakakorōriatia
ahau e koe."

16 Ki te tangata hara ia ka mea te Atua:
"He aha māu te whakapuaki i āku tikanga,
te whakahua rānei i tāku kawenata e tōu
māngai?
17 Kua kino nei hoki koe ki te ako,
ā, e ākiri ana i āku kupu ki muri i a koe.
18 I tōu kitenga i te tāhae, nā, whakaae ana koe
ki a ia;
ā, whai tahi ana me te hunga pūremu.

19 "Kua tukua e koe tōu māngai ki te kino;
ā, e tito hīanga ana tōu arero.
20 Noho ana koe, ka kōrero kino ki tōu teina;
ngautuarā tonu iho koe ki te tama a tōu
whaea.
21 Ko āu mahi ēnei, ā, wahangū tonu ahau;
i mea koe he pēnā pū ahau me koe.
Otirā, ka rīria koe e ahau,
ka whakarārangitia anō aua mea ki tōu
aroaro.

22 "Nā, whakaaroa tēnei, e te hunga kua
wareware ki te Atua;
kei haehaea koutou e ahau, ā, kāhore he
kaiwhakaora.
23 Ko te whakamoemiti te patunga tapu e whai
korōria ai ahau;
ko te tangata hoki he tika nei tōna ara

ka whakakitea e ahau ki a ia te
whakaoranga a te Atua.”

51

He Īnoi mō te Murunga

Ki te tino kaiwhakatangi. He hīmene nā Rāwiri, i te taenga o Nātana poropiti ki a ia, mō tōna haerenga ki a Patehēpa.

1 Tohungia ahau, e te Atua,
kia rite ki tōu atawhai;
kia rite ki tōu aroha nui
te murunga o ōku hē.
2 Horoia rawatia tōku kino;
kia mā hoki tōku hara.

3 E whāki ana hoki ahau i āku mahi tutū;
kei tōku aroaro tonu tōku hara.
4 He hara ki a koe, ki a koe anake, tōku;
i meatia anō tēnei hē ki tōu aroaro;
kia tika ai koe i tāu kōrerotanga,
kia mā ai hoki ina whakawā.
5 Nā, i whakaahuatia ahau i roto i te kino,
i runga anō i te hara tōku whakahapūtanga
ki roto ki tōku whaea.

6 Nā, ko tāu e matenui ai ko te pono i ngā wāhi o roto,
ā, ka whakaakona ōku wāhi ngaro e koe ki te whakaaro nui.
7 Purea ahau ki te hihopa, ā, ka mā ahau;
horoia ahau, ā, ka mā kē atu i te hukarere.
8 Meinga kia rongo ahau i te hari, i te koa,
ā, ka whakamanamana ngā iwi i whatia nei e koe.
9 Hunā tōu mata ki ōku hara;

ā, murua katoatia ōku kino.

10 Hangā, e te Atua, he ngākau mā ki roto ki
ahau;
whakahoutia hoki ki roto ki ahau he wairua
tika.
11 Kaua ahau e makā i tōu aroaro;
kaua hoki tōu Wairua Tapu e tangohia i
ahau.
12 Whakahokia mai ki ahau te hari o tāu
whakaoranga;
tautokona hoki ahau ki te wairua kakama.

13 Ko reira ahau whakaako ai i āu ara ki te
hunga tutū;
ā, ka tahuri te hunga hara ki a koe.
14 Whakaorangia ahau i te hara toto, e te Atua,
e te Atua o tōku whakaoranga,
ā, ka waiatatia āu mahi tika e tōku arero.
15 Whakatuwheratia ōku ngutu, e te Ariki;
ā, ka puaki i tōku māngai te whakamoemiti
ki a koe.
16 Kāhore nei hoki koe e aro ki te patunga tapu,
pēnei kua hoatu e ahau.
Kāhore koe e āhuareka ki te tahunga tinana.
17 Ko ngā patunga tapu mā te Atua he wairua
marū;
e kore koe e whakahāwea e te Atua,
ki te ngākau marū, ki te ngākau iro.

18 Kia pai koe ki te atawhai i Hiona;
hangā ngā taiepa o Hiruhārama.
19 Ko reira koe pai ai ki ngā patunga tapu o te
tika,

ki ngā tahunga tinana, he mea whakaeke
katoa;
ko reira rātou whakaeke ai i ngā pūru ki
runga ki tōu āta.

52

Te Arero Rauhanga

Ki te tino kaiwhakatangi. He Makiri nā Rāwiri, i a Roeke Ēromi i haere, i whakaatu ki a Haora, i mea ki a ia, “Kua tae a Rāwiri ki te whare o Ahimereke.”

1 He aha koe ka whakapakari ai ki te kino, e te
tangata nui?
He pūmau tonu te atawhai o te Atua.
2 E whakatakoto ana tōu arero i ngā mea
nanakia,
e mahi hīanga ana, ānō he heu koi.
3 E arohaina rawatia ana e koe te kino i te pai,
te teka i te kōrero tika.
Hera
4 E te arero hīanga,
e arohaina ana e koe ngā kupu horomiti
katoa.

5 Ka whakangaro hoki te Atua i a koe ake tonu
atu;
ka tangohia atu koe e ia, ka tākiritia atu i tōu
nohoanga,
ka hūtia atu hoki koe i te whenua o te ora.
Hera
6 E kite hoki te hunga tika, ā, ka wehi;
ka kata hoki ki a ia, ka mea,
7 “Inanā, ko te tangata tēnei
kīhai nei i waiho e ia te Atua hei kaha mōna;

otiia, whakawhirinaki ana ki te tini o āna taonga,
whakapakari ana i runga i tāna mahi kino.”

8 Ko ahau ia, e rite ana ki te ōriwa matomato i
roto i te whare o te Atua;
ka whakawhirinaki ahau ki te mahi tohu a
te Atua ake ake.
9 Ka whakamoemiti tonu ahau ki a koe, nāu hoki
tēnei i mea;
ka tūmanako anō ki tōu ingoa;
he mea pai hoki, ki te aroaro o tāu hunga
tapu.

53

Te Kinotanga o te Tangata
(Waiata 14)

Ki te tino kaiwhakatangi: Maharata. He Makiri,
nā Rāwiri.
1 Kua kī te wairangi i roto i tōna ngākau,
“Kāhore he Atua.”
Kua pirau rātou, he kino whakahouhou tā rātou
mahi;
kāhore tētahi e mahi ana i te pai.

2 I titiro iho te Atua i te rangi ki ngā tama a te
tangata,
kia kite me kāhore tētahi e mahara ana,
e rapu ana i te Atua.
3 Kua hoki ki muri rātou katoa, kua pirau tahi;
kāhore tētahi e mahi ana i te pai,
kāhore kia kotahi.

4 E kore rānei e mōhio ngā kaimahi i te kino,
e kai nei i tōku iwi, me te mea e kai taro ana;

ā, kāhore e karanga ki te Atua?
5 Wehi noa iho rātou i reira,
i te wāhi kāhore he wehi.
Nō te mea kua tītaria e te Atua ngā wheua o te tangata i whakapaea ai koe;
kua whakamā rātou i a koe,
nō te mea kua whakahāweatia rātou e te Atua.

6 Auē, me i puta mai te whakaoranga o Īharaira i Hiona!
Kia whakahokia mai e te Atua tāna iwi i te whakarau,
ka whakamanamana a Hākopa, ka hari a Īharaira.

54

He Īnoi mō te Whakawāteatanga

Ki te tino kaiwhakatangi: Nekinoto. He Makiri, nā Rāwiri i te haerenga o ngā Tiwhi ki a Haora, kī ai, “He teka ianei kei a mātou a Rāwiri e piri ana?”

1 E te Atua, kia whakaorangia ahau e tōu ingoa;
kia whakawākia hoki ahau e tōu kaha.
2 E te Atua, whakarongo ki tāku īnoi,
tahuri mai tōu taringa ki ngā kupu a tōku māngai.

3 Nō te mea kua whakatika mai ngā tāngata iwi kē ki ahau,
ā, e whāia ana tōku wairua e te hunga tūkino;
kāhore i waiho e rātou te Atua ki tō rātou aroaro.

Hera

4 Tēnei te Atua hei kaiāwhina mōku;
kei roto te Ariki i te hunga e tautoko ake ana i tōku wairua.
5 Māna e utu te kino o ōku hoariri;
hunā rātou, he pono nei hoki koe.

6 Ka kakama ahau ki te mea patunga tapu ki a koe,
ka whakamoemiti ki tōu ingoa, e Ihowā, he mea pai hoki.
7 Kua whakaorangia hoki ahau e ia i roto i ngā hē katoa;
ā, kua titiro tōku kanohi ki te mea e hiahia ana ahau ki ōku hoariri.

55

Te Īnoi o te Tangata i Whakamohoa e tōna Hoa

Ki te tino kaiwhakatangi Nekinoto. He Makiri nā Rāwiri.

1 E te Atua, tahuri mai tōu taringa ki tāku īnoi;
kei whakangaro atu koe, ina tangi ahau.
2 Anga mai ki ahau, whakahokia mai he kupu ki ahau;
pōkaikaha noa iho ahau i ahau e tangi nei, e hāmama nei;
3 i te reo hoki o te hoariri,
i te tūkino a te tangata kino.
Nō te mea e utaina ana e rātou he hara ki runga ki ahau,
ā, e kino ana ki ahau, e riri ana.

4 Mamae pū tōku ngākau i roto i ahau;
kua taka ki runga ki ahau ngā wehi whakamate.

5 Kua pā ki ahau te wehi me te wiri;
ā, pōkia iho ahau e te whakamataku.
6 Nā, ko tāku meatanga, “Auē, te whai pākau ahau me he kūkupa;
pēnei ka rere atu ahau, ā, ka whai okiokinga.
7 Kātahi ahau ka rere ki tawhiti;
ā, noho rawa atu i te koraha.
Hera
8 Ka hohoro tōku rere atu
i te hau, i te āwhā.”

9 Whakangaromia, e te Ariki, wehea ō rātou arero;
kua kitea hoki e ahau te tūkino me te tutū o roto o te pā.
10 Hāereere ana rātou i te ao, i te pō,
i runga i ōna taiepa, ā tawhio noa;
he kino kei roto, he hīanga.
11 He hara kei waenganui ōna;
kāhore ōna ara e mahue
i te tinihanga, i te hīanga.

12 Ehara hoki i te hoariri nāna ahau i tāwai;
pēnei e taea e ahau te whakaririka;
ehara hoki i te hoa whawhai nōku i whakakake ki ahau;
pēnei kua piri ahau, kei kitea e ia.
13 Nāu ia, nā te tangata i rite ki ahau,
nā tōku takahoa, nā tāku i mōhio ai.
14 Āhuareka tonu tā tāua kōrerorero;
haere tahi ana hoki tāua i roto i te rōpū ki te whare o te Atua.
15 Kia mau ohorere rātou i te mate,
kia heke ora ki te rēinga;

he hara hoki kei ō rātou nohoanga, kei
waenganui i a rātou.

16 Ko ahau, ka karanga ahau ki te Atua;
ā, mā Ihowā ahau e whakaora.
17 I te ahiahi, i te ata, i te poutūmārōtanga,
ka īnoi ahau, ka tangi;
ā, ka whakarongo ia ki tōku reo.
18 Whakaorangia ana e ia tōku wairua
i runga i te rangimārie i ahau e whakaekea
ana;
he tokomaha hoki ōku hoa whawhai.
19 Ka whakarongo te Atua, nō tua iho nei tōna
nohoanga,
ā, ka whakahoki i tā rātou.
Hera
Ko te hunga kāhore ō rātou whakawhitiwhitinga,
ā, kāhore ō rātou wehi ki te Atua.

20 Kua totoro ōna ringa ki te hunga kua mau nei
tā rātou rongo ki a ia;
kua whakatakā e ia tāna kawenata.
21 Māeneene atu tōna māngai i te pata,
he whawhai ia kei roto i tōna ngākau;
ngāwari atu āna kupu i te hinu,
kāhore, he hoari kua oti te unu.

22 Makā ki runga ki a Ihowā tāu pīkaunga,
ā, māna koe e whakaū ake;
e kore e tukua e ia
te hunga tika kia whakangāueuetia ake ake.
23 Māu ia rātou e mea, e te Atua,
kia heke ki te poka o te pirau;
e kore ngā tāngata toto,

ngā tāngata hīanga e tutuki ki te hāwhe o ō
rātou rā.

Ko ahau ia, ka whakawhirinaki ki a koe.

56

He Īnoi mō te Whakawhirinaki ki te Atua
Ki te tino kaiwhakatangi: Ionata Ēreme
Rehokime. Nā Rāwiri. He Mikitama, i a ia ka mau
i ngā Pirihitini ki Kāta.

1 Tohungia ahau e te Atua, ka horomia hoki
ahau e te tangata;
e tūkino ana ia ki ahau i te rā roa nei,
i a ia e ngangare tonu nei.
2 E whai ana ōku hoariri i te rā roa nei, kia
horomia ahau;
he tokomaha nei hoki e whakahī ana,
e whawhai mai ana ki ahau.

3 Ka whakawhirinaki ahau ki a koe
i te wā e mataku ai ahau.
4 Mā te Atua ahau ka whakamoemiti ki tāna
kupu;
e whakawhirinaki ana ahau ki te Atua, e
kore ahau e wehi.
He aha tā te kikokiko e mea ai ki ahau?

5 E whakariroia kētia ana e rātou āku kupu i ngā
rā katoa;
heoi anō tā rātou e whakaaro ai ko te kino
mōku.
6 E huihui ana rātou, e piri ana;
e titiro matatau ana ki ōku hīkoinga,
i a rātou e whanga nei ki tōku wairua.

7 Mā te hē koia rātou ka mawhiti ai?
Kia riri koe, e te Atua, whakatakā iho hoki ngā iwi.
8 E taua ana e koe ōku kōpikopikotanga;
rongoātia ōku roimata ki roto ki tāu ipu;
kāhore ianei i tāu pukapuka?

9 I te rā e karanga ai ahau ka hoki whakamuri ōku hoariri;
e mātau ana ahau ki tēnei, kei ahau hoki te Atua.
10 Mā te Atua ahau ka whakamoemiti ai ki tāna kupu;
mā Ihowā ahau ka whakamoemiti ai ki tāna kupu.
11 E whakawhirinaki ana ahau ki te Atua; e kore ahau e wehi.
He aha tā te tangata e mea ai ki ahau?

12 Kei ahau ngā kupu taurangi ki a koe, e te Atua;
me tuku e ahau ngā whakamoemiti ki a koe.
13 Nāu hoki tōku wairua i whakaora kei mate;
e kore ianei koe e whakaū i ōku waewae kei paheke,
kia haere ai ahau i te aroaro o te Atua
i roto i te mārama o te hunga ora.

57

He Whakamoemiti me te Kupu Tūturu i te Pēhinga
Ki te tino kaiwhakatangi: Aratakiti. He Mikitama. Nā Rāwiri, i tōna rerenga i a Haora i a ia nei i roto i te ana.
1 Tohungia ahau, e te Atua, tohungia ahau,

e whakawhirinaki ana hoki tōku wairua ki a koe;
āe, ka piri ahau ki raro ki te taumarumarutanga o ōu pākau,
kia pahemo rā anō ēnei mate.

2 Ka karanga ahau ki te Atua, ki te Runga Rawa,
ki te Atua e oti ai āku mea katoa.
3 Ka ungā mai e ia he kaiwhakaora mōku i te rangi,
ina tāwai te tangata e mea ana kia horomia ahau.
Hera
Ka ungā mai e te Atua tāna mahi tohu me tōna pono.

4 Kei waenganui tōku wairua i ngā raiona;
e takoto ana ahau i waenganui i te hunga e kāia ana e te ahi;
i ngā tama hoki a te tangata, he tao nei ō rātou niho,
he pere, he hoari koi anō ō rātou arero.

5 Kia whakanuia koe, e te Atua, ki runga ake i ngā rangi;
hei runga atu i te whenua katoa tōu korōria.

6 Kua whakatakotoria e rātou he kupenga mō ōku takahanga,
kua piko tōku wairua;
kua keria e rātou he poka ki tōku aroaro,
ā, taka iho ko rātou anō ki roto.
Hera

7 Pūmau tonu tōku ngākau, e te Atua,
pūmau tonu tōku ngākau;
ka waiata ahau, āe, ka hīmene ahau.
8 E ara, e tōku korōria!
E ara, e te hātere, e te hāpa;
ka ara wawe anō ahau.

9 Ka whakamoemiti ahau ki a koe, e te Ariki, i waenganui i ngā iwi;
ka hīmene ki a koe i waenganui i ngā tauiwi.
10 He nui hoki tāu mahi tohu, ā tutuki noa ki ngā rangi,
me tōu pono ā tutuki noa ki ngā kapua.

11 Kia whakanuia koe, e te Atua, ki runga i ngā rangi;
hei runga i te whenua katoa tōu korōria.

58

He Īnoi mō te Rapunga Utu
Ki te tino kaiwhakatangi: Aratakiti. He Mikitama. Nā Rāwiri.
1 He kōrero puku rānei tā koutou i te pono?
He tika rānei tā koutou whakarite, e ngā tama a te tangata?
2 He pono, e mahia ana e koutou te hē i roto i te ngākau,
e pāunatia ana e koutou te tutū a ō koutou ringa i runga i te whenua.
3 He tangata kē te hunga hara nō te kōpū mai anō;
whānau kau kua kotiti kē, kua kōrero teka.
4 Ko tō rātou paihana he rite ki tō te nākahi,

kei te neke turi e puru nei i tōna taringa;
5 e kore nei e whakarongo ki te reo o te
kaiwhakawai,
ahakoa tino mātau ia ki te whakawai.

6 Whatia, e te Atua, ō rātou niho i roto i ō rātou
māngai;
kōwhakia, e Ihowā, ngā niho nunui o ngā
kūao raiona.
7 Kia mimiti rātou, ānō he wai e heke atu ana;
ka whakatikaia āna pere, kia rite ki te mea
kua pōutoa.
8 Kia memeha haere, ā, kia pahure, ānō he ngata;
kia rite ki te mea mate roto a te wahine,
kāhore nei i kite i te rā.
9 E kore e tukua kia rongo ā koutou kōhua i ngā
tātarāmoa,
ka kāhakina rātou e ia i roto i te āwhiowhio, te
mea kaiota, te mea e wera ana.

10 Ka hari te tangata tika ua kite i te utu;
ka horoia e ia ōna waewae ki ngā toto o te
tangata hara.
11 Ā, ka mea te tangata, “Koia, ka whai utu te
tangata tika;
inā, he Atua anō tēnei e whakawā ana i te
whenua.”

59

He Īnoi mō te Whakangungu

Ki te tino kaiwhakatangi: Aratakiti. He
Mikitama nā Rāwiri, i a Haora i tono tāngata hei
tiaki mō te whare, hei whakamate mōna.
1 Whakaorangia ahau, e tōku Atua, i ōku hoariri;

whakateiteitia ake ahau i te hunga e
whakatika ana ki ahau.
2 Whakaorangia ahau i ngā kaimahi i te kino;
kia ora ahau i te hunga toto.

3 Kei te whanga nei hoki rātou mō tōku wairua;
e whakamine ana te hunga kaha ki te
whawhai ki ahau;
kāhore nei ōku tutū, kāhore ōku hara, e
Ihowā.
4 Hore ōku kino, oma ana rātou, kei te takatū;
e ara hei āwhina mōku, titiro mai hoki.
5 Āe rā, maranga, e Ihowā, e te Atua o ngā mano,
e te Atua o Īharaira,
tirohia iho ngā tauiwi katoa:
kaua e tohungia tētahi o te hunga kino, e
poka kē nei.
Hera

6 Ka hoki mai rātou i te ahiahi, kei te tau,
ānō he kurī, taiāwhiotia ana e rātou te pā.
7 Nanā, kei te kūpā ō rātou māngai,
he hoari kei ō rātou ngutu;
ki tā rātou, “Ko wai e rongo?”
8 Ko tāu ia, e Ihowā, he kata ki a rātou;
hei tāwainga māu ngā tauiwi katoa.

9 E tōku kaha, ka tatari ahau ki a koe;
ko te Atua hoki tōku pā.
10 Kei mua i ahau tōku Atua aroha;
mā te Atua ahau ka kite i tāku i hiahia ai ki
ōku hoariri.

11 Kaua rātou e whakamatea, kei wareware tōku iwi;
kia whakamararatia rātou e tōu kaha; whakatakā iho rātou,
e te Ariki, e tō mātou whakangungu rākau.

12 Mō te hara o tō rātou māngai,
mō ngā kupu a ō rātou ngutu,
hopukia rātou i runga i tō rātou whakakake,

mō tā rātou kōrero, he kanga, he teka.
13 Whakamōtītia i runga i te riri,
kia kāhore ai rātou;

ā, kia mātau rātou ko te Atua te Kāwana o Hākopa
puta noa ki ngā pito o te whenua.

Hera

14 I te ahiahi tukua rātou kia hoki,
tukua rātou kia tau, ānō he kurī,
kia taiāwhio rātou i te pā.

15 Ka kōpikopiko noa rātou ki te rapu kai,
ā, ka tauwhanga i te pō roa ina kore rātou e mākona.

16 Ko ahau ia, ka waiatatia e ahau tōu kaha;
āe, i te ata ka hāmamatia e ahau tāu mahi tohu.

Ko koe hoki tōku pā,
tōku piringa i te rā o tōku pōuri.

17 Ka hīmene ahau ki a koe, e tōku kaha;
ko te Atua nei hoki tōku pā,
tōku Atua aroha.

60

He Īnoi mō te Whakaoranga

Ki te tino kaiwhakatangi: Huhana Erutu. He Mikitama nā Rāwiri, hei whakaako. Nō tāna whawhaitanga ki a Aramanaharaima rāua ko Aramatopa. Nā, hoki ana a Ioapa, ā, patua ana e ia a Ēroma ki te Raorao Tote, kotahi tekau mā rua mano.

1 E te Atua, kua panga mātou e koe, kua oti
mātou te whakamarara e koe,
kua riri koe; tahuri mai anō ki a mātou!
2 Wiri ana te whenua i a koe, kua ngātata i a koe;
whakakapia ōna wāhi pakaru, e rū ana hoki.
3 He mea pakeke kua whakakitea e koe ki tāu
iwi,
kua oti mātou te whakainu e koe ki te wāina
e wiri ai.

4 Kua hōmai e koe he kara ki te hunga e wehi ana
i a koe;
kia whakakitea hei mea mō te pono.
Hera

5 Hei mea e mawhiti ai āu e aroha ai;
mā tōu matau e whakaora,
whakahokia mai hoki he kupu ki ahau.

6 Kua kōrero te Atua i runga i tōna tapu;
“Ka hari ahau, ka kotikoti i Hekeme,
ka roherohe hoki i te raorao o Hukota.
7 Nōku Kireara, nōku anō a Mānahi,
ko Ēparaima anō hoki te kaha o tōku
mātenga;
ko Hūrā tāku kaiwhakatakoto ture;

8 ko Moapa tāku oko horoi;
ka makā e ahau tōku hū ki runga ki Ēroma;
e Pirihitia, ko ahau hei whakamanamana
māu.”

9 Mā wai ahau e kawe ki te pā kaha?
Nā wai ahau i ārahi ki Ēroma?
10 He teka rānei, e te Atua, kua pangā mātou e
koe?
Kāhore hoki koe, e te Atua, e haere tahi me ā
mātou taua.
11 Hōmai he āwhina mō mātou ki ō mātou hoariri;
he teka noa hoki te āwhina a te tangata.
12 Mā te Atua tātou ka toa ai;
māna hoki e takahi ki raro ō tātou hoa
whawhai.

61

Ko te Atua, ko Tōku Piringa

Ki te tino kaiwhakatangi: Nekina. Nā Rāwiri.

1 Whakarongo, e te Atua, ki tāku karanga;
tahuri mai ki tāku īnoi.
2 Ka karanga ahau ki a koe i te pito o te whenua,
ina pēhia tōku ngākau.

Ārahina ahau ki te kōhatu
e tiketike ake ana i ahau.
3 He piringa hoki koe mōku;
he pā kaha i te hoariri.

4 Ka noho ahau ki tōu tapenākara ake ake,
ka okioki ki ōu pākau hei piringa.

5 Kua rongo nei hoki koe, e te Atua i āku kupu
taurangi,
kua hōmai e koe te wāhi o te hunga e wehi
ana ki tōu ingoa.

6 Ka whakaraneatia e koe ngā rā o te kīngi;
ōna tau ki ngā whakatupuranga katoa.
7 E noho ia i te aroaro o te Atua ake ake;
whakaritea mai he aroha, he pono, hei tiaki
i a ia.

8 Pēnei ka hīmene ahau ki tōu ingoa ake ake;
ka whakamanā e ahau āku kupu taurangi i
tēnei rā, i tēnei rā.

62

He Whakapono Pūmau

Ki te tino kaiwhakatangi: ki a Ierutunu. He
hīmene nā Rāwiri.
1 Ko te Atua anake tāku e tatari nei;
kei a ia te whakaoranga mōku.
2 Ko ia anake tōku kōhatu, tōku whakaoranga,
tōku pā hoki, e kore e nui tōku ngāueuetanga.

3 Kia pēhea te roa o tā koutou tatau ki te tangata,
kia whakamatea ai e koutou, e koutou katoa,
ka rite ki te taiepa e tūngou ana, ki te wāwā
ka tata te hinga?
4 Heoi anō tā rātou e rūnanga ai ko te turaki i a ia
i tōna wāhi teitei;
E āhuareka ana ki te teka;
e manaaki ana ō rātou māngai,
ā, e kanga ana a roto i a rātou.

Hera

5 Tatari, e tōku wairua, ki te Atua anake;
ko ia tāku e tūmanako nei.
6 Ko ia anake tōku kōhatu, tōku whakaoranga,
tōku pā hoki; e kore ahau e
whakangāueuetia.
7 Kei te Atua te whakaoranga mōku, te korōria
anō mōku;
kei te Atua te kōhatu o tōku kaha, tōku
piringa.

8 Whakawhirinaki ki a ia i ngā wā katoa, e te iwi,
ringihia tō koutou ngākau ki tōna aroaro;
hei piringa mō tātou te Atua.

Hera

9 He pono he mea memeha noa ngā ware,
he teka noa ngā rangatira;
ki te pāunatia rātou,
māmā noa ake rātou tahi i te horihori.
10 Kaua e whakawhirinaki ki te tūkino,
kei wairangi hoki ki te pāhua;
ki te tini haere ngā taonga,
kei whakamanawa tō koutou ngākau ki
reira.

11 Kotahi kōrerotanga a te Atua,
ka rua ōku rongonga i tēnei:
nō te Atua te kaha,
12 nāu anō, e te Ariki, te mahi tohu;
rite tonu hoki ki tāna mahi
tāu utu ki te tangata.

63

Te Manako ki te Atua
He hīmene nā Rāwiri, i a ia i te koraha o Hūrā.

1 E te Atua, nōku koe Atua;
ka moata tāku rapu i a koe.
E hiainu ana tōku wairua ki a koe,
e hiahia ana ōku kikokiko ki a koe,
i te whenua maroke, ruha noa,
kāhore nei he wai.

2 Koia i titiro atu ai ahau ki a koe i te wāhi tapu,
kia kite ai i tōu kaha, i tōu korōria.
3 Pai atu tōu aroha i te ora;
mō reira ka whakamoemiti ōku ngutu ki a koe.
4 Inā, ka whakapai ahau ki a koe i ahau anō e ora nei;
ka totoro atu ōku ringa i runga i tōu ingoa.

5 Ka mākona tōku wairua, ānō i te hinu wheua, i te ngako,
ā, ka hari ōku ngutu ina whakamoemiti tōku māngai ki a koe.
6 Ina mahara ahau ki a koe i runga i tōku moenga,
ina whakaaro ki a koe i ngā mataaratanga o te pō.
7 Ko koe hoki tōku kaiāwhina;
nā, ka hari ahau ki te taumarumarutanga iho o ōu pākau.
8 Piri tonu tōku wairua ki a koe
e tautoko ake ana tōu matau i ahau.

9 Ko te hunga e whai ana i tōku wairua kia
whakangaromia,
ka riro rātou ki ngā wāhi o raro rawa o te
whenua.
10 Ka tukua atu rātou ki te kaha o te hoari;
hei wāhi rātou mā ngā pokiha.

11 Tēnā ko te kīngi, ka hari ia ki te Atua;
ka whakamanamana ngā tāngata katoa ko ia
nei tā rātou oati;
ā, ka purua te māngai o te hunga katoa e
kōrero teka ana.

64

He Īnoi mō te Whakangungu mai i ngā Hoariri
Ki te tino kaiwhakatangi. He hīmene nā Rāwiri.
1 Whakarongo ki tōku reo, e te Atua, ina īnoi atu
ahau;
tiakina tōku ora i te wehi o te hoariri.
2 Hunā ahau i te whakaaro ngaro o te hunga
kino,
i te ngangau a ngā kaimahi i te hē.

3 Kua whakakoi nei i ō rātou arero,
ānō he hoari,
kua whakatika nei i ā rātou pere,
arā i ngā kupu kikino.
4 Hei kōperenga pukutanga mā rātou ki te
tangata tika;
kitea rawatia ake kua kōpere ki a ia, kāhore
hoki he wehi.

5 E whakamāia ana rātou i a rātou anō ki te mea
kino;

e rūnanga ana kia whakatakotoria pukutia
he rore,
e mea ana, “Ko wai e kite i a rātou?”
6 E rapu hara ana rātou; e mea ana,
“Kua āta rapu mārie tātou.”
Taea noatia te hōhonutanga o te whakaaro o ia
tangata,
ā, ko te ngākau he hōhonu.

7 Mā te Atua ia e kōpere he pere ki a rātou
kitea rawatia ake kua tū rātou.
8 Heoi, ka meinga rātou kia tapatu,
ko tō rātou arero ake anō ka tū atu ki a rātou;
ā, ka rūrū i tō rātou mātenga te hunga katoa
e kite i a rātou.

9 Ka wehi anō hoki ngā tāngata katoa,
ka whakapuaki i te mahi a te Atua;
ka āta maharatia hoki e rātou tāna mahi.
10 Ka koa te tangata tika ki a Ihowā,
ka whakawhirinaki hoki ki a ia;
ka whakamanamana anō te hunga ngākau
tika katoa.

65

He Hīmene Kotinga

Ki te tino kaiwhakatangi. He hīmene, he waiata
nā Rāwiri.
1 E tāria ana koe, e te Atua, e te whakamoemiti i
Hiona;
ā, ka whakamanā te kupu taurangi ki a koe.
2 E te kaiwhakarongo īnoi,
e haere ngā kikokiko katoa ki a koe.
3 E kaha ake ana i ahau ngā kino;

ā mātou mahi tutū, māu ēnā e hīpoki.
4 Ka hari te tangata e whiriwhiria e koe,
e meatia e koe kia tata atu ki a koe,
kia noho i roto i ōu marae.
Ka mākona mātou i te pai o tōu whare,
o tōu temepara tapu.

5 He mea whakawehi, he tapu, tāu utu kupu ki a mātou,
e te Atua o tō mātou whakaoranga,
e te okiokinga o ngā pito katoa o te whenua,
o te hunga hoki i tawhiti i runga o te moana;
6 e whakaū nei i ngā maunga, he kaha hoki nōna;
tōna whītiki nei he kaha.
7 E whakamārie nei i te haruru o ngā moana,
i te haruru o ō rātou ngaru, i te ngangau hoki o ngā iwi.
8 Ka wehi anō ki āu tohu te hunga e noho ana i ngā pito rawa;
hari ana i a koe ngā pūtake o te ata, o te ahiahi.

9 E tirotirohia ana e koe te whenua,
e whakamākūkūria ana,
e whakamōmonatia nuitia ana e koe;
kī tonu te awa o te Atua i te wai;
oti rawa ake te whakapai e koe,
kua rite mai i a koe he wīti mō aua wāhi.
10 Mākūkū rawa i a koe ōna moa,
pē ana i a koe ōna tupuke;
e whakangāwaritia ana e koe ki ngā ua;
e manaakitia ana e koe tōna pihinga ake.
11 E karaunatia ana e koe te tau ki tōu pai;

e māturuturu ana hoki te mōmonatanga o ōu
ara.
12 E māturuturu ana ki ngā wāhi kai o te koraha;
ā, whītikiria ana ngā pukepuke ki te koa.
13 He hipi te kākahu o ngā wāhi kai;
ngaro ana ngā raorao i te wīti.
Hāmama ana rātou i te hari, waiata ana.

66

He Hīmene Whakawhetai
Ki te tino kaiwhakatangi. He hīmene, he waiata.
1 Hāmama, e te whenua katoa, ki te Atua!
2 Hīmenetia te korōria o tōna ingoa,
kia whai korōria te whakamoemiti ki a ia.
3 Mea atu ki te Atua, “Anō te wehi o āu mahi!
Mā te nui o tōu kaha e ngohengohe ai ōu
hoariri ki a koe.
4 E koropiko katoa te whenua ki a koe;
ka hīmene ki a koe;
ka hīmene rātou ki tōu ingoa.”

Hera

5 Haere mai kia kite i ngā mahi a te Atua:
mataku rawa tāna mahi ki ngā tama a te
tangata.
6 Nāna i mea te moana hei tuawhenua;
haere ā-waewae ana rātou rā roto i te awa;
hari ana mātou ki a ia i reira.
7 Ko tōna kāwanatanga tūturu tonu i runga i tōna
kaha;
e titiro ana ōna kanohi ki ngā tauiwi;
kei whakakake te hunga tutū.

Hera

8 Whakapaingia tō tātou Atua, e ngā iwi;
kia rangona te reo whakamoemiti ki a ia.
9 Nāna nei hoki i mau ai tō tātou wairua ki te ora,
kāhore hoki e tukua e ia ō tātou waewae kia nekehia.
10 Kua whakamātauria hoki mātou e koe, e te Atua;
whakarewaia ana mātou e koe,
ānō he hiriwa e whakarewaia ana.
11 Kua kawea nei mātou e koe ki roto ki te kupenga;
whakapīkaua ana e koe te mea whakamamae ki ō mātou hope.
12 I meinga anō e koe ō mātou upoko kia ekengia hōihotia e te tangata;
i rā roto mātou i te kāpura, i te wai;
heoi whakaputaina mai ana mātou e koe ki te wāhi mōmona.

13 Ka tomo ahau me ngā tahunga tinana ki tōu whare;
ka whakamana ahau i āku kupu taurangi ki a koe,
14 ērā i puaki i ōku ngutu,
i kōrerotia e tōku māngai i ahau e pōuri ana.
15 Ka whakaekea e ahau māu ngā mea mōmona hei tahunga tinana,
ngātahi anō me te mea kakara o ngā hipi toa;
ka tukua e ahau he pūru, he koati.

Hera

16 Haere mai, whakarongo, e koutou katoa e wehi ana ki te Atua,

ā, māku e whakapuaki tāna i mea ai ki tōku
wairua.
17 I tangi tōku māngai ki a ia;
i whakanuia anō ia e tōku arero.
18 Ki te whakaaroa e tōku ngākau te hē,
e kore te Ariki e whakarongo mai.
19 Nei rā he pono kua whakarongo te Atua,
kua tahuri ia ki tōku reo īnoi.

20 Kia whakapaingia te Atua,
kīhai nei i whakapeau kē i tāku īnoi,
i tāna atawhai hoki ki ahau.

67

He Whakawhetai mō te Kotinga

Ki te tino kaiwhakatangi: Nekinoto. He hīmene,
he waiata.
1 Mā te Atua tātou e atawhai, māna tātou e
manaaki;
māna e mea kia tīaho tōna mata ki a tātou;
Hera
2 kia mātauria ai tāu ara ki runga ki te whenua,
tāu whakaoranga i roto i ngā tauiwi katoa.
3 Kia whakamoemiti ngā iwi ki a koe, e te Atua,
kia whakamoemiti ngā iwi katoa ki a koe.

4 Kia koa ngā tauiwi, kia waiata i te hari;
nō te mea ka tika tāu whakawā mō ngā iwi,
ā, ka kāwana koe i ngā tauiwi o te whenua.
Hera
5 Kia whakamoemiti ngā iwi ki a koe, e te Atua,
kia whakamoemiti ngā iwi katoa ki a koe.

6 Kua tuku mai nei te whenua i ōna hua;

ā, ka manaaki te Atua, tō tātou Atua, i a
tātou.
7 Ka manaaki te Atua i a tātou;
ā, ka wehi ngā pito katoa o te whenua i a ia.

68

He Waiata ā-Iwi mō te Wikitōria
Ki te tino kaiwhakatangi. He hīmene, he waiata
nā Rāwiri.
1 Kia ara te Atua, kia marara ōna hoariri;
kia whati hoki i tōna aroaro te hunga e kino
ana ki a ia.
2 Āia atu rātou, pērātia me te paowa e āia ana;
kia rite ki te ware pī e rewa ana i te kāpura
te ngaromanga o te hunga kino i te aroaro o
te Atua.
3 Kia koa ia te hunga tika
kia hari i te aroaro o te Atua;
āe rā, kia tino hari pū rātou.

4 Waiata ki te Atua, hīmenetia tōna ingoa;
opehia ake he huanui mō tana hāriata i ngā
koraha –
tōna ingoa ko IHA –
kia hari hoki ki tōna aroaro.

5 Hei matua mō ngā pani, hei kaiwhakarite mō
ngā pouaru,
te Atua i tōna nohoanga tapu.
6 E whakanohoia ana e te Atua te mokemoke ki
te whare,
e whakaputaina ana e ia ngā herehere ki te
ora;
ko te hunga tutū ia e noho i te wāhi waikore.

7 E te Atua, i tōu haerenga atu i mua i tāu iwi;
i tōu haerenga i te koraha;
Hera
8 i wiri te whenua,
i tūturu iho anō ngā rangi
i te aroaro o te Atua; me taua Hinai anō
i te aroaro o te Atua, o te Atua o Īharaira.
9 I tāia mai, e koe, e te Atua, he ua nui;
ā, i tōu kāinga e ruwha ana ka whakaūkia e
koe.
10 I noho tāu whakaminenga ki reira;
nā tōu pai, e te Atua, i mea kai ai koe mā ngā
rawakore.

11 Ka hōmai e Ihowā te kupu;
he ope nui ngā wāhine whakapuaki:
12 “Whati rawa ngā kīngi o ngā taua!”
Ā, ko te wahine i noho i te whare,
kei te tuwha i ngā parakete.
13 I a koutou ka takoto noa i ngā takotoranga
hipi,
he rite ki ngā pākau o te kūkupa
kua paparuatia nei ki te hiriwa,
ōna hou ki te kōura whero.
14 I te whakamararatanga a te Kaha Rawa i ngā
kīngi i reira,
koia anō kei te hukarere o Taramono te mā.

15 He maunga Atua a Maunga Pahana;
he maunga tiketike a Maunga Pahana.
16 He aha koutou ka titiro tītaha ai, e ngā
maunga tiketike,
ki te maunga i hiahiatia nei e te Atua kia
nohoia e ia,

āe, ka nohoia e Ihowā ake ake?

17 Ko ngā hāriata a te Atua, e rua tekau mano,
mano mano iho;
kei roto i a rātou te Ariki, me te mea ko
Hinai, ko te wāhi tapu.
18 Kua kake koe ki runga,
kua whakaraua e koe te whakarau;
kua riro i a koe he ohaoha mō te tangata;
āe, mō te hunga tutū anō, kia noho ai a Ihowā,
te Atua ki a rātou.

19 Kia whakapaingia te Ariki,
e whakawaha nei i tā tātou pīkaunga i tēnei
rā, i tēnei rā,
te Atua o tō tātou whakaoranga.
Hera
20 Ko tō tātou Atua te Atua o te whakaoranga;
nā Ihowā anō, nā te Ariki, ngā putanga ake i
te mate.

21 Ka marū ia i te Atua te mātenga o ōna hoariri;
me te tumuaki huruhuru o te tangata e
haere tonu ana i āna kino.
22 I mea te Ariki, “Ka whakahokia mai e ahau i
Pahana,
ka whakahokia mai e ahau tāku iwi i ngā
rire o te moana;
23 kia toua ai tōu waewae ki te toto,
kia whiwhi ai te arero o āu kurī ki tāna wāhi
o ōu hoariri.”

24 I kite rātou, e te Atua, i ōu haerenga, i
ngā haerenga o tōku Atua, o tōku Kīngi, i te
wāhi tapu.

25 Ko ngā kaiwaiata i haere i mua, i muri ko ngā
kaiwhakatangi,
i waenganui ko ngā kōtiro e patupatu ana i
ngā timipera.
26 “Whakapaingia te Atua i roto i ngā
whakaminenga,
te Ariki hoki, e ngā mea i puta mai i te
mātāpuna o Īharaira!”
27 Kei reira a Pineamine, te whakaotinga, tō
rātou ariki,
ngā rangatira o Hūrā, me tō rātou rōpū,
ngā rangatira o Hepurona, me ngā rangatira
o Napatari.

28 Kua oti he kaha mōu te whakahau iho e tōu
Atua;
whakaūkia, e te Atua, tāu i mea ai mō mātou.
29 Ka maua mai e ngā kīngi he hākari ki a koe,
mō tōu temepara i Hiruhārama.
30 Rīria te kīrehe o ngā kākaho,
te huinga pūru, me ngā kūao kau a ngā iwi,
me te takahi i ngā pīhi hiriwa ki raro;
whakamararatia ngā iwi e āhuareka ana ki
te whāinga.
31 E puta mai ngā rangatira i Īhipa;
meāke hohoro te totoro o ngā ringa o
Etiopia ki te Atua.

32 Waiata ki te Atua, e ngā rangatiratanga o te
whenua;
hīmene ki te Ariki;

33 ki a ia, ko tōna hāriata nei ko ngā rangi o ngā
rangi, nōnamata;
nā, ka puaki tōna reo, he reo kaha.
34 Waiho te kaha i te Atua,
kei runga nei i a Īharaira tāna mahi
rangatira;
kei ngā kapua hoki tōna kaha.
35 Ka wehingia koe, e te Atua, i roto i ōu wāhi
tapu;
ko te Atua o Īharaira te kaihōmai i te kaha, i
te mana, ki tōna iwi.

Whakapaingia te Atua!

69

He Tangi mō te Whakaoranga mai i te Pēhinga
Ki te tino kaiwhakatangi. Hohanimi. Nā Rāwiri.
1 Whakaorangia ahau e te Atua,
ka tae mai hoki ngā wai ki roto ki tōku
wairua.
2 Ka tapoko ahau ki te oru hōhonu,
ki te wāhi kāhore nei he tūnga;
kua tae ahau ki ngā wai hōhonu,
ngaro iho ahau i ngā waipuke.
3 Kua ruwha ahau i tāku tangi;
kua maroke tōku korokoro.
Pakoko kau ōku kanohi i ahau
e tatari nei ki tōku Atua.

4 Tini kē i ngā makawe o tōku mātenga
te hunga e kino noa ana ki ahau;
he kaha rawa te hunga e mauāhara noa ana ki
ahau,

e mea nei kia whakamatea ahau.
Utua ana e ahau i reira
ngā mea kīhai i tangohia e ahau.
5 E te Atua, e mātau ana koe ki tōku kūware;
kāhore hoki ōku hē e ngaro i a koe.

6 E te Ariki, e Ihowā o ngā mano
kaua te hunga e tatari ana ki a koe e whakamā i ahau;
e te Atua o Īharaira,
kei numinumi kau i ahau
te hunga e rapu ana i a koe.
7 Mōu hoki ahau i waiho ai hei tāwainga;
ngaro iho tōku mata i te whakamā.
8 He tangata kē ahau ki ōku hoa ake;
hei tautangata ki ngā tama a tōku whaea.

9 Ka pau hoki ahau i te aroha ki tōu whare;
kua tau anō ki ahau ngā tāwai a te hunga e tāwai ana ki a koe.
10 I ahau i tangi, i whakatiki hei whiu i tōku wairua,
ka waiho tēnā hei tāwainga mōku.
11 I kākahu hoki ahau i te kākahu taratara mōku,
ā, i waiho hei whakatauki mā rātou.
12 Kei te kōrero kino mōku te hunga e noho ana i te kūwaha;
waiatatia ana ahau e te hunga haurangi wāina.

13 Ko ahau ia, ki a koe tāku īnoi, e Ihowā,
i te wā e manakohia ai;
whakahokia mai he kupu ki ahau, e te Atua,
i runga i te nui o tōu aroha,

o te pono o tāu whakaoranga.
14 Whakaorangia ahau i roto i te oru,
kei toremi;
kia ora ahau i te hunga e kino ana ki ahau,
i ngā wai hōhonu anō hoki.
15 Kei ngaro ahau i te waipuke,
kei horomia e te rire;
kei kopia anō te waha o te poka ki runga ki
ahau.

16 E Ihowā whakahokia mai he kupu ki ahau;
he pai hoki tōu atawhai:
tahuri mai ki ahau, kia rite ki te nui o āu
arohatanga.
17 Ā, kaua e hunā tōu mata ki tāu pononga;
e pōuri ana hoki ahau:
hohoro te whakahoki kupu mai ki ahau.
18 Whakatata mai ki tōku wairua, hokona;
whakaorangia ahau, e mahi nei ōku hoariri.

19 E mātau ana koe ki tōku tāwainga,
ki tōku whakamā, ki tōku numinumi;
tōu aroaro ōku hoariri katoa.
20 Marū noa tōku ngākau i te tāwai;
ā, kī tonu ahau i te pōuri;
i titiro ahau ki tētahi hei aroha mai, ā, kore ake;
ki ētahi hei whakamārie, ā, kīhai i kitea.
21 I hōmai he au hei kai māku;
i tōku matewaitanga anō i whakainumia
ahau ki te winika.

22 Kia meinga tā rātou tēpu i tō rātou aroaro hei
māhanga;
hei rore hoki i tō rātou wā rangimārie.

23 Kia whakapōuritia ō rātou kanohi, kei kite
rātou;
kia wiri tonu hoki ō rātou hope.
24 Ringihia atu tōu riri ki runga ki a rātou,
kia mau hoki rātou i tōu ārita, i tōu weriweri.
25 Kia ururuatia tō rātou nohoanga;
kaua tētahi e noho ki ō rātou tēneti.
26 Mō rātou i tūkino i te tangata i whiua nei e koe;
ā, kōrerotia ana e rātou te pōuri o te hunga i
werohia e koe.
27 Tāpiritia he kino ki runga ki tō rātou kino;
kaua hoki rātou e tukua kia tomo ki tōu tika.
28 Kia murua atu rātou i te pukapuka o te ora,
kaua anō e tuhituhia ki roto ki te hunga tika.
29 Ko ahau ia, he rawakore, he pōuri;
kia whakateiteitia ake ahau, e te Atua, e tāu
whakaoranga.

30 Ka whakamoemiti tāku waiata ki te ingoa o te
Atua,
ka whakanui anō tāku whakawhetai i a ia.
31 Pai rawa tēnei ki a Ihowā i te pūru,
i te kau, i te mea whai haona, whai maikuku.
32 Kua kite te hunga māhaki, kua hari;
ka ora anō ō koutou ngākau,
e te hunga e rapu nei i te Atua.
33 Nō te mea ka rongo a Ihowā ki ngā rawakore,
e kore anō e whakahāwea ki āna herehere.

34 Kia whakamoemiti te rangi me te whenua ki a
ia,
ngā moana, me ngā mea katoa e tere ana i
roto.

35 Nō te mea tērā e whakaorangia e te Atua a Hiona,
ka hangā anō e ia ngā pā o Hūrā;
ā, ka noho rātou ki reira, ka riro hoki a reira i a rātou;
36 ā, ka nohoia a reira e ngā uri o āna mononga;
hei kāinga tupu anō a reira mō te hunga e aroha ana ki tōna ingoa.

70

He Īnoi mō te Whakaoranga i ngā Hoariri (Waiata 40.13-17)

Ki te tino kaiwhakatangi. Nā Rāwiri, hei whakamahara.

1 Kia hohoro, e te Atua, ki te whakaora i ahau;
e Ihowā, hohoro ki te āwhina i ahau.
2 Kia whakamā, kia pororaru ngātahi te hunga
e rapu ana i tōku wairua.
Kia whakahokia ki muri, kia whakamā te hunga
e hiahia ana kia hē ahau.
3 Kia whakahokia ki muri mō tō rātou whakamā,
te hunga e mea ana ki ahau, “Ha, ha!”

4 Kia hari, kia koa, ki a koe
te hunga katoa e rapu ana i a koe.
Kia mea tonu te hunga e pai ana ki tāu whakaoranga,
“Kia whakanuia te Atua!”
5 Ko ahau ia, he iti, he rawakore;
hohoro mai, e te Atua, ki ahau.
Ko koe tōku āwhina, tōku kaiwhakaora;
kaua rā e whakaroa, e Ihowā.

71

He Īnoi a tētahi Koroheke

1 Ko koe tāku e whakawhirinaki ai, e Ihowā;
kei whakamā ahau ake ake.
2 Whakaorangia ahau, i runga i tōu tika, kia
mawhiti anō ahau;
tahuri mai tōu taringa ki ahau,
whakaorangia hoki ahau.
3 Kia ai koe hei teko e noho ai ahau,
hei hokihokinga tonutanga atu mōku;
kua kīia iho ahau e koe kia whakaorangia,
ko koe nei hoki tōku kōhatu, tōku pourewa.

4 Whakaorangia ahau, e tōku Atua, i te ringa o te
tangata kino,
i te ringa o te whanokē, o te nanakia.
5 Ko koe nei hoki, e te Ariki, e Ihowā, tāku e
tūmanako atu nei,
tāku e whakawhirinaki nei nō tōku
tamarikitanga ake anō.
6 Nāu ahau i tautoko ake nō te kōpū mai anō;
nāu ahau i tango mai i roto i ngā whēkau o
tōku whaea.
Ko koe tāku e whakamoemiti tonu ai.

7 He mīharotanga ahau nā te tini;
ko koe ia tōku piringa kaha.
8 Kia kī tōku māngai i te whakamoemiti ki a koe,
i tōu hōnore i te roa o te rā.
9 Kaua ahau e pangā ā te wā o te koroheketanga,
kaua ahau e whakarērea ina hemo tōku
kaha.
10 E kōrerotia ana hoki ahau e ōku hoariri,

ā, e rūnanga tahi ana te hunga e whanga
ana ki tōku wairua.
11 E mea ana, “Kua whakarērea ia e te Atua;
whāia, hopukia;
kāhore hoki tētahi hei whakaora.”

12 E te Atua, kei matara atu koe i ahau;
e tōku Atua, hohoro ki te āwhina i ahau.
13 Kia whakamā, kia pau ngā hoariri o tōku
wairua;
kia hīpokina ki te tāwai, ki te whakamā,
te hunga e rapu ana i te hē mōku.
14 Ko ahau ia, ka tūmanako tonu;
ka hono tonu anō te whakamoemiti ki a koe.
15 Mā tōku māngai e whakakite tōu tika,
tāu whakaoranga i te roa o te rā;
kāhore hoki ahau e mōhio e hia rānei.
16 Ka haere ahau i runga i te kaha o te Ariki,
o Ihowā, ka whakahuatia e ahau tōu tika,
tōu anake.

17 E te Atua, he mea whakaako ahau nāu, nō tōku
tamarikitanga ake;
ā, he whakapuaki tāku i āu mahi
whakamīharo ā mohoa noa nei.
18 Nā, kaua ahau e whakarērea, e te Atua,
ā koroheke noa, hina noa ahau,
kia whakakitea rā anō e ahau tōu kaha ki tēnei
whakatupuranga,
tōu nui ki ngā tāngata katoa e puta mai ā
mua.

19 Kei runga rawa anō tōu tika, e te Atua,
he nui nei hoki āu mahi;
e te Atua, ko wai te rite ki a koe?

20 He nui, he kino ngā pōuritanga ngākau i
whakakitea mai e koe ki a mātou;
tērā anō koe ka whakahauora i a mātou,
ka whakahoki ake anō i a mātou i ngā wāhi
hōhonu o te whenua.
21 Whakaraneatia e koe tōku nui,
ā, tahuri mai anō ka whakamārie i ahau.

22 Ka whakamoemiti ahau ki a koe i runga i te
hātere,
arā ki tōu pono, e tōku Atua;
ka hīmene ahau ki a koe i runga i te hāpa,
e te Mea Tapu o Īharaira.
23 Ka tino hari ōku ngutu ua hīmene ahau ki a
koe;
me tōku wairua anō i hokona nei e koe.
24 Ka kōrerotia hoki e tōku arero tōu tika i te roa o
te rā;
kua whakamā nei hoki,
kua numinumi kau te hunga i rapu i te hē
mōku.

72

He Īnoi mō te Kīngi
Nā Horomona.
1 Hōmai e te Atua, āu whakaritenga ki te kīngi,
me tōu tika ki te tama a te kīngi.
2 Māna e whakawā tōu iwi i runga i te tika,
āu rawakore i runga i te whakawā tika.
3 Ka kawea mai e ngā maunga te rongo mau ki te
iwi,
e ngā pukepuke i runga i te tika.
4 Ka whakawā ia mō ngā ware o te iwi;

ka whakaorangia e ia ngā tamariki a te
rawakore;
mongamonga noa i a ia te kaitūkino.

5 I te rā e mau ana, i te marama hoki,
ka pērā te mau o tō rātou wehi ki a koe i ngā
whakatupuranga katoa.
6 E heke iho ia ānō he ua ki runga ki te kotinga
tarutaru,
me ngā ua e whakamākūkū nei i te whenua.
7 Ka tupu te tangata tika i ōna rā;
tōna roa anō o te āta noho, ā, kore noa te
marama.

8 Ka kīngi ia i tēnei moana, ā tae noa ki tētahi
moana,
i te awa, ā ngā pito atu anō o te whenua.
9 Ka piko ki tōna aroaro te hunga o te koraha;
ā, ka mitimiti ōna hoariri i te puehu.
10 Ka maua mai he hākari e ngā kīngi o Tarahihi,
o ngā motu;
ka kawea mai he tahua e ngā kīngi o Hēpā, o
Tepa.
11 Āe, ka koropiko ngā kīngi katoa ki a ia;
ka mahi ngā iwi katoa ki a ia.

12 Ka ora hoki i a ia te rawakore ua tangi atu,
te ware hoki me te tangata kāhore nei ōna
kaiāwhina.
13 E tohu ia i te tangata iti, i te rawakore;
ka ora anō i a ia ngā wairua o ngā rawakore.
14 Ka hokona e ia tō rātou wairua i roto i te
tūkino, i te tutū,

he mea utu nui hoki ō rātou toto ki tāna
titiro.

15 Ā, e ora rātou!
Ka hoatu anō ki a ia he kōura nō Hēpā.
Ka tukua tonutia hoki te īnoi mōna;
ka whakapaingia ia i tēnei rā, i tēnei rā.
16 He kutanga wīti tērā i runga i te whenua,
i te tihi o ngā maunga;
ngarue ana ōna hua, ānō ko Repanōna,
ā, ka rite te tupu o ngā tāngata o te pā
ki tō te tarutaru o te whenua.
17 Ka mau tonu tōna ingoa ake ake;
ka rite tōna ingoa ki te rā te pūmau.

Kei roto i a ia te manaaki mō te tangata;
ka kōrerotia tōna koa e ngā iwi katoa.

18 Kia whakapaingia a Ihowā, te Atua, te Atua o
Īharaira;
ko ia nei anake hei mahi i ngā mahi
whakamīharo.
19 Kia whakapaingia anō tōna ingoa korōria mō
ake tonu atu;
kia kī katoa hoki te whenua i tōna korōria.
Āmine, āe Āmine.

20 Ko te mutunga tēnei o ngā īnoi a Rāwiri, a te
tama a Hehe.

PUKAPUKA 3

73

(Waiata 73–89)

He Īnoi mō te Whakamāmā i ngā Kaiwhakawiri

He hīmene nā Āhapa.

1 He pono, he pai te Atua ki a Īharaira;
ki te hunga ngākau mā.

2 Ko ahau ia, wāhi iti kua tapepa ōku waewae;
me i kotahi kua paheke ōku takahanga.
3 I hae hoki ahau ki te hunga whakahī,
i tōku kitenga i te tangata hara e kake ana.

4 Kāhore hoki he whakawiringa a te mate i a rātou;
he mārō anō ō rātou uaua.
5 Kāhore ngā mea whakapōuri tāngata e pā ki a rātou;
kāhore anō rātou e whiua tahitia me te mano tāngata.
6 Nā reira, ānō he hei te whakakake e awhi nei i a rātou,
ānō he kākahu te tutū e hīpokina nei rātou.
7 Pupuhi ana ō rātou kanohi i te ngako;
nui ake ngā mea i a rātou i a ō rātou ngākau i hiahia ai.
8 E whakahī ana rātou, e kōrero kino ana mō te whakatoi;
kei runga noa ake ā rātou kōrero.
9 Tutuki tonu tō rātou māngai ki ngā rangi;
e kōpikopiko ana hoki tō rātou arero i runga i te whenua.

10 Koia tōna iwi i hoki mai ai ki konei;
ā, e whakawiria ana he wai mō rātou, kī tonu te kapu.
11 E mea ana rātou, “Mā te aha e mātau ai te Atua?

He mātauranga koia tō te Runga Rawa?”

12 Nanā, ko te hunga kino tēnei,
kei runga tonu i te whenua rangatira,
e hua ana ō rātou taonga.

13 He pono he maumau tāku mea i tōku ngākau
kia mā,
tāku horoi hoki i ōku ringa ki te harakore.
14 E whiua ana hoki ahau i te roa o te rā,
e pākia ana i ngā ata katoa.

15 Me i kī ahau, “Ka pēnei tāku kōrero,”
nā, e tinihanga ana ahau ki te
whakatupuranga o āu tamariki.
16 I tāku meatanga kia mātauria tēnei,
ka kite ahau he mahi whakauaua rawa;
17 tae noa ahau ki te wāhi tapu o te Atua,
kātahi ahau ka mōhio ki tō rātou mutunga.

18 He pono i whakatūria rātou e koe ki ngā wāhi
pāhekeheke;
ā, whakatakā ana e koe ki te ngaromanga.
19 Anō te pānga whakareretanga o tō rātou
hunanga,
kua pau rawa i ngā wehi!
20 Ka rite ki te rekanga kanohi, ina ara ake te
tangata,
tāu whakahāwea ki tō rātou āhua,
e te Ariki, ina ara ake koe.

21 Nā, mamae noa iho tōku ngākau,
ā, hukihuki ana ōku whatumanawa.

22 He whakaarokore hoki ahau, he kūware;
me te mea he kīrehe ahau i tōu aroaro.

23 Ahakoa rā kei a koe tonu ahau;
e puritia ana e koe tōku ringa matau.
24 Mā tōu whakaaro ahau e ārahi;
muri iho ka riro ahau i a koe ki te korōria.
25 Ko wai hoki tōku i te rangi ko koe anake?
Kāhore atu hoki ōku i te whenua e hiahia ai,
ko koe anake.
26 Hemo iho ōku kikokiko me tōku ngākau;
ko te Atua ia te kaha o tōku ngākau,
tōku wāhi ake ake.

27 Nā, ko te hunga e mamao atu ana i a koe ka
mate;
ka ngaro i a koe te hunga pūremu katoa e
whakarere nei i a koe.
28 Ko ahau ia, he pai ki ahau te whakatata ki te
Atua;
kua waiho e ahau te Ariki, a Ihowā, hei
whakawhirinakitanga mōku,
kia whakapuakina ai e ahau āu mahi katoa.

74

He Īnoi mō te Whakaoranga ā-Iwi

He Makiri nā Āhapa.
1 E te Atua, he aha i pangā ai mātou e koe ake
ake?
He aha i pongere ai tōu riri ki ngā hipi o tāu
māra?
2 Mahara ki tāu whakaminenga i hokona e koe i
mua,
i utua e koe hei iwi mō tōu kāinga tupu;
ā, ki tēnei Maunga Hiona i nohoia nei e koe.

3 Hiki ake ōu waewae ki ngā whakangaromanga
e mau tonu nei,
ki ngā mahi kino katoa a te hoariri ki te
wāhi tapu.

4 Kua hāmama nei ōu hoariri i waenganui i āu
whakaminenga;
kua whakatūria e rātou ā rātou kara hei tohu.
5 E rite ana rātou ki ngā tāngata
e hāpai ana i te tītaha ki te puia rākau.
6 Ināianei ia e tukitukia ana e rātou ōna mea
whakairo,
pākaruhia iho ana ki te tītaha, ki te hama.
7 Kua toua tōu wāhi tapu ki te kāpura,
kua noa i a rātou te nohoanga o tōu ingoa,
kei te whenua e takoto ana.
8 I mea tō rātou ngākau, “Me whakangaro rātou ā
poto ake.”
Kua tahuna e rātou ngā whare huihui katoa
o te Atua i te whenua.

9 Kāhore mātou e kite i ō mātou tohu,
kāhore atu he poropiti,
kāhore hoki tētahi o mātou e mātau ana kia
pēhea ake te roa.
10 E te Atua, kia pēhea ake te roa o te tāwai a te
hoariri?
Ka kohukohu tonu rānei te hoariri ki tōu
ingoa ake ake?
11 He aha i pēpeke ai tōu ringa, tōu matau?
Unuhia i roto i tōu uma, whakamōtītia rātou.

12 Ko te Atua ia tōku Kīngi o tua iho,

e mahi whakaora ana i waenganui i te
whenua.
13 Nāu, nā tōu kaha i wawae te moana;
pakaru ana i a koe ngā mātenga o ngā
tarakona i ngā wai.
14 Mongamonga noa i a koe ngā mātenga o
rewiatana;
ā, hoatu ana ia e koe hei kai mā te iwi o te
koraha.
15 I wāhia e koe te puna me te roma;
mimiti ake i a koe ngā awa nunui.
16 Nāu te ao, nāu hoki te pō;
nāu i whakarite te marama me te rā.
17 Nāu i whakatū ngā rohe katoa o te whenua;
te raumati me te hōtoke, he mea whakarite
ēnā nāu.

18 Kia mahara ki tēnei, kua tāwai te hoariri, e
Ihowā;
kua kohukohu te hunga pōauau ki tōu ingoa.
19 Kaua e tukua te wairua o tāu kūkupa ki te
kīrehe;
kei wareware ake ake ki te whakaminenga o
āu rawakore.

20 Whakaaroa te kawenata;
kua kikī hoki ngā wāhi pōuri o te whenua i
ngā nohoanga nanakia.
21 Kei hoki whakamā mai te tangata e tūkinotia
ana;
kia whakamoemititia tōu ingoa e te ware, e
te rawakore.

22 E ara, e te Atua, tohea tāu tohe;

mahara ki tā te tangata pōauau tāwai ki a
koe ā pau noa te rā.
23 Kei wareware ki te reo o ōu hoariri;
e kake tonu ana te ngangau a te hunga e
whakatika ana ki a koe.

75

He Whakawhetai mō ngā Mahi Miharo a te Atua

Ki te tino kaiwhakatangi: Aratakiti. He hīmene,
he waiata nā Āhapa.

1 Ka whakawhetai tonu mātou ki a koe, e te Atua,
ka whakawhetai tonu mātou; kei te tata mai
hoki tōu ingoa.
E kōrerotia ana e te tangata āu mahi
whakamīharo.

2 "Ka kitea e ahau te wā e rite ana,
ka tika tāku whakawā.
3 Kūteretere noa iho te whenua me ōna tāngata
katoa;
nāku i whakatū ōna pou.
Hera
4 I mea ahau ki te hunga whakakake, 'Kāti rā te
whakakake,'
ki te hunga hara anō, 'Kaua e whakaarahia
te haona;
5 kaua tō koutou haona e whakaarahia ki runga,
kāti te whakamārō i te kakī ina kōrero.' "

6 Nō te mea kāhore he aranga i te rāwhiti,
kāhore i te hauāuru, kāhore hoki i te tonga.
7 Ko te Atua ia te kaiwhakawā;
ko tēnei e whakaititia iho ana e ia,
ko tērā e whakaarahia ake ana.

8 Kei te ringa hoki o Ihowā he kapu,
pāhuka tonu te wāina;
kī tonu, whakananu rawa,
hei ringihanga māna;
ko ngā nganga ia,
mā te hunga kino katoa o te whenua e tatau,
e inu.

9 Ko ahau ia, ka kauwhau tonu;
ka hīmene ki te Atua o Hākopa.
10 Ā, ka kotia e ahau ngā haona katoa o te hunga
kino;
ka whakaarahia ake ia ngā haona o te
tangata tika.

76

Ko te Atua te Toa

Ki te tino kaiwhakatangi: Nekinoto. He hīmene,
he waiata nā Āhapa.

1 E mātauria ana te Atua i roto i a Hūrā,
he nui tōna ingoa i roto i a Īharaira.
2 Kei Harema hoki tōna tapenākara;
kei Hiona tōna nohoanga.
3 I whati i a ia i reira ngā pere o te kōpere,
te whakangungu rākau, te hoari, me ngā
mea mō te whawhai.
Hera

4 Tērā atu tōu korōria, tōu nui,
i tō ngā maunga kīrehe.
5 Kua pāhuatia te hunga ngākau toa,
moe ana rātou i tā rātou moe;
kīhai anō i whai ringa

tētahi o ngā mārohirohi.
6 Nā tāu whakatūpehupehu, e te Atua o Hākopa,
i parangia ai te hāriata me te hōiho e te moe.
7 Ko koe, inā, ko koe e wehingia;
ko wai hoki e tū ki tōu aroaro ina riri koe?
8 Nāu i rangona iho ai te whakawā i te rangi;
wehi ana te whenua, whakaririka kau ana,
9 i te aranga ake o te Atua ki te whakawā,
ki te whakaora i te hunga māhaki katoa o te whenua.

Hera

10 He pono ka whai korōria koe i te riri o te tangata;
mau anō e whītiki te toenga o te riri.
11 Whakapuakina te kupu taurangi ki a Ihowā,
ki tō koutou Atua, whakamanā hoki;
e te hunga katoa i tētahi taha ōna, i tētahi taha,
mauria he hākari ki a ia, ka tika hoki te wehi ki a ia.
12 Māna e poro atu te wairua o ngā rangatira;
e matakuria ana ia e ngā kīngi o te whenua.

77

Ka Whakamaumaharatia ngā Mahi Whakahira a te Atua

Ki te tino kaiwhakatangi, ki a Ierutunu. He hīmene nā Āhapa.

1 Ki te Atua tōku reo,
e karanga nei ahau, ki te Atua tōku reo,
ā, tērā e tahuri mai tōna taringa ki ahau.
2 I rapu ahau ki te Ariki i te rā o tōku pōuri;

mārō tonu tōku ringa i te pō, kīhai anō i
pēpeke;
kīhai tōku wairua i pai kia whakamārietia.
3 E mahara ana ahau ki te Atua, ā, e pōuri ana;
kei te whakaaroaro, ā, ngaro iho tōku
wairua.

Hera

4 E puritia ana e koe ōku kanohi kia mataara
tonu;
he pōuri ahau, tē āhei te kōrero.
5 Ka hoki ōku whakaaro ki ngā rā onamata,
ki ngā tau o tua iho.
6 E whakamahara ana ahau ki tāku waiata i te
pō,
e kōrerorero ana ki tōku ngākau,
e rapurapu ana tōku wairua.

7 "Tērā rānei te Ariki e panga tonu ake ake,
ā, heoi anō rānei āna manakohanga mai?
8 Kua kāhore rānei tāna mahi tohu mō ake tonu
atu?
Kua whati rānei tāna kupu ā ake ake?
9 Kua wareware rānei te Atua ki te atawhai?
Kua riri rānei ia, ā, tūtakina atu ana e ia tōna
aroha?"

Hera

10 Nā, ka mea ahau, "Ko tōku ngoikore tēnei:
otirā ka mahara ahau ki ngā tau o te ringa
matau o te Runga Rawa."
11 Ka mahara ahau ki ngā mahi a Ihowā;
āe rā, ka mahara ahau ki āu mea
whakamīharo o tua iho.
12 Ka whakaaro hoki ahau ki āu meatanga katoa,

ka pūrākau ki āu mahi.

13 E te Atua, kei te wāhi tapu tōu ara.
Ko wai te atua nui hei rite ki te Atua?
14 Ko koe te Atua e mahi nei i ngā mea
whakamīharo;
kua whakapuakina e koe tōu kaha i
waenganui o ngā iwi.
15 Hokona ana e tōu ringa tāu iwi,
ngā tama a Hākopa rāua ko Hōhepa.
Hera

16 I kite ngā wai i a koe, e te Atua,
i kite ngā wai i a koe, mataku ana;
i oho anō ngā rire.
17 Ringihia ana he wai e ngā kapua,
puaki ana te haruru o ngā rangi;
rererere ana āu pere.
18 I roto i te āwhiowhio te haruru o tāu whatitiri;
mārama noa te ao i ngā uira;
wiri ana te whenua, oioi ana.
19 I te moana tōu ara,
i ngā wai nui tōu huarahi,
e kore anō e kitea ōu takahanga.

20 He mea ārahi e koe tāu iwi ānō he kāhui,
arā e te ringa o Mohi rāua ko Ārona.

78

Te Atua me Āna Iwi
He Makiri nā Āhapa.
1 Kia anga mai te taringa, e tōku iwi, ki tāku ture;

tahuri mai ō koutou taringa ki ngā kupu a
tōku māngai.
2 Ka puaki te kupu whakarite i tōku māngai,
ka kōrerotia e ahau ngā mea ngaro onamata
—
3 i rongo nei, i mātau nei tātou,
kōrero ai hoki ō tātou mātua ki a tātou.
4 E kore e hunā e mātou i ā rātou tamariki;
me whakaatu ki tō muri whakatupuranga
ngā whakamoemiti ki a Ihowā, me tōna kaha,
me āna mahi whakamīharo i mea ai ia.

5 Kua pūmau hoki i a ia he whakaaturanga i roto
i a Hākopa,
kua takoto he ture i roto i a Īharaira;
ā, whakahaua mai ana e ia ō tātou tūpuna,
kia whakaakona ki ā rātou tamariki;
6 kia mātauria ai e tō muri whakatupuranga,
e ngā tamariki e whānau, e ara ake ā mua,
mō tā rātou whakaatu ki ā rātou tamariki.
7 Kia ū ai tā rātou tūmanako ki te Atua,
kei wareware hoki ki ngā mahi a te Atua;
engari kia mau ki āna whakahau.
8 Kei rite hoki ki ō rātou tūpuna,
ki te whakatupuranga whakakeke, tutū,
ki te whakatupuranga kīhai nei i whakatikatika i
tō rātou ngākau,
kīhai hoki i ū tō rātou wairua ki te Atua.

9 He hunga mau patu ngā tama a Ēparaima, he
hunga hāpai kōpere,
heoi tahuri ana rātou i te rā o te tatauranga.
10 Kīhai i puritia e rātou te kawenata a te Atua;
kīhai anō i pai ki te haere i tāna ture.

11 Heoi, kua wareware ki āna mahi,
me āna mea whakamīharo i whakakitea e ia ki a rātou.
12 He mea whakamīharo āna mahi i te aroaro o ō rātou tūpuna,
i te whenua o Īhipa, i te pārae o Toana.
13 Tapahia ana e ia te moana, ā, meinga ana rātou kia whiti;
tū ake i a ia ngā wai ānō he pūranga.
14 He mea ārahi rātou e ia i te awatea ki te kapua;
i te roa hoki o te pō ki te mārama o te ahi.
15 I wāhia e ia ngā kōhatu i te koraha;
ā, me te mea nō ngā rire nui tana wai hei inu mā rātou.
16 Puta mai ana i a ia he awa i roto i te kāmaka;
meinga ana ngā wai kia heke, ānō he waipuke.

17 Heoi, ka hara anō rātou ki a ia;
whakatoi ana ki te Runga Rawa i te koraha.
18 Nā, kei te whakamātautau tō rātou ngākau i te Atua,
kei te īnoi kai mā tō rātou hiahia.
19 I kōrero kino anō rātou ki te Atua, i mea;
“E āhei rānei i te Atua te taka he tēpu ki te koraha?
20 Nanā, ko tāna patunga i te kōhatu, ka pakaru mai te wai,
ā, puke ana ngā awa;
e taea anō rānei e ia te hōmai taro,
e pae rānei i a ia he kikokiko mā tāna iwi?”

21 Nā, ko te rongonga o Ihowā, nā, ka riri;
ā, toro ana te kāpura ki a Hākopa,

puta ake ana te riri ki a Īharaira;
22 mō rātou kīhai i whakapono ki te Atua,
kīhai anō i whakawhirinaki ki tāna whakaoranga.
23 Nāna nei hoki i whakahau ngā kapua i runga,
i whakatuwhera ngā tatau o te rangi;
24 ā, whakauaina iho te mana ki runga ki a rātou hei kai;
hōmai ana hoki e ia te wīti o te rangi mā rātou.
25 Kai ana te tangata i tā te anahera kai;
i tukua e ia he kai mā rātou, ā mākona noa.
26 I whakaohokia e ia te marangai i te rangi;
i tākina anō te tonga e tōna kaha.
27 Ā, whakauaina iho e ia te kikokiko ki a rātou ānō he puehu;
he manu whai pākau ānō he one nō te moana.
28 Ā, whakangahorotia iho e ia ki waenganui i tō rātou puni;
ki ō rātou nohoanga ā tawhio noa.
29 Nā, kai ana rātou, tino mākona;
i tukua hoki e ia ki a rātou tā rātou i hiahia ai.
30 Kīhai rātou i ngaruru ki tā rātou i hiahia ai;
ā, i roto tonu tā rātou kai i ō rātou māngai,
31 nā, ka pā te riri o te Atua ki a rātou,
ā, patua iho e ia te hunga tetere o rātou;
piko ana i a ia ngā taitamariki o Īharaira.

32 Ahakoa pā katoa tēnei, i hara anō rātou;
kīhai anō i whakapono ki āna mahi whakamīharo.
33 I whakapaua ai e ia ō rātou rā ki te horihori,

ō rātou tau ki te pōtatutatu.
34 Ka patua rātou e ia, nā, ka rapu rātou i a ia,
ā, ka hoki, ka ui wawe ki te Atua.
35 Ka mahara hoki ko te Atua tō rātou kōhatu,
ko te Atua, ko te Runga Rawa, tō rātou
kaihoko.
36 Otiia kei te patipati ō rātou māngai ki a ia,
ā, teka ana ō rātou arero ki a ia.
37 Kīhai hoki tō rātou ngākau i tika ki a ia;
kīhai anō rātou i ū ki tāna kawenata.
38 Ko tāna ia, he aroha;
hīpokina ana e ia te hē,
kīhai anō i whakangaro.
Āe rā, he maha āna whakahokinga iho i tōna riri,
ā, kīhai i oho katoa tōna riri.
39 I mahara hoki ia he kikokiko nei rātou;
he hau e pahure atu ana, ā, e kore e hoki
mai.

40 Anō te tini o ā rātou whakatoinga i a ia i te
koraha,
o ā rātou whakapōuritanga i a ia i te tahora!
41 Hoki whakamuri ana rātou, whakamātautau
ana i te Atua;
whakatoia ana e rātou te Mea Tapu o
Īharaira.
42 Kīhai rātou i mahara ki tōna ringa,
ki te rā i whakaorangia ai rātou e ia i te
hoariri;
43 ki tāna meatanga i āna tohu ki Īhipa,
i āna merekara ki te pārae o Toana.
44 I puta kē ai i a ia ō rātou awa hei toto,
me ō rātou manga wai, tē inu ai rātou.

45 I tonoa ai e ia he huihuinga namu ki a rātou, ā,
pau iho rātou;
he poroka, i hunā ai rātou.
46 Ā, hoatu ana e ia ō rātou hua ki te moka;
me tō rātou māuiui ki te māwhitiwhiti.
47 Whakamatea ana e ia ā rātou wāina ki te
whatu,
ā rātou rākau hikamora ki te haupapa.
48 Tukua ana e ia ā rātou kararehe mā te whatu,
ā rātou kāhui mā ngā uira.
49 I tukua whakareretia e ia ki a rātou tōna riri,
āritarita, weriweri, me te raruraru;
he whakaeke nā ngā anahera kino.
50 Ā, whakatikaia ana e ia he ara mō tōna riri;
kīhai i tohungia tō rātou wairua kei mate,
otiia, tukua ana e ia tō rātou ora ki te mate
urutā.
51 Nā, patua iho e ia ngā mātāmua i Īhipa,
te muanga o tō rātou kaha i ngā tēneti o
Hama.
52 Otirā, ārahina ana e ia āna ake tāngata ānō he
hipi;
whakahaerea ana rātou e ia i te koraha anō
he kāhui.
53 Nā, ka ārahina mārietia rātou e ia, tē wehi rātou;
ko ō rātou hoariri ia taupokina iho e te
moana.
54 Nā, ka kawea rātou e ia ki te rohe o tōna wāhi
tapu,
ki tēnei maunga, i hokona nei e tōna matau.
55 Peia ana e ia ngā tauiwi i tō rātou aroaro;
ā, wehea ana e ia he kāinga mō rātou ki te
aho,
whakanohoia iho ngā hapū o Īharaira ki ō
rātou tēneti.

56 Heoi, ka whakamātauria,
ka whakatoia e rātou te Atua, te Runga Rawa;
kīhai hoki i mau ki āna whakaaturanga;
57 ā, hoki whakamuri ana, mahi hīanga ana, pērā ana me ō rātou mātua;
parori kē ana rātou, he pērā me te kōpere tinihanga.
58 Nā, ko ō rātou wāhi tiketike hei whakapātaritari i a ia;
ko ō rātou whakapakoko hei mea i a ia kia hae.
59 I te rongonga o te Atua, ka riri,
ka tino whakarihariha hoki ki a Īharaira.
60 Ā, mahue ake i a ia te tapenākara o Hiro,
te tēneti i whakatūria e ia ki waenganui i ngā tāngata;
61 ā, tukua ana e ia tōna kaha hei whakarau,
tōna korōria ki te ringa o te hoariri.
62 I tukua atu anō e ia tāna iwi mā te hoari;
ā, i riri ki tōna kāinga tupu.
63 Pau ake ā rātou taitama i te ahi;
kīhai anō ā rātou kōtiro i mārenatia.
64 I hinga ō rātou tohunga i te hoari;
kīhai hoki i tangi ā rātou pouaru.
65 Nā, ka maranga te Ariki ānō ko tētahi i te moe,
me te tangata kaha e hāmama ana i te wāina.
66 Ā, patua iho e ia a muri o ōna hoariri,
meinga ana rātou e ia hei taunutanga mō ake tonu atu.

67 I whakakāhore anō ia ki te tēneti o Hōhepa;
ā, kīhai i whiriwhiri i te hapū o Ēparaima;
68 heoi, ko te hapū o Hūrā tāna i whiriwhiri ai,

ko Maunga Hiona tāna i aroha ai.
69 Ā, whakatūria ana e ia tōna wāhi tapu kia pērā
me ngā wāhi teitei;
me te whenua i whakapūmautia e ia mō ake
tonu atu.
70 I whiriwhiria anō e ia a Rāwiri, tāna pononga,
he mea tango nāna i ngā kāinga hipi;
71 mauria ana mai e ia i te whai i ngā hipi
whāereere,
hei whāngai i a Hākopa, i tāna iwi,
i a Īharaira hoki, i tōna kāinga tupu.
72 Ā, rite tonu ki te tapatahi o tōna ngākau tāna
whāngai i a rātou;
he ārahi mōhio hoki tā tōna ringa i a rātou.

79

He Tangi ā-Iwi

He hīmene nā Āhapa.
1 E te Atua, kua tae mai ngā tauiwi ki tōu kāinga
tupu;
kua noa i a rātou tōu temepara tapu,
kua waiho a Hiruhārama kia pūranga kau
ana.
2 Ko ngā tinana mate o āu pononga kua hoatu e
rātou
hei kai mā ngā manu o te rangi,
ko te kikokiko o tāu hunga tapu mā ngā
kīrehe o te whenua.
3 Ko ō rātou toto, ringihia ake e rātou ānō he wai,
ki ngā taha o Hiruhārama;
kāhore hoki he tangata hei tanu i a rātou.
4 Kua waiho mātou hei tāwainga mā ō mātou hoa,
hei katanga mā te hunga i tētahi taha, i tētahi
taha o mātou.

5 Kia pēhea te roa, e Ihowā?
E riri tonu rānei koe ake ake?
E ngiha tonu rānei tōu hae me he kāpura?
6 Ringihia tōu riri ki ngā tauiwi
kāhore nei e mātau ki a koe,
ki ngā rangatiratanga
kāhore nei e karanga ki tōu ingoa.
7 Kua pau hoki a Hākopa i a rātou,
kua ururua i a rātou tōna nohoanga.

8 Kaua rā e maharatia ngā kino o ō mātou tūpuna;
kia hohoro tōu aroha ki mua i a mātou;
kua whakaititia rawatia hoki mātou.
9 Āwhinatia mātou, e te Atua o tō mātou whakaoranga,
kia whakakorōriatia ai tōu ingoa;
whakaorangia mātou, hīpokina hoki ō mātou hara,
he mahara ki tōu ingoa.
10 Kia mea koia ngā tauiwi,
“Kei hea tō rātou Atua?”
Kia kite atu mātou e mātau ana ngā tauiwi
ki te whakatakinga i te toto o āu pononga i whakahekea nei.

11 Kia tae atu ki tōu aroaro te auē a te herehere;
kia rite ki te nui o tōu kaha
tāu whakaora i te hunga e meatia ana kia mate.
12 Takiwhitutia atu te utu e hoatu e koe ki ngā uma o ō mātou hoa
mō tā rātou tāwai, e tāwai nei rātou ki a koe, e te Ariki.
13 Pēnei ka whakawhetai mātou, tāu iwi,

ngā hipi hoki e hēpara nei koe, ki a koe ake
ake;
ka whakakitea e mātou te whakamoemiti ki a
koe,
ki ngā whakatupuranga katoa.

80

He Īnoi mō te Whakaoranga o Īharaira

Ki te tino kaiwhakatangi: Hohanimi Erutu. He
hīmene nā Āhapa.

1 Tahuri mai tōu taringa, e te Hēpara o Īharaira,
e ārahi nei i a Hōhepa ānō he kāhui hipi!
Whiti mai koe e noho mai nā i waenganui i ngā
kerupima;
2 whakaohoohokia tōu kaha
i te aroaro o Ēparaima, o Pineamine, o
Mānahi;
ā, haere mai ki te whakaora i a mātou.

3 Whakahokia ake mātou, e te Atua;
kia mārama mai tōu mata,
ā, ka ora mātou.

4 E Ihowā, e te Atua o ngā mano,
kia pēhea ake te roa o tōu riri ki te īnoi a tāu
iwi?
5 Kua whāngaia mai e koe he roimata hei taro
mā rātou,
he nui hoki te mēhua roimata kua hōmai nei
e koe kia inumia e rātou.
6 Kua meinga mātou e koe hei totohetanga mā ō
mātou hoa,
ā, e kataina ana mātou e ō mātou hoariri.

7 Whakahokia ake mātou, e te Atua o ngā mano;
kia mārama mai tōu mata, ā, ka ora mātou.

8 I maua mai e koe he wāina i Īhipa;
ka oti i a koe ngā tauiwi te panga, nā whakatōkia iho e koe.
9 I whakapaia e koe he tūnga mōna;
nā, ka hou ōna pakiaka, ā, ka kapi te whenua.
10 Taumarumaru ana tōna ata ki runga ki ngā pukepuke;
ko ōna manga rite tonu ki ngā hīta a te Atua.
11 I tautotoro atu ōna manga ki te moana,
ōna rārā ki te awa.

12 He aha i pākaruhia ai e koe ōna taiepa ki raro,
kia kōwhakiwhakia ai ia e ngā tāngata katoa e tika ana i te ara?
13 Mongamonga noa i te poaka toa o te ngahere,
e kainga ana e te kīrehe mohoao o te pārae.

14 Tahuri mai anō, e te Atua o ngā mano, e īnoi atu nei mātou;
titiro iho i te rangi, kia kite mai koe,
ka toro mai i tēnei wāina,
15 i te rākau i whakatōkia e tōu matau,
i te manga hoki i meinga e koe kia pakari māu.

16 Kua pau i te ahi, kua tuaina ki raro;
ngaro iho rātou i te riri o tōu mata.
17 Waiho tōu ringa i runga i te tangata o tōu matau,

i te tama a te tangata i whakakahangia e koe
māu.
18 Pēnei e kore mātou e hoki atu i a koe;
whakahauorangia mātou, ā, ka karanga
mātou ki tōu ingoa.

19 Whakahokia ake mātou, e Ihowā, e te Atua o
ngā mano;
kia mārama mai tōu mata, ā, ka ora mātou.

81

Te Tohe a te Atua ki a Īharaira Pōturi
Ki te tino kaiwhakatangi: Kititi. Nā Āhapa.
1 Kia kaha te waiata ki te Atua, ki tō tātou kaha;
kia hari te hāmama ki te Atua o Hākopa.
2 Whakahuatia te hīmene, maua mai ki konei te
timipera,
te hāpa reka me te hātere.

3 Whakatangihia te tētere i te kōwhititanga
marama,
i te kīnga o te mārama, i tō tātou rā hākari.
4 Ko te tikanga hoki tēnei mā Īharaira,
he mea whakarite nā te Atua o Hākopa.
5 I whakatakotoria tēnei e ia mā Hōhepa hei
whakaaturanga,
i tōna haerenga puta noa i te whenua o Īhipa.

I rongo ai ahau ki reira i tētahi reo, kāhore ahau i
mātau:
6 "I tangohia mai e ahau tōna pokohiwi i te
pīkaunga;
whakarērea ake e ōna ringa te kete.

7 I karanga koe ki ahau i te pōuritanga, ā, kua ora
koe i ahau;
i whakahoki kupu ahau ki a koe i te wāhi
ngaro o te whatitiri;
i whakamātau i a koe ki ngā wai o Meripa.
Hera

8 “Whakarongo, e tāku iwi, ā, ka whakaatu ahau
ki a koe;
e Īharaira, ki te whakarongo koe ki ahau!
9 Aua tētahi atua kē i roto i a koe;
kaua anō e koropiko ki te atua kē.
10 Ko Ihowā ahau, ko tōu Atua,
i ārahina mai ai koe i te whenua o Īhipa.
Kia nui te kowhera o tōu māngai, ā, māku e
whakakī.

11 “Otiia, kīhai tāku iwi i pai ki te whakarongo ki
tōku reo;
kīhai anō a Īharaira i aro ki ahau.
12 Nā, tukua atu ana rātou e ahau ki te mārō o ō
rātou ngākau;
ā, haere ana rātou i runga i ō rātou
whakaaro.

13 “Auē, te whakarongo tāku iwi ki ahau,
te haere a Īharaira i āku ara!
14 Pēnei e kore e aha kua whati i ahau te tara o ō
rātou hoariri;
kua tahuri anō tōku ringa ki ō rātou hoariri.
15 Ko te hunga e kino ana ki a Ihowā kua
ngohengohe ki a ia,
ko tō rātou tāima ia kua mau tonu.
16 Kua whāngainga hoki rātou e ia ki te wīti pai
rawa,

kua whakamākonatia anō koe e ahau ki te
honi i roto i te kōhatu.”

82

Ko te Atua te Rangatira Tino Nui

He hīmene nā Āhapa.

1 E tū ana te Atua i roto i te whakaminenga o te
Atua,
e whakawā ana i waenganui i ngā atua:
2 “Kia pēhea ake te roa o tā koutou whakawā hē,
o tā koutou whakapai ki ngā kanohi o te
hunga kino.
Hera
3 Whakatikaia tā te ware, tā te pani;
kia tika te whakawā mō te ngākau mamae,
mō te rawakore.
4 Whakaorangia te ware me te rawakore;
tangohia mai rātou i te ringa o te tangata
kino.

5 “Kāhore ō rātou mātauranga, kāhore hoki e
mahara;
e kōpikopiko noa ana rātou i te pōuri;
e oioi ana ngā tūranga katoa o te whenua.

6 “I mea ahau, ‘He atua koutou,
he tama katoa nā te Runga Rawa.’
7 Heoi, ka pērā koutou me te tangata, ka mate;
ka hinga, ka pērā me tētahi o ngā piriniha.”

8 E ara, e te Atua, whakawākia te whenua;
mōu hoki ngā tauiwi katoa!

83

He Īnoi mō te Patunga o ngā Hoariri o Īharaira

He waiata, he hīmene, nā Āhapa.

1 E te Atua, kei wahangū koe,
kei whakarongo puku, kei āta noho, e te Atua.
2 He mea hoki, tēnei ōu hoariri te ngangau nei,
ā, kua ara ngā mātenga o te hunga e kino ana ki a koe.
3 Kua āta ngārahu rātou ki tāu iwi,
e whakatakoto kōrero ana hoki rātou mō āu mea huna.
4 Kua mea nei rātou, “Tēnā, tātou ka huna i a rātou, kia kore ai tēnā iwi;
kia kaua ai hoki e maharatia te ingoa o Īharaira ā muri ake nei.”

5 Kua kotahi tō rātou ngākau i a rātou e rūnanga ana;
kua whakatakoto rātou he tikanga kino ki a koe –
6 ko ngā tēneti o Ēroma, o ngā Ihimaeri,
o Moapa, o ngā Hakarini,
7 a Kepara, a Āmona, a Amareke,
ngā Pirihitini, me ngā tāngata o Tāira.
8 Kua uru hoki a Ahiria ki roto ki a rātou;
kua āwhinatia e rātou ngā tamariki a Rota.
Hera

9 Pērātia rātou me Miriana;
me Hihera, me Iapini, i te awa i Kihona;
10 i mate nei ki Eneroro,
i waiho nei hei whakawairākau mō te whenua.

11 Kia rite ō rātou rangatira ki a Orepe rāua ko
Teepe,
āe, ō rātou ariki katoa hoki ki a Tepa rāua ko
Taramuna;
12 mō rātou i mea, “Tātou ka tango
i ngā kāinga o te Atua mō tātou.”

13 E tōku Atua, meinga rātou kia rite ki te
āwhiowhio puehu,
ki te pāpapa e pūhia ana e te hau.
14 Kia rite ki te ahi e kai ana i te ngahere,
ki te mura hoki e toro ai ngā maunga;
15 kia pērā te whai o tāu āwhā i a rātou,
tāu whakaohorere hoki i a rātou ki tāu
paroro.
16 Whakakīia ō rātou kanohi ki te whakamā;
kia rapu ai rātou ki tōu ingoa, e Ihowā.

17 Kia whakamā, kia ohorere rātou ake ake;
āe, kia numinumi rātou, kia ngaro hoki.
18 Kia mātau ai rātou, ko koe anake,
ko Ihowā nei tōu ingoa,
te Runga Rawa i te whenua katoa.

84

Te Manako mō te Whare o te Atua
Ki te tino kaiwhakatangi. Kititi. He hīmene mā
ngā tama a Koraha.
1 Anō te ātaahua o ōu tapenākara,
e Ihowā o ngā mano!
2 E hiahia ana tōku wairua, āe, e hemo ana
ki ngā marae o Ihowā;
e tangi ana tōku ngākau

me ōku kikokiko ki te Atua ora.

3 Me te pīhoihoi hoki kua kite i tētahi whare,
me te warou anō hoki i tētahi ōhanga mōna,
hei takotoranga mō āna pī,
arā i āu āta, e Ihowā o ngā mano,
e tōku Kīngi, e tōku Atua.
4 Ka hari te hunga e noho ana i tōu whare;
he whakamoemiti tonu tā rātou ki a koe.
Hera

5 Ka hari te tangata ko tōna kaha nei kei a koe;
kei roto i ō rātou ngākau ngā huarahi ki
reira.
6 Ka haere rātou rā te Raorao o Paka,
ka meinga e rātou hei puna;
ngaro iho anō hoki ngā poka i te ua.
7 Ka haere atu rātou i te kaha ki te kaha;
ka kitea rātou ki te aroaro o te Atua i Hiona.

8 E Ihowā, e te Atua o ngā mano, whakarongo ki
tāku īnoi;
tahuri mai tōu taringa, e te Atua o Hākopa.
Hera
9 Titiro mai, e te Atua, e tō mātou whakangungu
rākau;
tirohia iho hoki te mata o tāu tangata i
whakawahi ai.

10 Nō te mea, he rā kotahi i ōu whare,
pai atu i ngā rā kotahi mano.
Te tiaki tatau i te whare o tōku Atua,
pai atu ki ahau i te noho ki ngā tēneti o te
kino.

11 He rā hoki a Ihowā te Atua, he whakangungu
rākau;
ka hōmai e Ihowā te atawhai me te korōria.
E kore e kaiponuhia e ia tētahi mea pai
ki te hunga e tapatahi ana te haere.

12 E Ihowā o ngā mano,
ka hari te tangata e whakawhirinaki ana ki
a koe.

85

He Īnoi mō te Oranga o te Iwi

Ki te tino kaiwhakatangi. He hīmene mā ngā
tama a Koraha.

1 E Ihowā, kua aro mai koe ki tōu whenua,
kua whakahokia mai e koe a Hākopa i te
whakarau.
2 Kua murua e koe te kino o tāu iwi,
kua hīpokina e koe ō rātou hara katoa.
Hera
3 Kua mutu katoa tōu weriweri;
kua tahuri kē koe i te āritarita o tōu riri.

4 Whakahokia ake mātou, e te Atua o tō mātou
whakaoranga;
meinga hoki kia mutu tōu riri ki a mātou.
5 E riri rānei koe ki a mātou ake ake?
E mauāhara tonu rānei, ki ngā
whakatupuranga katoa?
6 E kore ianei koe e whakahoki ake i a mātou ki
te ora;
kia hari ai tāu iwi ki a koe?
7 E Ihowā, whakakitea mai tāu mahi tohu ki a
mātou;
tukua mai ki a mātou tāu whakaoranga.

8 Ka whakarongo ahau ki tā te Atua, ki tā Ihowā,
e kōrero ai;
nō te mea mō te rongo mau āna kōrero ki
tāna iwi,
ki tāna hunga tapu hoki; kaua ia rātou e hoki
ki te wairangi.
9 Inā, he tata tonu tāna whakaoranga ki te hunga
e wehi ana ki a ia
kia noho ai te korōria ki tō tātou whenua.

10 Kua tūtaki te mahi tohu rāua ko te pono;
kua kihi ki a rāua te tika me te rongo mau.
11 Ka tupu ake te pono i te whenua,
ā, ka titiro iho te tika i te rangi.
12 Āe, ka hōmai e Ihowā te pai,
ā, ka tukua mai ōna hua e tō tātou whenua.
13 Ka haere te tika i mua i a ia,
hei whakatū i a tātou ki te ara o ōna hīkoinga.

86

He Īnoi o te Tangata Mōrearea

He īnoi nā Rāwiri.
1 Whakatītahatia iho tōu taringa, e Ihowā,
whakahokia mai he kupu ki ahau;
he ware hoki ahau, he rawakore.
2 Tiakina tōku wairua; he tapu hoki ahau.
Māu, e tōku Atua, e whakaora tāu pononga
e whakawhirinaki atu nei ki a koe.
3 Tohungia ahau, e te Ariki;
e karanga nei hoki ahau ki a koe i te rā roa
nei.
4 Whakaharitia te wairua o tāu pononga;
ka ara atu nei hoki tōku wairua, e te Ariki, ki
a koe.

5 He pai hoki koe, e te Ariki, he ngāwari;
e ranea ana hoki tāu mahi tohu ki te hunga katoa e karanga ana ki a koe.
6 Tahuri mai tōu taringa, e Ihowā, ki tāku īnoi;
whakarongo ki tōku reo unene.
7 Ka karanga ahau ki a koe i te rā o tōku pōuri;
e whakahoki kupu mai hoki koe ki ahau.

8 Kāhore he rite mōu, e te Ariki, i roto i ngā atua;
kāhore hoki he rite mō āu mahi.
9 Ka haere mai ngā iwi katoa i hangā e koe,
ā, ka koropiko ki tōu aroaro, e te Ariki;
ka whakakorōria hoki i tōu ingoa.
10 He nui hoki koe, e mahi ana i ngā mea whakamīharo;
ko koe anake te Atua.

11 Whakaakona ahau ki tāu ara, e Ihowā;
ka haere ahau i runga i tōu pono;
whakatapatahitia tōku ngākau ki te wehi i tōu ingoa.
12 Ka whakamoemiti katoa tōku ngākau ki a koe, e te Ariki, e tōku Atua;
ka whakakorōria anō i tōu ingoa ake ake.
13 He nui hoki tāu mahi tohu ki ahau;
ā, kua whakaorangia e koe tōku wairua i te rēinga i raro riro.

14 E te Atua, kua whakatika ki ahau te hunga whakakake;
kua whāia anō tōku wairua e te huihuinga o te hunga tutū;
kāhore hoki koe e waiho i tō rātou aroaro.

15 Ko koe ia, e te Ariki, he Atua atawhai, he tohu
tangata;
he pūhoi ki te riri, e hua ana te mahi tohu
me te pono.
16 Tahuri mai ki ahau, tohungia hoki ahau;
hōmai tōu kaha ki tāu pononga,
whakaorangia te tama a tāu pononga
wahine.
17 Whakakitea mai ki ahau he tohu mō te pai;
kia kite ai te hunga e kino ana ki ahau, kia
whakamā ai;
nōu e Ihowā i āwhina i ahau, i whakamārie i
ahau.

87

Te Harikoa o te Nohoanga i Hiona

He hīmene, he waiata mā ngā tama a Koraha.

1 Kei ngā maunga tapu tōna tūranga;
2 e arohaina rawatia ana e Ihowā ngā
kūwaha o Hiona
i ngā nohoanga katoa o Hākopa.
3 He mea korōria ngā mea e kōrerotia ana mōu,
e te pā o te Atua.

Hera

4 Ka kōrerotia e ahau a Rahapa rāua ko Papurōna
ki roto i te hunga e mātau ana ki ahau;
tirohia atu a Pirihitia, a Tāira, a Etiopia –
“I whānau tēnei ki reira.”

5 Āe rā, ko te kupu tēnei mō Hiona,
“I whānau tēnei me tērā ki reira;
mā te Runga Rawa pū anō ia e
whakapūmau.”

6 Ka kōrerotia e Ihowā, ina tuhituhia ngā iwi,
“I whānau tēnei ki reira.”
Hera

7 Nā, ka mea te hunga waiata, me te hunga kanikani,
“Kei a koe ōku puna katoa.”

88

He Tangi mō te Āwhina

He waiata, he hīmene mā ngā tama a Koraha. Ki te tino kaiwhakatangi: Maharata Reanoto. He Makiri nā Hemana Eterahi.

1 E Ihowā, e te Atua o tōku whakaoranga,
he tangi tāku ki tōu aroaro i te ao, i te pō,
2 kia tae atu tāku īnoi ki tōu aroaro;
whakatītahatia mai tōu taringa ki tāku tangi.

3 Kua kī hoki tōku wairua i te pōuri,
ā, e whakatata ana tōku ora ki te rēinga.
4 Kua taua tahitia ahau me te hunga e heke ana ki te rua;
e rite ana ahau ki te tangata kāhore ōna āwhina!
5 I makā ki waenga i ngā tūpāpaku,
me he tangata i patua e takoto ana i te urupā,
kāhore nei e maharatia e koe i muri;
he mea momotu kē rātou nā tōu ringa.
6 Kua whakatakotoria ahau e koe ki te rua i raro riro,
ki te pōuri, ki ngā rire.
7 E pēhia ana ahau e tōu riri,
e pākia ana hoki e koe ki āu ngaru katoa.

Hera

8 Kua whakamataratia atu e koe ōku hoa kia
tawhiti i ahau;
kua meinga ahau e koe hei mea
whakarihariha ki a rātou;
kua uakina mai ahau, ā, kāhore e puta ki waho;
9 kua hē tōku kanohi i te tangihanga.

E karanga ana ahau ki a koe, e Ihowā,
i ngā rā katoa, kua totoro hoki ōku ringa ki a
koe.
10 Tērā rānei koe e mahi merekara ki ngā
tūpāpaku?
E ara koia te hunga kua mate ki te
whakamoemiti ki a koe?

Hera

11 Ka kauwhautia rānei tōu aroha i roto i te
urupā?
Tōu pono i roto i te ngaromanga?
12 E mātauria koia āu mea whakamīharo i roto i te
pōuri,
tōu tika i te whenua o te warewaretanga?

13 Ko ahau ia kua karanga ki a koe, e Ihowā;
ā, i te ata ka tae atu tāku īnoi ki tōu aroaro.
14 He aha, e Ihowā, i pangā ai tōku wairua e koe?
He aha i huna ai tōu mata ki ahau?
15 Nō tōku tamarikitanga ake anō i pākia ai ahau,
i whakahemohemo ai; i ahau e pēhia ana e
āu whakawehi,
ka pororaru noa iho.
16 I tika tōu riri nui mā runga i ahau;
kua haukotia ahau e āu mea whakawehi.

17 Ānō he wai rātou ki te karapoti i ahau i te rā roa nei;
hui tahi rātou ki te taiāwhio i ahau.
18 Kua wehea e koe kia tawhiti atu i ahau te hoa hei aroha mai,
me ōku hoa ki roto ki te pōuri.

89

He Hīmene i te Wā o te Raruraru ā-Iwi
He Makiri nā Ētana Eterahi.
1 Ka waiatatia e ahau ngā mahi tohu a Ihowā ake ake;
ka whakapuakina e tōku māngai tōu pono ki ngā whakatupuranga katoa.
2 I mea hoki ahau, “Ka hangā ake te mahi tohu mō ake tonu atu;
ka whakapūmautia e koe tōu pono ki ngā tino rangi rā anō.

3 “Kua whakarite kawenata ahau ki tāku i whiriwhiri ai;
kua oati ki tāku pononga ki a Rāwiri;
4 ‘Ka pūmau i ahau ōu uri ake ake;
ka hangā tōu torōna ki ngā whakatupuranga katoa.’ ”

Hera

5 Ka whakamoemiti anō ngā rangi, e Ihowā,
ki āu mahi whakamīharo, ki tōu pono hoki i roto i te whakaminenga o te hunga tapu.
6 Ko wai oti i ngā rangi hei rite mō Ihowā?
Ko wai i roto i ngā tama a te hunga nunui e rite ana ki a Ihowā,

7 he Atua whakamataku rawa i roto i te
whakaminenga o te hunga tapu,
e wehingia ana i runga ake i a rātou katoa i
tētahi taha, i tētahi taha ōna?
8 E Ihowā, e te Atua o ngā mano
ko wai te mea kaha hei rite mōu, e IHA?
Hei rite rānei mō tōu pono i tētahi taha ōu, i
tētahi taha?

9 Ko koe te kīngi o te huamo o te moana;
ka oho ōna ngaru, ko koe hei whakamarino.
10 Mongamonga noa i a koe a Rahapa ānō he
tangata i patua;
marara ana i a koe, i tōu ringa kaha ōu
hoariri.
11 Nāu ngā rangi, nāu te whenua;
te ao me ōna mea e hua ana i runga nāu ēnā
i pūmau ai.
12 Ko te raki me te tonga nāu ēnā i hanga;
ka hari a Taporo rāua ko Heremona ki tōu
ingoa.
13 He tākakau mārohirohi tōu;
he pakari tōu ringa, rewa tonu tōu matau ki
runga.

14 Ko te tika me te whakawā te tūranga o tōu
torōna;
e haere ana te mahi tohu me te pono i mua i
tōu aroaro.
15 Ka hari te iwi e mōhio ana ki te tangi
whakahari;
e haere ana rātou, e Ihowā, i te mārama o tōu
mata;
16 e hari ana rātou ki tōu ingoa i te roa o te rā;
ā, mā tōu tika ka kake ai rātou.

17 Ko koe hoki te korōria o tō rātou kaha;
mā tāu manako anō ka ara ai tō mātou haona.
18 Nā Ihowā hoki tō mātou whakangungu rākau;
ā, nā te Mea Tapu o Īharaira tō tātou kīngi.

Tā te Atua Kawenata i a Rāwiri
19 I kōrero moemoeā koe i reira ki tāu Mea Tapu, i mea:
"Kua hoatu e ahau he kaha ki runga ki tētahi mārohirohi;
kua whakanuia e ahau tētahi i whiriwhiria i roto i te iwi.
20 Kua kitea e ahau tāku pononga, a Rāwiri;
kua whakawahia ia e ahau ki tāku hinu tapu.
21 Ka ū atu tōku ringa hei āwhina mōna;
mā tōku tākakau anō ia e whakakaha.
22 E kore te hoariri e whai wāhi ki a ia;
e kore anō hoki te tama a te kino e tūkino i a ia.
23 Māku e tukituki ōna hoariri ki tōna aroaro;
ka whiua e ahau te hunga e kino ana ki a ia.
24 Otirā, ka mau ki a ia tōku pono me tāku mahi tohu;
ā, mā tōku ingoa ka ara ai tōna haona.
25 Māku anō tōna ringa ka pā ai ki te moana;
tōna matau ki ngā awa.
26 Ka karanga ia ki ahau, 'Ko koe tōku Pāpā,
tōku Atua, te kōhatu o tōku whakaoranga.'
27 Ka waiho anō ia hei mātāmua māku
ki runga ake i ngā kīngi o te whenua.
28 Ka rongoātia e ahau tāku mahi i tohu mōna ake tonu atu;
ka mau tonu tāku kawenata ki a ia.

29 Ka meinga hoki e ahau ōna uri kia mau tonu
ake ake,
tōna torōna ānō ko ngā rā o te rangi.

30 “Ki te whakarērea e āna tamariki tāku ture,
ā, kāhore e haere i āku whakaritenga;
31 ki te takahi rātou i āku tikanga;
ā, kāhore e pupuri i āku whakahau;
32 kātahi ka whāia tā rātou mahi tutū e tāku rākau,
ō rātou kino e te whiu.
33 Otirā, e kore e tangohia rawatia e ahau tāku
mahi tohu i a ia,
e tuku rānei i tōku pono kia hē.
34 E kore tāku kawenata e takahia e ahau,
e kore anō e whakarerekētia te mea i puta i
ōku ngutu.
35 Kotahi āku oatitanga i tōku tapu;
e kore ahau e teka ki a Rāwiri.
36 Ka mau tonu tōna uri ake ake;
ā, ka rite tōna torōna ki te rā i tōku aroaro.
37 Ka rite tōna pūmau ki tō te marama ake ake;
hei kaiwhakaatu pono anō i runga i te
rangi.”

Hera

He Tangi mō te Hinganga o te Kīngi

38 Nā, kua panga nei koe, kua whakarihariha,
kua riri ki tāu i whakawahi ai.
39 Kua weriweri koe ki te kawenata ki tāu
pononga;
kua whakanoaia e koe tōna karauna, taka
noa ki te whenua.
40 Kua pākaruhia e koe ōna taiepa katoa;
whakamōtītia iho e koe ōna pā kaha.

41 E pāhua ana i a ia ngā tāngata katoa e tika ana
i te ara;
he tāwainga ia nā ōna hoa tata.
42 Kua whakarewaina e koe te ringa matau o ōna
hoa whawhai;
kua meinga e koe kia hari ōna hoa whawhai
katoa.
43 Āe, e ngore ana i a koe te mata o tāna hoari;
kīhai anō koe i tautoko i a ia ki te tatauranga.
44 Kua whakamutua e koe tōna korōria,
kua makā tōna torōna ki raro ki te whenua.
45 Kua poroa e koe ngā rā o tōna
taitamarikitanga;
kua hīpokina ia e koe ki te whakamā.

Hera

He Īnoi mō te Whakawāteatanga

46 Kia pēhea te roa, e Ihowā, e whakangaro ai
koe i a koe, ake tonu atu?
Kia pēhea te roa e toro ana tōu riri ānō he
ahi?
47 Kia mahara ki te poto rawa o tōku tāima;
he aha i hangā ai e koe ngā tāngata katoa hei
kore noa iho?
48 Ko wai tēnā tangata e ora nei, ā, e kore e kite i
te mate?
E mawhiti koia i a ia tōna wairua i te kaha o
te rēinga?

Hera

49 E te Ariki, kei hea āu arohatanga ō mua
i oatitia ai e koe ki a Rāwiri i runga i tōu
pono?
50 Maharatia, e te Ariki, te tāwai ki āu pononga;

e mau nei ki tōku uma te tāwai a ngā iwi
nunui katoa;
51 te tāwai a ōu hoariri, e Ihowā,
tā rātou tāwai nei ki ngā hīkoinga o tāu i
whakawahi ai.

52 Kia whakapaingia a Ihowā ake ake.
Āmine, āe Āmine.

PUKAPUKA 4

90

(Waiata 90–106)

Te Mutungakore o te Atua me te Kopītanga o te Tangata

He īnoi nā Mohi, nā te tangata a te Atua.
1 E te Ariki, ko koe tō mātou nohoanga
i ngā whakatupuranga katoa.
2 Kāhore anō i whānau noa ngā maunga,
kāhore i hangā e koe te whenua me te ao,
ko koe te Atua nō tua whakarere ā ake tonu
atu.

3 E whakahokia ana e koe te tangata kia
mongamonga noa,
ā, e mea ana, “E hoki, e ngā tama a te
tangata.”
4 Ki tāu titiro hoki, he rite ngā tau kotahi mano
ki te rā onanahi, kua pahure atu nei,
ki te mataaratanga hoki i te pō.
5 Me te mea nā te waipuke tāu kāhakinga i a
rātou,
he moe rātou;
i te ata ānō he tarutaru e tupu ana;
6 i te ata e tupu ana, e pihi ana;

i te ahiahi kua kotia, kua maroke.

7 Kua hemo nei hoki mātou i tōu riri;
ka ohorere hoki i tōu āritatanga.
8 Kua makā e koe ō mātou kino ki tōu aroaro,
ō mātou mea huna ki te mārama o tōu mata.
9 Ka pau ō mātou rā katoa, me te riri anō koe;
hemo ake ō mātou tau ānō he kōrero e
kōrerotia ana.
10 Ko ngā rā o ō mātou tau e whitu tekau tau;
ā, ki te whai kaha, ka waru tekau tau;
heoi he mahi māuiui, he pōuri tō rātou kaha;
ka hohoro hoki te hātepea atu, ā, ka rere atu
mātou.

11 Ko wai te mātau ana ki te kaha o tōu riri?
Rite pū ki te wehi ki a koe tōu riri.
12 Ākona mātou ki te tatau i ō mātou rā,
kia anga ai te ngākau ki te whakaaro.

13 Hoki mai, e Ihowā, kia pēhea ake te roa?
Ā, kia puta kē he whakaaro mōu ki āu
pononga.
14 Kia nā mātou i te ata i tāu mahi tohu;
kia hari ai mātou, kia koa ai, i ō mātou rā
katoa.
15 Whakaharitia mātou, kia rite ki ngā rā i
whakawhiua ai mātou e koe,
ki ngā tau i kite ai mātou i te kino.
16 Kia puta mai tāu mahi ki āu pononga,
me tōu korōria ki ā rātou tamariki.

17 Ā, hei runga i a mātou te ātaahua o Ihowā, o tō
mātou Atua;

whakapūmautia anō ki a mātou te mahi a ō
mātou ringa,
āe rā, te mahi a ō mātou ringa,
whakapūmautia e koe.

91

Ko te Atua tō tātou Piringa

1 Ko te tangata kei te wāhi ngaro o te Runga
Rawa tōna kāinga,
ka noho ia i raro i te taumarumarutanga o
te Kaha Rawa.
2 Ka kīia e ahau a Ihowā, “Ko ia tōku piringa, tōku
pā, tōku Atua,
ka whakawhirinaki ahau ki a ia.”

3 Māna hoki koe e whakaora i te māhanga a te
kaihopu manu,
i te mate nanakia.
4 Ka hīpokina koe e ia ki ōna hou,
ā, ka piri koe ki raro i ōna pākau;
ko tōna pono hei whakangungu rākau, hei
puapua mōu.
5 E kore koe e wehi i te mea whakamataku i te
pō;
i te pere e rere ana i te awatea.
6 I te mate urutā e rere ana i te pōuri;
i te whakangaromanga e whakangaro ana i
te poutūmārōtanga.
7 He mano te hinga ki tōu taha,
tekau hoki ngā mano ki tōu matau;
otiia e kore e tata ki a koe.
8 Ka titiro kau ōu kanohi,
ka mātakitaki ki te utu mō te hunga kino.

9 Ko koe hoki, e Ihowā, tōku piringa!
Kua waiho e koe te Runga Rawa hei
nohoanga mōu;
10 kāhore he kino e pā ki a koe,
kāhore anō he whiu e tata ki tōu tēneti.
11 Ka kōrerotia iho hoki koe e ia
ki āna anahera kia tiakina koe i ōu ara katoa.
12 Mā rātou koe e hiki ake ki ō rātou ringa,
kei tūtuki tōu waewae ki te kōhatu.
13 Ka haere koe i runga i te raiona, i te neke;
ka takahia e koe ki raro te kūao raiona me te
nākahi.

14 “Ka whakaora ahau i a ia, mōna i aroha ki
ahau;
māku ia e whakateitei ake, mōna i mātau ki
tōku ingoa.
15 Ka karanga ia ki ahau, ā, ka whakahoki kupu
ahau ki a ia;
ka tata ahau ki a ia i te wā o te hē;
māku ia e whakaora, māku anō ia e
whakahōnore.
16 Ka whakaroaina e ahau ōna rā, ā, nā noa ia;
ka whakakitea hoki tāku whakaoranga ki a
ia.”

92

Ka Utua te Tika
He hīmene, he waiata mō te rā Hāpati.
1 He mea pai te whakawhetai ki a Ihowā,
te hīmene atu ki tōu ingoa, e te Runga Rawa;
2 te whakakite i tōu atawhai i te ata,
i tōu pono i ngā pō katoa;
3 i runga i te aho tekau, i te hātere;
i te tangi huatau a te hāpa.

4 Nāu hoki ahau, e Ihowā, i whakahari ki tāu
mahi;
ka whakamanamana ahau ki ngā meatanga
a ōu ringa.
5 Anō te nui o āu mahi, e Ihowā!
Hōhonu rawa ōu whakaaro.
6 Ko te tangata pōauau, kāhore ia e mātau;
kāhore hoki tēnei e mōhiotia e te kūware.
7 Kia pihi ake ngā whakaarokore ānō he
tarutaru,
ā, kia tupu ngā kaimahi katoa i te kino;
he ngaromanga tēnā nō rātou ake ake.

8 Ko koe ia, e Ihowā, kei runga rawa ake ake.

9 Nā, ko ōu hoa whawhai, e Ihowā,
nā, ko ōu hoa whawhai, ka ngaro;
ka marara katoa ngā kaimahi i te kino.

10 Otirā, ka ara i a koe tōku haona,
ka pērā i tō te kau mākā;
ka whakawahia ahau ki te hinu hou.
11 Ka kite hoki tōku kanohi i tāku i hiahia ai ki
runga ki ōku hoariri,
ka rongo ōku taringa i tāku i hiahia ai
o te hunga kino e whakatika ana mai ki
ahau.

12 Ka rite te tupu o te tangata tika ki tō te nīkau;
ka rite tōna nui ki tō te hīta i Repanōna.
13 Ko te hunga i whakatōkia ki te whare o Ihowā
ka tupu ki ngā marae o tō tātou Atua.
14 Ka whai hua tonu rātou ua hina;
kī tonu i te wai, matomato tonu;

15 hei whakakite i te tika o Ihowā;
ko ia tōku kōhatu, kāhore hoki ōna hē.

93

Ko te Atua te Kīngi

1 E kīngi ana a Ihowā, he korōria tōna kākahu;
he kākahu tō Ihowā, he mea whītiki ia ki te kaha.
Kua ū hoki te ao,
tē taea te nekeneke.
2 Nō mua iho tōu torōna i whakapūmautia ai;
nōnamata riro koe.

3 Ko ngā roma, e Ihowā, kua ara,
ngā roma nei, kua ara tō rātou reo;
ka ara ngā ngaru o ngā roma.
4 I runga ake i ngā reo o ngā wai maha,
i ngā tūātea nunui o te moana,
ko Ihowā i runga, te mea kaha.

5 Pono atu āu whakaaturanga;
he huatau te tapu mō tōu whare,
e Ihowā, mō ake tonu atu.

94

Ko te Atua te Kaiwhakawā o te Katoa

1 E Ihowā, e te Atua, e te kairapu utu;
e te Atua, e te kairapu utu, tīaho mai!
2 E ara, e te Kaiwhakawā o te whenua;
hoatu te utu e rite ana ki te hunga whakakake.
3 Kia pēhea te roa, e Ihowā, o te hunga kino nei,
kia pēhea te roa o te hunga kino e whakamanamana ana?

4 Kei te kōrero whakatū rātou, kei te kōrero whakahī;
kei te kōrero whakapehapeha ki a rātou ngā kaimahi katoa i te kino.
5 Mongamonga noa tāu iwi i a rātou e Ihowā;
e tūkinotia ana e rātou tōu kāinga tupu.
6 E patua ana e rātou te pouaru, te manene;
e kōhuru ana i te pani,
7 ā, e mea ana, “E kore a Ihowā e kite;
e kore e maharatia e te Atua o Hākopa.”

8 Kia mātau, e ngā pōauau o te iwi;
āhea anō koutou whai mahara ai, e ngā kūware?
9 Ko te kaiwhakatō o te taringa, e kore rānei ia e rongo?
Ko te kaihanga o te kanohi, e kore ianei ia e kite?
10 Ko te kaipapaki o ngā iwi e kore rānei ia e papaki,
arā ko te kaiwhakaako nei i te tangata kia mōhio?
11 E mātau ana a Ihowā ki ngā whakaaro o te tangata,
he mea teka noa.

12 Ka hari te tangata e pākia ana e koe, e Ihowā;
e whakaakona ana i roto i tāu ture.
13 Kia mārie ai tōna ngākau i a koe i ngā rā o te hē,
ā, keria noatia iho te poka mō te tangata kino.
14 E kore hoki a Ihowā e panga i tāna iwi,
e kore anō e whakarere i tōna kāinga tupu.
15 Engari e hoki te whakawā ki te tika;

ā, e arumia e ngā tāngata ngākau tika katoa.

16 Ko wai tōku hei whakatika ake ki te hunga
kino?
Ko wai tōku hei tū ake ki ngā kaimahi i te
hara?
17 Mehemea kaua a Ihowā hei āwhina mōku,
pēnei kua noho kupukore noa atu tōku
wairua.
18 I tāku meatanga, “Ka paheke tōku waewae,”
nā tāu mahi tohu, e Ihowā, ahau i tautoko
ake.
19 I ōku whakaaronga maha i roto i tōku ngākau
ko āu whakamārie tōku oranga ngākau.

20 Tērā rānei e whakahoa ki a koe te torōna o te
kino,
e whakatakoto nei i te mahi nanakia hei
ture?
21 Kei te whakahuihui rātou ki te poke i te
wairua o te tangata tika,
e mea ana kia heke te toto harakore.
22 Ko Ihowā ia tōku pā teko;
ko tōku Atua hei kōhatu piringa mōku.
23 Ā, nāna i whakahoki tō rātou kino ki runga ki
a rātou,
ā, tērā ia e whakangaro i a rātou i roto i ō
rātou kino;
mā Ihowā, mā tō tātou Atua rātou e
whakangaro.

95

He Whakamoemiti ki te Kaihanga

1 Tēnā, kia waiata tātou ki a Ihowā;

kia hari te hāmama ki te kāmaka o tō tātou
whakaoranga.
2 Kia haere tātou me te whakawhetai atu ki tōna
aroaro;
kia ngahau hoki ā tātou hīmene ki a ia.

3 Nō te mea he Atua nui hoki a Ihowā,
he Kīngi nui i ngā atua katoa.
4 Kei tōna ringa ngā wāhi hōhonu o te whenua;
ā, nāna ngā maunga teitei.
5 Nāna te moana, nāna anō i hanga,
ā, nā ōna ringa i whai āhua ai te whenua
maroke.

6 Haere mai tātou, kia koropiko, kia tuohu;
kia tukua ngā turi ki te aroaro o Ihowā, o tō
tātou Kaihanga.
7 Ko ia hoki tō tātou Atua;
ko tātou tāna iwi e hēpara ai,
ngā hipi a tōna ringa.

Ki te rongo koutou ki tōna reo āianei!
8 Kaua e whakapakeketia ō koutou ngākau,
kei pērā me o te whakatoinga,
me o te rā o te whakamātautauranga i te
koraha;
9 i ahau i whakamātautauria e ō koutou mātua,
i āta mōhiotia, i tō rātou kitenga anō hoki i
āku mahi.
10 E whā tekau ngā tau i hōhā ai ahau ki tēnei
whakatupuranga,
nā, ka mea ahau; “He iwi ngākau kotiti kē
rātou,
kāhore hoki rātou e mōhio ki āku ara.”

11 Nā reira i riri ai ahau, i oati ai hoki;
“E kore rātou e tae ki tōku okiokinga.”

96

Ko te Atua te Kīngi Tino Nui
(1 Whakapapa 16.23-33)

1 Waiatatia he waiata hou ki a Ihowā;
waiata, e te whenua katoa, ki a Ihowā.
2 Waiata ki a Ihowā, whakapaingia tōna ingoa;
whakakitea tāna whakaoranga i tēnei rā, i tēnei rā.
3 Whakapuakina tōna korōria i waenganui i ngā tauiwi,
āna mahi whakamīharo i waenganui i ngā iwi katoa.

4 He nui hoki a Ihowā, he tika anō kia nui te whakamoemiti ki a ia;
kia wehingia nuitia ai i ngā atua katoa.
5 He whakapakoko hoki ngā atua katoa o ngā iwi;
nā Ihowā ia i hanga ngā rangi.
6 He hōnore, he korōria kei tōna aroaro;
kei tōna wāhi tapu te kaha me te ātaahua.

7 Waiho atu i a Ihowā, e ngā hapū katoa o ngā iwi;
waiho atu i a Ihowā te korōria me te kaha.
8 Waiho atu i a Ihowā te korōria e tika ana mō tōna ingoa;
maua mai he whakahere, haere mai hoki ki ōna marae.
9 Koropiko ki a Ihowā i roto i te ātaahua o te tapu;

kia wehi rā ki tōna aroaro, e te whenua
katoa.

10 Mea atu i waenganui o ngā tauiwi, “E kīngi ana
a Ihowā!”
Ka ū te whenua, tē taea te whakangāueue;
ka tika āna whakawā mō ngā iwi.
11 Kia hari ngā rangi, kia koa te whenua,
kia haruru te moana, me ngā mea e hua ana
i roto;
12 kia hari te māra, me ngā mea katoa i
runga.
Ko reira anō koa ai ngā rākau katoa o te ngahere;
13 ki te aroaro o Ihowā, e haere mai ana
hoki ia;
e haere mai ana ia ki te whakawā mō te
whenua.
Ka whakawā ia mō te ao i runga i te tika,
mō ngā iwi hoki i runga i tōna pono.

97

Ko Ihowā te Rangatira Tino Nui

1 Ko Ihowā te Kīngi! Kia hari te whenua,
koa ngā tini moutere!

2 Ko te kapua me te pōuri kei ōna taha katoa;
ko te tika, ko te whakawā, te tūranga o tōna
torōna.
3 He kāpura e haere ana i mua i a ia,
ā, pau ake ōna hoariri ā taka noa.
4 Mārama tonu te ao i āna uira;
i kite te whenua, ā, wiri ana.

5 Rewa noa ngā maunga, ānō he ware pī, i te
aroaro o Ihowā,
i te aroaro o te Ariki o te whenua katoa.

6 E whakapuakina ana e ngā rangi tōna tika;
ā, e kitea ana e ngā iwi katoa tōna korōria.

7 Kia whakamā katoa te hunga e mahi ana ki ngā
whakapakoko,
e whakamanamana ana ki ngā atua
horihori;
koropiko ki a ia, e ngā atua katoa.

8 I rongo a Hiona, ā, koa ana;
whakamanamana ana ngā tamāhine o Hūrā,
e Ihowā, ki āu whakaritenga.

9 Ko koe hoki, e Ihowā, kei runga noa ake i te
whenua katoa;
kua whakanuia koe ki runga noa ake i ngā
atua katoa.

10 E te hunga e aroha ana ki a Ihowā, e kino ki te
hē;
e tiakina ana e ia ngā wairua o tāna hunga
tapu;
e whakaorangia ana rātou e ia i ngā ringa o
te hunga kino.

11 Kua oti te mārama te whakatō mō te hunga
tika;
me te koa mō te hunga ngākau tapatahi.

12 Kia hari ki a Ihowā, e te hunga tika;
whakamoemiti ki tōna ingoa tapu!

98

Te Kīngi Toa
He hīmene.
1 Waiatatia ki a Ihowā he waiata hou;
he mahi whakamīharo hoki āna.
Nā tōna ringa matau, nā tōna ringa tapu,
i taea ai e ia te whakaora.
2 Kua whakakitea e Ihowā tāna whakaoranga,
kua whakapuakina e ia tōna tika ki te
aroaro o ngā tauiwi.
3 Kua mahara ia ki tāna mahi tohu,
ki tōna pono ki te whare o Īharaira;
ā, kua kite ngā pito katoa o te whenua
i te whakaoranga a tō tātou Atua.

4 Kia hari te hāmama, e te whenua katoa, ki a
Ihowā;
hāmama, kia hari, āe rā, hīmene atu.
5 Hīmene ki a Ihowā i runga i te hāpa;
i runga i te hāpa, me te hīmene anō te reo.
6 I runga i te tētere, i te tangi anō o te koronete;
kia hari te hāmama ki te aroaro o Ihowā, o
te Kīngi.

7 Kia haruru te moana me ngā mea e hua ana i
roto;
te ao me ōna tāngata e noho ana i runga.
8 Kia papaki ngā ringa o ngā roma,
kia hari tahi ngā pukepuke.
9 Ki te aroaro o Ihowā, e haere mai ana hoki ia
ki te whakawā mō te whenua.
Ka whakawā ia mō te ao i runga i te tika,
mō ngā iwi hoki i runga i te pono.

99

Te Kīngi Tapu

1 Ko Ihowā te Kīngi;
kia wiri ngā iwi;
E noho ana ia i waenganui i ngā kerupima;
kia ngāueue te whenua.
2 He nui a Ihowā i Hiona;
kei runga ake ia i ngā iwi katoa.
3 Kia whakamoemiti rātou ki tōu ingoa nui,
whakamataku.
He tapu ia!

4 E matenui ana hoki te kaha o te kīngi ki te
whakawā tika;
ko koe hei whakapūmau i te pono;
he whakawā tika,
he hēkore tāu mahi i roto i a Hākopa.
5 Whakanuia a Ihowā, tō tātou Atua;
koropiko ki tōna tūranga waewae.
He tapu ia!

6 Ko Mohi rāua ko Ārona i roto i āna tohunga,
me Hamuera i roto i te hunga e karanga ana
ki tōna ingoa.
I karanga rātou ki a Ihowā, ā, whakahoki
kupu ana mai ia ki a rātou.
7 I kōrero ia ki a rātou i roto i te pou kapua;
i pupuri rātou i āna whakaaturanga,
i te tikanga i whakatakotoria e ia ki a rātou.

8 E Ihowā, e tō mātou Atua,
i whakahoki kupu koe ki a rātou;
he Atua tohu koe i a rātou,

otiia, i rapu utu anō koe mō ā rātou mahi.
9 Whakanuia ā Ihowā, tō tātou Atua,
koropiko atu i tōna maunga tapu;
he tapu hoki ā Ihowā, tō tātou Atua.

100

He Hīmene Whakamoemiti
He hīmene whakamoemiti.
1 Kia hari te hāmama ki a Ihowā, e ngā whenua
katoa.
2 Mahi atu ki a Ihowā i runga i te koa;
waiata haere ki tōna aroaro.
3 Kia mātau ki a Ihowā, ko ia te Atua.
Nāna tātou i hanga, ehara hoki i a tātou;
ko tāna iwi tātou, ko āna hipi e hēpara ai.

4 Tomokia ōna tatau i runga i te whakawhetai,
ōna marae i runga i te whakamoemiti.
Whakawhetai atu ki a ia, whakapaingia tōna
ingoa.
5 He pai hoki a Ihowā;
pūmau tonu tāna mahi tohu;
ā, kei tēnā whakatupuranga, kei tēnā
whakatupuranga, tōna pono.

101

He Kī Taurangi a te Kīngi ki a Ihowā
He hīmene nā Rāwiri.
1 Ka waiatatia e ahau te mahi tohu me te
whakawā tika;
ka hīmene atu ahau ki a koe, e Ihowā.
2 Ka āta whakahaere ahau i ahau i runga i te ara
tika.

Āhea koe haere mai ai ki ahau?

Ka hāereere ahau i roto i tōku whare
i runga i te ngākau tapatahi.
3 E kore te mea tūtūā e waiho e ahau
i mua i ōku kanohi.

E kino ana ahau ki te mahi a te hunga peka kē;
e kore e piri ki ahau.
4 Ka mawehe atu i ahau te ngākau parori kē;
e kore ahau e mōhio ki te mea kino.

5 Ko te tangata e ngautuarā puku ana ki tōna hoa
ka whakangaromia e ahau.
E kore ahau e aro ki te tangata kanohi
whakakake,
ki te tangata ngākau whakapakari.

6 Kei runga i ngā mea pono o te whenua ōku
kanohi,
kia noho ai rātou ki ahau;
ko te tangata e haere ana i te ara tika,
ka mahi tēnā ki ahau.

7 E kore e noho ki tōku whare
te kaimahi i te hīanga;
e kore e tū ki tōku aroaro
te tangata kōrero teka.

8 I tēnei ata, i tēnei ata, ka whakangaromia e
ahau
ngā tāngata kikino katoa o te whenua;
kia hātepea atu ai i te pā o te Atua
te hunga katoa e mahi ana i te kino.

102

He Īnoi o tētahi Taitama Āwangawanga

He īnoi nā te ngākau mamae, i a ia e pēhia ana, ā, maringi a wai ana tāna tangi ki te aroaro o Ihowā.

1 Whakarongo ki tāku īnoi, e Ihowā,
kia puta atu tāku tangi ki a koe.
2 Kaua e hunā tōu mata ki ahau
i te rā e pōuri ai ahau.
Whakatītahatia mai tōu taringa ki ahau;
hohoro te whakahoki kupu mai ki ahau i te rā e karanga ai ahau.

3 Ka memeha hoki ōku rā ānō he paoa;
ka kāia ōku wheua ānō he motumotu.
4 Kua pākia tōku ngākau, kua memenge, ānō he tarutaru;
i wareware ai ahau ki te kai i tāku taro.
5 Piri tonu ōku iwi ki tōku kiri
i tōku reo auē.
6 He rite ahau ki te matuku i te koraha,
ki te koukou i te wāhi mokemoke.
7 Mataara tonu ahau;
tōku rite kei te pīhoihoi mokemoke i runga i te tuanui.
8 E tāwai ana ōku hoariri ki ahau i te rā roa;
ko te hunga e pōrangirangi ana mai ki ahau,
ko ahau tā rātou oati.
9 Kainga ana e ahau te pungarehu ānō he taro;
whakananua iho tōku wai inu ki te roimata.
10 I tōu riri hoki, i tōu weriweri;
nāu hoki ahau i hāpai ake, ā, tāia atu anō ahau e koe.
11 He rite ōku rā ki te ātārangi e whakawairua kau ana;

ā, kua memenge ahau ānō he tarutaru.

12 Ko koe ia, e Ihowā, ka mau tonu ake ake,
ka maharatia anō koe e ngā
whakatupuranga katoa.
13 Tērā koe e whakatika, e aroha ki a Hiona;
kua taka mai hoki te wā,
āe rā, te tino wā, hei atawhainga i a ia.
14 E manakohia ana hoki e āu pononga ōna
kōhatu,
e āwangawanga ana ki tōna puehu.
15 Pēnei ka wehingia te ingoa o Ihowā e ngā
tauiwi,
tōu korōria hoki e ngā kīngi katoa o te
whenua.
16 Nā Ihowā hoki i hanga a Hiona,
kua kitea ia i tōna korōria.
17 Kua tahuri ia ki te īnoi a te rawakore;
kīhai i whakahāwea ki tā rātou īnoi.

18 Ka tuhituhia tēnei mō tō muri
whakatupuranga;
ā, ka whakamoemiti ki a Ihowā te iwi
meāke hangā:
19 mōna i titiro iho i te tiketike o tōna wāhi tapu;
i titiro iho a Ihowā i te rangi ki te whenua;
20 ki te whakarongo ki te auē a te herehere,
ki te wewete i te hunga kua motuhia mō te
mate;
21 kia whakapuakina ai te ingoa o Ihowā i Hiona,
me te whakamoemiti ki a ia i Hiruhārama;
22 i te huihuinga o ngā iwi,
o ngā kīngitanga, ki te mahi ki a Ihowā.

23 Whakangoikoretia iho e ia tōku kaha i te ara;
kua torutoru i a ia ōku rā.
24 I mea ahau,
“E tōku Atua, kaua ahau e tangohia i
waenganui o ōku rā;
kei ngā whakatupuranga katoa ōu tau.”

25 Nōnamata te whenua i whakatūria ai e koe,
ā, he mahi ngā rangi nā ōu ringa.
26 Ko ērā e hemo atu, ko koe ia e mau tonu;
āe rā, ka tawhitotia katoatia me he weweru.
Ka whakaputaia kētia rātou e koe ānō he kākahu,
ā, ka whakaputaia kētia.
27 Ko koe ia, ko koe tonu,
kāhore hoki he mutunga o ōu tau.
28 Ka whai nohoanga ngā tama a āu pononga,
ka pūmau ō rātou uri ki tōu aroaro.

103

Te Aroha o te Atua
Nā Rāwiri.
1 Whakapaingia a Ihowā, e tōku wairua;
e ngā mea katoa i roto i ahau,
whakapaingia tōna ingoa tapu.
2 Whakapaingia a Ihowā, e tōku wairua,
kei wareware hoki ki āna painga katoa –
3 ko ia te muru nei i ōu kino katoa,
te rongoā nei i ōu mate katoa;
4 ko ia te hoko nei i tōu ora kei ngaro,
te karauna nei i a koe ki te atawhai, ki te
aroha;
5 nāna nei i mākona ai tōu māngai i ngā mea
papai;

i hou ai tōu taitamarikitanga, i rite ai ki tō te
ēkara.

6 Ka puta i a Ihowā ngā mahi tika,
me te whakawā tika ki te hunga katoa e
tūkinotia ana.
7 I whakaakona e ia āna ara ki a Mohi,
āna mahi ki ngā tama a Īharaira.
8 Kī tonu a Ihowā i te aroha me te atawhai,
he pūhoi ki te riri, he nui hoki tāna mahi
tohu.
9 E kore ia e whakatūpehupehu tonu,
e kore anō e mauāhara ake ake.
10 Kīhai i rite ki ō tātou hara āna meatanga ki a
tātou;
kīhai anō i rite ki ō tātou kino āna utu mai ki
a tātou.
11 He rite hoki ki te rangi e tiketike ake ana i te
whenua,
pērā tonu te nui o tāna mahi tohu ki te
hunga e wehi ana ki a ia.
12 Pērā i te matara o te rāwhiti i te uru,
pērā tonu tāna whakamataratanga atu i ā
tātou mahi tutū i a tātou.
13 E aroha ana te matua ki āna tamariki,
pērā tonu tō Ihowā aroha ki te hunga e wehi
ana ki a ia.
14 E mātau ana hoki ia ki tō tātou āhua,
e mahara ana he puehu tātou.

15 Ko te tangata ia, rite tonu ōna rā ki ō te
tarutaru;
kei te puāwai o te māra, ko tōna
ngawhātanga.
16 E rārungatia ana hoki e te hau, ā, kua kāhore;

kāhore hoki e mōhiotia ā muri e tōna wāhi.
17 Tēnā ko te mahi tohu a Ihowā nō tua
whakarere, ā ake tonu ake,
ki te hunga e wehi ana ki a ia,
tōna tika hoki ki ngā uri o ngā tamariki;
18 ki te hunga e pupuri ana i tāna kawenata,
ki te hunga hoki e mahara ana ki āna ako
kia mahia.

19 Kua oti i a Ihowā tōna torōna te whakatū ki
ngā rangi,
ā, e kāwanatia ana ngā mea katoa e tōna
kīngitanga.

20 Whakapaingia a Ihowā, e āna anahera,
e hira nei te kaha, e whakarite nei i tāna
kupu,
e whakarongo nei ki tōna reo ina kōrero.
21 Whakapaingia a Ihowā, e āna mano katoa,
e āna minita e mahi nei i tāna e pai ai.
22 Whakapaingia a Ihowā, e āna mahi katoa
i ngā wāhi katoa o tōna kīngitanga.

Whakapaingia a Ihowā, e tōku wairua.

104

Ko Ihowā te Kaihanga me te Kaiwhāngai

1 Whakapaingia a Ihowā, e tōku wairua.
E Ihowā, e tōku Atua, he nui rawa koe.
He hōnore, he korōria ōu kākahu,
2 e roropi nei i te mārama ki a koe ānō he
kākahu.
E hora nei i ngā rangi ānō he kākahu tauārai,

3 e whakanoho nei i ngā kurupae o ōna
rūma ki ngā wai,
e mea nei i ngā kapua hei hāriata mōna,
e haere nei i runga i ngā pākau o te hau.
4 E mea nei i ngā hau hei karere māna,
i te mura ahi hei kaimahi māna.

5 Nāna nei i whakatū te whenua ki runga ki ōna
tūranga,
kei nekenekehia ake ake.
6 Nāu anō i hīpoki ki te rire hei kākahu;
tū ana ngā wai i runga i ngā maunga.
7 Rere ana rātou i tāu riri;
tahuti tonu atu i te reo o tāu whatitiri.
8 Puke ake ana rā ngā maunga,
heke iho ana mā ngā whāwhārua
ki te wāhi i whakaritea e koe mō rātou.
9 Kua whakatakotoria e koe he rohe kei koni mai
rātou,
kei hoki mai hei taupoki mō te whenua.

10 Nāna i tono ngā puna ki roto ki ngā awaawa,
e rere nei i waenga o ngā puke.
11 Hei wai mō ngā kīrehe katoa o te pārae;
nā noa te matewai o ngā kāihe mohoao.
12 Kei reira ngā nohoanga o ngā manu o te rangi,
e korihi nei i roto i ngā manga.
13 He mea whakamākūkū nāna ngā puke i ōna
rūma;
ka mākona te whenua i ngā hua o āu mahi.

14 Ko ia hei whakatupu i te tarutaru mā te
kararehe,
i te otaota hei mea mā te tangata,

kia whakaputaina ake ai he taro i te whenua,
15 he wāina hei whakahari i te ngākau o te tangata,
he hinu e pīata ai tōna mata,
me te taro hei whakakaha i te ngākau o te tangata.
16 Kī tonu i te wai ngā rākau a Ihowā,
ngā hīta o Repanōna i whakatōkia e ia.
17 Hangā ake e ngā manu he ōhanga ki reira;
te tāka, ko ngā kauri tōna whare.
18 Hei piringa ngā puke tiketike mō ngā koati mohoao;
ngā kōhatu mō ngā rāpeti.

19 I hangā e ia te marama hei tohu tāima;
e mātau ana te rā ki tōna torengitanga.
20 Ko koe hei whakapōuri, ā, kua pō;
nā ngōki mai ana ngā kīrehe katoa o te ngahere.
21 Ko ngā kūao raiona ngengere ana rātou, he mea kai,
he rapu kai mā rātou i te Atua.
22 Ko te putanga mai o te rā ka poto atu rātou,
takoto ana i ō rātou kuhunga.
23 Ko te tangata ka haere ki āna hanga,
ki tāna mahi, ā ahiahi noa.

24 Anō te tini o āu mahi, e Ihowā!
He mōhio rawa tāu mahi i aua mea katoa;
kī tonu te whenua i āu taonga.
25 Kei kō rā ko te moana, tōna nui tuauriuri;
kei reira ngā mea ngōkingōki e kore e taea te tatau,
ngā kīrehe hoki, āna nonohi, āna nunui.

26 Kei reira ngā kaipuke e teretere ana;
kei reira taua rewiatana i hangā e koe hei
tākaro ki reira.

27 E tatari katoa ana ēnei ki a koe,
kia hoatu e koe te kai mā rātou i te wā e tika
ai;
28 ko tāu e hoatu ai mā rātou, kohikohia ana e
rātou;
te wherahanga o tōu ringa, mākona tonu
rātou i te pai.
29 Ko te hunanga o tōu mata, pororaru ana rātou;
ka kapohia e koe tō rātou manawa, ka
marere rātou,
ā, ka hoki anō ki tō rātou puehu.
30 Ko tāu tononga mai i tōu wairua, kua hangā
rātou;
ā, whakahoutia ana e koe te mata o te
whenua.

31 Kia whai korōria a Ihowā ake ake,
kia hari a Ihowā ki āna mahi –
32 tāna tirohanga iho ki te whenua, rū ana;
kua pā ki ngā puke, nā, pongere ana.

33 Ka waiata ahau ki a Ihowā i ahau e ora ana;
ka hīmene ki tōku Atua i ahau anō i te ao nei.
34 Kia reka tōku whakaaronga ki a ia,
ka hari ahau ki a Ihowā.
35 Kia mōtī ngā tāngata hara i runga i te whenua,
ko te hunga kino kia poto katoa atu.

Whakapaingia a Ihowā, e tōku wairua!

Whakamoemititia a Ihowā!

105

Ko te Atua me Tāna Iwi
(1 Whakapapa 16.8-22)

1 Whakawhetai ki a Ihowā, karanga atu ki tōna
ingoa;
whakapuakina āna mahi ki waenganui o
ngā iwi.
2 Waiata ki a ia, hīmene ki a ia;
kōrerotia āna mahi whakamīharo katoa.
3 Whakamanamana ki tōna ingoa tapu;
kia hari te ngākau o te hunga e rapu ana i a
Ihowā.
4 Rapua a Ihowā me tōna kaha;
rapua tonutia tōna mata, ake ake.
5 Maharatia āna mahi whakamīharo i mahia e ia,
āna merekara me ngā whakaritenga a tōna
māngai,
6 e ngā uri o Āperahama, o tāna pononga,
e ngā tama a Hākopa, e āna i whiriwhiri ai.

7 Ko Ihowā ia, ko tō tātou Atua;
kei te whenua katoa āna whakaritenga.
8 Mahara tonu ia ki tāna kawenata ake ake,
ki te kupu i kīia iho e ia ki te mano o ngā
whakatupuranga.
9 Ki tāna i whakarite ai ki a Āperahama,
ki tāna oati hoki ki a Īhaka,
10 ā, whakapūmautia iho e ia hei tikanga ki a
Hākopa,
hei kawenata mau tonu ki a Īharaira.
11 I a ia rā i mea, “Ka hoatu e ahau ki a koe te
whenua o Kanaana
hei wāhi pūmau mō koutou.”

12 I te mea he hunga torutoru rātou;
āe rā, he iti rawa, he manene anō ki reira.
13 I a rātou e hāereere ana i tēnei iwi ki tērā atu iwi,
i tētahi rangatiratanga ki tētahi iwi kē,
14 kīhai rātou i tukua e ia kia tūkinotia e te tangata;
he whakaaro anō ki a rātou i rīria ai e ia ngā kīngi,
15 i mea ia, “Kei pā ki āku i whakawahi ai;
kei kino ki āku poropiti.”

16 I karangatia e ia te matekai ki te whenua;
whati katoa i a ia te tokotoko, arā te taro.
17 I tonoa e ia he tangata i mua i a rātou;
i hokona a Hōhepa hei pononga.
18 I whakamamaetia ōna waewae ki te mekameka;
takoto ana ia i te rino;
19 ā puta noa tāna kupu,
whakamātautauria ana ia e te kupu a Ihowā.
20 I tono te kīngi, ā, wetekina ana ia;
arā te kīngi o ngā iwi, ā, tukua ana ia.
21 Ā, meinga ana ia e ia hei ariki mō tōna whare,
hei rangatira mō ōna taonga katoa;
22 hei herehere i āna rangatira ua pai ia,
hei ako i āna kaumātua ki te whakaaro.

23 I haere mai anō a Īharaira ki Īhipa;
ā, noho ana a Hākopa ki te whenua o Hama.
24 Nā, ka tino whakanuia e ia tāna iwi;
ā, ka meinga rātou kia kaha ake i ō rātou hoariri.

25 I whakakoarotia e ia tō rātou ngākau kia kino
ki tāna iwi,
kia mahi hīanga ki āna pononga.

26 I tonoa e ia a Mohi, tāna pononga,
rāua ko Ārona, ko tāna i whiriwhiri ai.
27 Whakaputaina ana e rāua āna tohu i
waenganui i a rātou,
he merekara i te whenua o Hama.
28 I tukua e ia te pōuri, ā, kua pōuri;
kīhai anō rātou i whakakeke ki āna kupu.
29 I whakaputaia kētia e ia ō rātou wai hei toto;
ā, mate ake i a ia ā rātou ngohi.
30 I whakangahue ake tō rātou whenua i te
poroka,
i roto i ngā whare moenga o ō rātou kīngi.
31 I whai kupu ia, ā, puta ana mai ngā pōkai
namu;
me te kutu i ō rātou kāinga.
32 I tukua iho e ia ki a rātou te whatu hei ua,
me te ahi mura ki tō rātou whenua.
33 I pākia anō e ia ā rātou wāina me ā rātou piki;
ā, whatiwhatiia ana e ia ngā rākau o ō rātou
kāinga.
34 I kōrero ia, ā, puta ana mai te māwhitiwhiti
me te moka, tē taea te tatau,
35 ā, kainga katoatia āna ngā otaota o tō rātou
whenua;
pau ake ngā hua o tō rātou oneone.
36 I whakamatea katoatia anō hoki e ia ngā
mātāmua o tō rātou whenua,
te muanga o tō rātou kaha.

37 Ā, whakaputaina mai ana rātou e ia, me te
hiriwa, me te kōura,
kāhore hoki he mea tūoi i roto i āna iwi.
38 Nā, hari ana a Īhipa i tō rātou haerenga;
i mau hoki tō rātou wehi ki a rātou.
39 I horahia e ia te kapua hei hīpoki,
me te ahi hei whakamārama i te pō.
40 I īnoi rātou, ā, hōmai ana e ia te koitareke;
ā, ka mākona rātou i te taro o te rangi.
41 I wāhia e ia te kōhatu, ā, ka pakaru mai ngā
wai;
rere ana i ngā wāhi maroke, koia anō kei te
awa.

42 I mahara hoki ia ki tāna kupu tapu,
ki a Āperahama anō, ki tāna pononga.
43 Ā, whakaputaina mai ana e ia tāna iwi i runga
i te hari,
āna i whiriwhiri ai i runga i te koa.
44 Ā, hōmai ana e ia ki a rātou ngā whenua o ngā
tauiwi;
ā, riro ana i a rātou ngā māuiuitanga o te iwi,
45 kia puritia ai e rātou āna tikanga,
kia mau ai ki āna ture.

Whakamoemititia a Ihowā!

106

He Whākinga i ngā Hara o Īharaira

1 Whakamoemititia a Ihowā!

Whakawhetai ki a Ihowā; he pai hoki ia;
he pūmau tonu hoki tāna mahi tohu.
2 Mā wai e kōrero ngā mahi nunui a Ihowā;

e whakakite katoa ngā whakamoemiti ki a
ia?
3 Ka hari te hunga e mau ana ki te whakarite
tika;
me te kaimahi i te tika i ngā wā katoa.

4 Maharatia mai ahau, e Ihowā, kia rite ki tāu
manako ki tāu iwi;
tirotirohia mai ahau i runga i tāu
whakaoranga;
5 kia kite ai ahau i te pai o āu i whiriwhiri ai,
kia koa ai, koa tahi me tāu iwi,
kia whakamanamana tahi ai me tōu kāinga
tupu.

6 Kua hara tahi mātou me ō mātou mātua,
kua mahi mātou i te kino, i te mea hē.
7 Kīhai ō mātou mātua i mōhio
ki āu mea whakamīharo i Īhipa,
kīhai hoki i mahara ki te tini o āu arohatanga;
engari ia i whakatoi rātou ki a koe i te
moana, āe, i te Moana Whero.
8 Otirā, whakaorangia ana rātou e ia,
he whakaaro ki tōna ingoa, kia mātauria ai
tōna kaha.
9 I rīria anō e ia te Moana Whero, ā, kua maroke;
nā, ārahina ana rātou e ia i ngā rire, ānō ko
waenga koraha.
10 Nā, whakaorangia ake rātou e ia i te ringa o te
tangata i kino ki a rātou;
ā, hokona ana rātou i roto i te ringa o te
hoariri.
11 Ā, taupokina ana e ngā wai ō rātou hoariri,
hore rawa tētahi mōrehu.

12 Nā, whakapono ana rātou ki āna kupu;
ā, waiata ana i te whakamoemiti ki a ia.

13 Hohoro tonu tō rātou wareware ki āna mahi;
kīhai i tāria e rātou tōna whakaaro.
14 Engari, i whakaputa nui i ō rātou hiahia i te tahora,
whakamātautau ana rātou i te Atua i te koraha.
15 Nā, ka hoatu e ia tā rātou i īnoi ai,
otirā, i tukua atu e ia te hīroki ki tō rātou wairua.

16 I hae hoki rātou ki a Mohi i te puni,
ki a Ārona anō, ki te tangata tapu a Ihowā.
17 Ko te hāmamatanga o te whenua, nā, horomia ana a Ratana;
ā, taupokina iho te rōpū o Āpirama.
18 Ā, mura ana te ahi i tō rātou rōpū;
wera ana i te mura te hunga kino.

19 I hangā e rātou he kūao kau ki Horepa,
ā, koropiko ana ki te whakapakoko i whakarewaina.
20 Koia i whitia ai e rātou tō rātou korōria
mō te mea i rite ki te pūru kai tarutaru.
21 Wareware ake i a rātou te Atua, tō rātou kaiwhakaora,
i mahi nei i ngā mea nunui ki Īhipa,
22 i ngā mahi whakamīharo ki te whenua o Hama,
i ngā mea whakamataku ki te Moana Whero.
23 Nā, ka mea ia, kia whakangaromia rātou –

me i kaua a Mohi, tāna i whiriwhiri ai,
te tū ki tōna aroaro i te takiwā,
hei papare ake i tōna riri, kei hunā rātou e ia.

24 Āe rā, i whakahāwea rātou ki te whenua
āhuareka;
kīhai rātou i whakapono ki tāna kupu.
25 Heoi, amuamu ana i roto i ō rātou tēneti,
kīhai i whakarongo ki te reo o Ihowā.
26 Nā reira ka ara tōna ringa ki a rātou,
ki te turaki i a rātou i te koraha;
27 ki te turaki i ō rātou uri i roto i ngā iwi,
ki te whakamarara i a rātou ki ngā whenua.

28 I whakauru atu hoki rātou ki a Paara-Peoro,
ā, kai ana i ngā patunga tapu mā ngā mea
mate.
29 Koia i whakapātaritari ai rātou i a ia ki ā rātou
hanga kia riri,
ā, pakaru ana mai te mate urutā ki a rātou.
30 Nā, ko te whakatikanga ake o Pinehaha, ki te
whakaputa whakawā;
ā, mutu iho te mate.
31 I kīia ai ia he tika
i ngā whakatupuranga katoa ake ake.

32 I whakapātaritari anō rātou i a ia ki ngā wai o
Meripa;
nā, hēmanawa ana a Mohi mō rātou;
33 nā rātou hoki i whakatoi tōna wairua,
i hē ai te kupu a ōna ngutu.

34 Kīhai rātou i whakangaro i ngā iwi
i kīia nei e Ihowā ki a rātou,

35 heoi uru ana ki roto ki ngā tauiwi,
ā, ako ana i ā rātou mahi.
36 I mahi hoki rātou ki ā rātou whakapakoko,
i māhangatia ai rātou.
37 Āe, i patua e rātou ā rātou tama
me ā rātou tamāhine mā ngā atua māori;
38 i whakahekea hoki te toto harakore,
ngā toto o ā rātou tama, o ā rātou tamāhine,
i patua nei e rātou mā ngā whakapakoko o
Kanaana;
ā, poke iho te whenua i te toto.
39 Nā, poke iho rātou i ā rātou mahi,
ā, pūremu ana ki ā rātou mahi.

40 Koia i mura ai te riri o Ihowā ki tāna iwi,
ā, whakarihariha ana ia ki tōna kāinga tupu;
41 ā, tukua ana rātou e ia ki te ringa o ngā tauiwi;
waiho ana te hunga i kino ki a rātou hei
rangatira mō rātou.
42 Nā, ka tūkinotia rātou e ō rātou hoariri;
ka pēhia ki raro i ō rātou ringa.
43 He maha āna whakaoranga i a rātou,
ko rātou ia i whakatoi ki a ia i ō rātou
whakaaro,
ā, whakaititia ana i tā rātou kino.

44 Ahakoa rā, i titiro ia ki tō rātou matenga,
i tōna rongonga i tā rātou tangi.
45 I mahara hoki ia ki tāna kawenata ki a rātou,
ā, rite tonu ki te tini o āna mahi aroha te
putanga kētanga o ōna whakaaro.
46 I meinga hoki rātou e ia kia arohaina
e te hunga katoa i whakaraua atu ai rātou.

47 Whakaorangia mātou, e Ihowā, e tō mātou
Atua,
kohikohia mātou i roto i ngā tauiwi,
kia whakawhetai ai ki tōu ingoa tapu,
kia whakamanamana ai ki tōu
whakamoemiti.

48 Kia whakapaingia a Ihowā, te Atua o Īharaira,
i tua whakarere anō, ā ake ake.
Ā, kia mea katoa te iwi, “Āmine.”

Whakamoemititia a Ihowā!

PUKAPUKA 5

107

(Waiata 107–150)

He Whakawhetai ki a Ihowā mō Tāna Painga

1 Whakawhetai ki a Ihowā, he pai hoki ia;
he pūmau tonu hoki tāna mahi tohu.
2 Kia pēnā anō te kōrero a te hunga i hokona e
Ihowā,
i hokona nei e ia i roto i te ringa o te hoariri;
3 i kohikohia nei i ngā whenua,
i te rāwhiti, i te uru,
i te raki, i te tonga.

4 I hāereere rātou i te koraha i te wāhi mokemoke,
tē kitea tētahi pā hei nohoanga.
5 I matekai rātou, i matewai;
hemo noa tō rātou wairua i roto i a rātou.
6 Nā, ka tangi rātou ki a Ihowā i tō rātou pōuri;
ā, whakaorangia ana rātou e ia i ō rātou
mate;

7 ā, ārahina ana e ia rā te ara tika;
kia haere ai ki te pā hei nohoanga.
8 Auē! Me i whakapaingia e te tangata a Ihowā
mō tōna atawhai,
mō āna mahi whakamīharo ki ngā tama a te
tangata!
9 E whakamākonatia ana hoki e ia te wairua
hiahia;
ko te wairua hiakai, whakakīia ana e ia ki te
pai.

10 Ko te hunga i noho i te pōuri, i te ātārangi o te
mate,
he mea here ki te mamae, ki te rino;
11 mō rātou i tutū ki ngā kupu a te Atua,
i whakahāwea ki te whakaaro o te Runga
Rawa.
12 Koia i pēhia iho ai e ia ō rātou ngākau ki te
mahi;
hinga iho rātou, kāhore hoki he kaiāwhina.
13 Nā, ka tangi rātou ki a Ihowā i tō rātou pōuri;
ā, ka whakaorangia rātou e ia i ō rātou mate.
14 Whakaputaina mai ana rātou e ia i te pōuri,
i te ātārangi o te mate; motumotuhia ana ō
rātou here.
15 Auē! Me i whakapaingia e te tangata a Ihowā
mō tōna atawhai,
mō āna mahi whakamīharo ki ngā tama a te
tangata!
16 Kua tukitukia hoki e ia ngā tatau parāhi;
kua tapahia e ia ngā tūtaki rino, motu rawa.

17 Ko ngā kūware, nā ā rātou mahi tutū,
nā ō rātou kino, i pākia ai rātou.

18 Ka wetiweti tō rātou wairua ki ngā kai katoa,
ā, ka whakatata rātou ki ngā kūwaha o te mate.
19 Nā, ka tangi ki a Ihowā i tō rātou pōuri,
ā, ka whakaorangia rātou e ia i ō rātou mate.
20 Tukua mai ana e ia tāna kupu, ā, rongoātia ana rātou;
ā, whakaputaina ana rātou i ō rātou ngaromanga.
21 Auē! Me i whakapaingia e te tangata a Ihowā mō tōna atawhai,
mō āna mahi whakamīharo ki ngā tama a te tangata.
22 Kia tukua anō e rātou te whakahere, arā te whakamoemiti;
kia whakapuaki i āna mahi i runga i te hari.

23 Ko te hunga e haere ana ki raro, ki te moana, i runga kaipuke,
ā, e whai mahi ana i ngā wai nunui,
24 ko rātou e kite i ngā mahi a Ihowā,
i āna mahi whakamīharo i te rire.
25 Puta kau tāna kupu, kua maranga te tūpuhi,
māna e whakatūtū ōna ngaru.
26 Ka kake rātou ki runga ki te rangi, ka heke anō ki raro ki te rire;
ngohe noa ō rātou wairua i te pāwera;
27 ka tiu rātou, ka hūrorirori ānō he tangata e haurangi ana;
ā, kāhore he mahara i toe.
28 Heoi, ka tangi ki a Ihowā i tō rātou hēmanawa;
ā, whakaorangia ana rātou i ō rātou mate.
29 Meinga ana e ia te tūpuhi kia marino,
ōna ngaru kia māriri.

30 Nā, ka koa rātou, nō te mea ka mārie,
ā, ka kawea rātou e ia ki te tauranga i hiahia ai rātou.
31 Auē! Me i whakapaingia e te tangata a Ihowā mō tōna atawhai,
mō āna mahi whakamīharo ki ngā tama a te tangata!
32 Kia whakanui hoki rātou i a ia i roto i te whakaminenga o te iwi,
kia whakamoemiti ki a ia i roto i te nohoanga kaumātua.

33 Ko ia hei mea i ngā awa hei koraha,
i ngā pupūtanga wai hei oneone maroke,
34 i te whenua whai hua, kia tītōhea,
mō te hara o te hunga e noho ana i reira.
35 Ko ia hei mea i te koraha hei hārotoroto wai,
i te whenua maroke hei pupūtanga wai.
36 Ā, whakanohoia iho e ia te hunga matekai ki reira,
hanga ai i tētahi pā hei nohoanga;
37 hei rui māra, hei whakatō māra wāina,
e tupu ai, e maha ai ngā hua.
38 Ko ia anō hei manaaki i a rātou, nō ka nui rawa;
kāhore hoki e tukua kia torutoru haere ā rātou kararehe.

39 Nā, kua iti haere anō rātou, kua piko
i te tūkino, i te hē, i te pōuri,
40 e ringihia ana e ia te whakahāwea ki runga ki ngā rangatira;
e meinga ana kia hēhē i te ururua, i te wāhi kāhore nei he ara;

41 otirā, kei te whakateitei ia i te rawakore ki
runga i te mamae,
kei te mea i ōna hapū kia rite ki te kāhui hipi.
42 Ka kite ngā tāngata tika, ā, ka hari;
ko ngā hē katoa hoki, kopia ake te māngai.

43 Ko te tangata whakaaro nui ka mahara ki ēnei
mea,
ā, ka mōhio rātou ki te aroha o Ihowā.

108

He Īnoi Āwhina mai i ngā Hoariri
(Waiata 57.7-11; 60.5-12)
He waiata, he hīmene nā Rāwiri.
1 Pūmau tonu tōku ngākau, e te Atua;
ka waiata ahau, āe rā, ka hīmene ahau,
me tōku korōria anō.
2 E ara, e te hātere, e te hāpa!
Ka ara wawe anō ahau.
3 Ka whakamoemiti ahau ki a koe, e Ihowā, i
waenganui i ngā iwi,
ka hīmene ki a koe i waenganui i ngā tauiwi.
4 He nui atu hoki tāu mahi tohu i ngā rangi,
ā, ko tōu pono tutuki noa atu ki ngā kapua.

5 Kia whakanuia koe, e te Atua, ki runga atu i
ngā rangi,
hei runga atu i te whenua katoa tōu korōria.
6 Kia puta tāu i aroha ai, mā tōu ringa matau
mātou e whakaora,
ā, whakahokia mai he kupu ki a mātou.

7 Kua kōrero te Atua i runga i tōna tapu:
“Ka hari ahau, ka kotikoti i Hekeme,

ka roherohe i te raorao o Hukota.
8 Nōku Kireara; nōku a Mānahi;
ko Ēparaima anō hoki te kaha o tōku mātenga;
ko Hūrā tāku hēpeta.
9 Ko Moapa tāku oko horoi;
ka makā e ahau tōku hū ki runga ki Ēroma;
ka whakamanamana ahau ki Pirihitia.”

10 Mā wai ahau e kawe ki te pā tūwatawata?
Ko wai nāna ahau i ārahi ki Ēroma?
11 He teka ianei kua pangā mātou e koe, e te Atua?
Kāhore hoki koe, e te Atua, e haere tahi me ō mātou taua.
12 Hōmai ki a mātou he āwhina ki te hoariri;
he teka kau noa hoki te āwhina a te tangata.
13 Mā te Atua tātou ka toa ai;
māna hoki e takahi ki raro ō tātou hoa whawhai.

109

Te Amuamu o tētahi Tangata i te Raruraru

Ki te tino kaiwhakatangi. He hīmene nā Rāwiri.
1 E te Atua, e whakamoemiti nei ahau,
kei wahangū koe.
2 Kua puaki hoki te māngai o te tangata kino
me te māngai o te tangata tinihanga, ki te hē mōku;
he teka ō rātou arero, e kōrero nei mōku.
3 I karapotia hoki ahau e rātou ki ngā kupu mauāhara,
ā, i whawhai takekore ki ahau.
4 Mō tōku aroha he riri tā rātou whakautu;
ko ahau ia, he īnoi tāku.

5 E hōmai ana e rātou ki ahau he kino mō te pai,
he mauāhara mō tōku aroha.

6 “Meinga he tangata kino hei rangatira mōna;
kia tū he hoariri ki tōna ringa matau.
7 Kia tau te hē ki a ia, ina whakawākia;
kia waiho anō tāna īnoi hei hara.
8 Kia torutoru ōna rā;
kia riro tāna mahi tirotiro i tētahi atu.
9 Kia pania āna tamariki,
kia pouarutia hoki tāna wahine.
10 Kia kōpikopiko noa āna tamariki, pīnono ai;
kia rapu kai hoki mā rātou i ō rātou wāhi
mokemoke.
11 Kia haoa e te kaituku moni āna mea katoa;
kia pāhuatia hoki e ngā tāngata iwi kē āna
māuiuitanga.
12 Kaua tētahi hei hoatu noa i te aroha ki a ia;
kaua hoki tētahi hei atawhai i āna pani.
13 Kia hātepea pūtia ōna uri;
ā, i tō muri whakatupuranga kia horoia
rawatia atu ō rātou ingoa.
14 Kia maharatia e Ihowā te kino o ōna mātua;
kei murua hoki te hara o tōna whaea.
15 Kia mau tonu ki te aroaro o Ihowā;
kia hātepea atu ai e ia te maharatanga ki a
rātou i runga i te whenua.
16 Mōna kīhai i mahara ki te mahi tohu;
heoi, tūkino ana ia i te ware, i te rawakore,
i te hunga ngākau marū, kia patua ai rātou.
17 Āe rā, i pai ia ki te kanga, ā, kua tae mai ki a ia;
kīhai ia i aro ki te manaaki, heoi kua mamao
tērā i a ia.
18 I kākahu ia i te kanga ki a ia, ānō ko tōna
kākahu;

nā, kua tae tērā ki roto ki a ia ānō he wai,
me he hinu hoki ki roto ki ōna wheua.
19 Waiho ki a ia hei kākahu hīpoki mōna,
hei whītiki hoki e whītikiria tonutia ai ia.”

20 Nā, hei utu tēnā mā Ihowā ki ōku hoariri,
ki te hunga hoki e kōrero kino nei ki tōku
wairua.
21 Kia puta tāu mahi mōku, e te Atua, e te Ariki,
he whakaaro ki tōu ingoa;
nā te mea he pai tāu mahi tohu,
whakaorangia ahau.
22 He ware hoki ahau, he rawakore,
kua mamae hoki tōku ngākau i roto i ahau.
23 Ka riro ahau me te ātārangi e whakawairua
kau ana;
e peipeia ana ahau me he māwhitiwhiti.
24 Hūrorirori kau ōku turi i te nohopuku;
ā, e kohia ana te ngako o ōku kikokiko.
25 Kua waiho ahau hei tāwainga mā rātou;
ka kite rātou i ahau, ka rūrū ō rātou mātenga.

26 Āwhinatia ahau, e Ihowā, e tōku Atua;
kia rite ki tōu aroha tāu whakaora i ahau.
27 Kia mātau ai rātou ko tōu ringa tēnei;
ā, nāu tēnei, e Ihowā, i mea.
28 Mā rātou e kanga, māu ia e manaaki;
kia whakamā rātou ina whakatika;
ko tāu pononga ia kia hari.
29 Kia whakakākahuria ōku hoariri ki te
whakamā,
ā, ko tō rātou numinumi hei koroka hīpoki
mō rātou.

30 Ka tino whakawhetai tōku māngai ki a Ihowā;

āe rā, ka whakamoemiti ahau ki a ia i
waenganui o te mano.
31 E tū hoki ia ki te ringa matau o te rawakore,
hei whakaora i a ia i te hunga e whakahē
ana i tōna wairua.

110

Ko Ihowā me Tāna Kīngi i Whiriwhiri

He hīmene nā Rāwiri.
1 I mea a Ihowā ki tōku Ariki,
“Hei tōku matau koe noho ai,
kia meinga rā anō e ahau ōu hoariri
hei tūranga waewae mōu.”

2 Mā Ihowā e tono mai te tokotoko o tōu kaha i
Hiona;
hei rangatira koe i waenganui i ōu hoariri.
3 Ka kakama tōu iwi ki te tāpae atu i a rātou
i te rā o tōu kaha,
i te ātaahua o ngā mea tapu.
Nō te kōpū mai o te ata,
kei a koe te tōmairangi o tōu whanaketanga.
4 Kua oati a Ihowā, e kore anō tāna e puta kē;
“Hei tohunga koe ake ake, nō te tikanga o
Merekihereke.”

5 Kei tōu matau te Ariki;
ka marū i a ia ngā kīngi i te rā e riri ai ia.
6 E whakawā ia i waenganui i ngā tauiwi;
e whakakīia e ia ngā whenua ki te tūpāpaku;
ka marū i a ia ngā upoko
i ngā whenua maha.
7 Ka inu wai ia i te awa i te ara,
ā, ka ara tōna mātenga.

111

Ngā Mahi Miharo a te Atua

1 Whakamoemititia a Ihowā!

Ka whakapaua tōku ngākau ki te whakawhetai ki
a Ihowā,
i te rūnanga o te hunga tika, i te
whakaminenga.

2 He nui ngā mahi a Ihowā,
e whakatakina ana e te hunga katoa e
manako ana ki aua mea.
3 He mea hōnore, he mea korōria tāna mahi;
tū tonu tōna tika ake ake.
4 Kua meinga e ia kia maharatia āna mahi
whakamīharo;
he atawhai a Ihowā, he aroha.
5 E hōmai ana e ia he kai mā te hunga e wehi ana
ki a ia;
ka mahara tonu ia ki tāna kawenata.
6 Kua whakakitea e ia ki tāna iwi te kaha o āna
mahi,
i tāna hoatutanga i tō ngā tauiwi hei kāinga
tupu mō rātou.
7 Ko ngā mahi a ōna ringa he pono, he whakawā
tika;
pono tonu āna akoranga katoa.
8 Ū tonu ake ake,
e mahia ana i runga i te pono, i te tika.
9 I tonoa mai e ia he whakaoranga mō tāna iwi;
kua kīia iho e ia tāna kawenata mō ake tonu
atu;
he tapu tōna ingoa, e wehingia ana.

10 Ko te tīmatanga o te whakaaro nui he wehi ki a
Ihowā;
he ngārahu pai tō te hunga katoa nāna ērā
mahi.
Ka mau te whakamoemiti ki a ia, ake ake.

112

He Manaakitanga o te Hunga Tika

1 Whakamoemititia a Ihowā!

Ka hari te tangata e wehi ana i a Ihowā,
e aro nui ana ki āna whakahau.

2 Ka nui ōna uri ki runga ki te whenua;
ka manaakitia te whakatupuranga o te
hunga tika.
3 Kei tōna whare te rawa, te taonga;
ka pūmau tonu tōna tika, ake ake.
4 Ka maea ake te mārama i roto i te pōuri ki te
hunga tika;
he atawhai ia, he aroha, he tika.

5 He pono ka whiwhi painga te tangata he
atawhai, he ohaoha tāna mahi;
ka ū āna kupu i te whakawākanga.
6 E kore hoki ia e whakangāueuetia ake ake;
ka maharatia tonutia te tangata tika ake ake.
7 E kore ia e mataku i te rongo kino;
e ū ana tōna ngākau, e whakawhirinaki ana
ki a Ihowā.
8 Ka ū tōna ngākau, e kore ia e wehi;
kia kite rā anō ia i tāna i hiahia ai ki ōna
hoariri.

9 Kua tuwhaina e ia, kua hoatu ki te hunga
rawakore;
pūmau tonu tōna tika ake ake;
ka ara tōna haona i runga i te korōria.

10 Ka kite te tangata kino, ā, ka pōuri;
ka pakiri ōna niho, memeha iho;
pirau iho te hiahia o te hunga kino.

113

Ngā Mahi Ohaoha a Ihowā

1 Whakamoemititia a Ihowā!

Whakamoemititia, e ngā pononga a Ihowā;
whakamoemititia te ingoa o Ihowā.
2 Kia whakapaingia te ingoa o Ihowā
āianei ā ake ake.
3 Kia whakamoemititia te ingoa o Ihowā
i te putanga mai o te rā, ā tae noa ki tōna
torengitanga.

4 Kei runga rawa a Ihowā i ngā iwi katoa;
kei runga ake i ngā rangi tōna korōria.
5 Ko wai te rite ana ki a Ihowā, ki tō tātou Atua,
kei runga nei tōna nohoanga,
6 e whakaiti nei i a ia ki te titiro iho
ki ngā mea kei te rangi, kei te whenua?

7 E whakaara ake ana ia i te iti i roto i te puehu,
e whakateitei ake ana i te rawakore i roto i
te pūranga paru,
8 kia whakanohoia ai e ia ki roto ki ngā
rangatira,

ki ngā rangatira o tāna iwi.
9 Nāna hoki te pākoko i whai whare ai,
hei whāereere e koa ana ki āna tamariki.

Whakamoemititia a Ihowā!

114

He Waiata mō te Kapenga

1 I te putanga mai o Īharaira i Īhipa,
o te whare o Hākopa i te iwi reo kē,
2 ko Hūrā tōna wāhi tapu,
ko Īharaira tōna rangatiratanga.

3 I kite te moana, ā, whati ana;
i whakahokia ki muri a Horano.
4 Pekepeke ana ngā maunga ānō he hipi toa,
ngā pukepuke ānō he reme.

5 I ahatia koe, e te moana, i whati ai koe e Horano,
i whakahokia ai koe ki muri?
6 E ngā maunga, i pekepeke ai koutou ānō he hipi toa,
e ngā pukepuke, ānō he reme?

7 E wiri, e te whenua, i te aroaro o te Ariki,
i te aroaro o te Atua o Hākopa,
8 i meinga ai te toka, hei hōpua wai,
te kiripaka hei puna wai.

115

Kotahi te Atua Pono

1 Aua ki a mātou, e Ihowā, aua ki a mātou,

engari me hoatu te korōria ki tōu ingoa;
whakaaroa tōu aroha, tōu pono.

2 Kia mea koia ngā tauiwi;
“Kei hea ianei tō rātou Atua?”
3 Kei te rangi ia tō mātou Atua;
kua meatia e ia ngā mea katoa i pai ai ia.
4 He hiriwa ā rātou whakapakoko,
he kōura, he mahi nā te ringa tāngata.
5 He māngai ō rātou, ā, kāhore e kōrero;
he kanohi ō rātou, ā, kāhore e kite.
6 He taringa ō rātou, ā, kāhore e rongo:
he ihu ō rātou, ā, kāhore e hongi.
7 He ringa ō rātou, ā, kāhore e whāwhā;
he waewae ō rātou, ā, kāhore e haere;
kāhore hoki ō rātou korokoro e kōrero.
8 Ka rite ki a rātou ō rātou kaihanga;
āe rā, te hunga katoa anō e whakawhirinaki
ana ki a rātou.

9 E Īharaira, whakawhirinaki ki a Ihowā!
Ko ia tō rātou āwhina, tō rātou whakangungu
rākau.
10 E te whare o Ārona, whakawhirinaki ki a
Ihowā!
Ko ia tō rātou āwhina, tō rātou whakangungu
rākau.
11 E te hunga e wehi ana i a Ihowā,
whakawhirinaki ki a Ihowā!
Ko ia tō rātou āwhina, tō rātou whakangungu
rākau.

12 Kua mahara a Ihowā ki a tātou; māna tātou e
manaaki;
māna e manaaki te whare o Īharaira;

māna e manaaki te whare o Ārona;
13 ka manaakitia e ia te hunga e wehi ana ki a
Ihowā,
te iti, te rahi.

14 Ka tāpiritia anō e Ihowā ki a koutou,
ki a koutou tahi ko ā koutou tamariki.
15 He manaakitanga koutou nā Ihowā,
nā te kaihanga o te rangi, o te whenua.

16 Ko ngā rangi, he rangi nō Ihowā;
ko te whenua ia, he mea hōmai nāna ki ngā
tama a te tangata.
17 E kore ngā tūpāpaku e whakamoemiti ki a
Ihowā;
me te hunga katoa anō e heke ana ki te
wahangūtanga.
18 Ko mātou ia ka whakapai ki a Ihowā
āianei, ā ake ake.

Whakamoemititia a Ihowā!

116

He Whakawhetai mō te Whakaoranga i te Māuiui

1 E aroha ana ahau ki a Ihowā;
mōna i whakarongo ki tōku reo, ki āku īnoi.
2 I tahuri mai tōna taringa ki ahau;
mō reira ka karanga ahau ki a ia i ahau e
ora ana.

3 I karapotia ahau e ngā whakawiringa a te
mate;
mau pū ahau i ngā mamae o te rēinga,

i kite ahau i te pāwera, i te pōuri.
4 Nā, ko tāku karangatanga ki te ingoa o Ihowā:
“Tēnā rā, e Ihowā, whakaorangia tōku
wairua!”

5 He atawhai a Ihowā, he tika;
āe, he aroha tō tātou Atua.
6 E tiakina ana e Ihowā te hunga kūware;
i whakaititia ahau, ā, nāna ahau i whakaora.

7 E hoki, e tōku wairua, ki tōu okiokinga;
kua atawhaitia hoki koe e Ihowā.

8 Nāu hoki tōku wairua i whakaora kei mate,
ōku kanohi kei whai roimata,
ōku waewae kei paheke.
9 Tērā ahau e hāereere i te aroaro o Ihowā
i te whenua o te ora.
10 I whakapono ahau, koia ahau i kōrero ai;
“He nui tōku whakawhiunga.”
11 I mea ahau i tōku ohoreretanga,
“He teka kau ngā tāngata katoa.”

12 He aha tāku e whakahoki ai ki a Ihowā
mō āna atawhainga katoa i ahau?
13 Ka mau ahau ki te kapu o te whakaoranga,
ka karanga ki te ingoa o Ihowā.
14 Ka whakamanā e ahau āku kupu taurangi ki a
Ihowā
i te aroaro o tāna iwi katoa.

15 He mea utu nui ki tā Ihowā titiro
te matenga o tāna hunga tapu.
16 E Ihowā, he pono ko ahau tāu pononga;

ko ahau tāu pononga, ko te tama a tāu
pononga wahine;
nāu i wewete ōku here.

17 Ka tukua e ahau te patunga tapu, arā te
whakawhetai;
ka karanga ki te ingoa o Ihowā.
18 Ka whakamanā e ahau āku kupu taurangi ki a
Ihowā,
āe, ki te aroaro o tāna iwi katoa,
19 ki ngā marae o te whare o Ihowā,
ki waenganui ōu, e Hiruhārama.

Whakamoemititia a Ihowā!

117

He Karanga kia Whakamoemiti

1 Whakamoemititia a Ihowā, e ngā tauiwi katoa!
Whakamoemititia ia, e ngā iwi katoa!
2 He nui hoki tāna mahi tohu ki a tātou;
e mau ana hoki te pono o Ihowā ake ake.

Whakamoemititia a Ihowā!

118

He Waiata Whakawhetai ki te Kaiwhakaora o Īharaira

1 Whakawhetai ki a Ihowā, he pai hoki ia;
he pūmau tonu hoki tāna mahi tohu!

2 Kia mea a Īharaira,
“He pūmau tonu tāna mahi tohu.”

3 Kia mea te whare o Ārona,
“He pūmau tonu tāna mahi tohu.”
4 Kia mea te hunga e wehi ana i a Ihowā,
“He pūmau tonu tāna mahi tohu.”

5 I karanga ahau ki a Ihowā i roto i te pōuri;
i whakahoki kupu mai a Ihowā ki ahau,
i whakatū hoki i ahau ki te wāhi whānui.
6 Kei ahau a Ihowā; e kore ahau e wehi.
He aha tā te tangata e mea ai ki ahau?
7 Kei ahau a Ihowā kei roto i ōku kaiāwhina;
nō reira tērā ahau e kite i tāku i hiahia ai
ki te hunga e kino ana ki ahau.

8 Ko te whakawhirinaki ki a Ihowā,
pai atu i te whakaaro ki te tangata.
9 Ko te whakawhirinaki ki a Ihowā,
pai atu i te okioki ki ngā rangatira.

10 I karapotia ahau e ngā iwi katoa;
ka ngaro rātou i ahau i runga i te ingoa o
Ihowā!
11 I karapotia ahau e rātou, āe, i karapotia ahau e
rātou;
ka ngaro rātou i ahau i runga i te ingoa o
Ihowā!
12 Me te mea he pī rātou e mui ana ki ahau;
kua pirau rātou ānō he ahi tātarāmoa;
i ngaro hoki rātou i ahau i runga i te ingoa o
Ihowā!

13 Kaha pū tāu turaki i ahau, kia hinga ai ahau,
nā Ihowā ia ahau i āwhina mai.
14 Ko Ihowā tōku kaha, tāku hīmene;
ko ia anō tōku whakaoranga.

15 He reo hari, he reo whakaoranga,
kei ngā tapenākara o te hunga tika;
“He māia ngā mahi a te ringa matau o Ihowā.
16 Kua whakanuia te matau o Ihowā;
he māia ngā mahi a te ringa matau o Ihowā.”

17 E kore ahau e mate, engari tērā ahau e ora,
hei whakapuaki i ngā mahi a Ihowā.
18 I pākia rawatia ahau e Ihowā,
otiia, kīhai ahau i tukua e ia kia mate.

19 Whakatuwheratia ki ahau ngā kūwaha o te tika,
ka tomo ahau ki roto,
ka whakamoemiti ki a Ihowā.
20 Ko te kūwaha tēnei o Ihowā;
ka tomo te hunga tika ki reira.
21 Ka whakamoemiti ahau ki a koe,
mōu i whakahoki kupu mai ki ahau,
kua meinga hoki ko koe hei whakaora mōku.

22 Ko te kōhatu i kapea e ngā kaihanga,
kua meinga hei upoko mō te kokonga.
23 Nā Ihowā tēnei;
he mea mīharo ki ō tātou kanohi.
24 Ko te rā tēnei i hangā e Ihowā
kia whakamanamana, kia koa tātou i reira.

25 Whakaorangia rā āianei, e Ihowā!
Tēnā rā, e Ihowā, hōmai he ngahuru ki a mātou.

26 Kia whakapaingia te tangata e haere mai ana i runga i te ingoa o Ihowā.

Kua whakapaingia koutou e mātou i roto i te
whare o Ihowā.
27 Ko Ihowā te Atua,
ā, nāna i hōmai te mārama ki a tātou.
Herea te patunga tapu ki ngā aho,
ki ngā haona rā anō o te āta.

28 Ko koe tōku Atua, māku koe e whakamoemiti;
tōku Atua, māku koe e whakanui.

29 Whakawhetai ki a Ihowā; he pai hoki ia,
he pūmau tonu tāna mahi tohu.

119

Te Ture a Ihowā
1 Ka hari te hunga he tapatahi nei i te ara,
e haere nei i te Ture a Ihowā.
2 Ka hari te hunga e mau ana ki āna
whakaaturanga;
e whakapaua ana ō rātou ngākau ki te rapu i
a ia,
3 āe, e kore rātou e mahi i te kino;
e haere ana rātou i āna ara.
4 Kua oti mātou te whakahau ki āu akoranga,
kia āta puritia e mātou.
5 Auē, me i whakatikaia tōku ara
ki te pupuri i āu akoranga!
6 Ko reira ahau ka kore ai e whakamā;
i ahau ka whai whakaaro nei ki āu
whakahau katoa.
7 Ka whakamoemiti ahau ki a koe i runga i te
ngākau tika,
ina ako ahau i āu whakaritenga tika.

8 Ka puritia e ahau āu tikanga;
kaua ahau e whakarērea rawatia.

Te Whakarongo ki te Ture a Ihowā

9 He aha te mea e mā ai i te taitamariki tōna ara?
Kia rite ki tāu kupu tāna
whakamaharatanga iho.
10 Kua whakapaua e ahau tōku ngākau ki te rapu
i a koe;
kaua ahau e tukua kia kotiti kē i āu
whakahau.
11 Kua whakatakotoria e ahau tāu kupu ki roto ki
tōku ngākau,
kei hara ahau ki a koe.
12 E Ihowā, ka whakapaingia koe;
whakaakona ahau ki āu tikanga.
13 Kua whakapuakina e ōku ngutu
ngā whakaritenga katoa a tōu māngai.
14 Ko tōku koa i te ara o āu whakaaturanga,
me te mea mō ngā taonga katoa.
15 Ka whakaaroaro ahau ki āu ako,
ā, ka whai mahara ki āu huarahi.
16 He oranga ngākau ki ahau āu tikanga;
e kore ahau e wareware ki tāu kupu.

Te Hari i te Ture a Ihowā

17 Kia atawhai ki tāu pononga,
kia ora ai ahau; kia puritia ai hoki tāu kupu.
18 Whakatirohia ōku kanohi kia kite ai ahau
i ngā mea whakamīharo i roto i tāu ture.
19 He manene ahau i runga i te whenua;
kaua āu whakahau e hunā ki ahau.
20 Ka ngawhā tōku wairua i te matenui atu
ki āu whakaritenga i ngā wā katoa.

21 Kua rīria e koe te hunga whakakake kua oti nei te kanga,
e kotiti kē nei i āu whakahau,
22 parea atu i ahau te tāwai me te whakahāwea,
kua mau hoki ahau ki āu whakaaturanga.
23 I noho anō hoki ngā rangatira ki te kōrero kino mōku;
otirā e whakaaro ana tāu pononga ki āu tikanga.
24 Ko āu whakaaturanga anō tōku oranga ngākau,
ōku hoa whakatakoto whakaaro.

Te Hiringa kia Whakarongo ki te Ture a Ihowā

25 Piri tonu tōku wairua ki te puehu;
whakahauoratia ahau kia rite ki tāu kupu.
26 I whakaaturia e ahau ōku ara, ā, whakahoki kupu ana koe ki ahau;
whakaakona ahau ki āu tikanga.
27 Meinga ahau kia mātau ki te ara o āu ako,
kia whakaaroaro ai ahau ki āu mahi whakamīharo.
28 E māturuturu iho ana tōku wairua i te pōuri;
kia rite ki tāu kupu tāu whakaū ake i ahau.
29 Whakamataratia atu i ahau te ara o te teka;
kia atawhai mai hoki, ā, hōmai tāu ture.
30 Kua whiriwhiria e ahau te ara o te pono;
ka waiho e ahau āu whakaritenga ki tōku aroaro.
31 Piri tonu ahau ki āu whakaaturanga, e Ihowā;
kei whakamā ahau.
32 Ka oma ahau i te ara o āu whakahau,
ina whakanuia e koe tōku ngākau.

He Īnoi mō te Māramatanga

33 E Ihowā, whakaakona ahau ki te ara o āu
tikanga;
ā, ka mau i ahau taea noatia te mutunga.
34 Hōmai he mātauranga ki ahau, ā, ka mau i
ahau tāu ture;
ka whakapaua tōku ngākau ki te pupuri.
35 Meinga ahau kia haere i te ara o āu whakahau;
ko tāku hoki tēnā e whakaahuareka nei.
36 Whakaangahia tōku ngākau ki āu
whakaaturanga;
kaua hoki ki te apo.
37 Whakatahuritia kētia ōku kanohi kei kite i te
horihori;
whakahauorangia ahau i tāu ara.
38 Whakapūmautia tāu kupu ki tāu pononga,
e wehi nei ki a koe.
39 Parea atu tōku tāwainga, e wehi nei ahau,
he pai hoki āu whakaritenga.
40 Nanā, kua matenui ahau ki āu ako;
whakahauorangia ahau i runga i tōu tika.

E Whakawhirinaki ana ki te Ture a Ihowā

41 Kia puta anō āu mahi tohu ki ahau, e Ihowā,
arā tāu whakaoranga, kia rite ki tāu kupu.
42 Pēnei ka whai kupu māku ki tōku kaitāwai;
nōku ka whakawhirinaki ki tāu kupu.
43 Kaua e tangohia rawatia i tōku māngai te kupu
o te pono,
e tūmanako nei hoki ahau ki āu
whakaritenga.
44 Pēnei ka puritia e ahau tāu ture
ake ake.
45 Ā, ka hāereere noa ahau,
kua rapua hoki e ahau āu akoranga.

46 Ka kōrerotia anō e ahau āu whakaaturanga ki
te aroaro o ngā kīngi,
e kore anō e whakamā.
47 Ā, ka waiho e ahau hei oranga ngākau mōku
āu whakahau e aroha nei ahau.
48 Ka toro atu hoki ōku ringa ki āu whakahau e
aroha nei ahau,
ka whakaaroaro anō ki āu tikanga.

He Whakamanawatanga ki te Ture a Ihowā

49 Maharatia te kupu ki tāu pononga,
nō te mea kua meinga ahau e koe kia
tūmanako atu.
50 Ko tōku oranga ngākau tēnei i ahau e tangi nei;
nā tāu kupu nei hoki ahau i whakahauora.
51 Nui rawa te whakahī ki ahau o te hunga
whakakake,
heoi, kīhai ahau i peka kē i tāu ture.
52 I mahara ahau ki āu whakaritenga, e Ihowā, o
tua iho;
ā, mārie ana tōku ngākau.
53 Mau pū ahau i te pāwera,
mō te hunga kino kua whakarere nei i tāu
ture.
54 Ko āu tikanga āku e hīmene ai
i te whare i noho manene ai ahau.
55 I mahara ahau ki tōu ingoa i te pō, e Ihowā,
ā, puritia ana e ahau tāu ture.
56 I ahau tēnei,
he mau nōku ki āu ako.

Te Whakangākau ki te Ture a Ihowā

57 Ko Ihowā tōku wāhi;
kua mea nei ahau, ka pupuri ahau i āu kupu.

58 I whakapaua tōku ngākau ki te īnoi ki a koe kia
pai mai;
kia rite ki tāu kupu tāu mahi tohu ki ahau.
59 I whakaaro ahau ki ōku ara,
ā, anga ana ōku waewae ki āu
whakaaturanga;
60 i hohoro ahau,
ā, kīhai i whakaroa ki te pupuri i āu
whakahau.
61 Karapotia pūtia ana ahau e ngā here a te
hunga kino,
kīhai ia ahau i wareware ki tāu ture.
62 I waenganui pō ka ara ahau ki te
whakawhetai ki a koe
mō āu whakaritenga tika.
63 He hoa ahau nō te hunga katoa e wehi ana i a
koe,
nō te hunga anō e pupuri ana i āu ako.
64 Kī tonu, e Ihowā, te whenua i tāu mahi tohu;
whakaakona ahau ki āu tikanga.

Te Painga o te Ture a Ihowā

65 Pai rawa tāu hanga ki tāu pononga,
e Ihowā, rite tonu ki tāu kupu.
66 Whakaakona ahau ki te ngārahu pai, ki te
mātauranga;
kua whakapono hoki ahau ki āu whakahau.
67 I ahau kīanō i whakawhiua, i hē ahau;
tēnā ko tēnei, ka puritia e ahau tāu kupu.
68 He pai koe, he pai hoki āu mahi;
whakaakona ahau ki āu tikanga.
69 Kua titoa e te hunga whakakake he teka mōku;
ka whakapaua tōku ngākau ki te pupuri i āu
ako.

70 He ngako rawa tō rātou ngākau, koia anō kei te
taupā;
ko ahau ia, he oranga ngākau ki ahau tāu
ture.
71 Mārie anō ahau kia pēhia e te pōuri;
i ako ai ahau i āu tikanga.
72 Ko te ture a tōu māngai pai kē atu ki ahau
i ngā mano o te kōura, o te hiriwa.

Te Tika o te Ture a Ihowā

73 Nā ōu ringa ahau i hanga, i whakawhaiahua;
hōmai he mātauranga ki ahau, kia ako ai
ahau ki āu whakahau.
74 Ka hari te hunga e wehi ana i a koe ina kite i
ahau;
nōku i tūmanako ki tāu kupu.
75 E mātau ana ahau, e Ihowā, he tika āu
whakaritenga,
ā, he pono nōu i pēhia ai tōku ngākau e koe.
76 Tēnā rā, waiho tāu mahi tohu hei whakamārie
mōku,
kia rite ki tāu kupu ki tāu pononga.
77 Kia puta ki ahau āu mahi aroha, kia ora ai
ahau;
ko tāu ture hoki tōku oranga ngākau.
78 Kia whakamā te hunga whakakake,
nō te mea kāhore he take i hē ai tā rātou
hanga ki ahau;
ko ahau ia ka whakaaroaro ki āu akoranga.
79 Ko te hunga e wehi ana ki a koe me anga ki
ahau,
ā, ka mōhio rātou ki āu whakaaturanga.
80 Kia tapatahi tōku ngākau ki āu tikanga;
kei whakamā ahau.

He Īnoi mō te Whakawāteatanga

81 E matenui ana tōku wairua ki tāu
whakaoranga;
otiia ka tūmanako ahau ki tāu kupu.
82 Matawaia ana ōku kanohi he meatanga ki tāu
kupu;
i ahau e mea ana, “Āhea koe whakamārie ai i
ahau?”
83 Kua rite nei hoki ahau ki te kōkī i roto i te
paoa;
he ahakoa e kore ahau e wareware ki āu
tikanga.
84 E hia ngā rā o tāu pononga?
Āhea koe whakarite whakawā ai mō te
hunga e tūkino nei i ahau?
85 Kua keri poka te hunga whakakake mōku;
he mea kāhore e rite ki tāu ture.
86 Pono tonu āu whakahau katoa;
e tūkino takekore ana rātou i ahau; āwhinatia
mai ahau.
87 Wāhi iti kua mōtī ahau i a rātou i runga i te
whenua;
otirā kīhai i mahue i ahau āu akoranga.
88 Kia rite ki tōu aroha tāu whakahauora i ahau;
ā, ka puritia e ahau ngā whakaaturanga a
tōu māngai.

Te Whakapono ki te Ture a Ihowā

89 Pūmau tonu tāu kupu, e Ihowā,
ake ake i runga i te rangi.
90 Kei ngā whakatupuranga katoa tōu pono;
whakaūngia ana e koe te whenua, ā, e tū nei
anō.
91 E tū nei anō ināianei, pērā tonu me tāu i
whakarite ai,

he pononga hoki ngā mea katoa nāu.
92 Me kaua tāu ture hei oranga mō tōku ngākau,
kua ngaro ahau i reira i tōku auētanga.
93 E kore rawa ahau e wareware ki āu ako,
he mea whakahauora hoki nāu ēnā i ahau.
94 Nāu ahau; māu ahau e whakaora,
kua rapua hoki e ahau āu ako.
95 Kua tatari te hunga kino ki ahau kia
whakamatea,
ka whakaaro ia ahau ki āu whakaaturanga.
96 Kua kitea e ahau te mutunga o ngā mea tino
tika katoa,
he whānui rawa ia tāu whakahau.

Te Aroha ki te Ture a Ihowā

97 Anō tōku aroha ki tāu ture!
Ko tāku tēnā e whakaaroaro ai i te roa o te
rā.
98 Nāu i hira ake ai ōku whakaaro i o ōku hoariri,
nā āu whakahau, e piri tonu nei ki ahau.
99 Nui atu ōku mahara i o ōku kaiwhakaako
katoa,
nōku i whakaaroaro tonu ki āu
whakaaturanga.
100 Tērā atu tōku mōhio i tō ngā kaumātua,
nō te mea i pupuri ahau i āu ako.
101 Kua kaiponuhia mai e ahau ōku waewae i
ngā ara kino katoa,
kia pupuri ai ahau i tāu kupu.
102 Kīhai ahau i tītaha i āu whakaritenga;
nāu hoki ahau i ako.
103 Anō te reka o āu kupu ki tōku ngao,
āe rā, reka atu i te honi ki tōku māngai.
104 Nā āu ako ahau i whai mōhio ai;
nā reira ahau i kino ai ki ngā ara teka katoa.

Te Mārama mai i te Ture a Ihowā

105 He rama tāu kupu ki ōku waewae,
he mārama ki tōku ara.
106 Kua oati ahau, ā, ka whakamanā anō e ahau,
kia puritia e ahau āu whakaritenga tika.
107 He nui te mamae o tōku ngākau;
whakahauorangia ahau, e Ihowā, kia rite ki tāu kupu.
108 Manakohia, e Ihowā, ngā ohaohatanga a tōku māngai,
whakaakona hoki ahau ki āu whakaritenga.
109 Kei tōku ringa tonu tōku wairua,
heoi kāhore ahau e wareware ki tāu ture.
110 Kua whakatakotoria e te hunga kino he māhanga mōku,
heoi, kāhore ahau i peka kē i āu ako.
111 Ka waiho e ahau āu whakaaturanga hei kāinga tupu mōku ake ake;
ko tōku koanga ngākau hoki ēnā.
112 Kua whakaanga e ahau tōku ngākau ki te mahi tonu i āu tikanga;
ā te mutunga rā anō.

Te Whakarurutanga i te Ture a Ihowā

113 E kino ana ahau ki te hunga whakaaro ruarua,
ko tāu ture ia tāku e aroha ai.
114 Ko tōku piringa koe, ko tōku whakangungu rākau;
e tūmanako ana ahau ki tāu kupu.
115 Mawehe atu i ahau, e te hunga kino,
ka whakaritea hoki e ahau ngā whakahau a tōku Atua.
116 Kia rite ki tāu kupu tāu tautoko ake i ahau,
kia ora ai ahau,

kaua hoki ahau e tukua kia whakamā ki
tāku e tūmanako atu nei.
117 Tautokona ake ahau, kia ora ai ahau,
ā, ka whai whakaaro tonu ahau ki āu
tikanga.
118 Kua whakahāweatia e koe te hunga katoa e
kotiti kē ana i āu tikanga;
he horihori hoki tō rātou tinihanga.
119 Ka whakakāhoretia e koe te hunga kino katoa
o te whenua, ānō he para mata;
koia ahau i aroha ai ki āu whakaaturanga.
120 Wiri ana ōku kikokiko i te wehi ki a koe,
e mataku ana hoki ahau ki āu whakaritenga.

Te Whakarongo ki te Ture a Ihowā

121 He whakawā tika, he tika tāku mahi;
kaua ahau e tukua ki ōku kaitūkino.
122 Ko koe hei tuarā mō tāu pononga mō te pai;
kei tūkinotia ahau e te hunga whakakake.
123 Matawaia ana ōku kanohi i te meatanga ki
tāu whakaora,
ki te kupu hoki o tāu tika.
124 Kia rite ki tōu aroha tāu mahi ki tāu pononga;
whakaakona hoki ahau ki āu tikanga.
125 He pononga ahau nāu; hōmai he mahara ki
ahau,
kia mātau ai ki āu whakaaturanga.
126 Kua rite te wā hei mahinga mā Ihowā;
kua whakakāhoretia hoki e rātou tāu ture.
127 Nā reira i arohaina rawatia ai e ahau āu
whakahau
i te kōura, āe, i te tino kōura.
128 Nā reira tika tonu ki ahau āu ako katoa mō
ngā mea katoa;
kino iho anō ahau ki ngā ara teka katoa.

Te Hiahia kia Whakarongo ki te Ture a Ihowā

129 He mea whakamīharo āu whakaaturanga;
i mau ai tōku wairua ki reira.
130 Ko te whakapuakanga o āu kupu he hōmai
mārama;
nā reira i hōmai he mahara ki ngā kūware.
131 I hāmama tōku māngai, i kihakiha;
he matenui nōku ki āu whakahau.
132 Tahuri mai ki ahau, tohungia hoki ahau;
kia rite ki tāu hanga ki te hunga e aroha ana
ki tōu ingoa.
133 Whakatikaia ōku hīkoinga ki runga i tāu kupu;
kaua hoki tētahi hē e tukua hei rangatira
mōku.
134 Whakaorangia ahau i te tūkino a te tangata;
ā, ka puritia e ahau āu ako.
135 Kia mārama mai tōu mata ki tāu pononga;
whakaakona hoki ahau ki āu tikanga.
136 Heke noa ngā awa wai o ōku kanohi;
mō rātou kāhore i pupuri i tāu ture.

Te Tika o te Ture a Ihowā

137 He tika koe, e Ihowā,
he tika anō āu whakaritenga.
138 He tika, he pono rawa āu whakaaturanga
i whakahaua mai e koe.
139 Ka ngaro ahau i tōku ngākau whakapuke,
mō āu kupu ka wareware nei i ōku hoariri.
140 Hore rawa he para o tāu kupu;
koia i arohaina ai e tāu pononga.
141 He iti ahau, e whakahāweatia ana;
heoi, kāhore ahau e wareware ki āu ako.
142 He tika pūmau tonu tōu tika;
he pono hoki tāu ture.

143 Kua pā mai ki ahau te pōuri me te mamae;
ko āu whakahau ia tōku oranga ngākau.
144 Pūmau tonu te tika o āu whakaaturanga;
hōmai he mahara ki ahau, ā, ka ora ahau.

He Īnoi mō te Whakawāteatanga

145 I whakapaua tōku ngākau ki te karanga;
whakahokia mai he kupu ki ahau, e Ihowā.
Ka mau i ahau āu tikanga.
146 I karanga ahau ki a koe; whakaorangia ahau,
ā, ka puritia e ahau āu whakaaturanga.
147 Kīanō te ata i pūao noa, kua karanga ahau;
i tūmanako ahau ki āu kupu.
148 I hohoro ōku kanohi i ngā mataaratanga
ki te whakaaroaro ki tāu kupu.
149 Whakarongo ki tōku reo, kia rite ki tōu aroha;
kia rite, e Ihowā, ki tāu i whakarite ai tāu
whakahauora i ahau.
150 E whakatata mai ana te hunga e whai ana i te
whanokē;
kei tawhiti atu rātou i tāu ture.
151 E tata ana mai koe, e Ihowā;
he pono katoa āu whakahau.
152 Nōnamata ahau i mātau ai ki āu
whakaaturanga,
he mea whakapūmau nāu nō tua whakarere.

He Īnoi mō te Āwhina

153 Whakaaro mai ki tōku mate, ā, whakaorangia
ahau;
kāhore hoki ahau e wareware ki tāu ture.
154 Tohea tāku tohe, whakaorangia hoki ahau;
kia rite ki tāu kupu tāu whakahauoranga i
ahau.

155 Kei tawhiti atu i te hunga kino te
whakaoranga;
kāhore hoki rātou e rapu ki āu tikanga.
156 E Ihowā, he nui āu mahi tohu;
kia rite ki āu whakaritenga tāu
whakahauora i ahau.
157 He tokomaha ōku kaitūkino, ōku hoariri,
heoi, kāhore ahau i peka kē i āu
whakaaturanga.
158 I kite ahau i ngā kaimahi i te kino, ā pōuri iho,
nō rātou kāhore e pupuri i tāu kupu.
159 Tirohia mai tōku aroha ki āu ako;
kia rite ki tōu aroha, e Ihowā, tāu
whakahauora i ahau.
160 Ko te huinga katoatanga o tāu kupu he pono;
pūmau katoa anō āu whakaritenga tika ake
ake.

Te Ngākau Nui ki te Ture a Ihowā

161 Hore he rawa i tūkinotia ai ahau e ngā
rangatira,
otiia, e wehi ana tōku ngākau i tāu kupu.
162 E hari ana ahau ki tāu kupu,
ānō he tangata kua whiwhi ki te taonga nui.
163 E kino ana ahau, e whakarihariha ana ki te
kōrero teka;
ko tāu ture ia tāku i aroha ai.
164 Takiwhitu āku whakamoemiti ki a koe
i te rā tahi mō āu whakaritenga tika.
165 He rangimārie nui tō te hunga e aroha ana ki
tāu ture;
e kore hoki ō rātou waewae e tūtuki.
166 Ā, kua tūmanako ahau ki tāu whakaora, e
Ihowā,
kua mahi ahau i āu whakahau.

167 Kua puritia e tōku wairua āu whakaaturanga,
āe, e arohaina nuitia ana e ahau.
168 Kua puritia e ahau āu ako me āu
whakaaturanga;
kei tōu aroaro hoki ōku ara katoa.

He Īnoi mō te Āwhina
169 Tukua atu tāku tangi kia tata atu ki tōu
aroaro, e Ihowā;
hōmai he mahara ki ahau, kia rite ki tāu
kupu.
170 Kia tae atu tāku īnoi ki tōu aroaro;
kia rite ki tāu kupu whakaora i ahau.
171 Kia whakapuaki ōku ngutu i te
whakamoemiti;
e whakaako ana hoki koe i ahau ki āu
tikanga.
172 Mā tōku arero e kōrero tāu kupu;
he tika hoki āu whakahau katoa.
173 Kia rite tōu ringa ki te āwhina i ahau;
kua whiriwhiria hoki e ahau ko āu ako.
174 Kua matenui ahau ki tāu whakaora, e Ihowā;
ko tāu ture hoki tōku oranga ngākau.
175 Kia ora tōku wairua, ā, ka whakamoemiti ia
ki a koe;
kia āwhinatia hoki ahau e āu whakaritenga.
176 Kua kotiti kē ahau me he hipi ngaro;
rapua tāu pononga,
kāhore hoki ahau e wareware ki āu
whakahau.

120

He Whakatūpato ki ngā Rūpahu
He waiata; he pikitanga.
1 I tangi ahau ki a Ihowā i tōku matenga,

ā, i whakahoki kupu mai ia ki ahau:
2 “E Ihowā, whakaorangia tōku wairua
i te ngutu teka, i te arero hīanga.”

3 Ko te aha e hoatu ki a koe?
Ko te aha hoki e tāpiritia atu māu,
e te arero hīanga?
4 Ko ngā pere koi a te hunga nunui,
me ngā waro hunipa.

5 Auē, tōku mate, tō te manene i Meheke,
tōku hoki e noho nei i ngā tēneti o Kerara.
6 Kua roa te nohoanga tahitanga o tōku wairua
ki te tangata e kino ana ki te āta noho.
7 Mō te āta noho ahau;
engari ka kōrero ahau,
ka anga rātou ka whawhai.

121

Ko Ihowā tō tātou Kaitiaki
He waiata; he pikitanga.
1 Ka anga atu ōku kanohi ki ngā maunga –
nō reira nei te āwhina mōku.
2 Nō Ihowā te āwhina mōku,
nō te kaihanga o te rangi, o te whenua.

3 E kore ia e tuku i tōu waewae kia nekehia;
e kore tōu kaitiaki e moe.
4 Inā, e kore te kaitiaki o Īharaira
e parangia, e moe.

5 Ko Ihowā tōu kaitiaki;
ko Ihowā tōu whakamarumaru i tōu matau.
6 E kore koe e pākia e te rā i te awatea,

e te marama rānei i te pō.

7 Mā Ihowā koe e tiaki i roto i ngā kino katoa;
māna e tiaki tōu wairua.
8 Mā Ihowā e tiaki tōu haerenga atu,
me tōu haerenga mai āianei ā ake tonu atu.

122

He Īnoi mō Hiruhārama
He waiata; he pikitanga. Nā Rāwiri.
1 I koa ahau i tā rātou meatanga mai ki ahau,
"Tātou ka haere ki te whare o Ihowā!"
2 E tū ana ō mātou waewae
ki ōu tatau, e Hiruhārama.

3 Ko te hanganga o Hiruhārama,
rite tonu ki tō te pā kua tūhonohonoa ki a ia anō.
4 Hāereere ana ki reira ngā iwi,
ngā iwi o Ihowā,
ki tō Īharaira whakaaturanga,
ki te whakawhetai ki te ingoa o Ihowā.
5 Kua whakatūria hoki ki reira ngā torōna whakawā,
ngā torōna o te whare o Rāwiri.

6 Īnoia he āta noho mō Hiruhārama:
"Ka whiwhi ki te pai te hunga e aroha ana ki a koe.
7 Kia mau te rongo ki ōu taiepa,
me te pai ki ōu whare kīngi."
8 He mea mō ōku tēina, mō ōku hoa,
tāku e mea nei, "Kia mau te rongo ki roto ki a koe."

9 He whakaaro ki te whare o Ihowā, o tō tātou
Atua,
ka rapu ahau i te pai mōu.

123

He Īnoi mō te Mahi Tohu
He waiata; he pikitanga.
1 Ka anga atu ōku kanohi ki a koe,
e koe e noho mai nei i ngā rangi.
2 Inā, pērā tonu ngā kanohi o ngā pononga
e titiro nei ki te ringa o tō rātou rangatira,
ngā kanohi hoki o te kōtiro
ki te ringa o tōna rangatira wahine;
me ō mātou kanohi e titiro nei ki a Ihowā, ki tō
mātou Atua,
kia tohu rā anō ia i a mātou.

3 Tohungia mātou, e Ihowā, tohungia mātou;
kua tino kapi hoki mātou i te whakahāwea.
4 Kapi tonu tō mātou wairua i te whakahī
a te hunga e noho noa ana,
i te whakahāwea a te hunga whakakake.

124

Ko Ihowā te Kaitiaki o Tāna Iwi
He waiata; he pikitanga. Nā Rāwiri.
1 Me kaua a Ihowā i a tātou
– he kī tēnei mā Īharaira –
2 me kaua a Ihowā i a tātou,
i te whakatikanga mai o te tangata ki a tātou;
3 pēnei kua horomia oratia tātou e rātou,
i te muranga o tō rātou riri ki a tātou.
4 Kua ngaro tātou i ngā wai,

kua taupokina ō tātou wairua e te ia;
5 pēnei kua taupokina ō tātou wairua
e ngā wai whakakake.

6 Kia whakapaingia a Ihowā,
kīhai nei i tuku i a tātou
hei ngaunga mā ō rātou niho.
7 Kua mawhiti ō tātou wairua,
me he manu i roto i te māhanga a ngā
kaihopu;
kua motu te māhanga,
ā, mawhiti ana tātou.
8 Kei te ingoa o Ihowā he āwhina mō tātou,
kei te kaihanga i te rangi, i te whenua.

125

Te Maru o te Iwi a Ihowā
He waiata; he pikitanga.
1 Ko te hunga e whakawhirinaki ana ki a Ihowā
ka rite ki Maunga Hiona,
e kore nei e taea te whakangāueue, pūmau
tonu ake ake.
2 Me ngā maunga e taiāwhio nei i Hiruhārama,
te karapoti a Ihowā i tōna iwi,
āianei ā ake tonu atu.

3 E kore hoki te tokotoko a te whakaarokore
e waiho tonu i runga i te wāhi o te hunga
tika,
kei totoro te ringa o te hunga tika ki te kino.

4 Kia pai tāu mahi, e Ihowā, ki te, hunga pai,
ki te hunga he tika nei ō rātou ngākau.

5 Ko te hunga ia e peka kē ana ki ō rātou ara
kōpikopiko,
mā Ihowā rātou e ārahi tahi atu me ngā
kaimahi i te kino.

Kia mau te rongo ki a Īharaira!

126

He Kotinga o te Hari
He waiata; he pikitanga.
1 I tā Ihowā whakahokinga mai i ngā pononga o
Hiona
i rite mātou ki te hunga e moehewa ana.
2 Kātahi tō mātou māngai ka kī i te kata,
tō mātou arero hoki i te waiata;
kātahi ka kōrerotia i roto i ngā tauiwi,
“He nui ngā mahi a Ihowā ki a rātou.”
3 He mea nunui a Ihowā i mea ai mō tātou,
ā, e koa ana tātou.

4 E Ihowā, whakahokia mātou i te whakarau;
kia pērā me ngā awa o te tonga.
5 Ko te hunga e rui ana i runga i te roimata,
ka kokoti i runga i te hari.
6 Ahakoa haere tangi atu ia
me te kawe i āna purapura hei
whakatōkanga,
tērā ia e haere hari mai anō
me te mau mai i āna paihere.

127

Te Whakamoemiti ki te Painga o Ihowā
He waiata; he pikitanga. Nā Horomona.

1 Ki te kore e hangā e Ihowā te whare,
he maumau mahi tā ngā kaihanga.
Ki te kore e tiakina e Ihowā te pā,
maumau mataara noa te kaitiaki.
2 He maumau tō koutou ara wawe,
tō koutou noho roa i te pō,
tā koutou kai i te taro o te māuiui;
ko tāna moe tēnā ka hōmai nei ki tāna e
aroha ai.

3 Nā, he taonga pūmau nā Ihowā ngā tamariki,
ko ngā hua anō o te kōpū tāna utu.
4 E rite ana ki ngā pere i te ringaringa o te
tangata kaha
te whānau o te taitamarikitanga.
5 Ka hari te tangata
kua kī nei tāna papa pere i a rātou.
E kore rātou e whakamā,
ina kōrero ki ō rātou hoariri i te kūwaha.

128

Te Kāinga Koa o te Hunga Whakapono
He waiata; he pikitanga.
1 Ka hari ngā tāngata katoa e wehi ana i a Ihowā,
e haere ana i āna ara.
2 E kai hoki koe i te mahinga a ōu ringa;
e hari koe, ā, ka tau te pai ki a koe.
3 E rite tāu wahine ki te wāina hua
i roto rawa i tōu whare;
āu tamariki ki ngā māhuri ōriwa,
i ngā taha o tāu tēpu.
4 Nā, he pērā te manaaki mō te tangata
e wehi ana i a Ihowā.

5 Ka manaakitia koe e Ihowā i Hiona;
ā, e kite koe i te pai o Hiruhārama
i ngā rā katoa e ora ai koe.
6 Āe, e kite koe i ngā tamariki a āu tamariki.

Kia mau te rongo ki a Īharaira!

129

He Īnoi mō te Whakamarumaru
He waiata; he pikitanga.

1 He kī tēnei mā Īharaira –
"Ka maha ā rātou tūkinotanga i ahau o tōku
tamarikitanga ake;
2 ka maha ā rātou tūkinotanga i ahau o tōku
tamarikitanga ake,
heoi, kīhai ahau i taea e rātou.
3 I parautia tōku tuarā e ngā kaiparau;
he roa ā rātou parautanga."
4 He tika tā Ihowā;
motu pū i a ia ngā aho a te hunga kino.

5 Kia whakamā, kia whakahokia ki muri,
te hunga katoa e kino nei ki Hiona.
6 Kia rite rātou ki te tarutaru i ngā tuanui,
e memenge nei i te mea kīanō i tupu ake,
7 e kore nei e kī te ringa o te kaikoti,
te uma hoki o te kaipaihere,
8 e kore anō te hunga e haere ana i te taha e mea,
"Kia tau ki a koutou te manaaki a Ihowā!
Ko tā mātou manaaki tēnei ki a koutou i
runga i te ingoa o Ihowā!"

130

Mai i te Hohonu
He waiata; he pikitanga.
1 I karanga ahau ki a koe, e Ihowā, i roto i ngā
hōhonu.
2 E te Ariki, whakarongo mai ki tōku reo!
Kia anga mai ōu taringa
ki tōku reo īnoi!

3 Me i maharatia e koe ngā kino, e Ihowā,
ko wai, e te Ariki, e tū?
4 Otirā, he muru hara tāu,
e wehingia ai koe.

5 E tatari ana ahau ki a Ihowā, e tatari ana tōku
wairua;
e tūmanako ana hoki ahau ki tāna kupu.
6 Ko te tāringa o tōku wairua i te Ariki nui atu
i tō te hunga e whanga ana ki te ata,
āe, i tō te hunga e whanga ana ki te ata.

7 E Īharaira, kia tūmanako ki a Ihowā!
Kei a Ihowā hoki te mahi tohu,
ā, kei a ia te hokonga nui.
8 Ā, māna a Īharaira e hoko
i roto i ōna hē katoa.

131

He Īnoi o te Whakawhirinaki Māhaki
He waiata; he pikitanga. Nā Rāwiri.
1 E Ihowā, ehara tōku i te ngākau
whakapehapeha,
ehara anō ōku i te kanohi whakakake;
kāhore hoki ahau e rahurahu ki ngā mea nunui,

e kore nei e taea e ahau.
2 He pono kua meinga e ahau tōku wairua kia
tau, ā, kia māhaki,
pērā i tō te tamaiti kua wehea i te ū o tōna
whaea;
he rite tōku wairua ki te tamaiti kātahi nei ka
wehe i te ū.

3 E Īharaira, kia tūmanako ki a Ihowā,
āianei, ā ake tonu atu.

132

He Kawanga o te Temepara

He waiata; he pikitanga.
1 E Ihowā, maharatia a Rāwiri,
me ōna mamaetanga ngākau katoa;
2 tāna oati ki a Ihowā,
tāna kupu taurangi ki te Mea Nui o Hākopa,
3 “E kore rawa ahau e tae ki tōku whare e noho ai
ahau,
e eke rānei ki runga ki tōku moenga;
4 e kore ahau e tuku i ōku kanohi kia moe,
i ōku kamo kia nenewha,
5 kia kitea rā anō e ahau he wāhi mō Ihowā,
he nohoanga mō te Mea Nui o Hākopa.”

6 Nā, i rangona e mātou ki Ēparata,
i kitea ki ngā māra o te ngahere.
7 “Ka haere mātou ki roto ki ōna tapenākara;
ka koropiko ki tōna tūranga waewae.”
8 E ara, e Ihowā, ki tōu okiokinga,
a koe, me te āka o tōu kaha.
9 Kia whakakākahuria āu tohunga ki te tika,
kia hāmama tāu hunga tapu i te hari.

10 Whakaaro ki a Rāwiri, ki tāu pononga,
kaua e whakapeaua atu te mata o tāu i whakawahi ai.

11 Kua oati pono a Ihowā ki a Rāwiri,
e kore ia e tahuri kē i tēnā:
“Ka whakanohoia e ahau tētahi hua o tōu kōpū ki tōu torōna.
12 Ki te puritia e āu tama tāku kawenata,
me tāku whakaaturanga e ako ai ahau ki a rātou,
ka noho anō ā rātou tama ki tōu torōna ake ake.”

13 Kua whiriwhiria hoki e Ihowā a Hiona;
kua hiahiatia e ia hei nohoanga mōna:
14 “Ko tōku okiokinga tēnei ake ake;
ko konei ahau noho ai, kua hiahiatia hoki e ahau.
15 Ka manaakitia rawatia e ahau tāna kai;
ka whakamākonatia e ahau ōna rawakore ki te taro.
16 Ka whakakākahuria hoki e ahau ōna tohunga ki te whakaoranga,
ā, ka hāmama tōna hunga tapu i te hari.

17 “Ka meinga e ahau kia pihi ki reira te haona o Rāwiri;
kua whakapaia e ahau he rama mō tāku i whakawahi ai.
18 Ka whakakākahuria e ahau ōna hoariri ki te whakamā,
ā, ka matomato tōna karauna i runga i a ia.”

133

He Manaakitanga o te Whakaaro Kotahi
He waiata; he pikitanga. Nā Rāwiri.
1 Nā, anō te pai, anō te āhuareka
o te nohoanga o ngā tēina, o ngā tuākana
i runga i te whakaaro kotahi!
2 Tōna rite kei te hinu utu nui i runga i te upoko,
i heke iho nei ki te pāhau,
āe, ki te pāhau o Ārona,
i heke iho nei ki te remu o ōna kākahu.
3 Kei te tōmairangi anō o Heremona,
kei tērā i heke iho ki ngā maunga o Hiona.
I whakahaua iho hoki e Ihowā te manaaki mō
reira,
te ora mō ake tonu atu.

134

Te Koropiko i te Ahiahipō
He waiata; he pikitanga.
1 Nā, whakapaingia a Ihowā, e ngā pononga
katoa a Ihowā,
e tū nei i te whare o Ihowā i te pō!
2 Totoro ake ō koutou ringa ki te wāhi tapu,
whakapaingia hoki a Ihowā.

3 Mā Ihowā koe e manaaki i roto i Hiona,
māna, mā te kaihanga o te rangi, o te
whenua.

135

He Whakamoemiti mō te Pai me te Kaha o Ihowā
1 Whakamoemititia a Ihowā!

Whakamoemititia te ingoa o Ihowā;
whakamoemititia ia, e ngā pononga a Ihowā,
2 e koutou e tū nei i roto i te whare o Ihowā,
i ngā marae o te whare o tō tātou Atua.
3 Whakamoemititia a Ihowā; he pai hoki a Ihowā;
hīmene atu ki tōna ingoa; he mea āhuareka hoki tēnā.
4 Kua whiriwhiria hoki e Ihowā a Hākopa māna,
a Īharaira hei tino taonga mōna.

5 E mātau ana hoki ahau he nui a Ihowā;
kei runga atu hoki tō tātou Ariki i ngā atua katoa.
6 Ko ngā mea katoa i pai ai a Ihowā, kua oti i a ia,
i te rangi, i te whenua,
i ngā moana, i ngā wāhi hōhonu katoa.
7 Nāna i pupū ake ai ngā kohu i ngā pito o te whenua;
i hangā e ia ngā uira mō te ua;
e whakaputaina mai ana e ia te hau i roto i ōna whare taonga.

8 Nāna nei i patu ngā mātāmua o Īhipa,
a te tangata, a te kararehe;
9 i tonoa e ia he tohu, he merekara
ki waenganui ōu, e Īhipa;
ki runga ki a Parao rātou ko āna pononga katoa.
10 Nāna i patu ngā iwi maha,
i whakamate ngā kīngi rarahi –
11 a Hihona kīngi o ngā Amori,
a Oka kīngi o Pahana,

me ngā rangatiratanga katoa o Kanaana –
12 ā, hōmai ana e ia tō rātou whenua hei kāinga pūmau,
hei kāinga pūmau mō Īharaira, mō tāna iwi.

13 E Ihowā, pūmau tonu tōu ingoa,
me tōu maharatanga, e Ihowā, ki ngā whakatupuranga katoa.
14 Ka whakawā hoki a Ihowā mō tāna iwi;
ā, ka puta kē tōna whakaaro ki āna pononga.

15 He hiriwa, he kōura ngā whakapakoko a ngā tauiwi,
he mahi nā te ringa tāngata.
16 He māngai ō rātou, ā, kāhore e kōrero;
he kanohi ō rātou, ā, kāhore e kite;
17 he taringa ō rātou, ā, kāhore e rongo,
kāhore anō he manawa i ō rātou māngai.
18 Ka rite ki a rātou te hunga nāna rātou i hanga;
āe, me ngā tāngata katoa e whakawhirinaki ana ki a rātou.

19 Whakapaingia a Ihowā, e te whare o Īharaira!
Whakapaingia a Ihowā, e te whare o Ārona!
20 Whakapaingia a Ihowā, e te whare o Rīwai!
Whakapaingia a Ihowā, e te hunga katoa e wehi ana i a Ihowā!
21 Kia whakapaingia a Ihowā i roto i Hiona,
e noho nei i Hiruhārama.

Whakapaingia a Ihowā!

136

He Hīmene Whakawhetai

1 Whakawhetai ki a Ihowā, he pai hoki ia;
he mau tonu hoki tāna mahi tohu.
2 Whakawhetai ki te Atua o ngā atua;
he mau tonu hoki tāna mahi tohu.
3 Whakawhetai ki te Ariki o ngā ariki;
he mau tonu hoki tāna mahi tohu.

4 E mahi nei tōna kotahi i ngā merekara nunui,
he mau tonu hoki tāna mahi tohu;
5 i tohunga rawa nei ki te hanga i ngā rangi,
he mau tonu hoki tāna mahi tohu;
6 i whakatakoto nei i te whenua ki runga ki ngā wai,
he mau tonu hoki tāna mahi tohu;
7 ki te kaihanga i ngā whakamārama nunui,
he mau tonu hoki tāna mahi tohu;
8 i te rā hei tohutohu i te awatea,
he mau tonu hoki tāna mahi tohu;
9 i te marama me ngā whetū hei tohutohu i te pō,
he mau tonu hoki tāna mahi tohu.

10 Ki te kaipatu i Īhipa, arā i ā rātou mātāmua,
he mau tonu hoki tāna mahi tohu;
11 ā, ārahina mai ana a Īharaira i waenganui i a rātou,
he mau tonu hoki tāna mahi tohu;
12 nā te ringa kaha me te tākakau mārō,
he mau tonu hoki tāna mahi tohu;
13 i tapahi nei i te Moana Whero ā motu rawa,
he mau tonu hoki tāna mahi tohu;
14 ā, meinga ana a Īharaira kia haere rā waenganui,

he mau tonu hoki tāna mahi tohu;
15 ā, hurihia ana a Parao me āna mano ki te Moana Whero,
he mau tonu hoki tāna mahi tohu;
16 i ārahi nei i tāna iwi rā te koraha,
he mau tonu hoki tāna mahi tohu;
17 i patu nei i ngā kīngi nunui,
he mau tonu hoki tāna mahi tohu;
18 i whakamate nei i ngā kīngi rongo nui,
he mau tonu hoki tāna mahi tohu;
19 i a Hihona kīngi o ngā Amori,
he mau tonu hoki tāna mahi tohu;
20 i a Oka kīngi o Pahana,
he mau tonu hoki tāna mahi tohu;
21 ā, hōmai ana tō rātou whenua hei kāinga pūmau,
he mau tonu hoki tāna mahi tohu;
22 hei kāinga pūmau mō Īharaira, mō tāna pononga,
he mau tonu hoki tāna mahi tohu.

23 I mahara nei ki a tātou i tō tātou itinga,
he mau tonu hoki tāna mahi tohu;
24 ā, whakaorangia ana tātou i ō tātou hoariri,
he mau tonu hoki tāna mahi tohu;
25 ko ia te kaihōmai i te kai mā ngā kikokiko katoa,
he mau tonu hoki tāna mahi tohu.

26 Whakawhetai ki te Atua o te rangi,
he mau tonu hoki tāna mahi tohu.

137

He Tangi o te Iwi Īharaira kei te Manene

1 I te taha o ngā wai o Papurōna –
noho ana tātou i reira, āe, tangi ana tātou,
i a tātou i mahara ai ki Hiona.
2 Whakairia ake e tātou ā tātou hāpa
ki runga ki ngā wirou i waenganui o reira.
3 Nō te mea i tono i reira te hunga nāna tātou i
herehere ki ētahi waiata i a tātou,
me te hunga nāna tātou i tūkino i tono mai
he hari i a tātou, i mea mai,
“Waiatatia mai ki a mātou tētahi o ngā
waiata o Hiona!”

4 Me pēhea mātou ka waiata ai i te waiata a
Ihowā
i te whenua tauhou?
5 Ki te wareware ahau ki a koe, e Hiruhārama,
kia wareware tōku ringa matau ki tāna
mahi.
6 Ki te kore ahau e mahara ki a koe,
kia piri tōku arero ki tōku ngao,
ki te kore ahau e whakanui i Hiruhārama
ki runga ake i tāku mea i tino hari ai.

7 E Ihowā, maharatia ngā tama a Ēroma
i te rā o Hiruhārama,
tā rātou meatanga, “Whakahoroa! Whakahoroa,
ā taea rawatia anō tōna tūranga!”
8 E te tamāhine o Papurōna, meāke nei
whakangaromia,
ka hari te tangata e utua ai koe
mō tāu i mea ai ki a mātou!
9 Ka hari te tangata e hopu ana,
e tā ana i āu mea nohinohi ki runga ki te
kōhatu!

138

He Īnoi Whakawhetai
Nā Rāwiri.
1 Ka whakapaua tōku ngākau ki te whakawhetai
ki a koe;
ka hīmene atu ahau ki a koe i te aroaro o
ngā atua.
2 Ka koropiko atu ahau ki te ritenga o tōu
temepara tapu,
ā, ka whakamoemiti ki tōu ingoa,
mō tōu aroha me tōu pono;
kua whakanuia hoki e koe
tāu kupu ki runga ake i tōu ingoa katoa.
3 I whakahoki kupu mai koe ki ahau i te rā i
karanga ai ahau,
ā, whakahirihiritia ana e koe tōku wairua ki
te kaha.

4 Ka whakamoemiti ngā kīngi katoa o te whenua
ki a koe, e Ihowā,
kua rongo hoki rātou ki ngā kupu a tōu
māngai.
5 Āe, e waiata rātou mō ngā ara o Ihowā;
he nui hoki te korōria o Ihowā.

6 Ahakoa hoki kei runga rawa a Ihowā, e titiro
iho ana anō ia ki te hunga pāpaku;
tēnā ko te tangata whakakake, i tawhiti anō
kua mātauria e ia.
7 Ahakoa haere ahau i waenganui o te hē,
māu ahau e whakahauora;
ka totoro tōu ringa ki te riri o ōku hoa whawhai,
mā tōu ringa matau anō ahau e whakaora.
8 Mā Ihowā e whakaoti āku mea;

e Ihowā, e mau ana tāu mahi tohu ake ake.
Kaua e whakarērea ngā mahi a ōu ringa.

139

Ka Tata a Ihowā i ngā Wā Katoa

Ki te tino kaiwhakatangi. He hīmene nā Rāwiri.

1 E Ihowā, kua tirotirohia ahau e koe,
kua mōhiotia anō e koe.
2 E mātau ana koe ki tōku nohoanga iho, ki tōku
whakatikanga ake;
e mōhio ana koe ki ōku whakaaro i tawhiti.
3 E kitea pūtia ana e koe tōku ara me tōku
takotoranga iho;
e matatau ana hoki koe ki ōku ara katoa.
4 Kāhore rawa hoki he kupu i tōku arero,
i toe i a koe te mōhio, e Ihowā.

5 Kua hangā a muri, a mua, ōku e koe;
kua pā anō tōu ringa ki ahau.
6 He mea whakamīharo rawa,
kei tawhiti atu hoki i ahau, tēnei mātauranga;
kei runga noa atu, e kore e taea e ahau.

7 Me haere ahau ki hea i tōu wairua?
Me oma rānei ahau ki hea i tōu aroaro?
8 Ki te kake ahau ki te rangi, kei reira koe;
ki te whārikitia e ahau tōku moenga i roto i te
rēinga, kei reira anō koe.
9 Ki te tango ahau ki ngā pākau o te ata,
ā, ka noho ki ngā tōpito o te moana;
10 kei reira anō tōu ringa hei ārahi i ahau,
tōu matau hei pupuru i ahau.

11 Ki te mea ahau, “He pono, tērā ahau e hīpokina
e te pōuri,
ā, ko te mārama i tētahi taha ōku, i tētahi
taha, ka meinga he pō,”
12 ahakoa te pōuri kāhore e huna mai i a koe,
engari ka mārama te pō ānō ko te ao,
ki a koe rite tahi te pōuri me te mārama.

13 I a koe hoki ōku whatumanawa;
nāu hoki ahau i hīpoki i roto i te kōpū o tōku
whaea.
14 Ka whakawhetai ahau ki a koe;
he mea whakawehi, he mea whakamīharo
tōku hanganga;
he mahi whakamīharo āu mahi,
mōhio rawa anō tōku wairua ki tēnā.
15 Kīhai i hunā ōku wāhi i a koe,
i ahau e hangā ngarotia ana,
e āta whakairohia ana i ngā wāhi hōhonu rawa o
te whenua.
16 I kite ōu kanohi i ahau, kāhore anō kia
āhua noa.
I tuhituhia katoatia anō hoki ōku wāhi ki tāu
pukapuka,
i ngā rangi i whakaahua ai,
i te mea kāhore anō tētahi i oti noa.

17 Kia pēhea mai hoki te matenui o ōu whakaaro
ki ahau, e te Atua;
koia anō te ranea, ina huihuia!
18 Ki te taua e ahau – maha atu i te onepū;
ka oho ake ahau – kei a koe tonu ahau.

19 He pono ka patua e koe, e te Atua, te tangata
kino;

mawehe koia atu i ahau, e ngā tāngata toto.
20 He kino hoki ā rātou kupu mōu;
e whakahua noa ana ōu hoariri i tōu i ingoa.
21 Kāhore ianei ahau, e Ihowā, e kino ki te hunga
e kino ana ki a koe?
E whakarihariha hoki ki te hunga e
whakatika ana ki a koe?
22 He tino kino tāku kino ki a rātou;
waiho iho rātou e ahau hei hoariri mōku.

23 Tirohia iho ahau, e te Atua, kia mātau hoki koe
ki tōku ngākau;
whakamātautauria ahau, kia mātau hoki koe
ki ōku whakaaro.
24 Kia kite mehemea kei ahau tētahi ara o te kino,
ka ārahi ai i ahau i te ara pūmau.

140

He Īnoi mō te Whakamarumaru
Ki te tino kaiwhakatangi. He hīmene nā Rāwiri.
1 Whakaorangia ahau, e Ihowā, i te tangata kino;
āraia atu i ahau te tangata tutū,
2 e whakaaro kino nei i ō rātou ngākau,
e whakamine nei i a rātou i ngā wā katoa ki
te whawhai.
3 Kua whakakoia tō rātou arero, ānō he nākahi;
kei raro i ō rātou ngutu te wai whakamate o
te neke.
Hera

4 Tiakina ahau, e Ihowā, i ngā ringa o te hunga
kino;
āraia atu i ahau te tangata tutū,
kua mea nei kia tutea ōku hīkoinga.

5 Kua hunā e te hunga whakakake te māhanga
mōku, me ngā aho;
kua horahia e rātou he kupenga ki te taha o
te ara;
kua whakapikoa e rātou he rore mōku.
Hera

6 I mea ahau ki a Ihowā, “Ko koe tōku Atua.”
Whakarongo, e Ihowā, ki tōku reo īnoi.
7 E Ihowā, e te Ariki, e te kaha o tōku
whakaoranga,
nāu i hīpoki tōku upoko i te rā o te
tatauranga.
8 Aua e whakaaetia, e Ihowā, ngā hiahia o te
tangata kino;
kei taea tōna whakaaro korokē;
kei whakakake rātou.
Hera

9 Tēnā ko te upoko o te hunga e whakapae nei i
ahau,
kia hīpokina rātou e te kino o ō rātou ngutu!
10 Kia taka he waro mura ki runga ki a rātou;
kia pangā rātou ki te ahi, ki roto ki ngā poka
hōhonu,
kei whakatika ake anō rātou.
11 E kore te tangata kōrero kino e whakapūmautia
ki runga ki te whenua;
mā te kino e aruaru te tangata tutū, kia
turakina atu ia ki raro.

12 E mātau ana anō ahau mā Ihowā e tohe te
whakawā a te tangata e tūkinotia ana,
te mea hoki e rite ana mā ngā rawakore.

13 He pono ka whakawhetai te hunga pai ki tōu
ingoa;
ka noho te hunga tika ki tōu aroaro.

141

He Īnoi mō te Whakaoranga mai i te Kino

He hīmene nā Rāwiri.

1 E Ihowā, kua tangi nei ahau ki a koe; hohoro
mai ki ahau;
whakarongo ki tōku reo ua karanga ahau ki
a koe.
2 Kia whakatikaia tāku īnoi ki tōu aroaro, hei
whakakakara;
te toronga atu hoki o ōku ringa ānō ko te
whakahere o te ahiahi.

3 Hōmai he kaitiaki mō tōku māngai, e Ihowā;
tiakina te kūwaha o ōku ngutu.
4 Kaua e whakaangahia tōku ngākau ki te mea
kino,
ki te mahi i ngā mahi hīanga
i roto i ngā kaimahi i te kino;
kaua anō ahau e kai i ā rātou mea papai.

5 Mā te tangata tika ahau e patu;
he mahi aroha tēnā; māna ahau e riri.
He hinu tēnā ki runga ki te upoko,
kaua ia e paopaongia e tōku upoko.
Ahakoa hoki i roto i tō rātou kino ka īnoi tonu
ahau.
6 E turakina ana ō rātou kaiwhakawā ki te taha o
te kōhatu,
ā, ka rongo rātou i āku kupu, he reka hoki.

7 “Pera i tētahi e haehae ana, e wāwāhi ana i te
whenua,
e tītaritaria ana ō mātou wheua ki te waha o
te rēinga.”

8 Otiia, e tau ana ōku kanohi, e Ihowā, e te Ariki,
ki a koe;
ko koe tōku whakawhirinakitanga;
kaua tōku wairua e waiho pani.
9 Tiakina ahau kei mau i ngā māhanga i
whakatakotoria e rātou mōku,
i ngā rore hoki a ngā kaimahi i te kino.
10 Kia taka te hunga kino ki roto ki ā rātou
kupenga anō;
ko ahau ia kia mawhiti.

142

He Īnoi mō te Whakaoranga mai i ngā Kaiwhakawhiu

He Makiri nā Rāwiri; he īnoi i a ia i roto i te ana.
1 He karanga tā tōku reo ki a Ihowā;
he īnoi tā tōku reo ki a Ihowā.
2 Horahia ana tāku īnoi ki tōna aroaro;
whakaaturia ana e ahau tōku mate ki tōna
aroaro.

3 I te ngaromanga o tōku wairua i roto i ahau
i mātau koe ki tōku ara.
Kua whakatakotoria pukutia e rātou
te māhanga mōku i te ara i haere ai ahau.
4 Titiro ki tōku taha matau, kia kite –
kāhore hoki tētahi tangata e mōhio ana ki
ahau;
kāhore he piringa mōku;

kāhore tētahi e mahara ana ki tōku wairua.

5 I karanga ahau ki a koe, e Ihowā;
i mea, “Ko koe tōku piringa,
tōku wāhi i te whenua o te hunga ora.”
6 Tahuri mai ki tāku karanga,
kua whakaititia rawatia hoki ahau.
Whakaorangia ahau i ōku kaitūkino,
he kaha rawa hoki rātou i ahau.
7 Whakaputaina tōku wairua i te herehere,
kia whakamoemiti ai ahau ki tōu ingoa.

Ka karapotia ahau e te hunga tika;
nōu ka atawhai nei i ahau.

143

He Īnoi mō te Āwhina
He hīmene nā Rāwiri.
1 E Ihowā, whakarongo ki tāku īnoi,
kia tītaha mai tōu taringa ki āku īnoi;
whakahokia mai he kupu ki ahau
i runga i tōu pono, i runga i tōu tika.
2 Ā, kaua e anga e whakawā ki tāu pononga;
ki tāu titiro hoki kāhore tētahi mea ora e tika.

3 Kua tūkinotia hoki tōku wairua e te hoariri,
patua iho e ia tōku ora ki raro ki te whenua;
meinga ana ahau e ia kia noho i ngā wāhi pōuri,
kia rite ki ngā tūpāpaku onamata.
4 Nā reira i ngaro ai tōku wairua i roto i ahau;
mōtī rawa tōku ngākau i roto i ahau.

5 E mahara ana ahau ki ngā rā onamata;
e whakaaro ana ki āu mahi katoa,

e whakaaroaro ana ahau ki ngā meatanga a
ōu ringa.

6 Totoro tonu atu ōku ringa ki a koe;
e hiainu ana tōku wairua ki a koe, ānō he
whenua māuiui.

Hera

7 Hohoro te whakahoki kupu mai ki ahau, e
Ihowā;
ka hemo tōku wairua.
Kei hunā tōu mata ki ahau;
kei rite ahau ki te hunga e heke ana ki te
poka.

8 Meinga kia rongo ahau ki tōu aroha i te ata;
e whakawhirinaki ana hoki ahau ki a koe.
Meinga kia mātau ahau ki te ara e haere ai ahau;
kua ara nei hoki tōku wairua ki a koe.
9 Whakaorangia ahau, e Ihowā, i ōku hoariri;
ka kuhu nei ahau ki roto ki a koe.
10 Whakaakona ahau ki te mea i tāu e pai ai;
ko koe hoki tōku Atua.
He pai tōu wairua;
ārahina ahau ki te whenua o te tika.

11 Whakahauorangia ahau, e Ihowā, he
whakaaro ki tōu ingoa.
Whakaarohia tōu tika, ka whakaputa ake i
tōku wairua i roto i te pōuri.

12 Aroha mai hoki, ā, hunā ōku hoariri;
whakangaromia katoatia anō ngā kaitūkino
o tōku wairua;
he pononga hoki ahau nāu.

144

Te Īnoi o tētahi Kīngi
Nā Rāwiri.
1 Kia whakapaingia a Ihowā, tōku kāmaka,
e whakaako nei i ōku ringa ki te whawhai,
i ōku maihao ki te tatau;
2 ko te atawhai mōku, ko tōku pā,
ko tōku pourewa me tōku kaiwhakaora,
ko tōku whakangungu rākau, ko tāku e whakawhirinaki ai,
ko te kaipēhi hoki o tōku iwi ki raro i ahau.

3 E Ihowā, he aha te tangata i maharatia ai ia e koe,
te tama rānei a te tangata i whakaaroa ai ia e koe?
4 Ko te rite o te tangata kei te mea memeha noa;
ōna rā me te mea he ātārangi e rere atu ana.

5 Whakapikoa iho ōu rangi e Ihowā, ā, heke iho;
pā ki ngā maunga, ā, ka pongere.
6 Kōkiritia mai he uira hei whakamarara i a rātou;
kōperea mai āu pere, kia whati ai rātou.
7 Totoro iho tōu ringa i runga;
tangohia ahau, whakaorangia ahau i ngā wai nunui,
i te ringa o ngā tāngata kē;
8 e kōrero teka nei tō rātou māngai,
ā, he ringa matau teka tō rātou ringa matau.

9 Ka waiatatia e ahau he waiata hou ki a koe, e te Atua;

ka hīmene atu ahau ki a koe i runga i te
hātere aho tekau.
10 Ko ia te kaihōmai i te whakaoranga ki ngā
kīngi,
te kaiwhakaora i a Rāwiri, i tāna pononga, i
te hoari whakamate.

11 Tangohia ahau, whakaorangia hoki
i ngā ringa o ngā tāngata kē,
e kōrero teka nei ō rātou māngai,
ā, he ringa matau teka tō rātou ringa matau.

12 Ā, kia rite ā mātou tama i tō rātou
taitamarikitanga
ki ngā māhuri e tupu ake ana;
ā mātou tamāhine hoki ki ngā kōhatu kokonga,
whakapaipai rawa, nō te whare rangatira te
tauira.
13 Kia kī ā mātou pākoro,
mō te tiki noa atu i tēnā mea, i tēnā mea;
kia mano, kia tini ngā hua o ā mātou hipi i ō
mātou pārae;
14 kia taimaha ā mātou kau i ngā pīkaunga.
Kia kāhore he pākarutanga mai ki roto,
he whatinga atu hoki ki waho,
ā, kia kāhore he auē i ō mātou huarahi.

15 Ka hari te iwi e pēnā ana;
āe, ka hari te iwi ko Ihowā nei tō rātou Atua.

145

He Waiata Whakamoemiti
Nā Rāwiri, he whakamoemiti.

1 Ka whakanui ahau i a koe, e tōku Atua, e te
Kīngi;
ka whakapai ki tōu ingoa ake ake.
2 Ka whakapai ahau ki a koe i ngā rā katoa;
ka whakamoemiti ki tōu ingoa ake ake.

3 He nui a Ihowā, kia nui anō te whakamoemiti
ki a ia;
e kore e taea tōna nui te rapu.
4 Mā tētahi whakatupuranga e whakamoemiti āu
mahi,
tae noa atu ki tētahi whakatupuranga;
e kōrero hoki āu mahi nunui.
5 Ka kōrerotia e ahau te korōria,
te hōnore o tōu nui, me āu mahi
whakamīharo.
6 Ka kōrerotia anō e te tangata te kaha o āu mahi
whakamataku;
māku anō e kōrero tōu nui.
7 Ka whakapuakina e rātou te mahara ki te nui o
tōu pai;
ka waiatatia anō tōu tika.

8 He atawhai a Ihowā, he aroha;
he pūhoi ki te riri, he nui tāna mahi tohu.
9 He pai a Ihowā ki ngā mea katoa;
kei runga anō tōna aroha i āna mahi katoa.
10 E whakamoemititia koe, e Ihowā, e āu mahi
katoa;
e whakapaingia e tōu hunga tapu.
11 Mā rātou e kōrero te korōria o tōu kīngitanga,
e kauwhau hoki tōu kaha;
12 kia mōhiotia ai e ngā tama a te tangata āna
mahi nunui,

me te korōria o te maruwehi o tōna
kīngitanga.
13 He kīngitanga mutungakore tōu kīngitanga;
kei ngā whakatupuranga katoa tōu
rangatiratanga.

14 E tautokona ana e Ihowā te hunga katoa e
hinga ana;
e whakaarahia ake ana hoki e ia te hunga
katoa kua whakapikoa iho.
15 E tatari ana ki a koe ngā kanohi o te katoa;
ā, e hoatu ana e koe ki a rātou tā rātou kai i
te wā e tika ai.
16 E whakatuwhera ana koe i tōu ringa,
ā, mākona iho i a koe te hiahia o ngā mea
ora katoa.

17 He tika ngā ara katoa o Ihowā;
he tapu hoki āna mahi katoa.
18 E tata ana a Ihowā ki te hunga katoa e
karanga ana ki a ia;
ki te hunga katoa e karanga pono ana ki a ia.
19 Ka whakamanā e ia te hiahia o te hunga e
wehi ana i a ia;
e whakarongo hoki ia ki tā rātou tangi, ā, ka
whakaora i a rātou.
20 Ko Ihowā hei tiaki i te hunga katoa e aroha
ana ki a ia;
ko te hunga kino katoa ia e ngaro i a ia.

21 Mā tōku māngai e kōrero te whakamoemiti ki a
Ihowā;
kia whakapai anō hoki ngā kikokiko katoa
ki tōna ingoa tapu ake ake.

146

He Whakamoemiti ki a Ihowā te Kaiwhakaora

1 Whakamoemititia a Ihowā!

E tōku wairua, whakamoemititia a Ihowā!
2 I ahau e ora nei ka whakamoemiti ahau ki a Ihowā;
ka hīmene ahau ki tōku Atua i ahau i te ao nei.

3 Kei whakawhirinaki ki ngā rangatira,
ki te tama rānei a te tangata, kāhore nei he āwhina.
4 Ko te putanga atu o tōna wairua, hoki ana ia ki tōna oneone;
kore iho ōna whakaaro i taua rā pū anō.

5 Ka hari te tangata ko te Atua nei o Hākopa tōna kaiāwhina;
ko tāna e tūmanako ai ko Ihowā, ko tōna Atua;
6 ko te kaihanga o te rangi, o te whenua, o te moana,
o ngā mea katoa o reira;
e pupuri nei i te pono ake ake;
7 e tohe nei i te whakawā a te hunga e tūkinotia ana;
e whāngai nei i te hunga mate hiakai.

Ko Ihowā hei wewete i ngā herehere;
8 ko Ihowā hei whakatitiro i ngā matapō.
Ko Ihowā hei whakaara i te hunga kua whakapikoa iho;
e aroha ana a Ihowā ki te hunga tika.
9 Ko Ihowā hei tiaki i ngā manene;

ko ia hei tautoko i te pani, i te pouaru;
ko te ara ia o te hunga kino, ka huripokitia e ia.

10 Ko Ihowā hei kīngi ake ake,
āe, ko tōu Atua, e Hiona, tae noa ki ngā whakatupuranga katoa.

Whakamoemititia a Ihowā!

147

He Whakamoemiti ki te Atua Runga Rawa

1 Whakamoemititia a Ihowā!

He pai hoki te hīmene ki tō tātou Atua;
āhuareka rawa, ātaahua tonu te whakamoemiti.

2 Ko Ihowā hei hanga i Hiruhārama;
māna hoki ngā whati o Īharaira e kohikohi.
3 Ko ia hei rongoā i te hunga ngākau marū;
māna e takai ō rātou wāhi mamae.

4 E taua ana e ia ngā whetū, te maha;
e huaina ana hoki e ia ō rātou ingoa katoa.
5 He nui tō tātou Ariki, he nui hoki tōna kaha;
e kore e taea tōna mātauranga te whakaaro.
6 Ko Ihowā te kaitautoko mō te hunga māhaki;
ka turakina e ia te hunga kino ki te whenua.

7 Waiata, whakawhetai ki a Ihowā;
hīmene i runga i te hāpa ki tō tātou Atua.
8 Ko ia nei te kaiuwhi i te rangi ki ngā kapua,
te kaihanga i te ua mō te whenua;

e whakatupu ana ia i te tarutaru ki runga ki
ngā maunga.
9 E hōmai ana e ia he kai mā te kīrehe;
mā ngā pī raweni hoki ina tangi.

10 E kore ia e āhuareka ki te kaha o te hōiho;
e kore ia e manako ki ngā waewae o te
tangata.
11 E manako ana a Ihowā ki te hunga e wehi ana
i a ia,
ki te hunga e tūmanako ana ki tōna aroha.

12 Whakamoemititia a Ihowā, e Hiruhārama!
Whakamoemititia tōu Atua, e Hiona!
13 Nāna nei hoki i whakakaha ngā tūtaki o ōu
tatau;
manaakitia ana e ia āu tamariki i roto i a
koe.
14 Nāna anō i mau ai te rongo i roto i ōu rohe;
nāna koe i mākona ai i te wīti pai rawa.

15 E tukua ana e ia tāna kupu ki te whenua;
tere rawa te rere o tāna kupu.
16 E hōmai ana e ia te hukarere ānō he huruhuru
hipi;
e whakatītaritaria ana te haupapa ānō he
pungarehu.
17 Makā mai ana e ia tāna hauhunga ānō he
maramara –
ko wai e tū i mua i tāna mātao?
18 E tukua ana e ia tāna kupu, ā, whakarewaina
ana aua mea;
ka meinga tāna hau kia pupuhi, rere ana
ngā wai.

19 E whakakitea ana e ia tāna kupu ki a Hākopa;
āna tikanga, me āna whakaritenga ki a
Īharaira.
20 Kāhore i pērā tāna hanga ki tētahi iwi;
kīhai anō āna whakaritenga i mōhiotia e
rātou.

Whakamoemititia a Ihowā!

148

He Karanga ki ngā Mea Katoa kia Whakamoemititia a Ihowā

1 Whakamoemititia a Ihowā!

Whakamoemititia a Ihowā i runga i ngā rangi;
whakamoemititia ia i ngā wāhi tiketike!
2 Whakamoemititia ia, e āna anahera katoa;
whakamoemititia ia, e āna mano whāioio!
3 Whakamoemititia ia, e te rā, e te marama;
whakamoemititia ia, e ngā whetū
whakamārama katoa!
4 Whakamoemititia ia, e ngā rangi o ngā rangi,
e ngā wai hoki o runga atu i ngā rangi!
5 Kia whakamoemititia e rātou te ingoa o Ihowā;
nāna hoki i whakahau, ā, kua hangā rātou.
6 Nāna hoki aua mea i whakapūmau ake ake;
i whakatakotoria e ia he tikanga e kore e
taka.

7 Whakamoemititia a Ihowā, i runga i te
whenua,
e ngā tarakona, e ngā rire katoa;
8 e te kāpura, e te whatu; e te hukarere, e te kohu;
e te tūpuhi, e mahi nei i tāna kupu!

9 E ngā maunga, e ngā puke katoa;
e ngā rākau hua, e ngā hīta katoa;
10 e ngā kīrehe, e ngā kararehe katoa;
e ngā mea ngōkingōki, e ngā manu whai pākau!
11 E ngā kīngi o te whenua, e ngā iwi katoa,
e ngā rangatira, e ngā kaiwhakawā katoa o te whenua,
12 e ngā taitama, e ngā taitamāhine,
e ngā koroheke rātou ko ngā tamariki!

13 Kia whakamoemititia e rātou te ingoa o Ihowā;
nōna anake hoki te ingoa e nui ana;
kei runga ake i te whenua, i te rangi, tōna korōria.
14 Ko ia hoki te kaiwhakaara o te haona o tāna iwi;
e whakamoemititia ana e āna tāngata tapu katoa;
e ngā tama a Īharaira, e te iwi e tata ana ki a ia.

Whakamoemititia a Ihowā!

149

He Waiata Whakamoemiti Hou
1 Whakamoemititia a Ihowā!

Waiatatia ki a Ihowā he waiata hou,
me te whakamoemiti ki a ia
i te whakaminenga o te hunga tapu.

2 Kia hari a Īharaira ki tōna kaihanga;
kia koa ngā tama a Hiona ki tō rātou Kīngi.

3 Kia whakamoemiti rātou ki tōna ingoa me te
kanikani anō;
kia hīmene rātou ki a ia i runga i te timipera,
i te hāpa.
4 E manako ana hoki a Ihowā ki tāna iwi;
māna e whakaataahua te hunga māhaki ki te
whakaoranga.
5 Kia koa te hunga tapu i runga i te korōria;
kia hāmama rātou i te hari i runga i ō rātou
moenga.

6 Kia whai whakamoemiti ō rātou māngai ki te
Atua,
kia whai hoari matarua tō rātou ringa;
7 hei rapu utu i ngā tauiwi,
hei whiu i ngā iwi;
8 hei herehere i ō rātou kīngi ki te mekameka,
i ō rātou tāngata nunui ki ngā here rino;
9 hei whakaputa ki a rātou i te whakaritenga kua
oti te tuhituhi.
Nō tōna hunga tapu katoa tēnei hōnore.

Whakamoemititia a Ihowā!

150

Whakamoemititia a Ihowā!
1 Whakamoemititia a Ihowā!

Whakamoemititia te Atua i tōna wāhi tapu;
whakamoemititia ia i te kikorangi o tōna
kaha.
2 Whakamoemititia ia mō āna mahi nunui;
kia rite ki te hira o tōna nui te
whakamoemiti ki a ia.

3 Whakamoemititia ia i runga i te tangi o te
tētere;
whakamoemititia ia i runga i te hātere, i te
hāpa!
4 Whakamoemititia ia i runga i te timipera, i te
kanikani;
whakamoemititia ia i runga i ngā mea aho, i
ngā ōkana!
5 Whakamoemititia ia i runga i te himipora tangi
nui;
whakamoemititia ia i runga i te himipora
tangi tiori!

6 E ngā mea katoa e whai manawa ana,
whakamoemititia a Ihowā!

Whakamoemititia a Ihowā!

Paipera Tapu 2012
Maori: Paipera Tapu 2012 (Bible)

copyright © 2012 Bible Society New Zealand Charitable Trust

Language: Māori

Contributor: Bible Society New Zealand

ki te Putanga 2012 o te Paipera Tapu

Ko tēnei putanga o te Paipera Tapu he tautikanga roa tonu o te tānga-pukapuka o ngā Karaipiture Tapu i roto i te reo Māori.

Ko te Kawenata Hou i tā-pukapukatia i te tuatahi i te tau 1837, ā, me te Paipera katoa, te Paipera Tapu, i te tau 1868. Muri mai i te āhua maha tonu o ngā whakahoutanga whakatau wawe, he kōmiti, nā Tā Apirana Ngata i arataki, i whakaoti i te whakaputanga katoa o te tuhinga tuatahi o te paiperatanga hou me te punenga reo Māori. I tā-pukapukatia i te tuatahi i te tau 1952, ā, ka noho tonu hei tuhinga paearu i tēnei wā.

Nā tēnei putanga whakataka anō i whakarewa i te tuhinga whakahou o te Paipera Tapu i te tau 1952. Kua whakareia tōna whakatakotoranga āhua maha tonu mō te kaipānui reo Māori o nāianei: kua whakaurua ngā tohutō hei whakaatu i te roa o te oro; kua tāpiria ngā tohu kōrero, ā, kua āta whakahoutia ngā tohutuhi. Kua whakaurua ngā whiti, ā, kua tāpiria he wāhanga ūpoko. I tā-pukapuka tuatahitia tēnei Kawenata Hou i roto i tēnei whakataka ahurei i Hakihea 2008.

Ko te reo Māori tuhinga paiperatanga he whakamāori hira me te tika hoki o ngā tuhinga taketake te Kawenata Tahito me te Kawenata Hou o Hiperu, Aramaka me Kariki. Ko te tuhinga reo Māori ka taea te kī he kāhua-mō-te-kāhua whakamāori, te tino whai atu ana i te hanga o ngā haurārangi tuhituhinga taketake ki tā te reo Māori e whakaritea ana.

Ka mihi atu Ngā Ringa Hāpai i te Paipera Tapu ki Aotearoa (Bible Society New Zealand) mō ngā āwhina a Te Pīhopitanga o Aotearoa, Te Taura Whiri i te Reo Māori, me ētahi atu, tae atu ki ngā tūao tataukore, nā rātou i oti ai tēnei putanga.

This translation is made available to you under the terms of the Creative Commons Attribution-No Derivatives license 4.0.

You may share, redistribute, or adapt this Bible translation or extracts from it in any format, provided that:

You include the above copyright and source information.

You do not use this work for commercial purposes.

Pictures included with Scriptures and other documents on this site are

licensed just for use with those Scriptures and documents. For other uses, please contact the respective copyright owners.

2025-10-16

PDF generated using Haiola and XeLaTeX on 30 Oct 2026 from source files dated 31 Oct 2025
56cec0bc-a86d-5e7b-b716-55114ea0d7ba