

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 tauīwi,
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,
nōnāianeī koe i whakatupuria ai e ahau.
- ⁸ Inoi ki ahau, ā, ka hoatu e ahau ki a koe ngā
tauīwi 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 kaihangā 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 whaka-
 mau ake.

6 E kore ahau e matakū i ngā mano tini o te iwi,
 kua whakatika mai nei ki ahau karapotī 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 ĭnoi.

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, kua 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 rongō 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 hipokina 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, kua e whakatūpehupehu mai ki ahau,
ina riri koe,

kua anō ahau e pākia ina ārita mai koe.

² E Ihowā, tohungia ahau, he ngoikore hoki ahau;
rongoātia ahau, e Ihowā, e ohoo ho ana hoki
ōku wheua.

³ E ohoo ho 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, whakaoranga
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 ĭnoi;
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 Kai-
whakawhiu*

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 whakawhiri-
nakitanga;
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 anō 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 mātega,
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 tauiiwi,
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 whakama-
haratanga.

- 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 Himene 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 tauīwi 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 tauwi i tōu aroaro.

- 20 E Ihowā, meinga rātou kia wehi;
kia mātau ngā tauwi 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 tūkinu 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 whakatupu-
ranga 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,
hīnga 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 tauwiwi 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 whakapehepeha 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 āiane,” 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 whakatupu-
ranga 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 pīrau 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 pīrau 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
Iharaira.

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.

Ahakoā mate i tāna oati, kāhore e whakapaheke-
tia 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 whakama-
hara 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 ĭnoi nā Rāwiri.

¹ Whakarongo ki te tika, e Ihowā, tahuri mai ki tāku karanga,

kia tītaha mai tōu taringa ki tāku ĭnoi,
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 whakawhiri-naki 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 tūkinō 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 kai-
whakaora;
tōku Atua, tōku tino kāmaka, e whakawhiri-
naki 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 meīnga 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 pūtaka o te ao
i tāu whakatūpehupehutanga, e Ihowā,
i te whengunga o te manawa o ōu pon-
gaponga.
- ¹⁶ I tonono 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 whaka-
hoki 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 ngangau-
tanga a te iwi;
kua meinga e koe hei rangatira mō ngā
tauwiwi;
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 tauwiwi;

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 whakatūpatō;
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 inoi 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 Whakaoranga, 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 rongō,
i te pō anō kāhore ahau e wahangū.
- ³ Otiia he tapu koe,
kei ngā whakamoemiti a Īharaira tōu no-
hoanga.
- 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 mātega, 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 waewae.
- 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 orange 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 mātena, 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 mātena, 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 Ātua 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 tamariki-
tanga, 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 matakū 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 ĭnoi 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 āianeī, 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 kai-
whakapae 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 tūkinu 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
whakahihī.

19 Anō te nui o tāu pai kua rongoatia 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 pōtatututunga,
“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 whakape-
hapeha.

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 ohoohe 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
tauīwi;
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 mōhioia 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 whakan-
gungu 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 Apīmerekē; 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 mārāma;
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;
māku 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 mahara-tia.
- 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 panī 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 inoi 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,
teteā 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 whakan-
garomanga,
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; kua 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 numin-
umi,
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 mārāma ka kite ai mātou i te mārāma.

- 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 mārāma,
ōu ritenga me te mea ko te rā e tū ana.
- 7 Okioki ki a Ihowā, tatari mārīe 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 tan-
gata 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, kua e whakatūpehupehu mai ki ahau
ina riri koe,
kua 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 rongu,
ki te tangata wahangū, kāhore nei e hamumu
tōna māngai.
- ¹⁴ Nā, rite tonu ahau ki te tangata kāhore nei e
rongu,
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 mu-
tunga,
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 kōhi.

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 inoi 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 whaka-
matau,
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 whakao-
ranga;

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 whakao-
ranga,
“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 whakamana-
mana 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 ĭnoi 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 tūkinō 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 ohore 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 ĭnoi 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 tūkinō a te hoariri?

³ Tukua mai tōu mārāma me tōu pono
hei ārahi i ahau;
hei kawē 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 tauwiwi 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 mārāma 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 tauwiwi.

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 tauwiwi;
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 whakako-
rikoria;
mā te Atua ia e āwhina i te putanga anō o te
ata.
⁶ I nanā ngā tauīwi, i whakakorikoria ngā rangati-
ratānga;
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 tauīwi,

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 tauīwi;
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 rek-
ereke?

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 whakakorōiatia
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 whakao-
ranga;
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 waiaatia 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 ĭnoi;
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 tūkinō 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 tūkinō 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 waen-
ganui 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 inoi 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 pikaunga,
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 piraui;
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 matakū 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 mārāma 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 tauīwi.
- 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 kai-
whakawai,
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 tauwi 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 tauwi 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 ōti 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 kawē 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 inoi.
- 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, Hera
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 tūkinu,
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 hainu 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 ĭnoi 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 inoi,
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:
 matakū 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 tauuiwi;
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 inoi.

²⁰ Kia whakapaingia te Atua,
kīhai nei i whakapeau kē i tāku inoi,
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 tauwiwi katoa.

³ Kia whakamoemiti ngā iwi ki a koe, e te Atua,
kia whakamoemiti ngā iwi katoa ki a koe.

⁴ Kia koa ngā tauwiwi, kia waiata i te hari;
nō te mea ka tika tāu whakawā mō ngā iwi,

ā, ka kāwana koe i ngā tauwiwi 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.

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He Waiata ā-Iwi mō te Wikipōria

Ki te tino kaiwhakatangi. He himene, 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 hiahiaitia 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 whakami-
nenga,
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 Riria te kīrehe o ngā kākaho,
te huīnga 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. Hera
- 34 Waiho te kaha i te Atua,
kei runga nei i a Īharaira tāna mahi rangatira;
kei ngā kapua hoki tōna kaha.
- 35 Ka wehīngia 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!

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He Tangi mō te Whakaoranga mai i te Pēhinga

Ki te tino kaiwhakatangi. Hohanimi. Nā Rāwiri.

- ¹ Whakaoranga 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 kihai 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 inoi, 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 aro-
hatanga.
- 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 tūkinō 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
pononga;
hei kāinga tupu anō a reira mō te hunga e
aroha ana ki tōna ingoa.

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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 whakao-
ranga,
“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.

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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, whakaoran-
gia 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 tamariki-
tanga 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, kua 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
hātēre,
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 kaitūkinu.

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 tūkinu,
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 inoi 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 whakatupu-
ranga 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 hu-
nanga,
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 Ināianeī 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 kohūkohu te hunga pōauau ki tōu ingoa.
- 19 Kua 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.

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 waen-
ganui 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 anō 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 mārāma o te ahī.
- ¹⁵ I wāhia e ia ngā kōhatu i te koraha;
ā, me te mea nō ngā rīre 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;
whakatoī 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 whakaponono ki te Atua,
kīhai anō i whakawhirinaki ki tāna whakao-
ranga.
- 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 tauwiwi 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 tauīwi 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 tauīwi
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 Kua 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 whakao-
ranga,
kia whakakorōriatia ai tōu ingoa;
whakaorangia mātou, hīpokina hoki ō mātou hara,
he mahara ki tōu ingoa.
- ¹⁰ Kia mea koia ngā tauīwi,
“Kei hea tō rātou Atua?”

Kia kite atu mātou e mātau ana ngā tauwiwi
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 whakaohohokia 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 ĭnoi 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 kaina ana mātou e ō mātou hoariri.
- ⁷ Whakahokia ake mātou, e te Atua o ngā mano;
kia mārāma mai tōu mata, ā, ka ora mātou.
- ⁸ I maua mai e koe he wāina i Īhipa;
ka oti i a koe ngā tauīwi 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 Taumarumarū 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 mohao o te pārae.
- ¹⁴ Tahuri mai anō, e te Atua o ngā mano, e ĭnoi 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, kihai tāku iwi i pai ki te whakarongo ki
tōku reo;
kihai 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 Iharaira 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 ngohen-
gohe 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 ma-
hara;
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 tauīwi katoa!

83

He Īnoi mō te Patunga o ngā Hoariri o Īharaira

He waiata, he himene, 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 mātega 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 kua 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 Tapa 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 tataui 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; kua 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 inoi;
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
tē 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 inoi 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 whakarihar-
iha 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 whiri-
whiri 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 whakami-
nenga o te hunga tapu,
e wehīngia 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 Taporu 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 whaka-
hari;
e haere ana rātou, e Ihowā, i te mārāma 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 taturanga.
- 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 Kopitanga o te
Tangata*

He ĭnoi 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 monga-
monga 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 ohore hoki i tōu āritatanga.

- ⁸ Kua makā e koe ō mātou kino ki tōu aroaro,
ō mātou mea huna ki te mārāma 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 tataui 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 no-
hoanga 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 hātēre;
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 mōhioitia 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 kaihangā 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 mārīe 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 whakaaaronga maha i roto i tōku ngākau ko āu whakamārie tōku orange 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 āiane!

- 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
tauīwi,
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 wehīngia 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 tauīwi, “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 mārā, 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 whakaoranga ana rātou e ia i ngā ringa o te hunga kino.
- ¹¹ Kua oti te māranga 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 tauīwi.
- 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
tauīwi,
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, kua 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.

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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 nekenekēhia ake ake.

⁶ Nāu anō i hīpoki ki te rīre 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 mohaoa.
- 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
mohaoa;
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!

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*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 tonu 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 waen-
ganui 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 inoi 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
tauīwi;
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!

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He Whākinga i ngā Hara o Iharaira

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 whakao-
ranga;

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 Ihīpa,
kīhai hoki i mahara ki te tini o āu arohatanga;
engari ia i whakatoī 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 rīre, 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 inoi 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 whakāpakoko 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 tauīwi,
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 tauīwi;
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 whakatoī 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 tauīwi,
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

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(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 wetiwheti 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 anō 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 māiri.
- 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 tau iwi.
- 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 Pīrihitia.”
- ¹⁰ Mā wai ahau e kawē 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 inoi 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, tūkinō 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, whakaoran-
gia 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 mātena.
- 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 waen-
ganui 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.

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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 tonono 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 tauwiwi;
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 whakami-
nenga.

² He nui ngā mahi a Ihowā,
e whakatakina ana e te hunga katoa e man-
ako 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
mahī,
i tāna hoatutanga i tō ngā tauīwi 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
mahī.
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 matakū 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
āianeī 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 whakanohoa 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 tauīwi;
“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 hongī.
- 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 kaihangā;
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, whakawhiri-
naki 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 kaihangā 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
āianeī, 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 inoi.
- 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 tauwiwi 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 kaihangā,
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 āianeī, 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 mārāma 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.

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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 whaka-
hau.
- 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 pareā 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 orange 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 inoi 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 whakaatu-
ranga;
- 60 i hohoro ahau,
ā, kīhai i whakaroa ki te pupuri i āu whaka-
hau.

- 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 orange 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 whakao-
ranga;
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 tūkinō nei i ahau?
- 85 Kua kerī poka te hunga whakakake mōku;
 he mea kāhore e rite ki tāu ture.
- 86 Pono tonu āu whakahau katoa;
 e tūkinō takekore ana rātou i ahau; āwhinatia
 mai ahau.
- 87 Wāhi iti kua mōti 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 ināianeī, pērā tonu me tāu i
 whakarite ai,
 he pononga hoki ngā mea katoa nāu.
- 92 Me kua tāu ture hei orange 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 whaka-
 matea,
 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 matakū 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 tūkinō 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 orange 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 whakaatu-
ranga,
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 whakao-
ranga;
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 whakaatu-
ranga.
- 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 whaka-
hauora i ahau.
- 160 Ko te huinga katoatanga o tāu kupu he pono;

pūmau katoa anō āu whakaritenga tika 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 whaka-
 hau.

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 kaihangā 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 Iharaīra
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 āianeī 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 rongō 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 rongō 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 kua a Ihowā i a tātou
– he kī tēnei mā Ihairaira –
2 me kua 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,
āianeī 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 rongō 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 tauīwi,
“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 kawē 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 kaihangā.
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 Whakamarumarū

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 inoi!
- ³ Me i maharatia e koe ngā kino, e Ihowā,
ko wai, e te Ariki, e tū?
- ⁴ Otirā, he muru hara tāu,
e wehīngia 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 taringa 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,
āianeī, 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 whakaapeaua 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 kaihangā 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
tauīwi,
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 Ihipa, 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 waen-
ganui,
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.

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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, “Whakahorua! Whakahorua,
 ā taea rawatia anō tōna tūranga!”
- ⁸ E te tamāhine o Papurōna, meāke nei whakan-
 garomia,

- 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!

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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.

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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 tako-
toranga 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 anō 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.

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He Īnoi mō te Whakamarumarū

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 inoi.

⁷ E Ihowā, e te Ariki, e te kaha o tōku whakao-
ranga,

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.

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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 ĭnoi 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.

Ahakoā 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 tītāritaria 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.

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He Īnoi mō te Whakaoranga mai i ngā Kai-whakawhiu

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 kaitūkinu,
 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.

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He Īnoi mō te Āwhina

He hīmene nā Rāwiri.

¹ E Ihowā, whakarongo ki tāku ĭnoi,
 kia tītaha mai tōu taringa ki āku ĭnoi;
whakahokia mai he kupu ki ahau
 i runga i tōu pono, i runga i tōu tika.
² Ā, kua 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 rongō 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.

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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 taitamariki-
tanga
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.

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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 rangati-
ratanga.
- 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.

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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!

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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 kaihangā 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 rongō 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 whakatītāritaria 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
 Iharaira.

- ²⁰ Kāhore i pērā tāna hanga ki tētahi iwi;
 kīhai anō āna whakaritenga i mōhiotia e rātou.

Whakamoemititia a Ihowā!

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*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!

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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 tauiwī,
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!

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Whakamoemititia a Ihowā!

- ¹ Whakamoemititia a Ihowā!

- Whakamoemititia te Atua i tōna wāhi tapu;
whakamoemititia ia i te kikorangī 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)

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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 ki he kāhua-mō-te-kāhua whakamāori, te tino whai atu ana i te hanga o ngā haurāangi 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 Pihopitanga 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.

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