

בס"ד

PRAYERS ISRAEL *for*

ELEVATE THE LIVES OF OUR FAMILY
IN THE HOLY LAND THROUGH THE
SPIRITUAL TRIAD OF TORAH STUDY,
HEARTFELT PRAYERS, AND ACTS OF
BOUNDLESS CHARITY.

*LET EVERY VERSE, EVERY WHISPERED
PRAYER, AND EVERY COIN OF
KINDNESS BECOME A SPIRITUAL
ADVOCATE FOR THEIR WELL-BEING
AND SUCCESS.*



CHAPTER 20

THIS CHAPTER WAS COMPOSED BY KING DAVID WHEN HE SENT OFF THE ARMY OF THE JEWISH NATION, LED BY HIS GENERAL, YOAV. AS THEY WENT TO WAR AGAINST THEIR ENEMIES, DAVID STOOD IN JERUSALEM AND PRAYED FOR THEM. THIS CHAPTER IS CUSTOMARILY SAID AS A PRAYER FOR THOSE WHO FIND THEMSELVES IN ANY KIND OF TROUBLE, DISTRESS, OR ILLNESS.

לְמַנְצַחַ מְזִמּוֹר לְדָוִד

יַעֲנֶךָ יְהוָה בְּיוֹם צָרָה יִשְׁגָּבְךָ שֵׁם | אֱלֹהֵי יַעֲקֹב

יִשְׁלַח-עֲזָרְךָ מִקֹּדֶשׁ וּמִצִּיּוֹן יִסְעֶדְךָ

יִזְכֹּר כָּל-מִנְחֹתֶךָ וְעוֹלֹתֶיךָ יִדְשָׁנָה סֶלָה

יִתְן-לְךָ כָּל-בָּבֶרְךָ וְכָל-עֲצָתֶךָ יִמְלֵא

בְּרַנָּנָה | בִּישׁוּעָתֶךָ וּבְשֵׁם-אֱלֹהֵינוּ נִדְגַל יִמְלֵא

יְהוָה כָּל-מִשְׁאֲלוֹתֶיךָ

עֲתָה יִדְעֵתִי כִי הוֹשִׁיעַ | יְהוָה מְשִׁיחוֹ יַעֲנֵהוּ

מִשְׁמֵי קֹדֶשׁוֹ בְּגִבּוֹרוֹת יִשַׁע יְמִינוֹ:

אֱלֹהֵי בָרֶכֶב וְאֱלֹהֵי בְּסוּסִים וְאֲנַחְנוּ |

בְּשֵׁם-יְהוָה אֱלֹהֵינוּ נִזְכִּיר

הַמָּה כָּרְעוּ וְנִפְּלוּ וְאֲנַחְנוּ קָמְנוּ וְנִתְעוֹדַד

יְהוָה הוֹשִׁיעָה הַמֶּלֶךְ יַעֲנֵנוּ בְּיוֹם-קִרְאָנוּ:

CHAPTER 20

1. A song composed by King David for the choirmaster in the Holy Temple.

2. King David relays to the people: God should answer your prayers on the day of your difficulty; may the name of the God of Jacob strengthen you.

3. May God send your help from the Sanctuary of the Temple, and support you from Zion (Jerusalem)

4. May He remember all your flour-offerings, and always accept your burnt-offerings favourably

5. May He give you what your heart desires; may He fulfill all of your advice-may the advice you give people be good, and may all your ideas be successful.

6. God, we will sing with joy in Your salvation. In the name of our God, we will raise flags of victory. May God fulfill all of your needs-everything you ask for.

7. When all of these good things happen, every Jewish person will say, "Now I know that G-d has saved his anointed one, King David. He has answered him from his holy heavens, with the mighty saving powers of His right hand."

8. Some rely on chariots to win wars, and others rely on horses, but we, the Jewish nation, rely only on G-d. We call out in the name of the Lord, our G-d for help.

9. Our enemies bend over and fall down, but we rise and stand strong.

10. Save us, G-d, May the king of the universe answer us on the day we call out to him.

CHAPTER 22

THIS CHAPTER WAS COMPOSED BY KING DAVID, IS A PLEA FROM THE JEWISH NATION IN EXILE TO BE REDEEMED. IT IS WRITTEN IN THE SINGULAR FORM FOR TWO REASONS: BECAUSE EACH INDIVIDUAL MUST PRAY FOR THE REDEMPTION, AND BECAUSE THE JEWISH NATION AS A WHOLE IS CONSIDERED A SINGLE ENTITY

לַמְנַצֵּחַ עַל־אֵילַת הַשֹּׁחַר מִזְמוֹר לְדָוִד
 אֵלֵי אֱלֹהֵי לְמָה עֲזַבְתָּנִי רְחוֹק מִיִּשְׁעֹתַי דְּבַרֵי שְׁאֲגֹתֵי
 אֱלֹהֵי אֶקְרָא יוֹמָם וְלַיְלָה וְלֹא־דוֹמִיָּה לִי:
 וְאַתָּה קְדוֹשׁ יוֹשֵׁב תְּהִלּוֹת יִשְׂרָאֵל:
 בָּךְ בְּטַחַו אֲבִתִּינוּ בְּטַחַו וְתַפְלִטְמוּ:
 אֱלֹהֵי זַעֲקֵנוּ וְנִמְלִטֵנוּ בָּךְ בְּטַחַו וְלֹא־בוֹשׁוּ:
 וְאַנְכִי תוֹלַעַת וְלֹא־אִישׁ חֶרֶפַת אָדָם וּבְזִי עִם:
 כְּלִרְאֵי יִלְעָגוּ לִי יַפְטִירוּ בְּשִׁפְהַי וַיְנַעֲוּ רֹאשׁ:
 גַּל אֶל־יְהוָה יִפְלְטֵהוּ יִצְיִלְהוּ כִּי תַפֵּץ בּוֹ:
 כִּי־אַתָּה גֹתִי מִבְּטָן מִבְּטִיחִי עַל־שִׁדֵי אֲמִי:
 עֲלִיךָ הַשְּׁלַכְתִּי מֵרַחֵם מִבְּטָן אֲמִי אֵלֵי אֶתָּה:
 אֶל־תִּרְחַק מִמֶּנִּי כִּי־צָרָה קְרוּבָה כִּי אֵין עֹזָר:
 סָבְבוּנִי פְרִים רַבִּים אֲבִירֵי בָשָׁן כְּתֵרוּנִי:
 פָּצוּ עָלַי פִּיהֶם אֲרִיָּה טֹרֵף וְשֹׁאֵג:
 כַּמִּים נִשְׁפַּכְתִּי וְהִתְפָּרְדוּ כָל־עֲצָמוֹתַי הִיָּה לְבִי כַדּוֹנֵג נִמָּס בְּתוֹךְ מַעֵי:
 יָבֵשׁ כְּחָרָשׁ | כְּחֵי וְלִשׁוֹנִי מִדְּבַק מִלְקוֹחֵי וְלַעֲפָר־מוֹת תִּשְׁפָּתַנִּי:
 כִּי־סָבְבוּנִי כְּלָבִים עֲדַת מַרְעִים הַקִּיפּוּנִי כְּאֲרִי יָדִי וְרַגְלִי:
 אֲסַפֵּר כָּל־עֲצָמוֹתַי הִמָּה יָבִיטוּ יִרְאוּ־בִי:
 יַחֲלֵקוּ בְּגִדֵי לֶהֱם וְעַל־בִּבְנוֹתַי יִפְּלוּ גוֹרָל:
 וְאַתָּה יְהוָה אֶל־תִּרְחַק אֵילוֹתַי לְעֹזְרֹתַי חוֹשֶׁה:
 הַצִּילָה מִחֲרֵב נַפְשִׁי מִיַּד־כָּלֵב יַחֲיִדְתִּי:
 הוֹשִׁיעֵנִי מִפִּי אֲרִיָּה וּמִקְרָבִי רַמִּים עֲנִיתַנִּי:
 אֲסַפְּרָה שִׁמְךָ לְאַחֵי בְּתוֹךְ קִהַל אֶהְלֵלְךָ:
 יִרְאֵי יְהוָה | הַלְלוּהוּ כְּלַזְרַע יַעֲקֹב כְּבִדּוּהוּ וְגִירוֹ מִמֶּנּוּ כְּלַזְרַע יִשְׂרָאֵל:
 כִּי לֹא־בָזָה וְלֹא שִׁלַּץ עֲנוֹת עֲבִי וְלֹא־הִסְתִּיר פָּנָיו מִמֶּנּוּ וּבִשְׁמֹעַ אֱלֹהֵי שְׁמַע:
 מֵאַתָּה תְּהִלָּתִי בְּקִהַל רַב נְדָרֵי אֲשֶׁלֶם נֶגֶד יִרְאִיו:
 וְאַכְלוּ עֲנוּיִם | וְיִשְׁבְּעוּ יְהוָה דָּרְשִׁיו יַחֲיִי לְבַבְכֶם לַעֲד:
 וְזָכְרוּ | וְיִשְׁבּוּ אֶל־יְהוָה כָּל־אֲפָסֵי־אָרֶץ וְיִשְׁתַּחֲווּ לִפְנֵיךָ כָּל־מִשְׁפְּחוֹת גּוֹיִם:
 כִּי לִיהוָה הַמְּלוֹכָה אֲמוּשָׁל בְּגוֹיִם:
 אֲכָלוּ וְיִשְׁתַּחֲווּ | כָּל־דִּשְׁבָּנֵי־אָרֶץ לִפְנֵינוּ יִכְרַעוּ כְּלִי־יֹרְדֵי עֶפְרַי וְנִפְשָׁנוּ לֹא חִיָּה:
 זָרַע יַעֲבֹדְנוּ יִסְפֵּר לְאֹדְנֵי לְדָוִד:
 יִבְאוּ וְיִגִּידוּ צְדָקְתוֹ לְעַם נוֹלָד כִּי עֲשָׂה:

CHAPTER 22

1 A song by David composed for the choirmaster to pray on behalf of the people-called Ayelet Hashachar, while they are in exile.

2 We cry out: My God, my God, why have You forsaken me? Why are You far from bringing my salvation when You hear the words of my cry?

3 My God, I call out to You every day and night and I am not silent; I pray all the time, but You do not answer!

4 You are the Holy One, Who exists forever. You have heard praises from us so many times in the past when You saved us. Why, then, do You not answer us now?

5. Our ancestors always trusted in you; they trusted only in You and you rescued them

6. They cried out only to you and they were rescued. They trusted only in you and they were not shamed by you, because they were never let down

7 However, during exile I am as weak as a worm, and I am not a person in my enemies' eyes.' I am seen as the disgrace of my fellow, and as the scorn of the nations.

8 All who see me mock me; they open their lips in ridicule, and shake their heads in scorn.

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9 Yet, when we roll our worrisome burdens onto You, God, and we place our trust wholly in You, God, You will rescue us. You will indeed save us, because You desire us and listens to our prayers. Therefore, God, please listen to my prayers now as well.

10 How can You not save me when I recognize that You drew me forth from my mother's womb, and You granted me security when I was nursing from my mother?

11 I was cast to be reliant upon You for all my needs from birth; from the moment You took me out of my mother's womb, You are my God upon Whom I rely.

12 Do not distance Yourself from me now, because distress is near; help me, because I know that there is no one who has the power to help aside from You.

13 Kings and nations—who are strong like bulls— have surrounded me, ready to attack; those who are mighty like the oxen of Bashan have encircled me.

14 They opened their mouths to consume me like a lion tears apart its prey, roaring in joy at its successful hunt.

15 I lost my composure because of my great fear, such that I could be spilled like water and all my bones could come apart; my heart melted within my innards like wax near a flame.

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16. My strength is dried out like clay that is baked in the hot sun, and my tongue sticks to my dried palate. I feel that I am close to death, as if You have set me down and prepared me to lie in the dust of death-in the grave.

17 I am terrified because enemies who attack like rabid dogs have surrounded me, a band of evildoers has encompassed me, and my hands and feet are crushed like those of a lion's prey.

18 I can count all my bones because I am so emaciated and weak, while my enemies look on and are happy to see my misery.

19 They plunder all of my possessions, even my clothing, and divide it among themselves, and they cast lots for my garments.

20 But I ask of You, God, please do not distance Yourself from me; my God, my only strength, please hurry to help me!

21 Save my body and soul from the sword and agony of exile, and rescue my one Godly possession-my soul-from the hand of the lowly nations, which are as vicious as a dog.

22 Save me now from the mouths of the nations that are as brutal as a lion, just as You answered me and saved me in the past from previous exiles, which was like being saved from the horns of wild beasts.

CHAPTER 22

23 When You will save me from exile, I will publicize Your miracles and proclaim the greatness of Your name to my brethren—the ten lost tribes who were not with us during our exile, I will praise you in every place where people congregate, by saying:

24 Those who fear God, praise You; all the descendants of Jacob, honor You; all the Children of Israel, fear You.

25 Because you have neither despised nor detested the cry of the poor. You have not hidden your face from a poor person; rather, You have listened when we cried out to You.

26 My praise for You is declared among the great masses for the salvation You have brought. I will now fulfill my vows I made during the exile, by publicizing Your miracles in the presence of those who fear You.

27 The humble will eat from my offering to God and be satisfied. Those who seek and trust in God shall praise You, and your hearts will be alive with joy forever, because you will never be exiled again.

28 From all the ends of the earth they will remember Your great wonders and salvation. They will return to You, God, and all families of the nations on earth will bow before You.

29 Because the entire world will recognize that kingship belongs only to You, God, and that You alone rule over all the nations.

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30 Then, all the prosperous nations that live off the best produce of the land will continue to eat, because they will give thanks to You, God and bow before You in repentance. Whereas all those nations that deserve to descend to the dust and perish will also kneel before You-they will also recognize God's sovereignty-but You will not revive even one of their souls, because these nations oppressed His people. 31 However, the Children of Israel, who had always served You, will live; they will retell Your great deeds to the next generation.

32 Indeed, they will come, now redeemed from exile, and will tell the people who are born afterward about Your righteousness; they will tell the next generation about the great miracles You have done for them

CHAPTER 69

THIS CHAPTER, PROPHETICALLY COMPOSED BY KING DAVID, DESCRIBES THE PLIGHT OF THE JEWISH NATION IN THIS LONG AND HARSH EXILE. EVERY JEWISH PERSON IN EXILE CRIES OUT TO GOD AND PRAYS FOR HIS SALVATION. HE EXPRESSES HIS UNWAVERING TRUST IN GOD AND ABSOLUTE BELIEF THAT WE WILL BE REDEEMED, DESPITE THE MOCKERY OF OUR TORMENTORS. HEAVEN AND EARTH WILL PRAISE GOD AT THAT TIME, AND THE JEWISH NATION WILL BE RESETTLED IN THE LAND OF ISRAEL.

לְמַנְצַח עַל־שׁוֹשְׁפִים לְדוֹד:

הַזְשִׁיעֵנִי אֱלֹהִים כִּי בָאוּ מֵיָם עַד־נַפְשׁ:

טִבַּעְתִּי בִּיּוֹן מְצוּלָה וְאִין מַעֲמָד בְּאִתִּי בְּמַעֲמְקֵי־מַיִם וְשִׁבַּלְתִּי שְׁטַפְתָּנִי:

יִגְעַתִּי בְּקִרְאִי נַחַר גְּרוֹנִי כָּל־וַיְנִי מִיֹּחַל לְאֱלֹהֵי:

רְבוּ | מִשְׁעֵרוֹת רֹאשׁוֹ שְׁנָאֵי חֲנָם עֲצָמוֹ מִצְמִיתִי אִיבִי שֶׁקֶר אֲשֶׁר לֹא־גִזַּלְתִּי

אֲז אָשִׁיב:

אֱלֹהִים אַתָּה יִדְעַת לְאֹלְתִי וְאֲשִׁמוֹתִי מִמֶּךָ לֹא־נִכְחַדוּ:

אֶל־יִבְשׁוּ בִי | קוִיךָ אֲדַגִּי יְהוָה צְבָאוֹת אֶל־יִכְלַמּוּ בִי מִבְּקִשְׁיךָ אֱלֹהֵי יִשְׂרָאֵל:

כִּי־עֲלִיךָ נִשְׂאִיתִי חֲרָפָה כִּסְתָה כְּלִמָּה פְּנֵי:

מוֹזַר הַיִּיתִי לְאֶחָי וְנִכְרִי לַבְּנֵי אֲמִי:

כִּי־קִנְאֵת בֵּיתְךָ אֶכְלַתְנִי וְחֲרָפוֹת חוֹרְפִיךָ נִפְלוּ עָלַי:

וְאַבְנָה בְּצוֹם נַפְשִׁי וְתַהִי לְחֲרָפוֹת לִי:

וְאַתְנָה לְבוֹשֵׁי שֶׁקֶ וְאַהִי לָהֶם לְמִשְׁל:

יִשְׁיַחוּ בִי יִשְׁבִּי שְׁעַר וְנִגְיָנוֹת שׁוֹתֵי שֶׁכֶר:

וְאַנִּי תִפְלַתִּי לְךָ | יְהוָה עַת רְצוֹן אֱלֹהִים בְּרַב־חֶסֶדְךָ עֲנֵנִי בְּאַמַּת יִשְׁעֶךָ:

הַצִּילֵנִי מִטִּיט וְאֶל־אֶטְבַּעַה אֲנַצֵּלָה מִשְׁנָאֵי וּמִמַּעֲמְקֵי־מַיִם:

אֶל־תִּשְׁטַפְנִי | שִׁבַּלְתִּי מַיִם וְאֶל־תִּבְלַעְנִי מְצוּלָה וְאֶל־תִּאֶטֶר עָלַי בְּאֵר פִּיהַ:

עֲנֵנִי יְהוָה כִּי־טוֹב חֶסֶדְךָ כְּרֹב רַחֲמֶיךָ פְּנַה אֵלַי:

וְאֶל־תִּסְתֵּר פְּנֵיךָ מֵעַבְדְּךָ כִּי־צִר־לִי מִהֵר עֲנֵנִי:

קִרְבָּה אֶל־נַפְשִׁי גְּאֹלָה לְמַעַן אִיבִי פְּדֵנִי:

אַתָּה יִדְעַת חֲרָפְתִּי וּבִשְׁתִּי וּכְלַמְתִּי לְגִדְךָ כָּל־צוֹרְרֵי:

חֲרָפָה | שִׁבְרָה לְבִי וְאַנְוֹשָׁה וְאַקְוָה לְנוֹד וְאִין וְלִמְנַחֲמִים וְלֹא מַצְאִיתִי:

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וַיִּתְּנוּ בַּבְּרוּתִי רֹאשׁ וְלִצְמָאֵי יִשְׁקוּנִי חֲמִץ:
 יְהִי שְׁלַחְנָם לַפְּנֵיהֶם לִפְח וְלִשְׁלוּמִים לְמוֹקֵשׁ:
 תַּחֲשַׁכְנָה עֵינֵיהֶם מִרְאוֹת אֲמַתְנֵיהֶם תַּמִּיד הַמַּעַד:
 שִׁפְר־עֲלֵיהֶם זַעֲמָךְ וַחֲרוֹן אַפְּךָ יִשְׁיָגֵם:
 תְּהִי־טִירְתֶּם נִשְׁמָה בְּאֵהֲלֵיהֶם אֶל־יְהִי יוֹשֵׁב:
 כִּי־ אַתָּה אֲשֶׁר־הִכִּית רַדְפוֹ וְאֶל־מְכַאוֹב חֲלָלִיךָ יִסְפְּרוּ:
 תְּנַה־עוֹן עַל־עוֹנָם וְאֶל־יָבֹאוּ בְּצַדִּיקְתָּךְ:
 יִמְחוּ מִסֵּפֶר חַיִּים וְעַם־צַדִּיקִים אֶל־יִכְתְּבוּ:
 וְאֲנִי עֲנִי וְכוֹאֵב יִשׁוּעַתְךָ אֱלֹהִים תִּשְׁגַּבְּנִי:
 אֶהְלֵלָה שֵׁם־אֱלֹהִים בְּשִׁיר וְאֶגְדָּלְנוּ בְּתוֹדָה:
 וְתִיטֵב לַיהוָה מִשׁוֹר פֶּר מִקֶּרֶן מִפְּרִיס:
 רְאוּ עֲנָוִים יִשְׁמְחוּ דְרָשִׁי אֱלֹהִים וַיְחִי לְבַבְכֶם:
 כִּי־שָׁמַע אֶל־אֲבִיוֹנִים | יְהוָה וְאֶת־אֲסִירָיו לֹא בָזָה:
 יְהַלְלוּהוּ שָׁמַיִם וָאָרֶץ יָמִים וְכָל־רִמְשׁ בָּם:
 כִּי אֱלֹהִים | יִזְשִׁיעַ צִיּוֹן וַיְבַנֶּה עָרֵי יְהוּדָה וַיִּשְׁבוּ שָׁם וַיִּרְשׁוּהָ:
 וַיִּזְרַע־עַבְדֵּיּוֹ וַיְנַחֲלוּהָ וְאֶהְבִּי שְׁמוֹ וַיִּשְׁכְּנוּ־בָהּ:

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1. A song by David for the choirmaster, to be played on a rose-shaped instrument in the Holy Temple.

2. Save me, God, because I am overwhelmed with troubles. I am submerged in waters of trouble; they have come up to my neck, to the point that my soul is close to leaving my body.

3. I feel as if I have sunk into the mire of deep waters because of my many troubles, and there is no firm ground on which to stand. I have come into dangerously deep waters, and a strong current washes me away.

4. I have become tired and my throat has become dry because of my cries for help. My eyes have weakened from looking heavenward, waiting and hoping for my God to save me.

5. The number of those who hate me without cause are greater than the hairs on my head. Those who wish to cut me down—my enemies who hate me based on false rumors—have become strong. They falsely accuse me of stealing, and then I am forced to return things I didn't take.

6. God, You know my foolishness, and none of my misdeeds—including my inadvertent sins—are hidden from You. Yet, You know that I am not guilty of the wrongdoings of which my enemies accuse me.

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7 Lord, our God, Master of all creations, let those who place their hope in You not be shamed through my downfall. God of Israel, do not allow those who seek You to be humiliated through my unanswered prayers.

8 For I have carried disgrace throughout the exile because of my loyalty to You. Because of my unpopular faith, my face is covered with humiliation.

9 I have become a stranger to my brothers, the descendants of Yishmael, and a foreigner to the descendants of Esav, the children of my mother, Rivkah.

10 For their jealousy of the splendor of Your house, the Holy Temple in Jerusalem, has consumed me; the disgraces of those who dishonor You has fallen upon me, when they tell me that You will never redeem us from exile.

11 I cried to you while my soul was fasting and it was a disgrace for me, because my enemies said, "If your God hasn't abandoned you, why doesn't He hear your cries?"

12 I have made sackcloth my garments because of my repentance for my sins, and I have become a symbol of misfortune for them.

13 The judges who sit at the gates of the cities speak about my misfortune, and those who drink alcohol mock me with their songs.

14 But I pay them no heed and direct my prayers only to You, God, hoping that they be heard in a favorable time, and that You will redeem us from exile. God, in Your abundant kindness, answer me by granting Your true and everlasting salvation.

CHAPTER 69

15 Rescue me from the mire so I will not sink; I pray that I will be saved from my enemies and from the depths of the water.

16 Don't let the water's strong current wash me away, and don't let the deep waters swallow me. Although I have already fallen into a deep well of troubles, do not let the well close its mouth over me preventing my escape.

17 God, answer me, because Your kindness is good to your faithful. Turn to me although I am unworthy, and deal with me according to Your abundant mercy, rather than according to what I deserve.

18 Do not hide Your face from me, Your servant, in displeasure. Answer me quickly because I am in great distress.

19 Although You seem distant during the times of exile, come close to my soul now and redeem it; redeem me for the sake of disproving my enemies, who say that You aren't capable of doing so

20 You know of my disgrace, my shame, and my humiliation—all that I suffer because of my tormentors is seen before You.

21 Disgrace has broken my heart, making me painfully ill. I hoped for someone to console me, to nod his head in sympathy, but there were none; I hoped for comforters, but I couldn't find any.

22 Not only that, it is as if they placed a bitter herb in my meal when I was hungry, and they gave me vinegar to drink to quench my thirst.

CHAPTER 69

23 May their plentiful table that is before them become a trap and turn bad, and may their peace and tranquility become a snare.

24 May their eyes become darkened, stopping them from seeing, and may their loins become weakened and unsteady, causing them to constantly falter.

25 Pour Your anger upon them and may Your wrath overtake them.

26 May their palace become desolate, and may there be no dweller in their tents.

27 For although You have struck us by allowing our enemies to exile us from our land, they have chased and persecuted us even more than You intended, and they tell each other ways to increase the pain of Your already mortally wounded people.

28 Add this sin to the count of their other sins, and do not let them come to partake in the goodness that You will righteously bestow upon Your people in the future.

29 If they have been inscribed in the book of life, may they be erased from it. Although they will try and justify their actions, may they not be inscribed for life together with the righteous people.

30 I am poor and in pain from persecution, but I know that Your salvation, God, will raise me up from this lowly state.

31 I will praise God's name with song when I am redeemed from this exile, and I will glorify Him, thanking Him for His kindness, by bringing the thanksgiving offering to Him.

CHAPTER 69

32 Yet, my heartfelt praises will be more pleasing to God than the horned ox or hoofed bull I will offer as a sacrifice.

33 The humble ones who have repented will see the Redemption and rejoice. You who seek God will witness the Redemption, and your hearts will be invigorated with joy.

34 For all will see that God listens to the pleas of the destitute in exile, and the nations of the world will acknowledge that God has not despised His people who were captives in exile.

35 All the celestial creations in the heavens and all those who dwell on earth will praise Him in joy; the creatures of the seas and all that move within them will praise God.

36 For God will save Zion and build the cities of Yehudah, along with all the other cities of Israel. Then, the Jewish Nation will settle there and take possession of it.

37 The descendants of the forefathers, who were His loyal servants, will inherit the Land of Israel in their merit, and those who love His Name will dwell in it.

CHAPTER 121

ACCORDING TO SOME COMMENTARIES, THIS CHAPTER IS THE FIRST OF THE "SONG OF ASCENTS" SERIES, AND THEREFORE BEGINS WITH SLIGHTLY DIFFERENT WORDING THAN THE OTHERS. THE THEME OF THIS CHAPTER IS GOD'S DIVINE PROVIDENCE. IT INSTRUCTS US NOT TO PLACE OUR HOPE IN MAN; RATHER, WE SHOULD LOOK TO GOD FOR HELP. FOR ONLY GOD, CREATOR OF HEAVEN AND EARTH, HAS THE TRUE POWER OF SALVATION

שִׁיר לַמַּעֲלוֹת אֲשֶׁא עִינַי אֶל־הַהָרִים מֵאִין יבֹא עֲזָרִי:
 עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שְׁמַיִם וָאָרֶץ:
 אֶל־יְיָו לְמוֹט רַגְלִי אֶל־יְנוּם שְׁמֶרְךָ:
 הִנֵּה לֹא יְנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:
 יְהוָה שְׁמֶרְךָ יְהוָה צִלְךָ עַל־יַד יְמִינֶךָ:
 יוֹמָם הַשֶּׁמֶשׁ לֹא־יִזְכֶּה וַיָּרַח בַּלַּיְלָה:
 יְהוָה יִשְׁמְרֶךָ מִכָּל־רָע יִשְׁמַר אֶת־נַפְשֶׁךָ:
 יְהוָה יִשְׁמַר־צֵאתְךָ וּבֹאֶךָ מֵעַתָּה וְעַד־עוֹלָם:

1 A song by David, to be sung on the steps of the Holy Temple. I lift my eyes while atop the mountains, searching from where my help will come.

2 But I know my search is futile, because my help comes only from God, and I must look only to Him. For He is the Maker of heaven and earth, and oversees the affairs of this world.

3 God is a worthwhile support, because He will not let your foot slip; Your Guardian does not slumber for even a moment, and will always protect you.

4 For behold, God, the Guardian' of the Children of Israel, does not slumber and certainly does not sleep.

5 God is your guardian. God is your protective shade, always at your right hand to protect you from danger.

6 The heat of the sun will not harm you by day; nor will the coolness of the moon cause illness at night.

7 God will guard you from all evil; He will guard your soul.

8 God will guard you in your going and your coming, now and forever

CHAPTER 122

THIS CHAPTER WAS PROPHETICALLY COMPOSED BY KING DAVID FROM THE PERSPECTIVE OF THOSE IN EXILE. IT RECALLS THE BEAUTY OF JERUSALEM AND ALL THE MIRACLES THAT WOULD OCCUR THERE, SUCH AS ITS ABILITY TO MIRACULOUSLY CONTAIN ALL THE PILGRIMS ARRIVING FOR THE FESTIVALS.

שִׁיר הַמַּעֲלוֹת לְדָוִד שִׁמְחָתִי בְּאֲמָרִים לִי בֵּית יְהוָה נִלְךְ:
 עֲמָדוֹת הַיָּם רָגְלֵינוּ בְּשַׁעְרֶיךָ יְרוּשָׁלַם:
 יְרוּשָׁלַם הַבְּנוּיָה כְּעִיר שֶׁחִבְּרָה־לָּהּ יְחִדּוּ:
 שָׁשִׂים עָלוּ שְׁבֻטִים שְׁבֻטֵי־יְהוָה עִדּוֹת לְיִשְׂרָאֵל לְהַדּוֹת לְשֵׁם יְהוָה:
 כִּי נִשְׂמָה | יִשְׁבּוּ כִסְאוֹת לְמִשְׁפָּט כְּסֵאוֹת לְבֵית דָּוִד:
 שְׂאֵלוּ שְׁלוֹם יְרוּשָׁלַם יִשְׁלִיֹוּ אֶהְבִּיךָ:
 יְהִי־שְׁלוֹם בְּחֵילְךָ נְשִׁלָּהּ בְּאַרְמֹנֹתֶיךָ:
 לְמַעַן־אֲחִי וְרַעֲי אֲדַבְּרָה־נָא שְׁלוֹם בְּךָ:
 לְמַעַן בֵּית־יְהוָה אֱלֹהֵינוּ אֲבַקֶּשֶׁה טוֹב לְךָ:

1 A song by David, to be sung on the steps of the Holy Temple. reminiscing about the pilgrimage to the holy temple, reminiscing about the pilgrimage to the holy temple for the festivals. The travelers would say, "I was happy when they said to me 'Let us go to the House of God in Jerusalem for the festival.'"

2 Our feet would stand waiting to enter your gates, Jerusalem, due to the large number of people arriving.

3 Jerusalem, which is built so beautifully, is like a city built by the greatest builders from around the world who united together.

4 People from all the Jewish tribes-the tribes of God-went up there for the festivals. Its ability to miraculously host so many people was a testimony to Israel that God's Divine Presence dwells there. This was worthy to give thanks to God's name.

CHAPTER 122

5 The Divine Presence rested in Jerusalem, because the seats of justice-where the highest court would sit-were there, as well as the thrones³ of the House of David, where the Jewish kings- the royal descendants of King David-would sit.

6 Therefore, my fellows in exile, pray for the peace of Jerusalem so that it may be rebuilt once more. Jerusalem! May those who love have peace. you 7 Jerusalem! May there be peace within your walls and calm within your palaces.

8 Not only for my own sake, but also for the sake of my brothers and friends in exile, I speak and pray for peace within you. 9 And for the sake of the house of the Lord, our God, that will be built there, I ask for goodness for you.

CHAPTER 150

IN THE FINAL CHAPTER, KING DAVID SAYS THE WORD "PRAISE" GOD THIRTEEN TIMES, CORRESPONDING TO GOD'S THIRTEEN ATTRIBUTES OF MERCY. THE CONCLUDING VERSE MENTIONS THAT THE ENTIRE SOUL SHOULD PRAISE GOD. KING DAVID WAS AFFIRMING THAT ALL THE PRAISES HE SAID THROUGHOUT PSALMS WERE NOT SUPERFICIAL; RATHER, THEY CAME FROM DEEP WITHIN-HIS ENTIRE SOUL WAS TRULY INVOLVED IN THE PRAISES OF GOD

הַלְלוּהוּ | הַלְלוּ-אֱלֹהֵי בְרָקִיעַ עִזּוֹ:
 הַלְלוּהוּ בַּגְּבוּרָתוֹ הַלְלוּהוּ כְּרַב אֲדָלוֹ:
 הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר הַלְלוּהוּ בַּנְּבִל וּכְנֹר:
 הַלְלוּהוּ בְּתֶרֶף וּמְחוֹל הַלְלוּהוּ בַּמִּנִּים וְעָגָב:
 הַלְלוּהוּ בְּצִלְצְלֵי-שִׁמְעַ הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:
 כָּל הַנְּשֵׁמָה תְהַלֵּל יְהוָה הַלְלוּהוּ:

1 Praise God! Angels in His holy surroundings, praise God! Praise Him in the highest of the heavens, where He shows His strength by controlling the universe's orbit.

2 Praise Him by speaking about His mighty acts. Praise Him in the way His plentiful greatness should be praised-through music and song.

3 Praise Him with the sounding of the shofar. Praise Him with musical instruments like the lyre and the harp.

4 Praise Him by playing the drum³ and dancing. Praise Him with stringed instruments and the flute.

5 Praise Him with the loud sound of cymbals. Praise Him with the clanging sound of cymbals.

6 Every creation that has a soul should praise God! All of you, praise God!

PRAYERS FOR THOSE IN CAPTIVITY

אחינו כל בית ישראל,
הנתונים בצרה ובשביה,
העומדים בין בים ובין ביבשה,
המקום ירחם עליהם,
ויציאם מצרה לרוחה, ומאפלה לאורה,
ומשעבוד לגאלה, השתא בעגלא ובזמן קריב.

Our brothers, all the house of Israel,
who are in confinement, or captivity,
whether they abide on the sea or on the dry land:

May the God have compassion for them,
and bring them forth from confinement to freedom,
and from darkness to light, and from enslavement to
redemption,

Now, speedily and at a near time.

PRAYERS FOR THE IDF

הַקְדוֹשׁ בְּרוּךְ הוּא יִשְׁמַר וְיַצִּיל אֶת חַיְלֵינוּ
מִכָּל צָרָה וְצוּקָה וּמִכָּל נֶגַע וּמַחֲלָה
וְיִשְׁלַח בְּרָכָה וְהַצְלָחָה בְּכָל מַעֲשֵׂה יָדֵיהֶם.

יְדַבֵּר שׁוֹנְאֵינוּ תַחְתֵּיהֶם
וְיַעֲטֵרֵם בְּכֹתֵר יְשׁוּעָה וּבְעֵטְרַת נְצַחוֹן
וְיִקְרֵם בָּהֶם הַכְּתוּב
כִּי ה' אֱלֹהֵיכֶם
הֵהָלַךְ עִמָּכֶם לְהִלָּחֵם לָכֶם עִם אֹיְבֵיכֶם
לְהוֹשִׁיעַ אֶתְכֶם: **(דְּבָרִים כ:ד)**
וְנֹאמַר אָמֵן:

מִי שִׁבְרָךְ אֲבוֹתֵינוּ אֲבָרְהָם יִצְחָק וְיַעֲקֹב
הוּא יְבָרֵךְ אֶת חַיְלֵי צְבָא הַגְּנָה לְיִשְׂרָאֵל,
הַעוֹמְדִים עַל מִשְׁמַר אֶרְצֵנוּ וְעָרֵי אֱלֹהֵינוּ
מִגְּבוּל הַלְּבָנוֹן וְעַד מִדְּבַר מִצְרַיִם
וּמִן הַיָּם הַגָּדוֹל עַד לְבוֹא הָעֶרְבָה
בְּיַבְשָׁה בְּאֵוִיר וּבַיָּם.

יְתֵן ה' אֶת אוֹיְבֵינוּ הַקְּמִים עָלֵינוּ
נִגְפִים לְפָנֵיהֶם.

May the One who blessed our forefathers Avraham, Yitsḥaq, and Yaaqov,
bless the soldiers of the Israel Defense Forces,
who stand guard over our land and the cities of our elo'ah,
from the border of Lebanon to the desert of Egypt,
and from the Great Sea to the Aravah,
on land, in the air, and on the sea.

May Hashem cause the enemies who rise up against us
to be struck down before them.

May the blessed Holy One preserve and rescue our soldiers
from every trouble and distress and from every plague and illness,
and may God send blessing and success in their every endeavor.

May [Hashem] cause our enemies to submit before our soldiers,
and grant them salvation and crown them with victory.

And may there be fulfilled for them the verse:

"For it is Hashem your elo'ah,
who goes with you to battle your enemies for you
to save you," (Deuteronomy 20:4)
and let us say, Amen.

PRAYERS FOR THE LAND OF ISRAEL

אבינו שבשמים, צור ישראל וגואלו,
 בָּרַךְ אֶת אֶרֶץ יִשְׂרָאֵל. הֲגֵן עָלֶיהָ בְּאַבְרַת חֶסֶדְךָ,
 וּפְרֹשׁ עָלֶיהָ סִכַּת שְׁלוֹמְךָ,
 וְשַׁלַּח אוֹרֶךָ וְאַמְתָּךְ לְרֵאשִׁיחַהּ, שְׂרִיחַהּ וְיוֹעֲצִיהָ,
 וְתִקְנֵם בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ.
 חֲזֵק אֶת יְדֵי מַגְנֵי אֶרֶץ קִדְשֵׁנוּ,
 וְהַנְחִילֵם אֱלֹהֵינוּ יְשׁוּעָה
 וְעֲטֹרַת נֶצְחוֹן תַּעֲטֹרֵם,
 וְנִתַּת שְׁלוֹם בְּאֶרֶץ, וְשִׁמְחַת עוֹלָם לְיוֹשְׁבֵיהָ.
 וְאֶת אַחֲיוֹנוּ כָּל בֵּית יִשְׂרָאֵל,
 פִּקְדוֹ נָא בְּכָל אַרְצוֹת פְּזוּרֵיהֶם,
 וְתוֹלִיכִים מְהֵרָה קוֹמְמִיזֵת לְצִיּוֹן עִירְךָ
 וְלִירוּשָׁלַיִם מְשֻׁכָּן שְׁמֶךָ,
 כְּכַתּוּב בְּתוֹרַת מֹשֶׁה עַבְדְּךָ
 "אִם יְהִיֶּה נִדְחָךְ בְּקִצֵּה הַשָּׁמַיִם,
 מִשָּׁם יִקְבְּצֶךָ !! אֱלֹהֶיךָ וּמִשָּׁם יִקְחֶךָ.
 וְהִבִּיאֶךָ !! אֱלֹהֶיךָ אֶל הָאָרֶץ אֲשֶׁר יְרָשׁוּ אֲבוֹתֶיךָ וִירְשֶׁתָּהּ,
 וְהִיטִבְךָ וְהִרְבֶּךָ מֵאֲבוֹתֶיךָ.
 וּמַל !! אֱלֹהֶיךָ אֶת לִבְבְּךָ וְאֶת לִבְבֵי זֵרְעֶךָ,
 לְאַהֲבָה אֶת !! אֱלֹהֶיךָ בְּכָל לִבְבְּךָ וּבְכָל נַפְשְׁךָ,
 לְמַעַן חַיֶּיךָ".
 וַיַּחַד לְבַבְנוּ לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ,
 וְלִשְׁמֹר אֶת כָּל דְּבָרֶיךָ תּוֹרַתְךָ,
 וְשַׁלַּח לָנוּ מְהֵרָה בֶּן דָּוִד מְשִׁיחַ צִדְקֶךָ,
 לְפָדוֹת מַחְכֵי קֶץ יְשׁוּעֶתְךָ.
 הוֹפֵעַ בְּהַדָּר גָּאוֹן עֲזָרְךָ
 עַל כָּל יוֹשְׁבֵי תְּבֵל אֶרֶץְךָ,
 וַיֹּאמֶר כָּל אֲשֶׁר נִשְׁמָה בְּאִפּוֹ:
 "!! אֱלֹהֵי יִשְׂרָאֵל מְלֶךְ,
 וּמַלְכוּתוֹ בְּכָל מְשָׁלָה!"
 אָמֵן סְלָה.

PRAYERS FOR THE LAND OF ISRAEL

Our Father in Heaven, Rock and Redeemer of Israel, bless the land of Israel. Shield it with Your lovingkindness, envelop it in Your peace, and bestow Your light and truth upon its leaders, ministers, and advisors, and grace them with Your good counsel. Strengthen the hands of those who defend our holy land, grant them deliverance, and adorn them in a mantle of victory. Ordain peace in the land and grant its inhabitants eternal happiness.

Lead them, swiftly and upright, to Your city Zion and to Jerusalem, the abode of Your Name, as is written in the Torah of Your servant Moses: "Even if your outcasts are at the ends of the world, from there the Lord your God will gather you, from there He will fetch you. And the Lord your God will bring you to the land that your fathers possessed, and you shall possess it; and He will make you more prosperous and more numerous than your fathers." Draw our hearts together to revere and venerate Your name and to observe all the precepts of Your Torah, and send us quickly the Messiah son of David, agent of Your vindication, to redeem those who await Your deliverance.

Manifest yourself in the splendor of Your boldness before the eyes of all inhabitants of Your world, and may everyone endowed with a soul affirm that the Lord, God of Israel, is king and his dominion is absolute.

Amen forevermore.

SUGGESTED CHARITIES

Charity averts the severity of the decree

At times like this we must support Israel physically and monetarily, below is a list some of the many worthy organizations to donate to at this time.

All these links have been fully vetted.

Mobile Surgery Unit
to Magen David Edom
in memory of Sigal Bar Weizmann

NDG Israel Fund

Israel's largest food pantry



Supporting Terror Victims

FIDF

United Hatzalah



MAY ALL OF OUR
PRAYERS BE
ANSWERED!