

Introduction

Sickness is a time for reflection and prayer. In the midst of our travail, we seek closeness with God as we beseech for mercy, for ourselves and our loved ones. The Psalms selected below are traditionally read in times of illness. Ideally, they should be recited with great concentration and accompanied by a commitment to doing good deeds and donating charity. There is no minimum or maximum amount of times to recite these Psalms. The most important thing is that they are heartfelt.

**Psalms Chapter 6**

We cry out from emotional and physical pain. Yet we gain comfort and hope by reminding ourselves of God's loving kindness and His power to heal.

*being is stricken with terror, while You, Lord - how long!! Lord, turn! Rescue me! Deliver me as befits Your faithfulness. For there is no praise of You among the dead; in Sheol, who can acclaim You? I am weary with groaning; every night I drench my bed, I melt my couch in tears. My eyes are wasted by vexation, worn out because of all my foes. Away from me, all you evildoers, for God heeds the sound of my weeping. God heeds my plea, God accepts my prayer. All my enemies will be frustrated and stricken with terror; they will turn back in an instant, frustrated.*

**For the leader;** with instrumental music on the sheminith. A psalm of David. Lord, do not punish me in anger, do not chastise me in fury. Have mercy on me, Lord, for my bones shake with terror. My whole

לְמִנְצַח בְּנִגְיֹנוֹת עַל־הַשְּׁמִינִית מִזְמוֹר  
לְדָוִד: י-הוה אֵל-בְּאֶפְסָף תּוֹכִיחֵנִי וְאֵל-  
בְּחַמְתְּךָ תִּיַסְרֵנִי: חֲנִינִי-י-הוה כִּי אֶמְלַל  
אָנֹכִי רָפְאַנִי י-הוה כִּי נִבְהַלּוּ עֵצָמַי:  
וְנַפְשִׁי נִבְהַלָּה מְאֹד וְאַתָּה י-הוה  
עַד־מָתַי: שׁוּבָה י-הוה חֲלָצָה נַפְשִׁי  
הוֹשִׁיעֵנִי לְמַעַן חֲסִדְךָ: כִּי אֵין בַּמָּוֹת  
זְכָרְךָ בְּשָׂאוֹל מִי יוֹדֶה־לְךָ: יְגַעַתִּי  
בְּאַנְחָתִי אֲשַׁחָה בְּכָל־לַיְלָה מִטְּתִי  
בְּדַמְעָתִי עֲרָשִׁי אֲמַסָּה: עֲשֵׂשָׁה  
מִכַּעַס עֵינַי עֲתָקָה בְּכָל־צוֹרְרֵי: סוּרוּ  
מִמֶּנִּי כָל־פְּעֻלֵי אָוֶן כִּי־שָׁמַע י-הוה  
קוֹל בְּכִי: שָׁמַע י-הוה תַּחֲנֻנָּתִי י-הוה  
תִּפְלְתֵנִי יִקַּח: יִבְשׁוּ וְיִבְהַלּוּ מְאֹד כָּל־  
אֲיֵבֵי יִשְׁבּוּ וְיִבְשׁוּ רַגְעַ: (תהלים ו)

**Psalms Chapter 13**

In difficult times, we are filled with questions about suffering. We wonder if our despair will ever end. Nonetheless, we are certain that even in these darkest moments, God is with us.

*Lord my God! Restore the luster to my eyes, lest I sleep the sleep of death; lest my enemy say, "I have overcome him," my foes exult when I totter. But I trust in Your faithfulness, my heart will exult in Your deliverance. I will sing to God, who has been good to me.*

**For the leader. A psalm of David.** How long, Lord; will You ignore me forever? How long will You hide Your face from me? How long will I have cares on my mind, grief in my heart all day? How long will my enemy have the upper hand? Look at me, answer me,

לְמִנְצַח מִזְמוֹר לְדָוִד: עַד־אָנָּה י-הוה  
תִּשְׁכַּחֵנִי נֶצַח עַד־אָנָּה תִּסְתִּיר  
אֶת־פְּנֵיךָ מִמֶּנִּי: עַד־אָנָּה אֲשִׁית  
עֲצוֹת בְּנַפְשִׁי יְגוֹן בְּלִבִּי יוֹמָם עַד־  
אָנָּה יְרוּם אֲיֵבֵי עָלַי: הִבִּיטָה עֵינַי  
י-הוה אֶל־לִהִי הָאִירָה עֵינַי פְּרֹאֲיִשׁוֹן  
הַמָּוֹת: פְּרֹאֲיָאֵמֶר אֲיֵבֵי יִקְלְתִּיו  
צָרִי יִגִּילוּ כִּי אָמוּט: וְאָנֹכִי בְּחֲסִדְךָ  
בְּטַחְתִּי יִגַּל לְבִי בִישׁוּעָתְךָ אֲשִׁירָה  
לִי-הוה כִּי גָמַל עָלַי: (תהלים יג)

**Psalms Chapter 20**

A call for help in a time of distress. The obstacles are great, yet Yaakov's God can still provide salvation.

*sending you help from the sanctuary, and sustaining you from Zion. May [God] receive the tokens of all your grain offerings, and approve your burnt offerings. Selah. May your desire be granted, your every plan fulfilled. May we shout for joy in your victory, arrayed by standards in the name of our God. May God fulfill your every wish. Now I know that God will give victory to our anointed one, will answer him from the heavenly sanctuary with the mighty victories of God's right arm. They [call] on chariots, they [call] on horses, but we call on the name of the Eternal our God. They collapse and lie fallen, but we rally and gather strength. Lord, grant victory to the king; may [God] answer us when we call.*

**For the leader. A psalm of David.** *May God answer you in time of trouble, the name of Jacob's God keep you safe—*

לְמַנְצַח מִזְמוֹר לְדָוִד: יַעֲנֶךָ י-הוה בַּיּוֹם  
צָרָה יִשְׁגָּבְךָ שֵׁם אֱ-לֹהֵי יַעֲקֹב: יִשְׁלַח־עֲזָרְךָ  
מִקֹּדֶשׁ וּמִצִּיּוֹן יִסְעָדְךָ: יִזְכֹּר כָּל־מִנְחֹתֶיךָ  
וְעוֹלֹתֶיךָ יְדַשְׁנָה סֶלָה: יִתְוַלֵּךְ כָּל־בָּבֶרְךָ  
וְכָל־עֲצָתְךָ יִמְלֵא: נִרְנְנָה בִּישׁוּעָתְךָ וּבְשֵׁם  
אֱ-לֹהֵינוּ נִדְגַל יִמְלֵא י-הוה כָּל־שְׂאֵלוֹתֶיךָ:  
עֲתָה יְדַעְתִּי כִּי הוֹשִׁיעַ י-הוה מְשִׁיחוֹ  
יַעֲנֶהוּ מִשְׁמֵי קֹדֶשׁוֹ בְּגִבְרוֹת יִשַׁע יְמִינוֹ:  
אֱלֹהֵי בָרֶכֶב וְאֱלֹהֵי בַסּוּסִים וְאַנְחֵנוּ בְּשֵׁם  
י-הוה אֱ-לֹהֵינוּ נִזְכִּיר: הִמָּה כָּרְעוּ וְנָפְלוּ  
וְאַנְחֵנוּ קָמְנוּ וְנִתְעוֹדֵד: י-הוה הוֹשִׁיעָה  
הַמְלִיךָ יַעֲנֵנוּ בַּיּוֹם־קָרְאָנוּ: (תהלים כ)

**Psalms Chapter 22**

Sometimes we feel despair. We might even feel ashamed for holding on to hope in God. Yet we recall the faith of our ancestors and gain inspiration from their belief. We pledge to praise God at the time of our redemption and to pass on this belief to the next generation.

*One, enthroned, the Praise of Israel. In You our ancestors trusted; they trusted, and You rescued them. To You they cried out and they escaped; in You they trusted and were not disappointed. But I am a worm, less than human; scorned by everyone, despised by people. All who see me mock me; they curl their lips, they shake their heads. "Let him commit himself to God; let [God] rescue him, let [God] save him, for [God] is pleased with him." You drew me from the womb, made me secure at my mother's breast. I became Your charge at birth; from my mother's womb You have been my God. Do not be far from me, for trouble is near, and there is none to help. Many bulls surround me, mighty ones of Bashan encircle me. They open their mouths at me like tearing, roaring lions. My life ebbs away: all my bones are disjointed; my heart is like wax, melting within me; my vigor dries up like a shard; my*

**For the leader; on ayyeleth ha-shahar. A psalm of David.** *My God, my God, why have You abandoned me; why so far from delivering me and from my anguished roaring? My God, I cry by day—You answer not; by night, and have no respite. But You are the Holy*

לְמַנְצַח עַל־אֵילַת הַשָּׁחַר מִזְמוֹר לְדָוִד:  
אֱ-לֹהֵי אֱ-לֹהֵי לָמָּה עֲזַבְתָּנִי רְחוֹק מִישׁוּעָתִי  
דַּבְּרִי שְׂאֵגָתִי: אֱ-לֹהֵי אֶקְרָא יוֹמָם וְלַיְלָה  
תַּעֲנֵה וְלִילָה וְלֹא־דוֹמִיָּה לִי: וְאַתָּה קְדוֹשׁ  
יוֹשֵׁב תְּהִלּוֹת יִשְׂרָאֵל: בָּךְ בָּטְחוּ אֲבֹתֵינוּ  
בָּטְחוּ וַתַּפְלִטֵמוּ: אֶלֶיךָ זָעַקוּ וְנִמְלְטוּ בָּךְ  
בָּטְחוּ וְלֹא־בֹשׁוּ: וְאַנְכִּי תוֹלַעַת וְלֹא־אִישׁ  
חַרְפַּת אָדָם וּבְזוּי עָם: כָּל־רֹאִי יִלְעָגוּ לִי  
יַפְטִירוּ בְּשִׁפְהָ יִנְיֵעוּ רֹאשׁ: גַּל אֶל י-הוה  
יַפְלִטֵהוּ יַצִּילֵהוּ כִּי חָפֵץ בּוֹ: כִּי־אַתָּה  
גַּחֵי מִבְּטֹן מִבְּטִיחֵי עַל־שִׁדֵּי אֲמִי: עֲלִיךָ  
הִשְׁלַכְתִּי מִרְחֹם מִבְּטֹן אֲמִי אֱ-לֹהֵי אֲתָה:  
אֶל־תִּרְחַק מִמֶּנִּי כִּי־צָרָה קְרוּבָה כִּי־אִין  
עוֹזֶר: סָבְבוּנִי פָּרִים רַבִּים אֲבִירֵי בָשָׁן  
כְּתֵרוּנִי: פָּצוּ עָלַי פִּיהֶם אֲרִיֵה טָרֶף וְשֹׂאֵג:  
כַּמִּים נִשְׁפַּכְתִּי וְהִתְפָּרְדוּ כָּל־עֲצָמוֹתַי הִיָּה  
לִבִּי כַּדּוֹנָג נִמַּס בְּתוֹף מַעֵי: יָבֵשׁ כַּחֲרָשׁ  
כַּחֵי וּלְשׁוֹנֵי מִדְּבַק מִלְּקוֹחֵי וְלַעֲפַר־מֹת  
תִּשְׁפָּתֵנִי: כִּי סָבְבוּנִי כָּל־בָּיִם עַד־תִּמְרָעִים  
הַקִּיפוּנִי כָּאֵרִי יְדֵי וְרֹגְלֵי:

*tongue cleaves to my palate; You commit me to the dust of death. Dogs surround me; a pack of evil ones closes in on me, like lions [they maul] my hands and feet. I take the count of all my bones while they look on and gloat. They divide my clothes among themselves, casting lots for my garments. But You, Lord, be not far off; my strength, hasten to my aid. Save my life from the sword, my precious life from the clutches of a dog. Deliver me from a lion's mouth; from the horns of wild oxen rescue me. Then will I proclaim Your fame to my kin, praise You in the congregation. You who fear God, give praise! All you offspring of Jacob, show honor! Be in dread, all you offspring of Israel! For [God] did not scorn, and did not spurn, the plea of anyone lowly; [God] did not turn away from them; when they cried out, [God] listened. Because of You I offer praise in the great congregation; I pay my vows in the presence of God's worshipers. Let the lowly eat and be satisfied; let all who seek God give praise. Always be of good cheer! Let all the ends of the earth pay heed and turn to God, and the peoples of all nations prostrate themselves before You; for sovereignty is God's, who rules the nations. All those in full vigor shall eat and prostrate themselves; all those at death's door, whose spirits flag, shall bend the knee in submission. Offspring shall serve [God]; the Sovereign's fame shall be proclaimed to the generation to come; they shall tell of the beneficence to people yet to be born, for [God] has acted.*

**Psalms Chapter 23**

Life's journey inevitably takes us through the valley of the shadow of death. God's presence is a source of revival, comfort, guidance, and kindness.

**A Psalm of David.** *God is my shepherd; I lack nothing. He makes me lie down in green pastures, and leads me to still water — renewing my life, guiding me in the right paths as befits the divine name. Though*

*I walk through the valley of the shadow of death, I fear no harm, for You are with me; Your rod and Your staff—they comfort me. You spread a table for me in full view of my enemies; You anoint my head with oil; my drink is abundant. Only goodness and steadfast love shall pursue me all the days of my life, and I shall dwell in God's house for many long years.*

אֶסְפֹּר כָּל־עֲצָמוֹתַי הִמָּה יִבִּיטוּ יְרֵאוּ  
בִּי: יִחַלְקוּ בְּגֹדֵי לֵהֶם וְעַל־לְבוּשֵׁי יַפְּיָלוּ  
גּוֹרֵל: וְאַתָּה י-הוה אֶל־תִּרְחַק אֶיְלוּתֵי  
לְעֲזָרְתִּי חוֹשֶׁה: הַצִּילָה מִחֶרֶב נַפְשִׁי  
מִיַּד־כָּלֵב יַחֲדָתִי: הוֹשִׁיעֵנִי מִפִּי אֲרִי־הָ  
וּמִקַּרְנֵי רַמִּים עֲנִיתָנִי: אֶסְפָּרָה שְׁמֶךָ  
לְאַחֵי בְּתוֹךְ קַהֵל אֲהַלְלֶךָ: יְרֵאֵי י-הוה  
הִלְלוּהוּ כָּל־זֶרַע יַעֲקֹב בְּבִדּוּהוּ וְגוּרוֹ  
מִמֶּנּוּ כָּל־זֶרַע יִשְׂרָאֵל: כִּי לֹא־בָזָה וְלֹא  
שָׁקַץ עֲנוּת עֲנִי וְלֹא־הִסְתִּיר פָּנָיו מִמֶּנּוּ  
וּבְשִׁוּעוֹ אֱלֹוֵ שָׁמַע: מֵאַתָּה תִּהְלָתִי  
בְּקַהֵל רַב נְדָרֵי אֲשַׁלֵּם נֶגֶד יְרֵאֵיו:  
יֹאכְלוּ עֲנוּיִם וְיִשְׂבְּעוּ יִהְלְלוּ י-הוה  
דֹרְשׁוּ יַחֲי לְבַבְכֶם לְעַד: יִזְכְּרוּ וְיִשְׁבּוּ  
אֵל י-הוה כָּל־אֲפֹסֵי־אָרֶץ וְיִשְׁתַּחֲווּ  
לְפָנֶיךָ כָּל־מִשְׁפָּחוֹת גּוֹיִם: כִּי לִי־הוה  
הַמְּלוּכָה וּמִשַׁל בְּגוֹיִם: אֲכָלוּ וְיִשְׁתַּחֲווּ  
כָּל־דְּשֻׁנֵי־אָרֶץ לְפָנָיו יִכְרְעוּ כָּל־יֹרְדֵי  
עֶפְרָ וְנִפְשׁוּ לֹא חַיָּה: זֶרַע יַעֲבֹדְנּוּ יִסְפָּר  
לֹא־דָנִי לְדוֹר: יִבְאוּ וְיִגִּידוּ צְדָקְתוֹ לְעַם  
נוֹלָד כִּי עָשָׂה: (תהלים כב)

מִזְמוֹר לְדָוִד י-הוה רֵעִי לֹא אֶחָסֵר:  
בְּנֵאוֹת דָּשָׁא יִרְבִּיצֵנִי עַל־מֵי מִנְחוֹת  
יִנְהַלְנִי: נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק  
לְמַעַן שְׁמוֹ: גַּם כִּי־אֵלֶךְ בְּגֵיא צִלְמוֹת  
לֹא־אִירָא רַע כִּי־אַתָּה עִמָּדִי שְׁבֻטְךָ  
וּמִשְׁעַנְתְּךָ הִמָּה יִנְחַמְנִי: תַּעֲרֹךְ לְפָנָי  
שִׁלְחוֹ נֶגֶד צַרְרֵי דִשְׁנָתְ בִּשְׁמוֹן רֹאשִׁי  
כּוֹסֵי רִנָּה: אַךְ טוֹב וְחֶסֶד יִרְדְּפוּנִי  
כָּל־יְמֵי חַיִּי וְשִׁבְתִּי בְּבַיִת י-הוה לְאָרֶץ  
יְמִים: (תהלים כג)

**Psalms Chapter 30**

A prayer of thanksgiving, recalling the fears of illness and the hopes for salvation.

*and not let my enemies rejoice over me. my Eternal God, I cried out to You, and You healed me. Lord, You brought me up from Sheol, preserved me from going down into the Pit. you faithful of God, sing out, and praise the holy name. For [God] is angry but a moment, and when pleased, there is life. One may lie down weeping at nightfall; but at dawn there are shouts of joy. When I was untroubled, I thought, "I shall never be shaken," for You, Lord, when You were pleased, made [me] firm as a mighty mountain. When You hid Your face, I was terrified. I called to You, Lord; to my Sovereign I made appeal, "What is to be gained from my death, from my descent into the Pit? Can dust praise You? Can it declare Your faithfulness? Hear, Lord, and have mercy on me; Lord, be my help!" You turned my lament into dancing, you undid my sackcloth and girded me with joy, that [my] whole being might sing hymns to You endlessly; my Eternal God, I will praise You forever.*

**A psalm of David.** A song for the dedication of the House. I extol You, Lord, for You have lifted me up,

**Psalms Chapter 121**

We can find solace from God's constant love and vigilance, just as a child finds comfort knowing that their parents are always watching over them. We find reassurance under the shelter of divine guardianship.

*the guardian of Israel neither slumbers nor sleeps! God is your Guardian, God is your protection at your right hand. By day the sun will not strike you, nor the moon by night. God will guard you from all harm, and will guard your life. God will guard your going and coming now and forever.*

**A song for ascents.** I turn my eyes to the mountains; from where will my help come? My help comes from God, maker of heaven and earth. [God] will not let your foot give way; your guardian will not slumber. See, the

מִזְמוֹר שִׁיר־חֲנֻכַּת הַבַּיִת לְדָוִד: אֲרוֹמְמֶךָ  
י-הוה כִּי דָלִיתַנִּי וְלֹא־שָׁמַחַת אֵיבֵי לִי:  
י-הוה אֶ-לֹהֵי שְׁוַעֲתֵי אֱלֹהֵי וַתִּרְפְּאֵנִי:  
י-הוה הֶעֱלִית מִן־שָׂאוֹל נַפְשִׁי חַיִּיתִנִּי  
מִיָּרְדֵי־בוֹר: זָמְרוּ לִי-הוה חֲסִידָיו וְהוֹדוּ  
לְזָכָר קִדְשׁוֹ: כִּי רָגַע בָּאֶפֶס חַיִּים בְּרַצוֹנִי  
בְּעָרֵב יָלִין בְּכִי וְלִבְקָר רָנָה: וְאֲנִי אֶמְרָתִי  
בְּשִׁלְוֵי בַל־אֶמוּט לְעוֹלָם: י-הוה בְּרַצוֹנְךָ  
הֶעֱמַדְתָּה לְהַרְרִי עַז הַסִּתְרָתְךָ פָּנֶיךָ הִיִּיתִי  
נִבְהַל: אֱלֹהֵי י-הוה אֶקְרָא וְאֶל אֶ-דָּנְךָ  
אֶתְחַנֵּן: מִה־בְּצַע בְּדַמִּי בְּרַדְתִּי אֶל־שַׁחַת  
הַיּוֹדֶךָ עֶפֶר הַיְגִיד אֶמְתָּךְ: שְׁמַע י-הוה  
וְחַנּוּנִי י-הוה הִיִּהֶעֱזָר לִי: הַפְּכֶת מִסְפְּדֵי  
לְמַחוּל לִי פִתְחָת שָׁקִי וַתֹּאזְרֵנִי שְׁמַחָה:  
לְמַעַן יִזְמְרָךְ כְּבוֹד וְלֹא יָדָם י-הוה  
אֶ-לֹהֵי לְעוֹלָם אֲוֹדְךָ: (תהלים ל)

שִׁיר לַמַּעֲלוֹת אֲשָׁא עֵינַי אֶל־הַהָרִים  
מֵאֵין יָבֵא עֲזָרִי: עֲזָרִי מֵעַם י-הוה עֲשֵׂה  
שָׁמַיִם וָאָרֶץ: אֶל־יִתְּנֵן לְמוֹט רַגְלְךָ אֶל־יְנוּם  
שְׁמֶרְךָ: הִנֵּה לֹא־יְנוּם וְלֹא יִישָׁן שׁוֹמֵר  
יִשְׂרָאֵל: י-הוה שְׁמֶרְךָ י-הוה צִלְךָ עַל־  
יָד יְמִינְךָ: יוֹמָם הַשֶּׁשֶׁשׁ לֹא־יִכְפֹּה וְיָרַח  
בְּלִילָה: י-הוה יִשְׁמְרָךְ מִכָּל־רָע וְיִשְׁמֹר אֶת־  
נַפְשְׁךָ: י-הוה שְׁמֹר־צִאֲתְךָ וּבּוֹאֶךָ מֵעַתָּה  
וְעַד־עוֹלָם: (תהלים קכא)

**Psalms Chapter 130**

A person cries from the depths of despair, seeking God's mercy and forgiveness amidst suffering. Despite the darkness, the Psalm offers hope, comparing the anticipation of God's intervention to the watchful wait for the sunrise.

*the power to forgive so that You may be held in awe. I look to God; my whole being is looking; I await God's word. I am more eager for my Sovereign than guards for the morning, guards for the morning. Israel, wait for God; for with God is steadfast love and great power to redeem. It is this One who will redeem Israel from all their iniquities.*

**A song of ascents.** *Out of the depths I call You, Lord. my Sovereign, hear my cry; let Your ears be attentive to my plea for mercy. If You keep account of sins, God, my Sovereign, who will survive? Yours is*

שִׁיר הַמַּעֲלוֹת מִמַּעַמְקִים קָרָאתִיךָ  
י-הוה: אֲ-דָנִי שְׁמָעָה בְּקוֹלִי תִהְיֶינָה  
אֲזַנֶּיךָ קְשׁוּבוֹת לְקוֹל תַּחֲנוּנָי: אִם-עֲוֹנוֹת  
תִּשְׁמַר י-ה אֲ-דָנִי מִי יַעֲמֹד: כִּי-עָמַד  
הַסְּלִיחָה לְמַעַן תִּגְרָא: קוֹיֵתִי י-הוה  
קוֹיֵתָה נַפְשִׁי וְלִדְבָרוֹ הוֹחֲלֵתִי: נַפְשִׁי  
לֹא-דָנִי מִשְׁמָרִים לְבַקֵּר שְׁמָרִים לְבַקֵּר:  
יחל יִשְׂרָאֵל אֶל י-הוה כִּי-עַם י-הוה  
הַחֲסֵד וְהַרְבֵּה עֲמוֹ פְדוֹת: וְהוּא יַפְדֶּה  
אֶת-יִשְׂרָאֵל מִכָּל עֲוֹנוֹתָיו: (תהלים קל)

**Psalms Chapter 142**

During illness, we can feel lonely, even if we are not alone. We call out to God for comfort and salvation.

*complaint directly; I recount my tale of trouble when my spirit fails within me. You know my course; they have laid a trap in the path I walk. Look at my right and see— I have no friend; there is nowhere I can flee, no one cares about me. So I cry to You, Lord; I say, “You are my refuge, all I have in the land of the living.” Listen to my cry, for I have been brought very low; save me from my pursuers, for they are too strong for me. Free me from prison, that I may praise Your name. The righteous shall glory in me for Your gracious dealings with me.*

**A Maskil of David;** *while he was in the cave. A prayer. I cry aloud to God; I appeal to God loudly for mercy. I pour out my*

מִשְׁכִּיל לְדָוִד בְּהִיּוֹתוֹ בַּמַּעְרָה תִּפְלָה:  
קוֹלִי אֶל-י-הוה אֲזַעַק קוֹלִי אֶל-י-הוה  
אֶתְחַנֵּן: אֲשַׁפֵּךְ לִפְנֵי שִׁיחֵי צָרָתִי לִפְנֵי  
אֱלֹהִים: בְּהִתְעַטֵּף עָלַי רוּחִי וְאַתָּה יִדְעָתָה  
נִתִּיבָתִי בְּאַרְחֵזוֹ אֶהְלֵךְ טָמְנוּ כַּח לִי:  
הִבִּיט יָמִין וּרְאֵה וְאִי-וֹלִי מִכִּיר אֲבָד  
מְנוּס מִמְּנִי אִין דּוֹרֵשׁ לְנַפְשִׁי: זַעֲקוֹתַי  
אֶלֶיךָ י-הוה אֶמְרָתִי אַתָּה מַחְסֵי חֲלָקִי  
בְּאַרְץ הַחַיִּים: הַקְּשִׁיבָה אֶל-רִנָּתִי כִּי  
דְלוֹתִי מְאֹד הַצִּילֵנִי מִרְדְּפֵי כִּי אֲמָצוּ  
מִמְּנִי: הוֹצִיאָה מִמִּסְגָּר נַפְשִׁי לְהוֹדוֹת  
אֶת-שִׁמְךָ בִּי יִכְתְּרוּ צַדִּיקִים כִּי תִגְמַל  
עָלַי: (תהלים קמב)

Psalms 38, 41, 86, 88, 102, 103, and 119 are also customarily recited during times of illness.

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