



Introduction

The following Psalms are recited in times of illness in addition to the more commonly recited Psalms of 6, 13, 20, 22, 23, 30, 121, 130, and 142. Those Psalms can be found in the other Tehilim for Refuah supplement which can be downloaded on our website.

Psalms Chapter 38

A deeply emotional and personal plea for mercy, healing, and forgiveness. In this Psalm, we find a voice for our suffering as well as a source of comfort.

A psalm of David. Le hazkir.

Lord, do not punish me in wrath; do not chastise me in fury. For Your arrows have struck me; Your blows have fallen upon me. There is no soundness in my flesh because of Your rage, no wholeness in my bones because

of my sin. For my iniquities have overwhelmed me; they are like a heavy burden, more than I can bear. My wounds stink and fester because of my folly. I am all bent and bowed; I walk about in gloom all day long. For my sinews are full of fever; there is no soundness in my flesh. I am all benumbed and crushed; I roar because of the turmoil in my mind. My Sovereign, You are aware of all my entreaties; my groaning is not hidden from You. My mind reels; my strength fails me; my eyes too have lost their luster. My friends and companions stand back from my affliction; my kin stand far off. Those who seek my life lay traps; those who wish me harm speak malice; they utter deceit all the time. But I am like the deaf, unhearing, like the mute who cannot speak up; I am like one who does not hear, whose mouth has no retort. But I wait for You, Lord; You will answer, my Sovereign, my God. For I fear they will rejoice over me; when my foot gives way they will vaunt themselves against me. For I am on the verge of collapse; my pain is always with me. I acknowledge my iniquity; I am fearful over my sin; for my mortal enemies are numerous; my treacherous foes are many. Those who repay evil for good harass me for pursuing good. Do not abandon me, Lord; my God, be not far from me; hasten to my aid, my Sovereign, my deliverance.

מִזְמוֹר לְדָוִד לְהַזְכִּיר: י-הוה אֶל-בְּקַצְפֶּךָ
תּוֹכִיחֵנִי וּבְחַמְתֶּךָ תִּנְסֶרְנִי: כִּי-חִצֵּיךָ נִחְתּוּ
בִּי וּתְנַחַח עָלַי יָדְךָ: אֵינִי-מִתֵּם בְּבִשְׂרֵי מִפְּנֵי
זַעַמְךָ אֵינִי-שָׁלוֹם בְּעֶצְמִי מִפְּנֵי חַטָּאתִי: כִּי
עֲוֹנֹתַי עָבְרוּ רֹאשִׁי כַּמֶּשֶׁא כְּבֹד יִכְבְּדוּ מִמֶּנִּי:
הִבְאִישׁוּ נִמְקוּ חִבּוּרֹתַי מִפְּנֵי אֲוִלְתִּי: נַעֲוִיתִי
שַׁחֲתִי עַד-מְאֹד כָּל-הַיּוֹם קִדַּר הִלְכָתִי:
כִּי-כִסְלִי מָלְאוּ נִקְלָה וְאִין מִתֵּם בְּבִשְׂרֵי:
נְבוּגוֹתַי וְנִדְכֵיתִי עַד-מְאֹד שָׁאֲגִתִּי מִנְהַמַּת
לְבִי: אֶ-דָּנִי נִגְדַּךְ כָּל-תַּאֲוֹתַי וְאִנְחַתִּי מִמֶּךָ
לֹא-נִסְתַּרְתָּה: לְבִי סָחַרְחַר עָזְבֵנִי כַחֵי וְאוֹר-
עֵינַי גָּסְהֵם אֵין אֲתִי: אֶהְבִּי וְרַעִי מִנְגִּד נִגְעִי
זַעַמְדוֹ וּקְרוּבֵי מִרְחַק עָמְדוּ: וַיִּנְקְשׁוּ מִבְּקָשִׁי
נִפְשִׁי וְדַרְשֵׁי רַעֲתִי דָבְרוּ הַיּוֹת וּמְרֻמוֹת כָּל-
הַיּוֹם יְהַגּוּ: וְאֲנִי כַחֲרַשׁ לֹא אֲשַׁמַּע וּכְאֵלֶם
לֹא יִפְתַּח-פִּי: וְאֶהִי כְּאִישׁ אֲשֶׁר לֹא-שָׁמַע
וְאִין בְּפִי תוֹכְחוֹת: כִּי-לֶךְ י-הוה הוֹחֵלְתִי
אֲתָה תַעֲנֶנָּה אֶ-דָּנִי אֶ-לֶהִי: כִּי-אֲמַרְתִּי פֶן-
יִשְׁמַחֻלִּי בְּמוֹט רַגְלִי עָלַי הִגְדִּילוּ: כִּי-אֲנִי
לְצַלַּע נָכוֹן וּמְכַאוֹבִי נִגְדִי תָמִיד: כִּי-עֲוֹנֵי
אֲגִיד אֲדַאֵג מִחַטָּאתַי: וְאִיִּבִי חַיִּים עָצְמוּ
וְרַבּוּ שִׁנְאֵי שָׁקֵר: וּמִשְׁלָמִי רָעָה תַחַת טוֹבָה
יִשְׁטַנּוּנִי תַחַת (רְדוּפִי) [רְדִפִּי]-טוֹב: אֶל-
תַּעֲזִבֵנִי י-הוה אֶ-לֶהִי אֶל-תִּתְרַחֵק מִמֶּנִּי:
חַיִּשָּׁה לְעֲזָרְתִּי אֶ-דָּנִי תִשׁוּעָתִי: (תהלים לח)



Psalms Chapter 41

Sometimes we feel isolated in illness and forgotten by those around us. This Psalm reminds us to be thoughtful and understanding of each other while reaffirming that God always stands beside us and can lift us up.

enemies. The LORD will sustain him on his sickbed; You shall wholly transform his bed of suffering. I said, "O LORD, have mercy on me, heal me, for I have sinned against You." My enemies speak evilly of me, "When will he die and his name perish?" If one comes to visit, he speaks falsely; his mind stores up evil thoughts; once outside, he speaks them. All my enemies whisper together against me, imagining the worst for me. "Something baneful has settled in him; he'll not rise from his bed again." My ally in whom I trusted, even he who shares my bread, has been utterly false to me. But You, Lord, have mercy on me; let me rise again and repay them. Then shall I know that You are pleased with me: when my enemy cannot shout in triumph over me. You will support me because of my integrity, and let me abide in Your presence forever. Blessed is the LORD, God of Israel, from eternity to eternity. Amen and Amen.

For the leader. A psalm of David.

Happy is he who is thoughtful of the wretched; in bad times may the LORD keep him from harm. May the LORD guard him and preserve him; and may he be thought happy in the land. Do not subject him to the will of his

לְמַנְצַח מְזִמּוֹר לְדָוִד: אֲשֶׁרִי מִשְׁכִּיל אֶלְדָּד
בְּיוֹם רָעָה יְמַלְטָהוּ יְיָ-הוּא: יִשְׁמְרָהוּ
וַיַּחֲיֵהוּ (יֵאשֶׁר) [וְאֲשֶׁר] בְּאֶרֶץ וְאֶל־תִּתְּנָהוּ
בְנִפְשׁ אֲבִיּוֹ: יְיָ-הוּא יִסְעֲדֵנוּ עַל־עֵרֶשׁ דָּוִי כֹּל
מִשְׁכָּבוֹ הִפְכָּת בְּחַלּוֹ: אֲנִי־אֶמְרָתִי יְיָ-הוּא חֲנֻנִי
רַפְּאָה נִפְשִׁי בְּיַחְטָאֲתִי לָךְ: אוֹיְבֵי יֹאמְרוּ רַע
לִי מִתִּי יָמוּת וְאָבָד שְׁמוֹ: וְאִם־בָּא לְרֵאוֹת
שָׂוֵא יִדְבֵר לְבוֹ יִקְבָּץ־אָוֶן לוֹ יֵצֵא לַחוּץ יִדְבֵר:
יַחַד עָלַי יִתְלַחֲשׂוּ כָּל־שֹׁנְאֵי עָלַי יַחֲשָׁבוּ רָעָה
לִי: דְּבַר־בְּלִיעַל צָוֹק בּוֹ וְאֲשֶׁר שָׁכַב לֵאמֹרסִיף
לְקוֹם: גַּם־אִישׁ שְׁלוֹמִי אֲשֶׁר־בִּטְחֹתִי בּוֹ אוֹכֵל
לֶחְמִי הִגְדִּיל עָלַי עֶקֶב: וְאַתָּה יְיָ-הוּא חֲנֻנִי
וְהִקִּימֵנִי וְאֲשַׁלְמָה לָּהֶם: בְּזֹאת יִדְעֵתִי כִּי
חִפְצָתְךָ בִּי כִּי לֹא־רִיעַ אוֹיְבֵי עָלַי: וְאֲנִי בְּתַמִּי
תִּמְכָּתְךָ בִּי וַתַּצִּיבֵנִי לְפָנֶיךָ לְעוֹלָם: בְּרוּךְ יְיָ-הוּא
אֲלֵהִי יִשְׂרָאֵל מִהָעוֹלָם וְעַד הָעוֹלָם אָמֵן וְאָמֵן:

(תהלים נא)

Psalms Chapter 86

We seek God's mercy, protection, and healing in times of distress. These heartfelt words reflect deep trust in God's compassion and unmatched power that provides us with comfort and strength.

You, my Sovereign, I set my hope. For You, my Sovereign, are good and forgiving, abounding in steadfast love to all who call on You. Give ear, Lord, to my prayer; heed my plea for mercy. In my time of trouble I call You, for You will answer me. There is none like You among the Gods, my Sovereign, and there are no deeds like Yours. All the nations You have made will come to bow down before You, my Sovereign, and they will pay honor to Your name. For You are great and perform wonders; You alone are God. Teach me Your way, Lord; I will walk in Your truth; let my heart be undivided in reverence for Your name. I will praise You, my Sovereign, my God, with all my heart and pay honor to Your name forever. For Your steadfast love toward me is great; You have saved me from the depths of Sheol. God, arrogant people have risen against me; a ruthless band seeks my life; they are not mindful of You. But You, my Sovereign, are a God compassionate and merciful, slow to anger, abounding in steadfast love and faithfulness. Turn to me and have mercy on me; grant Your strength to Your servant and deliver the son of Your maidservant. Show me a sign of Your favor, that my enemies may see and be frustrated because You, Lord, have given me aid and comfort.

A prayer of David. Incline Your ear, Lord, answer me, for I am poor and needy. Preserve my life, for I am steadfast; You, my God, deliver Your servant who trusts in You. Have mercy on me, my Sovereign, for I call to You all day long; bring joy to Your servant's life, for on

תַּפְּלָה לְדָוִד הִטְהִי־הוּא אָזְנֶךָ עֲנֵנִי כִּרְעֵנִי וְאֶבְיוֹן
אֲנִי: שְׁמְרָה נִפְשִׁי כִּי־חַסִּיד אָנִי הוֹשַׁע עֲבַדְךָ אַתָּה
אֲלֵהִי הַבּוֹטֵחַ אֵלֶיךָ: חֲנֻנִי אֶ־דָּנִי כִּי אֶלְיָךְ אֶקְרָא
כָּל־הַיּוֹם: שְׂמַח נִפְשׁ עֲבַדְךָ כִּי אֶלְיָךְ אֶ־דָּנִי נִפְשִׁי
אֲשָׂא: כִּי־אַתָּה אֶ־דָּנִי טוֹב וְסִלַּח וְרַב־חַסֵּד לְכָל
קְרָאִיךָ: הַאֲזִינָה יְיָ-הוּא תַּפְּלָתִי וְהִקְשִׁיבָה בְּקוֹל
תַּחֲנוּנֹתַי: בְּיוֹם צָרָתִי אֶקְרָאָךְ כִּי תַעֲנֵנִי: אִיךְ
כְּמוֹד בָּא־לֵהִים אֶ־דָּנִי וְאִין כְּמַעֲשֵׂיךָ: כָּל־גּוֹיִם
אֲשֶׁר עָשִׂיתָ יְבוֹאוּ וַיִּשְׁתַּחֲווּ לְפָנֶיךָ אֶ־דָּנִי וַיִּכְבְּדוּ
לְשִׁמְךָ: כִּי־גְדוֹל אַתָּה וְעֵשָׂה נִפְלְאוֹת אַתָּה אֲלֵהִים
לְבַדְּךָ: הוֹרְנִי יְיָ-הוּא דַרְכְּךָ אֶחֱלֶךְ בְּאַמְתֶּךָ יַחַד
לְבָבִי לִירְאָה שְׁמֶךָ: אוֹדְךָ אֶ־דָּנִי אֲלֵהִי בְּכָל־לִבְבִי
וְאֶכְבְּדָה שְׁמֶךָ לְעוֹלָם: כִּי־חַסֵּדְךָ גְדוֹל עָלַי וְהִצַּלְתָּ
נִפְשִׁי מִשְׂאוֹל תַּחֲתֶיךָ: אֲלֵהִים זָדִים קוֹמוּעָלַי
וַעֲדַת עָרִיצִים בְּקִשׁוֹ נִפְשִׁי וְלֹא שְׂמוֹד לִיגָדֶם:
וְאַתָּה אֶ־דָּנִי אֶ־ל־רַחוּם וְחַנוּן אַרְךָ אַפִּים וְרַב־חַסֵּד
וְאַמֶּת: פְּנֵה אֵלַי וְחַנְּנִי תִּנְהַעֲזֶנִּי לְעַבְדְּךָ וְהוֹשִׁיעָה
לְבָרְאֲמַתְךָ: עֲשֵׂה־עִמִּי אוֹת לְטוֹבָה וַיֵּרְאוּ שֹׁנְאֵי
וַיִּבְשׂוּ כִּי־אַתָּה יְיָ-הוּא עֲזָרְתִנִּי וְנַחְמָתִנִּי: (תהלים פו)

(תהלים פו)



Psalms Chapter 88

On the brink of despair, we call out to God in a state of loneliness. More than just a call for salvation, this is a cry to be seen, heard, and remembered.

You, let my prayer reach You; incline Your ear to my cry. For I am sated with misfortune; I am at the brink of Sheol. I am numbered with those who go down to the Pit; I am like someone helpless abandoned among the dead, like bodies lying in the grave of whom You are mindful no more, and who are cut off from Your care. You have put me at the bottom of the Pit, in the darkest places, in the depths. Your fury lies heavy upon me; You afflict me with all Your breakers. Selah. You make my companions shun me; You make me abhorrent to them; I am shut in and do not go out. My eyes pine away from affliction; I call to You, Lord, each day; I stretch out my hands to You. Do You work wonders for the dead? Do the shades rise to praise You? Selah. Is Your faithful care recounted in the grave, Your constancy in the place of perdition? Are Your wonders made known in the netherworld, Your beneficent deeds in the land of oblivion? As for me, I cry out to You, Lord; each morning my prayer greets You. Why, Lord, do You reject me, do You hide Your face from me? From my youth I have been afflicted and near death; I suffer Your terrors wherever I turn. Your fury overwhelms me; Your terrors destroy me. They swirl about me like water all day long; they encircle me on every side. You have put friend and neighbor far from me and my companions out of my sight.

A psalm of the Korahites.

For the leader; mahalat leannot. A maskil of Heman the Ezrahite. Lord, God of my deliverance, when I cry out in the night before

שיר מזמור לבני־קרח למנצח על־מחלת לענות משכיל להימן האזרחי: יהוה אלהי ישועתי יום צעקתי בלילה נגדך: תבוא לפניך תפילתי הטה אנך לרנתי: כישבעה ברעות נפשי וחי לשאול הגיעו: נחשבתני עם־יורדי בור הייתי כגבר איראיל: במתים חפשי כמו חללים שכבי קבר אשר לא זכרתם עוד והמה מידך נגזרו: שתני בבור תחתיות במחשבים במצלות: עלי סמכה חמתך וכל־משפריך ענית סלה: הרחקת מידעי ממני שתני תועבות כמו קלא ולא אצא: עיני דאבה מניעני קראתיך יהוה בכל־יום שטחתי אליך כפי: הלמתים תעשה־פלא אסר־פאים יקומו יודוך סלה: היספר בקבר חסדך אמונתך באבדון: הינדע בחשך פלאך וצדקתך בארץ נשיה: ואני אליך יהוה ישועתי ובבקר תפילתי תקדמך: למה יהוה תזנח נפשי תסתיר פניך ממני: עני אני וגוע מנער נשאתי אמיך אפונה: עלי עברו חרוניך בעותיך צמותוני: סבוני כמים פלהיום הקיפו עלי יחד: הרחקת ממני אהב ורע מידעי מחשך: (תהלים פח)

Psalms Chapter 102

Tefilla Le-Ani: A famous plea for God to listen to our pain and distress. We remain hopeful that we will be present for the salvation of all who are suffering.

my time of trouble; turn Your ear to me; when I cry, answer me speedily. For my days have vanished like smoke and my bones are charred like a hearth. My body is stricken and withered like grass; too wasted to eat my food; on account of my vehement groaning my bones show through my skin. I am like a great owl in the wilderness, an owl among the ruins. I lie awake; I am like

A prayer of one

who is lowly and faint, pouring forth a plea before God. Lord, hear my prayer; let my cry come before You. Do not hide Your face from me in

תפלה לעני כי־געטף ולפני י־הוה ישפך שיחו: י־הוה שמעה תפילתי וישועתי אליך תבוא: אל־תסתר פניך ממני ביום צר־לי הטה־אלי אנך ביום אקרא מהר ענני: כי־כלו בעשן ימי ועצמותי כמוקד נחרו: הופה־כעשב ויבש לבי כישכחתי מאכל לחמי: מקול אנחתי דבקה עצמי לבשרי: דמיתי לקאת מדבר הייתי ככוס חרבות: שקדתי ואהיה כצפור בויד על־גג: פלהיום חרפוני אויבי מהוללי בי נשבעו: כ־אפר פלחם אכלתי ושקני בבכי מסכתי: מפני־זעמך וקצףך פי נשאתני ותשליכני:



a lone bird upon a roof. All day long my enemies revile me; my deriders use my name to curse. For I have eaten ashes like bread and mixed my drink with tears, because of Your wrath and Your fury; for You have cast me far away. My days are like a lengthening shadow; I wither like grass. But You, Lord, are enthroned forever; Your fame endures throughout the ages. You will surely arise and take pity on Zion, for it is time to be gracious to her; the appointed time has come. Your servants take delight in its stones, and cherish its dust. The nations will fear the name of God, all the kings of the earth, Your glory. For God has built Zion, appearing in divine glory—turning to the prayer of the destitute and not spurning their prayer. May this be written down for a coming generation, that people yet to be created may praise Yah. Looking down from the holy heights, God beholds the earth from heaven to hear the groans of the prisoner, to release those condemned to death; that God's fame may be recounted in Zion, with praises offered in Jerusalem, when the nations gather together, the kingdoms, to serve God. My strength was drained in mid-course, my days shortened. I say, "My God, do not take me away in the midst of my days, You whose years go on for generations on end. Of old You established the earth; the heavens are the work of Your hands. They shall perish, but You shall endure; they shall all wear out like a garment; You change them like clothing and they pass away. But You are the same, and Your years never end. May the children of Your servants dwell securely and their offspring endure in Your presence.

Psalms Chapter 103

God's blessings to us are never-ending, but sometimes it can be difficult to see them. If we can recognize the blessings in our lives, no matter how small, we can utilize these blessings to keep pushing forward.

Of David. Bless God, my soul, all my being, that holy name. Bless the Lord, my soul, and do not forget all God's bounties. All your sins are forgiven, all your diseases healed. Your life is redeemed

from the Pit, you are surrounded with steadfast love and mercy. You are satisfied with good things in the prime of life, so that your youth is renewed like the eagle's. God executes righteous acts and judgments for all who are wronged—making known to Moses the divine ways, and to the children of Israel, holy deeds. God is compassionate and gracious, slow to anger, abounding in steadfast love. [God] will not contend forever, or nurse anger for

ימי כְּצֵל גָּטוּי וְאֲנִי כְעֶשֶׂב אֵיבָשׁ: וְאַתָּה י-הוה לְעוֹלָם תִּשָּׁב וְזִכְרְךָ לְדוֹר וָדוֹר: אַתָּה תִּקְוִים וְתִרְחַם צִיּוֹן כִּי יַעַת לְחַנּוּנָהּ כִּי בָא מוֹעֵד: כִּי רָצוּ עֲבָדֶיךָ אֶת־אֲבֹנֶיהָ וְאַתָּה עֲפָרָה יִחַנְנוּ: וַיִּירָאוּ גוֹיִם אֶת־שֵׁם י-הוה וְכָל־מַלְכֵי הָאָרֶץ אֶת־כְּבוֹדְךָ: כִּי בָנָה י-הוה צִיּוֹן נִרְאָה בְּכָבוֹדוֹ: פָּנָה אֶל־תְּפִלַּת הָעֲרֵעַר וְלֹא־בָזָה אֶת־תְּפִלָּתָם: תִּכְתָּב זֹאת לְדוֹר אַחֲרָיו וְעַם נִבְרָא יְהַלְלֶנּוּ־הָ: כִּי־הִשְׁקִיף מִמְרוֹם קִדְשׁוֹ י-הוה מִשְׁמַיִם אֶל־אֶרֶץ הַבַּיִת: לְשֹׁמֵעַ אֲנָקַת אֲסִיר לְפִתְחַ בְּנֵי תַמּוּתָהּ: לְסַפֵּר בְּצִיּוֹן שֵׁם י-הוה וְתִהְיֶה־תוֹ בִּירוּשָׁלַם: בְּהַקְבֹּץ עַמִּים יִחַדּוּ וּמִמְלָכוֹת לַעֲבַד אֶת־י-הוה: עֲנֵה בְּדַרְךָ (כחו) [פְּחִי] קֶצֶר יָמַי: אֲמַר אֱלֹהֵי אֱלֹהֵי־עַלְמֵי בְּחַצֵי יָמַי בְּדוֹר דּוֹרִים שְׁנוֹתֶיךָ: לְפָנֶיךָ הָאָרֶץ יִסְדָּתָה וּמַעֲשֵׂה יְדֶיךָ שְׁמַיִם: הִמָּה יֵאבְדוּ וְאַתָּה תַעֲמֹד וְכָל־סִפְּךָ יִבְלֶה וְתִתְחַלֵּף וְיִחַלְפוּ: וְאַתָּה־הוּא וּשְׁנוֹתֶיךָ לֹא יִתַּמוּ: בְּנֵי־עֲבָדֶיךָ יִשְׁכּוּנוּ וְזֶרְעִם לְפָנֶיךָ יִכּוּן: (תהלים קב)

לְדוֹד בָּרְכֵי נַפְשִׁי אֶת־י-הוה וְכָל־קִרְבֵי אֶת־שֵׁם קִדְשׁוֹ: בָּרְכֵי נַפְשִׁי אֶת־י-הוה וְאֶל־תִּשְׁכַּחֵי פְלִגְמוֹלָיו: הַסֵּלַח לְכָל־עֲוֹנֵי הָרָפָא לְכָל־תְּחַלּוֹאֲיָכִי: הַגּוֹאֵל מִשַּׁחַת חַיִּיכִי הַמַּעֲטֵרְכִי חֶסֶד וְרַחֲמִים: הַמְשַׁבֵּיעַ בְּטוֹב עֲדִיךָ תִתְחַדַּשׁ כַּנְּשֹׂר נְעוּרֵיכִי: עֲשֵׂה צְדָקוֹת י-הוה וּמִשְׁפָּטִים לְכָל־עֲשׂוּקִים: יוֹדִיעַ דְּרָכָיו לְמִשְׁעָה לְבָנֵי יִשְׂרָאֵל עֲלִילוֹתָיו: רַחוּם וְחַנוּן י-הוה אֲרָךְ אַפְּסִים וְרַב־חֶסֶד: לֹא־לִנְצַח יָרִיב וְלֹא לְעוֹלָם יִטּוֹר: לֹא כַחֲטָאֵינוּ עֲשֵׂה לָנוּ וְלֹא כַעֲוֹנֵתֵינוּ גָּמַל עָלֵינוּ: כִּי כָגֵבָה שְׁמַיִם עַל־



all time. [God] has not dealt with us according to our sins, nor requited us according to our iniquities. For as the heavens are high above the earth, so great is divine steadfast love toward those who show reverence. As east is far from west, so far have our sins been removed from us. As a father has compassion for his children, so God has compassion for those who show reverence. For [God] knows how we are formed, and is mindful that we are dust. Mortals, their days are like those of grass; they bloom like a flower of the field; a wind passes by and it is no more, its own place no longer knows it. But God's steadfast love is for all eternity toward those who show reverence, and God's beneficence is for the children's children of those who keep the covenant and remember to observe the divine precepts. God has established the heavenly throne, with a sovereign rule over all. Bless the Lord, angels, mighty creatures who do God's bidding, ever obedient to that bidding; bless the Lord, all you hosts, you servants who do God's will; bless the Lord, all God's works, through the length and breadth of God's realm; bless the Lord, my soul.

הָאֶרֶץ גְּבוּרַת חֶסֶדוֹ עַל-יִרְאָיו: כְּרֹחַק מִזְרַח
מִמְעַרְב הִרְחִיק מִמֶּנּוּ אֶת-פְּשָׁעֵינוּ: כְּרֹחַם
אֵב עַל-בְּנֵי רַחֵם י-הוָה עַל-יִרְאָיו: כִּי-
הוּא יָדַע וַיִּצְרֶנּוּ זְכוּר כִּי-עָפָר אֲנַחְנוּ: אֲנוֹשׁ
כְּחֹצֵר יָמָיו כְּצִיץ הַשֶּׂדֶה כֹּן יִצִיץ: כִּי רוּחַ
עָבָרָה-בּוֹ וַאֲיָנָנוּ וְלֹא-יִבְרָנוּ עוֹד מִקוֹמוֹ:
יְחַסֵּד י-הוָה מֵעוֹלָם וְעַד-עוֹלָם עַל-יִרְאָיו
וַיִּדְקָתוּ לִבְנֵי בָנִים: לְשֹׁמְרֵי בְרִיתוֹ וְלִזְכָּרֵי
פִקְדוֹ לְעַשׂוֹתָם: י-הוָה בְּשִׂמְיָם הַכִּין
כֶּסֶף וּמַלְכוּתוֹ בְּכֹל מְשָׁלָה: בָּרְכוּ י-הוָה
מִלְאָקָיו גְּבֻרֵי כַח עֹשֵׂי דְבָרוֹ לְשִׁמְעַת בְּקוֹל
דְּבָרוֹ: בָּרְכוּ י-הוָה כָּל-צַבָּאוֹ מְשֻׁרְתָיו
עֹשֵׂי רְצוֹנוֹ: בָּרְכוּ י-הוָה כָּל-מַעֲשָׂיו בְּכָל-
מְקוֹמוֹת מְמַשְׁלָתוֹ בָּרְכֵי נַפְשֵׁי אֶת-י-הוָה:

(תהלים קג)

Psalms Chapter 119 | תהלים ק"יט

The longest chapter in the book of Tehillim, containing 176 verses, eight for each of the 22 letters of the Hebrew alphabet. Some have the custom to pray for someone else by reciting the verses which correspond to the letters comprising the person's Hebrew name. This allows us to personalize the prayer while drawing upon its general themes of spiritual guidance, comfort, and healing.

א: Happy are those whose way is blameless, who follow God's teaching. Happy are those who observe God's decrees, who turn to the divine wholeheartedly. They have done no wrong, but have followed God's ways. You have commanded that Your precepts be kept diligently. Would that my ways were firm in keeping Your laws; then I would not be ashamed when I regard all Your commandments. I will praise You with a sincere heart as I learn Your just rules. I will keep Your laws; do not utterly forsake me.

א: אֲשֶׁרִי תַמִּימֵי דַרְךְךָ הַהֲלָכִים בְּתוֹרַת י-הוָה:
אֲשֶׁרִי נִצְרֵי עֲדוּתִי בְּכָל-לֵב יְדַרְשׁוּהוּ: אֵף לֹא-
פָּעַלְו עוֹלָה בְּדַרְכֵי הַלְכוֹ: אֶתָּה צוֹיַתָּה פִקְדֹתֶיךָ
לְשִׁמּוֹר מֵאֵד: אֲחֲלִי וּכְנוּ דַרְכֵי לְשִׁמּוֹר חֻקֶיךָ:
אֲזִי לֹא-אֲבוֹשׁ בְּהַבִּיטִי אֶל-כָּל-מִצְוֹתֶיךָ: אִוְדָךְ
בַּיִשָּׁר לֵבִי בְלִמְדֵי מִשְׁפָּטֶי צְדָקָךָ: אֶת-חֻקֶיךָ
אֲשִׁמּוֹר אֶל-תַּעֲזֹבֵנִי עַד-מֵאֵד:

ב: How can youths keep their way pure? — by holding to Your word. I have turned to You with all my heart; do not let me stray from Your commandments. In my heart I treasure Your promise; therefore I do not sin against You. Blessed are You, Lord; train me in Your laws. With my lips I rehearse all the rules You proclaimed. I rejoice over the way of Your decrees as over all riches. I study Your precepts; I regard Your ways; I take delight in Your laws; I will not neglect Your word.

ב: בְּמָה יִזְכֶּה-נַעַר אֶת-אַרְחוֹ לְשִׁמּוֹר כְּדַבְּרֶךָ: בְּכָל-
לִבִּי דַרְשָׁתִיךָ אֶל-תִּשְׁגֵּנִי מִמִּצְוֹתֶיךָ: בְּלִבִּי
צִפְנֵתִי אִמְרֹתֶיךָ לְמַעַן לֹא אֲחֻטָּא-לָךְ: בְּרוּךְ
אַתָּה י-הוָה לְמִדְּנֵי חֻקֶיךָ: בְּשִׁפְתֵי סִפְרֹתֵי כָל
מִשְׁפָּטֶי-רִיפֶיךָ: בְּדַרְךְךָ עֲדוּתֶיךָ שִׁשְׁתִּי כַעַל כָּל-
הוֹן: בְּפִקְוֹדֶיךָ אֲשִׁיחָה וְאֲבִיטָה אֶרְחֹתֶיךָ:
בְּחֻקֶיךָ אֲשִׁתַּעֲשֶׂע לֹא אֲשַׁכַּח דְּבָרֶךָ:



ג: Deal kindly with Your servant, that I may live to keep Your word. Open my eyes, that I may perceive the wonders of Your teaching. I am only a sojourner in the land; do not hide Your commandments from me. My soul is consumed with longing for Your rules at all times. You blast the accursed insolent ones who stray from Your commandments. Take away from me taunt and abuse, because I observe Your decrees. Though princes meet and speak against me, Your servant studies Your laws. For Your decrees are my delight, my intimate companions.

ד: My soul clings to the dust; revive me in accordance with Your word. I have declared my way, and You have answered me; train me in Your laws. Make me understand the way of Your precepts, that I may study Your wondrous acts. I am racked with grief; sustain me in accordance with Your word. Remove all false ways from me; favor me with Your teaching. I have chosen the way of faithfulness; I have set Your rules before me. I cling to Your decrees; Lord, do not put me to shame. I eagerly pursue Your commandments, for You broaden my understanding.

ה: Teach me, Lord, the way of Your laws; I will observe them to the utmost. Give me understanding, that I may observe Your teaching and keep it wholeheartedly. Lead me in the path of Your commandments, for that is my concern. Turn my heart to Your decrees and not to love of gain. Avert my eyes from seeing falsehood; by Your ways preserve me. Fulfill Your promise to Your servant, which is for those who worship You. Remove the taunt that I dread, for Your rules are good. See, I have longed for Your precepts; by Your righteousness preserve me.

ו: May Your steadfast love reach me, Lord, Your deliverance, as You have promised. I shall have an answer for those who taunt me, for I have put my trust in Your word. Do not utterly take the truth away from my mouth, for I have put my hope in Your rules. I will always obey Your teaching, forever and ever. I will walk about at ease, for I have turned to Your precepts. I will speak of Your decrees, and not be ashamed in the presence of kings. I will delight in Your commandments, which I love. I reach out for Your commandments, which I love; I study Your laws.

ג: גְּמַל עַל־עַבְדְּךָ אֲחִיָּה וְאַשְׁמְרָה דְּבָרְךָ: גַּל־
עֵינַי וְאַבִּיטָה נִפְלְאוֹת מִתּוֹרָתְךָ: גַּר אֲנֹכִי
בְּאֶרֶץ אֲלֵת־סִתְר מִמּוֹנֵי מִצְוֹתֶיךָ: גִּרְסָה
נַפְשִׁי לְתַאֲבָה אֶל־מִשְׁפָּטֶיךָ בְּכָל־עֵת: גַּעֲרַת
זָדִים אַרוּרִים הַשֹּׁגִים מִמִּצְוֹתֶיךָ: גַּל מֵעָלַי
חֲרָפָה וְבוֹז כִּי עֲדַתְךָ נֹצְרֹתִי: גַּם יִשְׁבוּ
שָׂרִים בִּי נִדְבְּרוּ עִבְדְּךָ וְשִׁיחַ בְּחֻקֶיךָ: גַּם־
עֲדַתְךָ שֶׁעָשְׂעִי אֲנִשִׁי עֲצָתִי:

ד: דְּבַקָּה לְעֹפָר נַפְשִׁי חַיְנִי כַּדְּבָרְךָ: דְּרָכֵי
סִפְרֹתַי וְתַעֲנֵנִי לְמַדְנִי חֻקֶיךָ: דָּרְךָ־פְּקוּדֶיךָ
הִבִּינֵנִי וְאַשִׁיחָה בְּנִפְלְאוֹתֶיךָ: דָּלְפָה נַפְשִׁי
מִתּוֹנָה קִזְמֵנִי כַּדְּבָרְךָ: דָּרְךָ־שֶׁקֶר הִסֵּר
מִמּוֹנֵי וְתוֹרָתְךָ חֲנִנִי: דָּרְךָ־אֱמוּנָה בְּחַרְתִּי
מִשְׁפָּטֶיךָ שׁוֹיֵתִי: דְּבַקְתִּי בְּעֲדוֹתֶיךָ י־הוּהוּ אֶל־
תִּבְשִׁינִי: דָּרְךָ־מִצְוֹתֶיךָ אַרוּץ כִּי תִרְחִיב לְבִי:

ה: הוֹרְנִי י־הוּהוּ דָרְךָ חֻקֶיךָ וְאַצְרְנָה עַקֵּב:
הִבִּינֵנִי וְאַצְרָה תּוֹרָתְךָ וְאַשְׁמְרָנָה בְּכָל־לֵב:
הַדְרִיכֵנִי בְּנֵתִיב מִצְוֹתֶיךָ כִּי־בו חֲפָצְתִּי: הִט־
לְבִי אֶל־עֲדוֹתֶיךָ וְאַל אֶל־בָּצַע: הַעֲבֵר עֵינַי
מִרְאוֹת שָׁוָא בְּדַרְכְּךָ חַיְנִי: הִקֵּם לְעַבְדְּךָ
אֲמַרְתָּךְ אֲשֶׁר לִירְאָתְךָ: הַעֲבֵר חֲרָפְתִּי אֲשֶׁר
יִגְרֹתִי כִּי מִשְׁפָּטֶיךָ טוֹבִים: הִנֵּה תִאֲבָתִי
לְפָקְדֶיךָ בְּצַדִּיקוֹתֶיךָ חַיְנִי:

ו: וַיִּבְאֵנִי חֲסִדְךָ י־הוּהוּ תְּשׁוּעָתְךָ כְּאֲמַרְתָּךְ:
וְאַעֲנֶה חֲרָפִי דָבָר כִּי־בִטְחֹתִי בְּדָבָרְךָ: וְאַל־תִּצַּל
מִפִּי דְבַר־אֲמָת עַד־מָאֵד כִּי לְמִשְׁפָּטֶיךָ יִחַלְתִּי:
וְאַשְׁמְרָה תּוֹרָתְךָ תְּמִיד לְעוֹלָם וָעֶד: וְאַתְּהִלְכָה
בְּרַחֲבָה כִּי פִקְדֶיךָ דָרְשֵׁתִי: וְאַדְבַּרָה בְּעֲדוֹתֶיךָ
נֶגֶד מְלָכִים וְלֹא אֲבוֹשׁ: וְאַשְׁתַּעֲשַׁע בְּמִצְוֹתֶיךָ
אֲשֶׁר אֶהְבֵּתִי: וְאַשְׁאֲכִפִּי אֶל־מִצְוֹתֶיךָ אֲשֶׁר
אֶהְבֵּתִי וְאַשִׁיחָה בְּחֻקֶיךָ:



ז: Remember Your word to Your servant through which You have given me hope. This is my comfort in my affliction, that Your promise has preserved me. Though the arrogant have cruelly mocked me, I have not swerved from Your teaching. I remember Your rules of old, Lord, and find comfort in them. I am seized with rage because of the wicked who forsake Your teaching. Your laws are a source of strength to me wherever I may dwell. I remember Your name at night, Lord, and obey Your teaching. This has been my lot, for I have observed Your precepts.

ח: God is my portion; I have resolved to keep Your words. I have implored You with all my heart; have mercy on me, in accordance with Your promise. I have considered my ways, and have turned back to Your decrees. I have hurried and not delayed to keep Your commandments. Though the bonds of the wicked are coiled round me, I have not neglected Your teaching. I arise at midnight to praise You for Your just rules. I am a companion to all who fear You, to those who keep Your precepts. Your steadfast love, Lord, fills the earth; teach me Your laws.

ט: You have treated Your servant well, according to Your word, Lord. Teach me good sense and knowledge, for I have put my trust in Your commandments. Before I was humbled I went astray, but now I keep Your word. You are good and beneficent; teach me Your laws. Though the arrogant have accused me falsely, I observe Your precepts wholeheartedly. Their minds are thick like fat; as for me, Your teaching is my delight. It was good for me that I was humbled, so that I might learn Your laws. I prefer the teaching You proclaimed to thousands of gold and silver pieces.

י: Your hands made me and fashioned me; give me understanding that I may learn Your commandments. Those who fear You will see me and rejoice, for I have put my hope in Your word. I know, Lord, that Your rulings are just; rightly have You humbled me. May Your steadfast love comfort me in accordance with Your promise to Your servant. May Your mercy reach me, that I might live, for Your teaching is my delight. Let the insolent be dismayed, for they have wronged me without cause; I will study Your precepts. May those who fear You, those who know Your decrees, turn again to me. May I wholeheartedly follow Your laws so that I do not come to grief.

ז: זכר־דְבַר לְעִבְדְּךָ עַל אֲשֶׁר יִחְלַתֶנִּי: זֹאת נִחְמָתִי בְּעָנְיִי כִּי אִמְרֹתֶיךָ חִתְּנִי: זָדִים הִלִּיצְנִי עַד־מָאֵד מִתּוֹרַתְךָ לֹא נִטִּיתִי: זְכַרְתִּי מִשְׁפָּטֶיךָ מֵעוֹלָם יְיִהוּה וְאֶתְנַחֵם: זִלְעָפָה אֶחְזַתְנִי מִרְשָׁעִים עֲזָבִי תוֹרַתְךָ: זְמֵרוֹת הַיּוֹדֵי חֻקֶּיךָ בְּבֵית מְגוּרֵי: זְכַרְתִּי בְלִילָה שְׁמֶךָ יְיִהוּה וְאֲשַׁמְרָה תּוֹרַתְךָ: זֹאת הִיְתָה־לִּי כִּי פִקְדֵיךָ נִצַּרְתִּי:

ח: חֻלְקֵי יְיִהוּה אִמְרֹתֵי לְשֹׁמֵר דְּבָרֶיךָ: חֲלִיתִי פָנֶיךָ בְּכָל־לַיִל חֲנֻנִי כְּאִמְרֹתֶיךָ: חֲשַׁבְתִּי דְרָכֶי וְאֲשִׁיבָה רַגְלִי אֶל־עֲדוֹתֶיךָ: חֲשָׁתִי וְלֹא הִתְמַהֵמְהֵתִי לְשֹׁמֵר מִצְוֹתֶיךָ: חֲבָלֵי רְשָׁעִים עֲנֻדְנִי תוֹרַתְךָ לֹא שָׁכַחְתִּי: חֲצוֹת־לַיְלָה אֶקוּם לְהוֹדוֹת לָךְ עַל מִשְׁפָּטֵי צְדָקָתְךָ: חֲבַר אָנִי לְכָל־אֲשֶׁר יִרְאוּךָ וְלִשְׁמֵרֵי פִקְוֹדֶיךָ: חֲסִדְךָ יְיִהוּה מְלֵאָה הָאֲרֶץ חֻקֶּיךָ לְמִדְּנִי:

ט: טוֹב עָשִׂיתָ עִם־עִבְדְּךָ יְיִהוּה כְּדָבָרְךָ: טוֹב טַעַם וְדַעַת לְמִדְּנִי כִּי בְּמִצְוֹתֶיךָ הִיאֶמְנָתִי: טָרַם אֶעֱנֶה אָנִי שֹׁגֵג וְעַתָּה אִמְרֹתֶיךָ שְׁמַרְתִּי: טוֹב־אֶתָּה וּמְטִיב לְמִדְּנִי חֻקֶּיךָ: טָפְלוּ עָלַי שִׁקָּר זָדִים אָנִי בְּכָל־לַיִל אֶצַּר פִּקְוֹדֶיךָ: טָפַשׁ כַּחֲלָב לִבִּי אָנִי תוֹרַתְךָ שֶׁעֲשִׂיתִי: טוֹב־לִי כִּי־עֲנִיתִי לְמַעַן אֶלְמַד חֻקֶּיךָ: טוֹב־לִי תוֹרַת־פִּיךָ מֵאֲלָפֵי זָהָב וְכֶסֶף:

י: יָדֶיךָ עָשׂוּנִי וַיְכַוְּנֵנִי הִבִּינִי וְאֶלְמַדְתָּ מִצְוֹתֶיךָ: יִרְאֶיךָ יִרְאוּנִי וַיִּשְׁמְחוּ כִּי לְדָבָרְךָ יִחְלַתִּי: יְדַעְתִּי יְיִהוּה כִּי־צָדֵק מִשְׁפָּטֶיךָ וְאִמּוּנָה עֲנִיתָנִי: יְהִינָּה חֲסִדְךָ לְנַחֲמֵנִי כְּאִמְרֹתֶיךָ לְעִבְדְּךָ: יְבֹאוּנִי רַחֲמֶיךָ וְאֶחְיֶה כִּי־תוֹרַתְךָ שֶׁעֲשִׂיתִי: יְבֹשׂוּ זָדִים כִּי־שִׁקָּר עֲנֻתוֹנִי אָנִי אֲשִׁיחַ בְּפִקְוֹדֶיךָ: יָשׁוּבוּ לִי יִרְאֶיךָ (וידעו) [וידעני] עֲדוֹתֶיךָ: יְהִילַבֵּי תַמִּים בְּחֻקֶּיךָ לְמַעַן לֹא אֲבוֹשׁ:



כ: *I long for Your deliverance; I hope for Your word. My eyes pine away for Your promise; I say, "When will You comfort me?" Though I have become like a water-skin dried in smoke, I have not neglected Your laws. How long has Your servant to live? when will You bring my persecutors to judgment? The insolent have dug pits for me, flouting Your teaching. All Your commandments are enduring; I am persecuted without cause; help me! Though they almost wiped me off the earth, I did not abandon Your precepts. As befits Your steadfast love, preserve me, so that I may keep the decree You proclaimed.*

כ: יִפְלֹתָה לְתַשׁוּעָתְךָ נַפְשִׁי לְדַבְרְךָ יִחְלָתִי : כְּלוֹ
עֵינַי לְאַמְרָתְךָ לֹא אֲמַר מִתִּי תִנְחַמְנִי : כִּי
הִיִּיתִי כְּנֹאד בְּקִיטוֹר חֲקִיךָ לֹא שָׁכַחְתִּי :
כַּמָּה יָמִי עֲבַדְתָּךְ מִתִּי תַעֲשֶׂה בְרֹדְפֵי מִשְׁפָּט :
כְּרוּלֵי זָדִים שִׁיחוֹת אֲשֶׁר לֹא כִתְוֹרְתְךָ : כָּל־
מִצְוֹתֶיךָ אֲמוֹנָה שֶׁקֶר רְדָפוּנִי עֲזַרְנִי : כַּמַּעַט
כְּלוּנִי בְּאַרְץ וְאֲנִי לֹא־עֲזַבְתִּי פְקֻדֹתֶיךָ : כַּחֲסֻדְךָ
חֲיִנִּי וְאֲשַׁמְרָה עֲדוֹת פִּיךָ :

ל: *God exists forever; Your word stands firm in heaven. Your faithfulness is for all generations; You have established the earth, and it stands. They stand this day to [carry out] Your rulings, for all are Your servants. Were not Your teaching my delight I would have perished in my affliction. I will never neglect Your precepts, for You have preserved my life through them. I am Yours; save me! For I have turned to Your precepts. The wicked hope to destroy me, but I ponder Your decrees. I have seen that all things have their limit, but Your commandment is broad beyond measure.*

ל: לְעוֹלָם י־הוּוה דְבַרְךָ נָצַב בַּשָּׁמַיִם : לְדוֹר
וָדוֹר אֲמוֹנָתְךָ כּוֹנֵנֶת אֶרֶץ וּתְעַמֹּד :
לְמִשְׁפָּטֶיךָ עֲמָדוֹ הַיּוֹם כִּי הִכַל עֲבַדְתֶּךָ :
לוּלִי תוֹרְתְךָ שַׁעֲשַׁעֵי אֲזֵ אֲבֹדְתִי בְּעַנְיִי :
לְעוֹלָם לֹא־אֲשַׁכַּח פְּקוּדֹתֶיךָ כִּי בָם חִיִּיתִנִּי :
לְךָ־אֲנִי הוֹשִׁיעֵנִי כִּי פְקוּדֹתֶיךָ דָּרְשֵׁתִי : לִי
קוֹו רְשָׁעִים לְאַבְדָּנִי עֲדֹתֶיךָ אֶתְבּוֹנוּ : לְכָל־
תַּכְלָה רְאִיתִי קֶץ רַחֲבָה מִצְוֹתֶיךָ מֵאֹד :

מ: *O how I love Your teaching! It is my study all day long. Your commandments make me wiser than my enemies; they always stand by me. I have gained more insight than all my teachers, for Your decrees are my study. I have gained more understanding than my elders, for I observe Your precepts. I have avoided every evil way so that I may keep Your word. I have not departed from Your rules, for You have instructed me. How pleasing is Your word to my palate, sweeter than honey. I ponder Your precepts; therefore I hate every false way.*

מ: מִה־אֶהְבֵּתִי תוֹרְתְךָ כָּל־הַיּוֹם הִיא שִׁיחְתִּי :
מֵאִיבֵי תַחֲכַמְנִי מִצְוֹתֶיךָ כִּי לְעוֹלָם הִיא־לִי :
מִכָּל־מַלְמַדֵי הַשֶּׁפְּלִתִי כִּי עֲדוֹתֶיךָ שִׁיחָה לִי :
מִזְקֵנִים אֶתְבּוֹנוּ כִּי פְקוּדֹתֶיךָ נִצְרָתִי : מִכָּל־
אֲרַח רָע כָּל־אֲתִי רִגְלִי לְמַעַן אֲשַׁמֹּר דְּבַרְךָ :
מִמִּשְׁפָּטֶיךָ לֹא־סָרְתִי כִּי־אֲתָה הוֹרְתִנִּי : מִה־
נִמְלָצוּ לִחְכֵי אֲמֹרְתְךָ מִדְּבַשׁ לִפִּי : מִפְּקוּדֹתֶיךָ
אֶתְבּוֹנוּ עַל־כֵּן שָׁנֵאתִי כָּל־אֲרַח שֶׁקֶר :

נ: *Your word is a lamp to my feet, a light for my path. I have firmly sworn to keep Your just rules. I am very much afflicted; Lord, preserve me in accordance with Your word. Accept, Lord, my freewill offerings; teach me Your rules. Though my life is always in danger, I do not neglect Your teaching. Though the wicked have set a trap for me, I have not strayed from Your precepts. Your decrees are my eternal heritage; they are my heart's delight. I am resolved to follow Your laws to the utmost forever.*

נ: יִרְלָרְגְלִי דְבַרְךָ וְאוֹר לְנִתִּיבֹתִי : נִשְׁבַּעְתִּי
וְאֶקְדָּמָה לְשֹׁמֵר מִשְׁפָּטֵי צְדָקָה : נַעֲנִיתִי עַד־
מֵאֹד י־הוּוה חֲיִנִּי כְּדְבַרְךָ : נִדְבוֹת פִּי רִצְהֵנָּה
י־הוּוה וּמִשְׁפָּטֶיךָ לְמַדְנִי : נַפְשִׁי בְכַפִּי תָמִיד
וְתוֹרְתְךָ לֹא שָׁכַחְתִּי : נִתְּנוּ רְשָׁעִים פֶּחַ לִי
וּמִפְּקוּדֶיךָ לֹא תַעֲיִתִי : נִחְלָתִי עֲדוֹתֶיךָ
לְעוֹלָם כִּי־שִׁשׁוֹן לְבִי הִמָּה : נָטִיתִי לְבִי
לְעֲשׂוֹת חֲקִיךָ לְעוֹלָם עֲקֹב :



D: *I hate the double-minded, but I love Your teaching. You are my protection and my shield; I hope for Your word. Keep away from me, you evildoers, that I may observe the commandments of my God. Support me as You promised, so that I may live; do not thwart my expectation. Sustain me that I may be saved, and I will always muse upon Your laws. You reject all who stray from Your laws, for they are false and deceitful. You do away with the wicked as if they were dross; rightly do I love Your decrees. My flesh creeps from fear of You; I am in awe of Your rulings.*

V: *I have done what is just and right; do not abandon me to those who would wrong me. Guarantee Your servant's well-being; do not let the arrogant wrong me. My eyes pine away for Your deliverance, for Your promise of victory. Deal with Your servant as befits Your steadfast love; teach me Your laws. I am Your servant; give me understanding, that I might know Your decrees. It is a time to act for God, for they have violated Your teaching. Rightly do I love Your commandments more than gold, even fine gold. Truly by all [Your] precepts I walk straight; I hate every false way.*

F: *Your decrees are wondrous; rightly do I observe them. The words You inscribed give light, and grant understanding to the simple. I open my mouth wide, I pant, longing for Your commandments. Turn to me and be gracious to me, as is Your rule with those who love Your name. Make my feet firm through Your promise; do not let iniquity dominate me. Redeem me from being wronged by others, that I may keep Your precepts. Show favor to Your servant, and teach me Your laws. My eyes shed streams of water because others do not obey Your teaching.*

Z: *You are righteous, Lord; Your rulings are just. You have ordained righteous decrees; they are firmly enduring. I am consumed with rage over my foes' neglect of Your words. Your word is exceedingly pure, and Your servant loves it. Though I am belittled and despised, I have not neglected Your precepts. Your righteousness is eternal; Your teaching is true. Though anguish and distress come upon me, Your commandments are my delight. Your righteous decrees are eternal; give me understanding, that I might live.*

ס: סַעֲפִים שָׁנְאַתִּי וְתוֹרַתְךָ אֶהְבֵּתִי: סִתְרִי וּמִגְנִי אַתָּה לְדַבְּרֶךָ יְחַלְתִּי: סוּרוּמִמְנִי מִרְעִים וְאַצְרָה מִצּוֹת אֱ-לֹהֵי: סִמְכֵנִי כְּאִמְרַתְךָ וְאַחֲיָה וְאַל-תִּבְשִׁינִי מִשִּׁבְרֵי: סַעֲדֵנִי וְאַוִּשְׁעָה וְאַשְׁעָה בְּחֻקֶיךָ תָּמִיד: סָלִיתְךָ כְּלִשׁוּגִים מִחֻקֶיךָ כִּי-שָׁקַר תִּנְרַמִּיתָם: סָגִים הַשִּׁבֹּת כְּלִרְשָׁעֵי-אָרֶץ לָכֵן אֶהְבֵּתִי עֲדוֹתֶיךָ: סִמַּר מִפְּחָדְךָ בְּשָׂרִי וּמִמִּשְׁפָּטֶיךָ גִּרְאַתִּי:

ע: עֲשִׂיתִי מִשְׁפָּט וְצַדִּיק בִּלְתִּינִיחֵנִי לְעֹשֵׂקָי: עָרַב עִבְדְּךָ לְטוֹב אֲלִי-עֲשֵׂקֵנִי זָדִים: עֵינַי כָּלוּ לִישׁוּעָתְךָ וְלִאֲמַרְתָּ צַדִּיקְךָ: עֲשֵׂה עִם-עִבְדְּךָ כְּחַסְדְּךָ וְחֻקֶיךָ לִמְדֵנִי: עִבְדְּךָ-אֲנִי הִבְיַנְנִי וְאַדְעָה עֲדוֹתֶיךָ: עַתָּה לַעֲשׂוֹת לִי-הוּא הַפְּרוּ תוֹרַתְךָ: עַל-כֵּן אֶהְבֵּתִי מִצּוֹתֶיךָ מִזָּהָב וּמִפָּז: עַל-כֵּן כָּל-פִּקּוּדֶי כֹל יִשְׁרָתִי כְּלִי-אֲרַח שִׁקּוֹר שָׁנְאַתִּי:

פ: פְּלֹאוֹת עֲדוֹתֶיךָ עַל-כֵּן נִצְרַתָּם נִפְשֵׁי: פִּתַּח דְּבָרֶיךָ יֵאִיר מַבִּין פְּתִיִים: פִּירְפַּעְרַתִּי וְאַשְׁאֲפָה כִּי לְמִצּוֹתֶיךָ יֶאֱבֹתִי: פְּנֵה-אֵלַי וְחַנּוּנִי כְּמִשְׁפָּט לְאַהֲבֵי שְׁמֶךָ: פְּעַמֵּי הַכּוֹן כְּאִמְרַתְךָ וְאַל-תִּשְׁלַטְבֵּי כְּלִיאָוֹן: פְּדֵנִי מֵעֹשֶׂק אָדָם וְאַשְׁמְרָה פִּקּוּדֶיךָ: פְּנִיךָ הָאֵר בְּעִבְדְּךָ וּלְמִדְנִי אֶת-חֻקֶיךָ: פְּלִגְרִימִים יָרְדוּ עֵינַי עַל לֹא-שָׁמְרוּ תוֹרַתְךָ:

צ: צַדִּיק אַתָּה י-הוּוה וַיִּשָּׂר מִשְׁפָּטֶיךָ: צוּיַת צַדִּיק עֲדוֹתֶיךָ וְאַמוּנָה מְאֹד: צַמְתַּתְנִי קִנְיַתִּי כִּי-שָׁכַחוּ דְּבָרֶיךָ צָרִי: צָרוּפָה אִמְרַתְךָ מְאֹד וְעִבְדְּךָ אֶהְבָּה: צָעִיר אֲנִי וְנִבְזָה פִּקּוּדֶיךָ לֹא שָׁכַחְתִּי: צַדִּיקְתְּךָ צַדִּיק לְעוֹלָם וְתוֹרַתְךָ אֱמֶת: צָרוּמִצּוֹק מִצְאוּנִי מִצּוֹתֶיךָ שֶׁעֲשִׂעִי: צַדִּיק עֲדוֹתֶיךָ לְעוֹלָם הִבְיַנְנִי וְאַחֲיָה:



ק: *I call with all my heart; answer me, Lord, that I may observe Your laws. I call upon You; save me, that I may keep Your decrees. I rise before dawn and cry for help; I hope for Your word. My eyes greet each watch of the night, as I meditate on Your promise. Hear my voice as befits Your steadfast love; Lord, preserve me, as is Your rule. Those who pursue intrigue draw near; they are far from Your teaching. You, Lord, are near, and all Your commandments are true. I know from Your decrees of old that You have established them forever.*

ר: *See my affliction and rescue me, for I have not neglected Your teaching. Champion my cause and redeem me; preserve me according to Your promise. Deliverance is far from the wicked, for they have not turned to Your laws. Your mercies are great, Lord; as is Your rule, preserve me. Many are my persecutors and foes; I have not swerved from Your decrees. I have seen traitors and loathed them, because they did not keep Your word in mind. See that I have loved Your precepts; Lord, preserve me, as befits Your steadfast love. Truth is the essence of Your word; Your just rules are eternal.*

ש: *Princes have persecuted me without reason; my heart thrills at Your word. I rejoice over Your promise as one who obtains great spoil. I hate and abhor falsehood; I love Your teaching. I praise You seven times each day for Your just rules. Those who love Your teaching enjoy well-being; they encounter no adversity. I hope for Your deliverance, Lord; I observe Your commandments. I obey Your decrees and love them greatly. I obey Your precepts and decrees; all my ways are before You.*

ת: *May my plea reach You, Lord; grant me understanding according to Your word. May my petition come before You; save me in accordance with Your promise. My lips shall pour forth praise, for You teach me Your laws. My tongue shall declare Your promise, for all Your commandments are just. Lend Your hand to help me, for I have chosen Your precepts. I have longed for Your deliverance, Lord; Your teaching is my delight. Let me live, that I may praise You; may Your rules be my help; I have strayed like a lost sheep; search for Your servant, for I have not neglected Your commandments.*

ק: קראתי בכל־לב עֲנֵי י-הוה חֲקִיךָ אֲצַרְהָ:
קראתיך הוֹשִׁיעֵנִי וְאַשְׁמְרָה עֲדֹתֶיךָ: קִדְמָתִי
בְנֹשֶׁף וְאַשׁוּעָה (לדבר־ךָ) [לדְבַרְךָ] יִחַלְתִּי:
קִדְמוּ עֵינַי אֲשֶׁמְרוֹת לְשִׁיחַ בְּאַמְרֹתֶיךָ: קוֹלִי
שָׁמְעָה כְּחֹסֶדְךָ י-הוה כְּמִשְׁפָּטֶיךָ חֲיִנִי: קָרְבוּ
רִדְפֵי זָמָה מִתּוֹרַתֶךָ רְחֻקוֹ: קָרוֹב אֲתָה י-הוה
וְכָל־מִצְוֹתֶיךָ אֱמֹת: קִדְם יְדַעְתִּי מֵעֲדוֹתֶיךָ כִּי
לְעוֹלָם יִסְדָּתָם:

ר: רָאה־עֵינַי וְחַלְצֵנִי כִּי־תוֹרַתֶךָ לֹא שָׁכַחְתִּי:
רִיבָה רִיבִי וּגְאֹלֵנִי לְאַמְרֹתֶיךָ חֲיִנִי: רְחוֹק
מִרְשָׁעִים יְשׁוּעָה כִּי־חֲקִיךָ לֹא דָרְשׁוּ: רְחַמֶיךָ
רַבִּים י-הוה כְּמִשְׁפָּטֶיךָ חֲיִנִי: רַבִּים רִדְפֵי
וְצָרִי מֵעֲדוֹתֶיךָ לֹא נִטִּיתִי: רְאִיתִי בְּגֵדִים
וְאַתְקוּטָטָה אֲשֶׁר אִמְרַתֶךָ לֹא שָׁמְרוּ: רָאה
כִּי־פָקוּדֶיךָ אֶהְבַּתִּי י-הוה כְּחֹסֶדְךָ חֲיִנִי:
רֹאשׁ־דְבַרְךָ אֱמֹת וּלְעוֹלָם כָּל־מִשְׁפָּט צִדְקָךָ:

ש: שָׁרִים רָדְפוּנִי חֲנָם (וּמְדַבְרִיךָ) [וּמְדַבְרֶיךָ]
פָּחַד לִבִּי: שֵׁשׁ אֲנֹכִי עַל־אַמְרֹתֶיךָ כְּמוֹצֵא
שָׁלַל רַב: שֶׁקֶר שָׁנֵאתִי וְאַתְעַבָּה תוֹרַתֶךָ
אַהְבַּתִּי: שֶׁבַע בַּיּוֹם הִלַּלְתִּיךָ עַל מִשְׁפָּטִי
צִדְקָךָ: שְׁלוֹם רַב לְאַהֲבֵי תוֹרַתֶךָ וְאִיר־לְמוֹ
מִכְשׁוֹל: שִׁבְרַתִּי לִישׁוּעָתֶךָ י-הוה וּמִצְוֹתֶיךָ
עֲשִׂיתִי: שָׁמְרָה נַפְשִׁי עֲדֹתֶיךָ וְאַהֲבָם מְאֹד:
שָׁמְרַתִּי פְקוּדֶיךָ וְעֲדוֹתֶיךָ כִּי כָל־דְרָכֵי נִגְדָּדְךָ:

ת: תִּקְרַב רְנָתִי לְפָנֶיךָ י-הוה כְּדִבְרֶיךָ הִבִּינִי:
תְּבוֹא תִּחַנְתִּי לְפָנֶיךָ כְּאַמְרֹתֶיךָ הַצִּילֵנִי: תִּבְעֶנָה
שִׁפְתֵי תִּהְלֶה כִּי תִלְמַדְנִי חֲקִיךָ: תִּעַן לְשׁוֹנֵי
אַמְרֹתֶיךָ כִּי כָל־מִצְוֹתֶיךָ צִדְקָה: תִּהְיֶיךָ לְעִזְרָנִי
כִּי פְקוּדֶיךָ בְּחַרְתִּי: תִּנְאַבְתִּי לִישׁוּעָתֶךָ י-הוה
וְתוֹרַתֶךָ שֶׁעֲשִׂי: תִּחַיֶּנְפְּשִׁי וְתִהְלֶלְךָ וּמִשְׁפָּטֶיךָ
יַעֲזְרֵנִי: תִּעֲלֵיתִי כְּשֶׁה אֲבִד בִּקְשׁ עֲבַדְךָ כִּי
מִצְוֹתֶיךָ לֹא שָׁכַחְתִּי:

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