

## Introduction

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.*

**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.*

**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.*

**א:** אֲשֶׁרִי תַמְיִמֵי־דָרְךָ הַהֲלָכִים בְּתוֹרַת יְיָ-הוּא:  
אֲשֶׁרִי נֹצְרִי עֲדֹתָיו בְּכָל־לֵב יִדְרְשׁוּהוּ: אֵף  
לֹא־פָעַלְו עוֹלָה בְּדַרְכֵיךָ הַלְכוּ: אֶתָּה צוֹיִתָּה  
פְּקֻדֹתֶיךָ לְשֹׁמֵר מֵאֵד: אֲחֲלִי יִכְנוּ דַרְכֵיךָ לְשֹׁמֵר  
חֻקֶיךָ: אִזּוּ לֹא־אֲבוֹשׁ בְּהִבִּיטִי אֶל־כָּל־  
מִצְוֹתֶיךָ: אֹדְדֶךָ בְּיִשָּׁר לֵבָב בְּלִמְדֵי מִשְׁפָּטִי  
צִדְקָתֶךָ: אֶת־חֻקֶיךָ אֲשֹׁמֵר אֶל־תַּעֲזֹבֵנִי  
עַד־מָאֵד:

**ב:** בְּמָה יִזְכֶּה־נַעַר אֶת־אֲרָחוֹ לְשֹׁמֵר כְּדַבְּרֶךָ:  
בְּכָל־לִבִּי דִרְשָׁתֶיךָ אֶל־תִּשְׁגֵּנִי מִמִּצְוֹתֶיךָ:  
בְּלִבִּי צִפְנֹתִי אִמְרֹתֶיךָ לִמְעַן לֹא אֲחַטָּא־לְךָ:  
בְּרוּךְ אַתָּה יְיָ-הוּא לִמְדֵנִי חֻקֶיךָ: בְּשִׁפְתַי  
סִפְרֹתַי כֹּל מִשְׁפָּטֶיךָ: בְּדַרְךָ עֲדוֹתֶיךָ  
שִׁשְׁתִּי כָעַל כְּלֵהוֹן: בְּפִקּוּדֶיךָ אֲשִׁיחָה  
וְאֲבִיטָה אֶרְחוּתֶיךָ: בְּחֻקֹתֶיךָ אֲשִׁתַּעֲשֶׂע לֹא  
אֲשַׁפַּח דְּבַרְךָ:

**ג:** גִּמַל עַל־עַבְדְּךָ אֲחִיךָ וְאֲשַׁמְרָה דְבַרְךָ: גִּל־  
עֵינֵי וְאֲבִיטָה נִפְלְאוֹת מִתּוֹרֹתֶיךָ: גֵר אֲנֹכִי  
בְּאֶרֶץ אֶל־תִּסְתֵּר מִפְּנֵי מִצְוֹתֶיךָ: גִּרְסָה  
נִפְשִׁי לְתַאֲבָה אֶל־מִשְׁפָּטֶיךָ בְּכָל־עֵת: גַּעֲרַת  
זַדִּים אֲרוּרִים הַשְׁגִּים מִמִּצְוֹתֶיךָ: גִל מַעֲלִי  
חֲרָפָה וְבוֹז כִּי עֲדוֹתֶיךָ נֹצְרֹתִי: גַם יִשְׁבוּ  
שָׂרִים בִּי נִדְבְּרוּ עִבְדְּךָ יִשִׁים בְּחֻקֶיךָ: גַם־  
עֲדוֹתֶיךָ שִׁעֲשִׂעִי אֲנִשִׁי עֲצָתִי:

**T:** 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.

**י:** 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.

**י:** 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.

**י:** דְּבַקָּה לְעָפָר נַפְשִׁי חַיְנִי כְּדַבְּרָךָ: דְּרַכִּי סַפְרָתִי וְתַעֲנֵנִי לְמִדְּנֵי חֻקֶיךָ: דְּרָדֶךָ פְּקוּדֵיךָ הַבִּינֵנִי וְאַשְׁיחָה בְּנִפְלְאוֹתֶיךָ: דְּלִפְּהָ נַפְשִׁי מִתּוֹגָה קִיַּמְנִי כְּדַבְּרָךָ: דְּרָדֶךָ שְׁקָר הִסֵּר מִמּוֹנֵי וְתוֹרַתְךָ חֲנֻנִי: דְּרָדֶךָ אֱמוּנָה בְּחַרְתִּי מִשְׁפָּטֶיךָ שׁוֹיִתִּי: דְּבַקְתִּי בְּעֲדוֹתֶיךָ י-הוּה אֵל תַּבְּיִשְׁנִי: דְּרָדֶךָ מִצְוֹתֶיךָ אַרוּץ כִּי תִרְחִיב לְבִי:

**ה:** הוֹרְנִי י-הוּה דְרָדֶךָ חֻקֶיךָ וְאַצְרְנָה עֵקֶב: הַבִּינֵנִי וְאַצְרָה תּוֹרַתְךָ וְאַשְׁמְרָנָה בְּכָל־לֵב: הַדְרִיכֵנִי בְּנֵתִיב מִצְוֹתֶיךָ כִּי־בּו חֲפָצְתִּי: הִט־לְבִי אֶל־עֲדוֹתֶיךָ וְאַל אֶל־בָּצַע: הַעֲבֵר עֵינַי מִרְאוֹת שָׁוָא בְּדַרְכֶךָ חַיְנִי: הִקֵּם לְעַבְדְּךָ אִמְרַתְךָ אֲשֶׁר לִירְאָתְךָ: הַעֲבֵר חֲרָפְתִּי אֲשֶׁר יִגְרָתִי כִּי מִשְׁפָּטֶיךָ טוֹבִים: הִנֵּה תִאֲבָתִי לְפָקְדֶיךָ בְּצַדִּיקְתְּךָ חַיְנִי:

**י:** וַיִּבְאֵנִי חֲסֵדְךָ י-הוּה תְּשׁוּעָתְךָ כְּאִמְרַתְךָ: וְאַעֲנֶה חֲרָפִי דָבָר כִּי־בִטַחְתִּי בְּדַבְּרָךָ: וְאַל־תִּצַּל מִפִּי דְבַר־אֱמָת עַד־מָאֵד כִּי לְמִשְׁפָּטֶיךָ יִחַלְתִּי: וְאַשְׁמְרָה תּוֹרַתְךָ תַּמִּיד לְעוֹלָם וָעַד: וְאַתְּהִלְכָה בְּרַחֲבָה כִּי פִקְדֶיךָ דְרָשְׁתִּי: וְאַדְבַּרָה בְּעֲדוֹתֶיךָ נֶגֶד מְלָכִים וְלֹא אֲבוֹשׁ: וְאַשְׁתַּעֲשַׁע בְּמִצְוֹתֶיךָ אֲשֶׁר אֶהְבֵּתִי: וְאַשְׂאֲכִפִּי אֶל־מִצְוֹתֶיךָ אֲשֶׁר אֶהְבֵּתִי וְאַשְׁיחָה בְּחֻקֶיךָ:

**י:** זְכַר־דְּבָר לְעַבְדְּךָ עַל אֲשֶׁר יִחַלְתָּנִי: זֹאת נִחְמָתִי בְּעָנְיִי כִּי אִמְרַתְךָ חִיְתָּנִי: זֵדִים הִלְצִנִּי עַד־מָאֵד מִתּוֹרַתְךָ לֹא נִטִּיתִי: זְכַרְתִּי מִשְׁפָּטֶיךָ מֵעוֹלָם י-הוּה וְאַתְּנַחֵם: זְלַעְפָּה אֲחַזְתָּנִי מִרְשָׁעִים עֲזָבִי תּוֹרַתְךָ: זְמֵרוֹת הַיּוֹלֵי חֻקֶיךָ בְּבַיִת מְגוֹרִי: זְכַרְתִּי בְּלִילָה שָׁמַךְ י-הוּה וְאַשְׁמְרָה תּוֹרַתְךָ: זֹאת הִיְתָה־לִּי כִּי פִקְדֶיךָ נִצְרָתִי:

**n:** 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.

**o:** 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.

**l:** 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.

**z:** 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.

**ח:** חֲלָקִי י-הוה אֲמַרְתִּי לְשֹׁמֵר דְּבָרֶיךָ: חֲלִיתִי פָּנֶיךָ בְּכָל־לֵב חֲנֻנִי כְּאֲמַרְתָּ: חֲשַׁבְתִּי דְרָכֶי וְאֲשִׁיבָה רַגְלִי אֶל־עֲדֹתֶיךָ: חֲשַׁבְתִּי וְלֹא הִתְמַהֵמְהֵתִי לְשֹׁמֵר מִצְוֹתֶיךָ: חֲבָלֵי רְשָׁעִים עֹנְדֵנִי תוֹרַתְךָ לֹא שָׁכַחְתִּי: חֲצוֹת־לַיְלָה אֶקוּם לְהוֹדוֹת לְךָ עַל מִשְׁפָּטֶי צְדָקָךָ: חֲבַר אָנֹכִי לְכָל־אֲשֶׁר יִרְאוּךָ וְלִשְׁמָרֶי פְּקוּדֶיךָ: חֲסִדְךָ י-הוה מְלֵאכָה הָאֲרֶץ חֲקִיךָ לְמַדְנִי:

**ט:** טוֹב עָשִׂיתָ עִם־עַבְדְּךָ י-הוה כְּדַבַּרְךָ: טוֹב טַעַם וְדַעַת לְמַדְנִי כִּי בְּמִצְוֹתֶיךָ הִצְמַנְתִּי: טָרַם אֶעֱנֶה אָנֹכִי שִׁגְגָה וְעַתָּה אֲמַרְתָּ שְׁמַרְתִּי: טוֹב־אֲתָה וּמְטִיב לְמַדְנִי חֲקִיךָ: טָפְלוּ עָלַי שֶׁקֶר זָדִים אָנֹכִי בְּכָל־לֵב אֶצַּר פְּקוּדֶיךָ: טָפַשׁ כַּחֲלָב לֶפֶם אָנֹכִי תוֹרַתְךָ שֶׁעָשַׂעְתִּי: טוֹב־לִי כִּי־עֲנִיתִי לְמַעַן אֶלְמַד חֲקִיךָ: טוֹב־לִי תוֹרַת־פִּיךָ מֵאַלְפֵי זָהָב וְכֶסֶף:

**י:** יָדֶיךָ עָשׂוּנִי וְיָכֹונְנוּנִי הִבִּינִי וְאֶלְמַדְתָּ מִצְוֹתֶיךָ: יִרְאוּךָ יִרְאוּנִי וְיִשְׂמְחוּ כִּי לְדַבַּרְךָ יִחְלָתִי: יְדַעְתִּי י-הוה כִּי־צָדֵק מִשְׁפָּטֶיךָ וְאֲמוּנָה עֲנִיתָנִי: יְהִינָא חֲסִדְךָ לְנַחֲמֵנִי כְּאֲמַרְתָּ לְעַבְדְּךָ: יִבְאוּנִי רַחֲמֶיךָ וְאֶחְיֶה כִּי־תוֹרַתְךָ שֶׁעָשַׂעְתִּי: יִבְשׂוּ זָדִים כִּי־שֶׁקֶר עֹנְתוּנִי אָנֹכִי אֲשִׁיחַ בְּפִקּוּדֶיךָ: יִשׁוּבוּ לִי יִרְאוּךָ (וּיְדַעוּ) [וְיִדְעוּ] עַדְתֶּיךָ: יְהִי־לִבִּי תַמִּים בְּחֲקִיךָ לְמַעַן לֹא אֲבוֹשׁ:

**כ:** יִכְלָתָה לְתַשׁוּעָתְךָ נַפְשִׁי לְדַבַּרְךָ יִחְלָתִי: כָּלוּ עֵינֵי לְאֲמַרְתָּ לֹא־אִמַר מְתִי תִנְחַמְנִי: כִּי־הִייתִי כְּנֹאד בְּקִיטוֹר חֲקִיךָ לֹא שָׁכַחְתִּי: כִּמָּה יְמֵי־עַבְדְּךָ מְתִי תַעֲשֶׂה בְרֹדְפֵי מִשְׁפָּט: כְּרוּלֵי זָדִים שִׁיחוֹת אֲשֶׁר לֹא כְּתוֹרַתְךָ: כָּל־מִצְוֹתֶיךָ אֲמוּנָה שֶׁקֶר רָדְפוּנִי עֲזַרְנִי: כְּמַעַט כָּלוּנִי בְּאֲרֶץ וְאָנֹכִי לֹא־עֲזַבְתִּי פְּקֻדֶיךָ: כְּחֲסִדְךָ חֲיִנִי 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.

**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.

**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.

**ס:** 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.

**ל:** לעולם י-הוה דְּבַרְךָ נָצַב בַּשָּׁמַיִם: לְדָר וְדָר אֲמוּנָתְךָ כּוֹנֵנֶת אֶרֶץ וַתַּעֲמֹד: לְמִשְׁפָּטֶיךָ עֲמַדוֹ הַיּוֹם כִּי הַכֹּל עֲבָדֶיךָ: לוֹלִי תוֹרַתְךָ שֶׁעָשִׂי אִז אֲבִדְתִּי בְּעָנְיִי: לְעוֹלָם לֹא־אֲשַׁכַּח פְּקוּדֶיךָ כִּי בָם חִיִּיתֵנִי: לְךָ־אֲנִי הוֹשִׁיעֵנִי כִּי פְּקוּדֶיךָ דָּרְשֵׁתִי: לִי קוֹי רְשָׁעִים לֹא־בִדְנִי עֲדוֹתֶיךָ אֲתַבּוֹנֶן: לְכָל־תִּכְלָה רְאִיתִי קוֹץ רַחֲבָה מִצְוֹתֶיךָ מֵאֵד:

**מ:** מִה־אֶהְבֵּתִי תוֹרַתְךָ כָּל־הַיּוֹם הִיא שִׂיחֹתִי: מֵאִיבֵי תַחֲכַמְנִי מִצְוֹתֶיךָ כִּי לְעוֹלָם הֵיאֵלֵי: מִכָּל־מְלַמְדֵי הַשִּׁכְלָתִי כִּי עֲדוֹתֶיךָ שִׂיחָה לִּי: מִזְקֵנִים אֲתַבּוֹנֶן כִּי פְּקוּדֶיךָ נִצְרַתִּי: מִכָּל־אֵרֶח רָע כָּל־אֲתִיתִי רַגְלִי לְמַעַן אֲשַׁמֵּר דְּבַרְךָ: מִמִּשְׁפָּטֶיךָ לֹא־סָרְתִי כִּי־אֲתָה הוֹרַתֵנִי: מִה־נִּמְלָצוֹ לַחֲכִי אֲמַרְתֶּךָ מִדְּבַשׁ לִפִּי: מִפְּקוּדֶיךָ אֲתַבּוֹנֶן עַל־כֵּן שָׂנֵאתִי כָּל־אֵרֶח שֶׁקָּר:

**נ:** יִרְלַרְגְּלִי דְּבַרְךָ וְאוֹר לְנִתְיַבְתִּי: נִשְׁבַּעְתִּי וְאֶקְיָמָה לְשִׁמּוֹר מִשְׁפָּטֵי צְדָקָה: נַעֲנִיתִי עַד־מֵאֵד י-הוה חִינִי כִּדְבַרְךָ: נִדְּבֹת פִּי רִצְהֵנָא י-הוה וּמִשְׁפָּטֶיךָ לְמַדְנִי: נִפְשִׁי בְּכַפִּי תַמִּיד וְתוֹרַתְךָ לֹא שָׁכַחְתִּי: נִתְנֶנּוּ רְשָׁעִים פֶּח לִי וּמִפְּקוּדֶיךָ לֹא תַעֲיַתִּי: נִחַלְתִּי עֲדוֹתֶיךָ לְעוֹלָם כִּי־שָׁשׂוֹן לִבִּי הֵמָּה: נְטִיתִי לִבִּי לַעֲשׂוֹת חֲקִיךָ לְעוֹלָם עֵקֶב:

**ס:** סַעֲפִים שָׂנֵאתִי וְתוֹרַתְךָ אֶהְבֵּתִי: סִתְרִי וּמִגְנִי אֲתָה לְדְבַרְךָ יְחַלְתִּי: סוֹרוּ־מִמּוֹנֵי מְרָעִים וְאַצְרָה מִצּוֹת אֶ־לְהִי: סָמְכֵנִי כְּאֲמַרְתֶּךָ וְאַחֲיָה וְאַל־תִּבְיַשְׁנִי מִשִּׁבְרִי: סַעֲדֵנִי וְאוֹשִׁיעָה וְאַשְׁעָה בְּחֲקִיךָ תַמִּיד: סָלִית כָּל־שׂוֹגִים מִחֲקִיךָ כִּי־שֶׁקֶר תַּרְמִיתֵם: סִגִּים הַשִּׁבֵּת כָּל־רְשָׁעֵי־אֶרֶץ לָכוֹ אֶהְבֵּתִי עֲדוֹתֶיךָ: סִמּוֹר מִפְּחָדְךָ בְּשָׂרִי וּמִמִּשְׁפָּטֶיךָ גְּרַאתִי:

**ו:** *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.*

**ז:** *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.*

**ח:** *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.*

**ט:** *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.*

**ע:** עשיתי משפט וצדק בלתי־נחני לעשקי:  
ערב עבדך לטוב אלי־עשקני ידים: עיני  
כלו לישועתך ולאמרת צדקך: עשה עם־  
עבדך כחסדך ורחמיך למדני: עבדך־אני  
הבינני ואדעה עדתך: עת לעשות לי־  
הוה הפרו תורתך: על־כן אהבתי מצותיך  
מזהב ומפז: על־כן כל־פקודי כל ישרתי  
כל־ארח שקר שנאתי:

**פ:** פלאות עדותיך על־כן נצרתם נפשי: פתח  
דבריך יאיר מבין פתיים: פי־פערתי  
ואשאפה כי למצותיך יאבתי: פנה־אלי  
וחנני כמשפט לאהבי שמה: פעמי הכן  
באמרתך ואלת־שלטבי כל־און: פדני  
מעשק אדם ואשמרה פקודיך: פניך האר  
בעבדך ולמדני את־חקיך: פלגי־מים ירדו  
עיני על לא־שמרו תורתך:

**צ:** צדיק אתה י־הוה וישר משפטיך: צוית  
צדק עדתך ויאמונה מאד: צמתתני  
קנאתי כי־שכחו דבריך צרי: צרופה  
אמרתך מאד ועבדך אהבה: צעיר אנכי  
ונבזה פקדיך לא שכחתי: צדקתך צדק  
לעולם ותורתך אמת: צרו־מצוק מצאוני  
מצותיך שעשעי: צדק עדותיך לעולם  
הבינני ואחיה:

**ק:** קראתי בכל־לב ענני י־הוה חקיך אצרה:  
קראתיך הושיעני ואשמרה עדתך:  
קדמתי בנשף ואשועה (לדבריד) [לדברך]  
יחלתי: קדמו עיני אשמרות לשׁיח  
באמרתך: קולי שמעה כחסדך י־הוה  
כמשפט חניני: קרבו רדפי זמה מתורתך  
רחקו: קרוב אתה י־הוה וכל־מצותיך  
אמת: קדם ידעתי מעדתיך כי לעולם  
יסדתם:

**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.

**ר:** רָאֵה עֲנֵנִי וְחַלְצֵנִי כִּי־תוֹרַתְךָ לֹא שָׁכַחְתִּי:  
רִיבָה רִיבֵי וּגְאֹלֵנִי לְאַמְרַתְךָ חַיִּינִי: רְחוּק  
מִרְשָׁעִים יְשׁוּעָה כִּי־חֲקִיךָ לֹא דָרְשׁוּ: רַחֲמֶיךָ  
רַבִּים י־הוּהוּ כְּמִשְׁפָּטֶיךָ חַיִּינִי: רַבִּים רִדְפֵי  
וְצָרִי מֵעֲדוּתֶיךָ לֹא נִטִּיתִי: רְאִיתִי בְגָדִים  
וְאֶתְקוּטָטָה אֲשֶׁר אִמְרַתְךָ לֹא שָׁמְרוּ: רָאֵה  
כִּי־כִפְּוֹדֶיךָ אֶהְבֵּתִי י־הוּהוּ כְּחִסְדֶּךָ חַיִּינִי:  
רֹאשִׁי־דְבָרְךָ אֲמַת וְלֵעוֹלָם כָּל־מִשְׁפָּט צְדָקָה:

**ש:** שָׁרִים רָדְפוּנִי חֲנָם (ומדבריד) [וימדךךךך]  
פָּחַד לְבִי: שָׁשׂ אָנֹכִי עַל־אַמְרַתְךָ כְּמוֹצֵא  
שָׁלַל רַב: שָׁקַר שָׁנְאַתִּי וְאַתְעֵבָה תוֹרַתְךָ  
אַהְבֵּתִי: שְׁבַע בַּיּוֹם הִלְלֵתִיךָ עַל מִשְׁפָּטֶי  
צְדָקָה: שְׁלוֹם רַב לְאַהֲבֵי תוֹרַתְךָ וְאִירֹלְמוֹ  
מְכֻשׁוֹל: שִׁבְרַתִּי לִישׁוּעָתְךָ י־הוּהוּ וּמִצּוֹתֶיךָ  
עֲשִׂיתִי: שָׁמְרָה נַפְשִׁי עֲדֹתֶיךָ וְאַהֲבֵם מְאֹד:  
שִׁמְרַתִּי כִּפְּוֹדֶיךָ וְעֲדֹתֶיךָ כִּי כָל־דָּרְכֵי נִגְדָה:

**ת:** תִּקְרַב רִנָּתִי לְפָנֶיךָ י־הוּהוּ כְּדְבָרְךָ הִבִּינֵנִי:  
תְּבוֹא תַחֲנֹתִי לְפָנֶיךָ כְּאַמְרַתְךָ הַצִּילֵנִי: תִּבְעֵנָה  
שִׁפְתֵי תִהְלֶה כִּי תִלְמַדְנִי חֲקִיךָ: תַעַן לְשׁוֹנֵי  
אַמְרַתְךָ כִּי כָל־מִצְוֹתֶיךָ צְדָקָה: תַּהֲיִי־יָדְךָ לְעִזְרִי  
כִּי כִפְּוֹדֶיךָ בְּחֻרַתִּי: תִּאֲבָתִי לִישׁוּעָתְךָ י־הוּהוּ  
וְתוֹרַתְךָ שַׁעֲשְׂעֵי: תַחֲיִי־נַפְשִׁי וְתַהֲלֵלְךָ וּמִשְׁפָּטֶיךָ  
יַעֲזָרֵנִי: תַעֲיִתִי כְּשֶׁה אֲבַד בִּקְשׁ עֲבָדְךָ כִּי  
מִצּוֹתֶיךָ לֹא שָׁכַחְתִּי:

The custom of praying for the sick by reciting the verses corresponding to the person's Hebrew name is rooted in the Kabbalistic belief that the letters of the Hebrew alphabet possess deep spiritual power and hold healing properties. This tradition is based on the understanding that the Hebrew letters are not just characters, but carriers of divine energy and meaning, with each letter considered to have the power to channel a unique spiritual force. By reciting the specific verses associated with the letters of a person's name, we try to capture these energies for the person's well-being, by invoking God's protection and blessings.

The mystical work, The Letters (or: Alphabet) of Rabbi Akiva, attributed to the great rabbinic sage, uses the Hebrew letters to signify themes of the Heavenly realm and the scope of human life. Rabbi Akiva is cited in the Talmud as having the ability to even derive important lessons from the ornamental crowns

found on many letters in the Torah. By aligning the letters of a person's name with the corresponding verses in Psalm 119, a personal and intimate connection is created between the person we are praying for and the sacred letters of the Torah. This personalized approach to prayer, which connects the one reciting the words with God Himself, offers both spiritual and physical healing. This highlights the sanctity and transformative power of words, reinforcing the belief that certain words can bring comfort, healing, and protection to the sick. When we say Psalm 119, we use its verses as a prayer for healing in a deeply personal way.

While reciting Psalm 119 in this manner is a common custom, there are many rabbinic opinions that are concerned with the belief in the spiritual power of Psalms.

