

# כזונה קזנטרס

פסוקי דזמרה

נוסח אשכנז

**TEFILLAH**  
**POWER**  
תפילה כח  
דחמיה



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בש"ד ט' כסלו תשע"ח

למע"כ ידידי הנכבד רב פעלים ואיש מצליח הרה"ג המפורסם לרבים ר' אברהם צבי הכהן קליינמאן שליט"א,  
אחרי דרישת שלומו הטוב בברכה מרובה כמשפט.

הוא לפני פעולתו החדשה פרי מחשבתו ועטו הנקרא "כוונה קונטרס" המסודר יפה בביאור כללות התפילות בלשון צח ובהיר, יחד עם פירוש המלות בפרטות, ותכליתו לשמש כספר לימוד לחנך תינוקות של בית רבן ותלמידי ישיבה בעבודת התפילה, שע"י שיבינו ענין התפילה ופירוש המלות ירגישו טעם בתפילתם ויכירו גודל ענינה של תפילה שהוא מדברים העומדים ברומו של עולם.

והנה זה הרבה שנים שכבי' פועל גדולות ונצורות לחזק את ישראל בענין התפילה, ובי"ה כבי' הוא גברא דמריה סייעיה שזכה להשפיע בזה על רבבות אלפי ישראל מגדול ועד קטן בהרבה מדינות בכל העולם, וגם בפעם הזאת בטוח אני שעבודתו בקודש יביא תועלת לרבים לאלו המעונינים לחזק ערך תפילתם, ונזכה עי"ז לגאולה שלמה בקרוב.

מנאי המברכו בברכת חו"ש והצלחה אמיתית.

ד"ר ברוך  
למנאי קמנצקי

*English Translation of The Novominsker Rebbe's Haskama  
on the following page*

To my dear esteemed friend, a man of great accomplishment on behalf of Torah and Yiddishkeit, Rabbi Avraham Tzvi Kleinman shlit"á, shalom aleichem,

I reviewed the pamphlets you composed for the "young flock" - our Yeshiva students. It is a clear succinct translation and explanation of the Nussach Hat'fillah which we pray each day, with the purpose of ingraining the meaning of the words on the hearts and souls of all Jews. This deeply rooted understanding and comprehension of the berachos and tefillos will be of great benefit to all, as they will recognize before Whom they stand and pour out their hearts.

May it be His will that these pamphlets be warmly received in the schools, and may they inspire our brethren - from young to old - to focus their hearts to our Father in heaven, and may Hashem hear and accept the voice of our prayers with mercy.

With blessings of kol-tuv and arichas yamim tovim,

Yaakov Perlow



**Zooming In**—You will notice that some words in *Kavannah Kuntros* are larger than the rest. These are the same words listed in the “Zooming In” section (see the bottom of the pages in *Kavannah Kuntros*), chosen because they are more difficult words. They will be included in a voluntary written Multiple Choice and Word Matching exam you’ll be taking every four weeks.

**Student Contest and Prizes**—Whoever scores 100 on the Multiple Choice exam wins 5 cards to enter the monthly drawing for exciting prizes (you should have received the colorful Prize Page when you started the *Tefillah* Program). A score of 95 earns 4 cards; 90 earns 3 cards; 85 earns 2 cards, and 80 will earn 1 cards for entry into the drawing.

**What Will I Gain From Using the *Kavannah Kuntros*?**—BE”H over time, the meaning and the feeling of the words you say every morning in Shacharis will become very familiar to you. As you *daven*, you’ll find that you really feel that you are coming closer to Hashem and that your *tefillos* are becoming more and more meaningful and powerful. This is the one ability you can count on throughout your life, to help bring you success and *berachah* and to help you face life’s challenges. May this *Kavannah Kuntros* give power and meaning to your *tefillah* to truly become “*devarim ha’omdim b’rumo shel olam*, bringing Hashem’s *yeshuos* into our world.

## HOW TO USE YOUR KAVANNAH KUNTROS

**Kavannah Kuntros**—The **Kavannah Kuntros** is different than any other translation or *sefer on tefillah*. That is because it gives you not just the English translation, but the meaning of the *Shacharis tefillah* you say every weekday in words that are clear and understandable for students your age.

**Why Just a Few Different Words Each Week?** – You will notice that the Kavannah Kuntros is divided into "Weeks" (i.e., see page 9, Left Column, where it says "WEEK 1" after the heading 'מְמוֹר שִׁיר' and page 10 on bottom Left Column, where it says "WEEK 2" before the words 'יה' בְּרִצּוֹן־ךְ'). This is because when you really want to build your *kavannah*, the best way is to go slowly, step by step. In fact, the *Shulchan Aruch* (1:3) says "saying a small amount of *tefillah* with *kavannah* is better than saying more words without *kavannah*." Of course, it is important to always first ask a Rebbe when to apply this rule. The main point, says the *Mishneh Beurah* (ibid:12), is not whether we say more or less, but that the words we say are truly directed toward Hashem with *kavannah*.

### Which Part of Shacharis Is Translated in Kavannah Kuntros?

Your **Kavannah Kuntros** will focus on the same *tefillas* you are studying in *Tefillah Power*:

- **Birchas Ha'Shachar**—Generally for fourth graders
- **Pesukei D'Zimrah (until Boruch Hashem L'Olam)**—Generally for fifth-graders
- **Pesukei D'Zimrah (from Boruch Hashem L'Olam), Birchas Krias Shema and Shema**—Generally for sixth graders
- **Shemoneh Esrei**—Generally for seventh and eighth graders





## מְזִמּוֹר שִׁיר<sup>1</sup>

**כִּי דָלִיתָנִי,**

for You have raised me [above  
my enemies through all my suffering]  
[from the depths],

**וְלֹא שִׂמְחָתָ אֵיבֵי לִי.**

and You have not let my  
enemies rejoice over me  
[at the dedication of the Beis  
HaMikdash].<sup>4</sup>

**ה' אֱ-לֹהֵי,**

Hashem, my God,

**שׁוֹעֵתִי אֵלֶיךָ**

[my suffering was because of my  
sins, so] I cried out to You [in  
*teshuvah* when I was sick],

**וַתִּרְפָּאֵנִי.**

and You healed me [as You  
accepted my *teshuvah* and forgave my sins].

*This Chapter of Tehillim (30)—King David's special praise of Hashem—is included in שחרית because these words initiated the Holy Temple's morning service, which is now replaced by שחרית. King David's overflowing praise rises from his gratitude to G-d for showing his enemies that contrary to their claim—that G-d withheld the merit of building the Temple from King David—in fact the Shechinah would only reside in the Temple on King David's merit.<sup>2</sup>*

WEEK  
1

**מְזִמּוֹר שִׁיר**

A psalm, a song<sup>3</sup>

**חֲנֻכַּת הַבַּיִת לְדָוִד.**

for the inauguration of the  
Beis HaMikdash by [King]  
David.

**אֲרֹמְמָךְ ה'**

I will speak about how lofty  
[You are], Hashem,

### ZOOMING IN - Week 1

הֶעֱלִיתָ You have raised up	וַתִּרְפָּאֵנִי and You healed me	שׁוֹעֵתִי אֵלֶיךָ I cried out to You	כִּי דָלִיתָנִי for You have raised me up	חֲנֻכַּת for the inauguration
בִּלְאֲמוּט I would never weaken	בְּשָׁלוֹ in my calm	בְּכִי crying	יָלִין one lies down	מִיָּרְדֵי בּוֹר from my descent to the pit

חַיִּים בְּרָצוֹנוֹ,

[when His “anger” ends, Hashem grants a person] **life** [that] **results** from His favor.

בְּעֶרֶב

In the evening [when difficult things happen],

יָלִין בְּכִי

one lies down **crying** [since we don’t understand],

וְלִבְקָר רָנָה.

but with dawn, he will cry with joy [everything eventually will turn out for one’s benefit].

וְאָנִי אָמַרְתִּי

I had said

בְּשִׁלְוִי,

in my [times of] calm,

בְּלֵ אֲמוּזֹט לְעוֹלָם.

[I thought that] I would never **weaken** [nothing could remove the peace in my life].

*This part of שִׁיר מִזְמוֹר continues with the song in the בֵּית הַמִּקְדָּשׁ written by King David.*

WEEK  
2

ה’ בְּרָצוֹנְךָ

But Hashem, it was Your good will [alone]

ה’ הֵעֲלִיתָ

Hashem, You have raised up [my soul]

מִן שְׂאוֹל נַפְשִׁי,

from the lower world [from dying],<sup>5</sup>

חַיִּיתָנִי

You have kept me alive

מִיַּרְדֵּי בּוֹר.

from my descent to the pit [grave].

זְמְרוּ לֵה’

Sing [be filled with happiness] to Hashem,

חֲסִידָיו,

His devoted ones [seeing that Hashem accepts the *teshuvah* of sinners],

וְהוֹדוּ לְזִכָּר קִדְשׁוֹ.

and give thanks to His holy Name.

כִּי רָגַע בְּאַפּוֹ,

[Even when Hashem becomes “angry”] His anger lasts but for a moment;

**בְּרִדְתִּי אֶל שַׁחַת,**

in my going down to the pit?  
[If I die, I will no longer be able to sing His praises.]

**הַיּוֹדֵף עָפָר,**

Will the dust thank You? [Can the dead praise You?]

**הִיגִיד אֱמֶתְךָ.**

Will it [the dead] declare Your truth [of Your Torah]?

**שְׁמַע ה'**

Hear, Hashem,

**וְחַנּוּנִי,**

favor me [listen to my prayers and let me return and be close to You];

**ה' הִיְהִי עֵזֶר לִי.**

Hashem, be my Helper [help me with whatever I need].

**הַפְּכַת מִסִּפְדִּי**

You have transformed my mourning [over the thought that I would be punished because of my sins].

**הַעֲמִדְתָּהּ**

that supported

**לְהַרְרֵי עִז,**

my greatness to be mighty  
[assured me of my continued success].

**הִסְתַּרְתָּ פָּנֶיךָ**

When You hid Your face [If You removed Your protection from me]

**הִיִּיתִי נִבְהַל.**

[due to my sins], I was confused  
[because of the bad things that began happening to me].

**אֶלֶיךָ ה' אֶקְרָא,**

[When bad things happen to me] to You, Hashem, I will pray,

**וְאֵל ה' אֶתְחַנֵּן.**

and to You, Hashem, I will ask my requests [realizing that only You can help me].

**מַה בָּצַע בְּדַמִּי,**

What gain is there [to Hashem] in my death,

ZOOMING IN - Week 2

בְּרִדְתִּי in my going down	בְּדַמִּי in my death	מַה בָּצַע what gain is there	נִבְהַל confused	הִסְתַּרְתָּ when You hid	לְהַרְרֵי my greatness
			יָדָם silenced	יִזְמְרָךְ sing to You	אֱמֶתְךָ Your truth

לְמַעַן יִזְמְרֶךָ כְּבוֹד

So that my soul might sing  
to You

וְלֹא יִדָּם,

and not be silenced,

ה' א-לֵהי לְעוֹלָם אוֹדֶךָ.

Hashem, my God, forever  
[whether You are showing mercy toward  
me or punishing me] I will thank You.

לְמַחֹל לִי,

[After You told me that You have  
forgiven me, I want] to dance;

פְּתַחַת שָׁקִי,

[the knowledge that You have forgiven  
my sins makes me feel that] You  
undid [removed] my sackcloth

וַתִּמְלֵא אֹזְנִי שְׂמֵחָה.

and filled me with joy.

## בְּרוּךְ שְׂאֵמֶר

בְּרוּךְ שְׂאֵמֶר

Blessed is He [Hashem] Who  
“spoke” [by simply “speaking,” He  
expresses His Will]

וְהָיָה הָעוֹלָם,

and the world came into  
being,

בְּרוּךְ הוּא.

blessed is He [Hashem].

ברוך שְׂאֵמֶר is composed of two parts. The first part mentions ten different aspects of Hashem's Name, each one preceded by the word בְּרוּךְ. This prayer emphasizes that Hashem is blessed for the things He does in the present tense—He constantly renews every moment of creation (i.e. עֲשָׂה בְּרֵאשִׁית, „עֲשָׂה...He maintains creation, He speaks and does).

**HALACHAH ADVISORY:** Because בְּרוּךְ שְׂאֵמֶר is a blessing of thanks to Hashem, it is customary to stand while saying it.<sup>7</sup>

**HALACHAH ADVISORY:** The custom is to hold the two front tzitzis and look at them, at least during the first part of בְּרוּךְ שְׂאֵמֶר.

WEEK  
3



### ZOOMING IN - Week 3

לִירְאוֹ to those who fear Him	עַל הַבְּרִיּוֹת on the creatures	מְרַחֵם it is He Who has mercy	גּוֹזֵר Who decrees	עֲשָׂה בְּרֵאשִׁית Who maintains Creation
		וּמַצִּיל and rescues	פּוֹדֶה it is He Who redeems	לְנֶצַח forever

וְקַיָּם לְנֶצַח,

and He will exist forever.

בְּרוּךְ פּוֹדֵה וּמַצִּיל,

Blessed is He Who redeems  
and rescues [saves us from our  
enemies],<sup>9</sup>

בְּרוּךְ שְׁמוֹ.

blessed is His Name.<sup>10</sup>

*The second part of בְּרוּךְ שְׁמוֹ consists  
of the body of the berachah itself.*

WEEK  
4

בְּרוּךְ אַתָּה ה'

Blessed are You, Hashem  
[even when we don't deserve it,  
Hashem acts toward us with mercy],

א-לֵהֵינוּ מֶלֶךְ הָעוֹלָם,

our God, King of the  
universe,

הָא-ל הָאֵב הָרַחֲמָן

the Almighty, the Merciful  
Father

הַמְהַלֵּל בְּפִי עַמּוֹ,

Who is glorified [Whose  
greatness is spoken about] by the  
mouth of His people [the  
Jewish nation].

בְּרוּךְ עֹשֶׂה בְּרֵאשִׁית,

Blessed is He Who maintains  
[constantly creates at every moment]  
Creation [which was not just a  
one-time event at the beginning of the  
world].

בְּרוּךְ אוֹמֵר וְעֹשֶׂה,

Blessed is He Who speaks  
and does [Hashem fulfills His words  
and promises],

בְּרוּךְ גּוֹזֵר וּמְקַיֵּם,

Blessed is He Who decrees  
and fulfills [our every need].

בְּרוּךְ מְרַחֵם עַל הָאָרֶץ,

Blessed is He Who has mercy  
on the earth.<sup>8</sup>

בְּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת,

Blessed is He Who has mercy  
on the creatures.

בְּרוּךְ מְשַׁלֵּם שְׂכָר טוֹב

Blessed is He Who gives a  
good [everlasting] reward

לִירְאָיו,

to those who fear Him [for  
each mitzvah that a person does].

בְּרוּךְ חַי לְעַד

Blessed is He Who is always  
living [Hashem involves Himself in  
all the concerns of the universe],

וְנִשְׁבַּחְךָ וְנִמְאָרְךָ

and we will praise You and  
we will glorify You

וְנִזְכִּיר שְׁמֶךָ

and we will remember Your  
Name [as Hashem never abandons  
us],<sup>13</sup>

וְנִמְלִיכֶךָ, מִלְכֵנוּ אֶ-לֹהֵינוּ.

and we declare You our  
King, our God [we accept upon  
ourselves Your Kingship—subjecting  
ourselves totally and entirely to Your  
Will].

יְחִיד,

Unique One [no force or power in  
the world can compare with Hashem in  
any way],

חַי הַעוֹלָמִים,

Life-giver of [everything in] the  
worlds,

מֶלֶךְ מְשֻׁבַּח וּמְפָאָר

[He is the] King, Who will be  
praised and glorified

מְשֻׁבַּח וּמְפָאָר

[Hashem is] praised and  
glorified

בְּלִשׁוֹן חֲסִידָיו

in the language of both His  
pious ones [those who serve  
Hashem out of love]

וְעֲבָדָיו,

and His servants [those who  
serve Hashem out of fear],

וּבְשִׁירֵי דָוִד עֲבָדֶךָ.

and with the songs [Tehillim]  
of Your servant [King] David<sup>11</sup>

נְהַלְלֶךָ ה' אֶ-לֹהֵינוּ,

We shall praise You [Your  
greatness], Hashem, our God;

בְּשִׁבְחוֹת וּבְזִמְרוֹת.

with praises and with song  
[In Pesukei d'Zimrah]<sup>12</sup>

נְגַדְךָ

we will declare Your  
greatness

ZOOMING IN - Week 4

<p>וּבְזִמְרוֹת and with songs</p>	<p>נְהַלְלֶךָ We shall praise You</p>	<p>וּמְפָאָר and glorified</p>	<p>מְשֻׁבַּח praised</p>	<p>הַמְּהַלֵּל Who is glorified</p>
<p>בְּתִשְׁבּוּחוֹת with praises</p>	<p>עַד עַד forever and ever</p>	<p>חַי הַעוֹלָמִים Life-giver of the worlds</p>	<p>וְנִפְאָרְךָ and we will glorify You</p>	<p>נְגַדְךָ we will declare Your greatness</p>

מֶלֶךְ מְהֻלָּל בַּתְּשׁוּבָהּ.

King Who is glorified [praised]  
with [various forms of] praises.

HALACHAH ADVISORY: *Kiss the tzisis and  
release them.*<sup>14</sup>



עַדֵּי עַד שְׁמוֹ הַגָּדוֹל.

forever and ever [will be] His  
great Name.

בְּרוּךְ אַתָּה ה',

Blessed are You, Hashem,

## הוֹדוּ

*Note: Because some 5th grades do not daven הוֹדוּ in school, the English translation and meaning of הוֹדוּ are in the back of Kavannah Kuntros.*

מִפְתִּיּוֹ וּמִשְׁפָּטָיו פִּיהוּ.

זֶרַע יִשְׂרָאֵל עֲבָדוּ,

בְּנֵי יַעֲקֹב בְּחִירָיו.

הוּא ה' אֱ-לֹהֵינוּ,

בְּכָל הָאָרֶץ מִשְׁפָּטָיו.

זָכְרוּ לְעוֹלָם בְּרִיתוֹ,

דְּבַר צְוָה לְאֵלֶיךָ דּוֹר.

אֲשֶׁר כָּרַת אֶת אַבְרָהָם,

וּשְׁבוּעָתוֹ לְיִצְחָק.

וַיַּעֲמִידָהּ לְיַעֲקֹב

לְחַק, לְיִשְׂרָאֵל בְּרִית עוֹלָם.

הוֹדוּ לָהּ

קְרָאוּ בְּשִׁמוֹ,

הוֹדִיעוּ בְּעַמִּים עֲלִילָתוֹ.

נְשִׁירוּ לוֹ, זְמַרוּ לוֹ,

שִׁיחוּ בְּכָל נִפְלְאוֹתָיו.

הִתְהַלְלוּ בְּשֵׁם קֹדְשׁוֹ,

יִשְׂמַח לֵב

מִבְּקָשֵׁי ה'.

דַּרְשׁוּ ה' וְעִזּוּ,

בְּקִשׁוֹ פָּנָיו תִּמְדוּ.

זָכְרוּ נִפְלְאוֹתָיו אֲשֶׁר עָשָׂה,

וה' שָׁמַיִם עָשָׂה.  
 הוֹד וְהַדָּר לְפָנָיו,  
 עֵז וְחֵדוּהַ בְּמִקְוָמוֹ.  
 הָבוּ לָהּ מְשֻׁפָּחוֹת עַמִּים,  
 הָבוּ לָהּ כְּבוֹד וְעֵז.  
 הָבוּ לָהּ כְּבוֹד שְׁמוֹ,  
 שְׂאוּ מִנְחָהּ וּבֵאוּ לְפָנָיו,  
 הַשְׁתַּחֲוּוּ לָהּ  
 בְּהַדְרַת קִדְשׁ.  
 חִילוּ מִלְּפָנָיו כָּל הָאָרֶץ,  
 אַף תִּכּוֹן תִּבְלַל בְּל תִּמּוֹט.  
 יִשְׁמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ,  
 וַיֹּאמְרוּ בְּגוֹיִם, ה' מֶלֶךְ.  
 יִרְעַם הַיָּם וּמְלוֹאוֹ,  
 יַעֲלֶז הַשְּׂדֵה וְכָל אֲשֶׁר בוֹ.  
 אֲזוּ יִרְנְנוּ עֲצֵי הַיָּעַר,  
 מִלְּפָנָיו ה', כִּי בָא לְשִׁפּוֹט  
 אֶת הָאָרֶץ.

לְאֹמֶר,  
 לָהּ אֶתְנוּ אֶרֶץ כְּנָעַן,  
 חֻבַּל נַחֲלַתְכֶם.  
 בְּהִיוֹתְכֶם מִתֵּי מִסְפָּר,  
 כְּמַעַט וְגָרִים בָּהּ.  
 וַיִּתְהַלְכוּ מִגּוֹי אֶל גּוֹי,  
 וּמִמַּמְלָכָה אֶל עַם אַחֵר.  
 לֹא הִנִּיחַ לְאִישׁ לַעֲשֹׂקָם,  
 וַיּוֹכַח עֲלֵיהֶם מַלְכִים.  
 אֶל תִּגְעוּ בְּמִשְׁיַחֵי,  
 וּבְנִבְיָאֵי אֶל תִּרְעוּ.  
 שִׁירוּ לָהּ כָּל הָאָרֶץ,  
 בְּשָׂרוּ מִיּוֹם אֶל יוֹם יְשׁוּעַתּוֹ.  
 סִפְרוּ בְּגוֹיִם אֶת כְּבוֹדוֹ,  
 בְּכָל הָעַמִּים נִפְלְאוֹתָיו.  
 כִּי גָדוֹל ה' וּמְהֻלָּל מְאֹד,  
 וְנוֹרָא הוּא עַל כָּל אֲ-לֹהִים.  
 כִּי כָל אֲ-לֹהֵי הָעַמִּים אֱלִילִים,

[please pause]



וְהִרְבָּה לְהָשִׁיב אָפוֹ,  
 וְלֹא יַעִיר כָּל חַמְתּוֹ.  
 אַתָּה ה', לֹא תִכְלָא רַחֲמֶיךָ  
 מִמּוֹנֵי,  
 חֲסִדֶיךָ וְאַמְתָּךְ תִּמְיֵד יִצְרוּנֵי.  
 זְכוֹר רַחֲמֶיךָ ה' וְחֲסִדֶיךָ,  
 כִּי מַעֲוֹלִים הֵמָּה.  
 תִּנּוּ עֵז לְאֱ-לֹהִים,  
 עַל יִשְׂרָאֵל גְּאוֹתוֹ,  
 וְעֵזוּ בַּשְּׁחָקִים.  
 נוֹרָא אֱ-לֹהִים  
 מִמִּקְדָּשֶׁיךָ,  
 אֱ-לֵי יִשְׂרָאֵל  
 הוּא נוֹתֵן עֵז  
 וְתַעֲצֻמוֹת לְעַם,  
 בְּרוּךְ אֱ-לֹהִים.  
 אֱ-לֵי נִקְמוֹת ה',  
 אֱ-לֵי נִקְמוֹת הוֹפִיעַ.  
 הַנְּשֵׂא שִׁפְט הָאָרֶץ,

הוֹדוּ לַה' כִּי טוֹב, כִּי לְעוֹלָם  
 חֲסִדּוֹ.  
 וְאָמְרוּ הוֹשִׁיעֵנו אֱ-לֹהֵי  
 יִשְׂרָעֵנו,  
 וְקַבְּצֵנו וְהַצִּילְנוּ מִן הַגּוֹיִם,  
 לַהֲדוֹת לְשֵׁם קְדוֹשְׁךָ,  
 לַהֲשִׁתַּבַּח בְּתֵהּ לְתֵךְ.  
 בְּרוּךְ ה' אֱ-לֹהֵי יִשְׂרָאֵל  
 מִן הָעוֹלָם וְעַד הָעוֹלָם,  
 וַיֹּאמְרוּ כָּל הָעַם, אָמֵן,  
 וְהִלֵּל לַה'.  
 רוֹמְמוּ ה' אֱ-לֹהֵינוּ  
 וְהַשְׁתַּחֲוּוּ לַהֲדָם רַגְלָיו,  
 קְדוֹשׁ הוּא.  
 רוֹמְמוּ ה' אֱ-לֹהֵינוּ  
 וְהַשְׁתַּחֲוּוּ לַהֲרַקְדָּשׁוֹ,  
 כִּי קְדוֹשׁ ה' אֱ-לֹהֵינוּ.  
 וְהוּא רַחוּם יְכַפֵּר עוֹן  
 וְלֹא יִשְׁחִית,

הַיֵּשֶׁב גָּמוּל עַל גְּאִים.

לֵה' הַיְשׁוּעָה,

עַל עֲמֹד בְּרִכְתָּךְ סְלָה.

ה' צָב-אוֹת עֲמֹנוּ,

מִשְׁגֹּב לָנוּ

א-לֵהי יַעֲקֹב סְלָה.

ה' צָב-אוֹת, אֲשֶׁרִי אָדָם בְּטִחַ  
בְּךָ.

ה' הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם  
קִרְאָנוּ.

הוֹשִׁיעָה אֶת עַמֶּךָ,

וּבְרַךְ אֶת נַחֲלָתְךָ,

וּרְעֵם וְנִשְׂאָם עַד הָעוֹלָם.

נַפְשֵׁנוּ חִכְתָּה לֵה',

עֲזָרְנוּ וּמִגִּנְנוּ הוּא.

כִּי בּוֹ יִשְׂמַח לִבֵּנוּ,

כִּי בְשֵׁם קִדְשׁוֹ בְטַחְנוּ.

יְהי חֲסִדְךָ ה' עֲלֵינוּ,

כְּאֲשֶׁר יַחֲלֵנוּ לָךְ.

הַרְאֵנוּ ה' חֲסִדְךָ,

וַיִּשְׁעָךָ תִּתֵּן לָנוּ.

קוֹמָה עֲזָרְתָה לָנוּ,

וּפִדְנוּ לְמַעַן חֲסִדְךָ.

אֲנֹכִי ה' א-לֵהיךָ הַמַּעֲלֶךְ

מֵאֲרָץ מִצְרַיִם,

הַרְחֵב פִּיךָ וְאִמְלֵאֲהוּ.

אֲשֶׁרִי הָעַם שְׂכָכָה לּוֹ,

אֲשֶׁרִי הָעַם שֵׁה' א-לֵהיּוֹ.

וְאֲנִי בְּחֲסִדְךָ בְטַחֲתִי,

יִגַּל לִבִּי בִישׁוּעָתְךָ,

אֲשִׁירָה לֵה',

כִּי גָמַל עָלַי.

15 **מִזְמוֹר לְתוֹדָה**

**בֹּאוּ לְפָנָיו**

Come before Him [to ask for the things that we need]

**בְּרִנְנָה.**

with happy song [knowing that Hashem can certainly grant our requests].

**דַּעַן כִּי ה' הוּא אֱ-לֹהִים**

Know that Hashem, He is God [all-powerful—He is the One Who stands behind all that happens in the world].

**הוּא עָשָׂנוּ,**

[It is] He [Who] made us [lifts us up and grants us a life of greatness through keeping the mitzvos],

**וְלוֹ אֲנַחְנוּ,**

and to Him we belong,

**עַמּוֹ**

His people [we are Hashem's chosen nation]

מִזְמוֹר לְתוֹדָה was established as a way of thanking Hashem for all the daily "miracles" that He performs for us.<sup>16</sup>

WEEK  
5

**מִזְמוֹר לְתוֹדָה,**

A psalm [song] of thanksgiving [sung by the Leviim as an accompaniment to the *korban Todah* (thanksgiving-offering)].

**הֲרִיעוּ לָהּ**

[When Hashem performs His daily miracles] call out to Hashem,

**כָּל הָאָרֶץ.**

everyone on earth [recognizing that Hashem is the only One running the world, and announce Him as being King].

**עֲבָדוּ אֶת ה'**

Serve Hashem [do מצוות, learn Torah, and daven]

**בְּשִׂמְחָה,**

with joy [not by habit],

ZOOMING IN - Week 5

וְלוֹ אֲנַחְנוּ and to Him we belong	הוּא עָשָׂנוּ He made us	בְּרִנְנָה with happy song	בֹּאוּ לְפָנָיו come before Him	עֲבָדוּ serve	הֲרִיעוּ call out
אֲמוּנָתוֹ is His faithfulness	חֲצֵרֹתָיו His courtyards	בְּתוֹדָה with thanksgiving	בֹּאוּ שְׁעָרָיו enter His gates	וְצֹאן מְרִיעֵיתוֹ and the sheep of His pasture	

כִּי טוֹב ה',  
for Hashem is good  
לְעוֹלָם חֶסֶדוֹ,  
His kindness lasts forever,  
וְעַד דֹּר וָדֹר  
and from generation to  
generation  
אֱמוּנָתוֹ.  
is His faithfulness [to do good for  
the Jewish people].

וּצְאֵן מִרְעֵיתוֹ.  
and the sheep of His pasture  
[Hashem takes care of our needs, just  
as a shepherd cares for his flock].  
בָּאוּ שְׁעָרָיו בְּתוֹדָה,  
Enter His gates with  
thanksgiving,  
חֲצֵרָתָיו בְּתִהְלָה,  
His courtyards with praise,  
הוֹדוּ לוֹ בְּרָכוּ שְׁמוֹ.  
give thanks to Him, bless His  
Name,

## יְהִי כְבוֹד

לְעוֹלָם,  
[last] forever;  
יִשְׂמַח ה' בְּמַעֲשָׂיו.  
let Hashem rejoice in His  
works [the people];

*יְהִי כְבוֹד is a collection of 18 pesukim, mainly from Tehillim, that speak about Hashem's Kingship on earth, His love of Yerushalayim and the Jewish people and that Hashem will eventually return the Jewish people to greatness.*

WEEK  
6

יְהִי כְבוֹד ה'  
May the glory [honor] of  
Hashem

### ZOOMING IN - Week 6

רָם high above	מְבוֹאָה its setting	מִמְּזוֹרָח from the rising	מִמְּעַתָּה from this time	בְּמַעֲשָׂיו in His works
		מִשְׁלָה rules	הִכִּין כִּסְאוֹ has established His throne	זִכָּרָה Your memorial

ה' זְכוֹרָהּ

Hashem, Your memorial  
[Your actions will be remembered]

לְדֹר וָדֹר.

from generation to  
generation.

ה' בְּשָׁמַיִם הַכִּיּוֹן כִּסְאוֹ,

Hashem in the heavens has  
established His throne

וּמְלֻכוֹתָו בְּכֹל מְשָׁלָהּ.

and His kingdom rules over  
all [that goes on in both the heaven  
and earth].

*This part of בְּכֹד יְהִי describes Hashem's Kingship that will exist at the time of Mashiach.*

WEEK  
7

יִשְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ,

The heavens will be glad  
and the earth will rejoice

וַיֹּאמְרוּ בְּגוֹיִם ה' מְלֶךְ.

and [all] the nations will  
announce, "Hashem has  
ruled."

יְהִי שֵׁם ה' מְבֹרָךְ, מֵעַתָּה וְעַד  
עוֹלָם.

let the Name of Hashem  
[always] be blessed from this  
time and forever

מִמְזֶרְחַ שְׁמֶשׁ עַד מְבוֹאוֹ,

From the rising of the sun [in  
the far east] to its setting [in the  
far west],

מִהֶלַּל שֵׁם ה'.

Hashem's Name is praised.

רַם עַל כָּל גּוֹיִם ה',

High above all nations is  
Hashem [even the greatest of praises is  
not enough],

עַל הַשָּׁמַיִם כְּבוֹדוֹ.

above the Heavens [the angels  
and heavenly beings] is His glory.

ה' שְׁמֹךְ לְעוֹלָם,

Hashem [with all the  
characteristics] is Your Name  
forever,

ZOOMING IN - Week 7

הִנִּיא stops	עֲצַת the guidance	הִפִּיר cancels	אָבָדוּ will disappear	וְתִגַּל and rejoicing
צִוָּה commanded	וַיָּהִי it came to be	תִּקְוָה will succeed	מַחְשָׁבוֹת the designs	עַמִּים of peoples

**עֲצַת ה' לְעוֹלָם תִּעֲמֹד,**

The advice [and plans] of Hashem will last forever [for all generations];

**מִחְשָׁבוֹת לְבוֹ לְדֹר וָדֹר.**

the designs [plans] of His heart throughout the generations,

**כִּי הוּא אָמַר וַיְהִי,**

for He spoke [With Hashem's word alone] and it came to be [the whole world came into being; no "action" was necessary];

**הוּא צִוָּה וַיַּעֲמֹד.**

He [Hashem] commanded and it [the world] stood firm.

*The last 5 pesukim of יהי קבֹוד (from כי בְּצִיּוֹן speak of Hashem's special relationship with the Jewish people which will last forever and how He listens to their prayers and will return them to greatness.*

WEEK  
8

**כִּי בָחַר ה' בְּצִיּוֹן,**

When Hashem chose [where the Beis HaMikdash would stand, in] Tzion [Yerushalayim],

**אָנָּה לְמוֹשָׁב לוֹ.**

He wanted it to be for His home [where His Divine Presence would rest],

**ה' מֶלֶךְ, ה' מֶלֶךְ, ה' יִמְלֹךְ לְעוֹלָם וָעֶד.**

Hashem rules, Hashem has ruled, Hashem will rule forever and ever [it is not limited by time];

**ה' מֶלֶךְ עוֹלָם וָעֶד,**

Hashem is the King forever and ever.

**אָבְדוּ גוֹיִם מֵאֶרֶצוֹ.**

[In the time of Mashiach] the nations will disappear from His land [everyone will recognize Hashem as the One and Only Ruler].

**ה' הִפִּיר עֲצַת גוֹיִם,**

Hashem cancels the [evil] guidance of nations,

**הֵנִיא מִחְשָׁבוֹת עַמִּים.**

[He] stops the [evil] intention of peoples;

**רְבוֹת מִחְשָׁבוֹת בְּלֵב אִישׁ,**

many thoughts [and ideas] are in the heart of man,

**וְעֲצַת ה' הִיא תִּקְוָם.**

but only Hashem's advice [and plans] will succeed [things will turn out how Hashem has planned].

**וְלֹא יִשְׁחִית,**

and does not destroy;

**וְהִרְבָּה לְהַשִּׁיב אָפוֹ,**

and often He contains His  
anger,

**וְלֹא יַעֲרִיר כָּל חַמָּתּוֹ.**

not arousing His entire rage  
[even when Hashem punishes, He  
doesn't do so all at one time; rather  
He spreads it out over time, in small  
portions].

**ה' הוֹשִׁיעָה,**

Hashem saves;

**הַמֶּלֶךְ יַעֲנֵנוּ**

the King will answer us

**בְּיוֹם קְרָאֵנוּ.**

on the day we call [pray to Him  
for help].

**כִּי יַעֲקֹב בָּחַר**

for Yaakov [the Jewish people]  
was selected

**לְוַלְדוֹ,**

for His own [His special people]  
by Hashem,

**יִשְׂרָאֵל לְסִגְלָתּוֹ.**

Israel [the Jewish nation] as His  
treasure [to be watched over and  
cared for directly by Hashem],

**כִּי לֹא יִטַּשׁ ה' עַמּוֹ,**

because Hashem will not  
leave alone His People [even  
if they do not act in the way that He  
expects them to behave];

**וְנִחַלְתּוֹ לֹא יַעֲזֹב.**

His inheritance He will not  
abandon [Hashem will always be  
there to save us when necessary],

**וְהוּא רַחוּם יְכַפֵּר עוֹן**

and He, the Merciful One, is  
forgiving of sin [Hashem does  
not punish a Jew immediately]

ZOOMING IN - Week 8

יִטַּשׁ leave alone	לְסִגְלָתּוֹ as His treasure	לְמוֹשָׁב for His home	אָוָה He wanted it to be	בָּחַר chose
	יַעֲרִיר arousing	אָפוֹ His anger	וְלֹא יִשְׁחִית and does not destroy	יַעֲזֹב abandon

אֲשֶׁרִי<sup>17</sup>

אֲרוֹמְמֶךָ אֱ-לוֹהֵי הַמֶּלֶךְ,<sup>19</sup>  
I [King David] will [always] praise  
You, my God, the King,

וְאֶבְרַכְּהָ שְׁמֶךָ לְעוֹלָם וָעֶד.  
and I will bless Your Name  
[thank You for all that You do],  
forever and ever.

בְּכֹל יוֹם אֶבְרַכְּךָ,  
[Each and] every day I will  
bless You [for the many kindnesses  
I receive from You, i.e. health, life,  
sunshine, rain, shelter, etc.],

וְאֶהַלְלָהּ שְׁמֶךָ לְעוֹלָם וָעֶד.  
and [therefore] I will praise  
Your Name forever and ever.

גְּדוֹל ה' וּמְהֻלָּל מְאֹד,<sup>20</sup>  
Hashem is [so] great and  
extremely praised [yet, even  
much praise is not enough],

וְלִגְדֹלְתוֹ אֵין חֶקֶר.  
and His [Hashem's] greatness  
[no matter how hard we may try] we  
cannot examine [figure out].

דוֹר לְדוֹר  
[Each] generation [says] to [the  
next] generation,

The אֲשֶׁרִי tefillah is made up of two parts. It begins with two pesukim from Tehillim<sup>18</sup> that include the word “אֲשֶׁרִי” three times—to hint to us that those who say the אֲשֶׁרִי prayer three times a day with proper kavannah are אֲשֶׁרִי—worthy of praise, because they are promised a share in the World to Come.

The pesukim, starting with אֲרוֹמְמֶךָ, are in order from א-ת, symbolizing that we praise Hashem in every possible way.

WEEK  
9

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ,  
Praiseworthy [happy] are those  
[Jewish people] who dwell [spend  
time] in Your House [service of  
Hashem; i.e. with Torah and mitzvos];

עוֹד יִהְיֶה לְלוֹדֶךָ סֶלָה.  
they will continually praise  
You [Hashem], forever.

אֲשֶׁרִי הָעַם שְׂכֵנְךָ לוֹ,  
Praiseworthy [happy] are the  
[Jewish] people for whom this  
is so.

אֲשֶׁרִי הָעַם שָׁה' אֱ-לֹהֵינוּ.  
Praiseworthy [happy] are  
the [Jewish] people because  
Hashem is their God.

תְּהַלֵּה לְדָוִד,  
[This psalm is made up of mostly]  
praise [of Hashem] by [King] David.



וּגְדַלְתֶּךָ אֶסְפְּרָנָה.

and of Your greatness [acts of kindness] I [King David] will tell [them].

זְכֹר רַב טוֹבָךָ יִבְיְעוּ,

A memory of Your great goodness [that they saw Hashem do] they will speak,

וְצִדְקֹתֶיךָ יִרְנְנוּ.

and about Your righteousness [kindness in Your judgment] they will happily sing.

*This part of אֶשְׁרֵי is a continuation of Tehillim, 145 which describes G-d's Attributes in general.*

WEEK  
10

חֲנוּן וְרַחוּם הוּא,

[Hashem makes us appear to have] Grace [a pleasing quality in Hashem's 'eyes' which leads to Hashem being merciful to us [even when we sin, G-d does us kindness];

יִשְׁבַּח מַעֲשָׂיךָ,

"I will praise Your [Hashem's] actions" [about the wondrous things they've seen Hashem do],

וּגְבוּרֹתֶיךָ יִגִּידוּ.

and about Your might [unusual events] they will speak.

הַדָּר כְּבוֹד הוֹדָךְ,

The magnificence [the wondrous things] of Your glorious Majesty [that we see Hashem do in "nature" (the sun sets, the moon shines)]

וְדַבְרֵי נִפְלְאוֹתֶיךָ

and of Your wondrous acts [open miracles]

אֶשְׁיַחָהּ.

I shall speak of [tell people].

וְעִזּוֹ נוֹרָאֹתֶיךָ יֹאמְרוּ,

And of Your awesome might [punishing wicked ones] they [the nations of the world] will speak [tell people],

ZOOMING IN - Week 9

אִינוּ חֻקָּר we cannot even examine	אֶבְרַכְךָ I will bless You	שֶׁכֵּךְה for this is so	סְלָה forever	יְהַלְלוּךָ they will praise You	אֶשְׁרֵי praiseworthy
יִרְנְנוּ they will happily sing	יִבְיְעוּ they will speak	וְעִזּוֹ and of Your awesome might	אֶשְׁיַחָהּ I shall speak of	הַדָּר the magnificence	יִבְיְעוּ they will express

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ,

They will talk of the glory of  
Your Kingship [all of the wonders  
of nature that Hashem does],

וְגִבּוֹרֹתְךָ יִדְבְּרוּ.

and about Your might  
[unusual events] they will speak,

לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרֹתֶיךָ,

to make known to people  
His [Hashem's] great deeds [that  
they have seen]

וְכְבוֹד הַדָּר מַלְכוּתוֹ.

and the glorious majesty of  
His Kingdom [all the wonders of  
nature].

מַלְכוּתְךָ מַלְכוּת כָּל עֲלָמִים,

Your [Hashem's] Kingdom [over  
which He is King] is a Kingdom  
covering all the [upper spiritual]  
worlds [where the angels are],

וּמִמּוֹשְׁלֶתְךָ בְּכָל דּוֹר וָדוֹר.

and Your rule is over every  
generation [it never ends].

אָרַךְ אַפַּיִם

[Hashem is] slow to anger [sins  
are not immediately punished, giving  
one time to do *teshuvah*],

וְגָדֵל חֶסֶד.

and [Hashem is] great in  
showing kindness [to  
everyone].

טוֹב ה' לְכָל,

Hashem is good to all [even to  
the ones who are not deserving],

וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

and His mercy is on all His  
creations [not just on people].

יְוֹדוּךָ ה' כָּל מַעֲשֵׂיךָ,

All Your [Hashem's] works  
[creations] shall thank You,  
Hashem,

וְחַסִּידֶיךָ יְבָרְכוּכָה.

and Your devoted ones [those  
who serve You with extra devotion]  
will bless You.

ZOOMING IN - Week 10

וְזוֹקֵף and He straightens	סוֹמֵךְ supports	וּמִמּוֹשְׁלֶתְךָ and Your rule	לְהוֹדִיעַ to make known	אָרַךְ אַפַּיִם slow to anger
	בְּעִתּוֹ in its proper time	אֱלֹהֵיךָ יִשְׁבְּרוּ look to You in hope	הַכַּפּוּפִים those who are bent	

**HALACHAH ADVISORY:** *If one does not have kavannah while saying פותח את ידך ומשביע לכל חי רצון, it must be repeated.*



פּוֹתַח אֶת יָדְךָ,

You [Hashem] open Your hand  
[and give very generously]

וּמְשַׁבֵּיעַ לְכָל חַי רָצוֹן.

and [You] satisfy every living  
thing [in the world].

צְדִיק ה' בְּכָל דְרָכָיו,

Hashem is righteous in all His  
ways [even if something bad happens,  
there must be a reason for it and we trust  
it will, in the end, turn out for the best]

וְחָסִיד בְּכָל מַעֲשָׂיו.

and kind in all His deeds  
[even if we do not deserve it].

קָרוֹב ה' לְכָל קוֹרְאָיו,

Hashem is close [and always  
willing to listen] to all who call  
upon Him [in prayer],

לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.

to all who call upon Him  
sincerely [they pray with kavannah].

סוֹמֵךְ ה' לְכָל הַנִּפְלִים,

Hashem supports [holds up] all  
those who fall [people having a  
hard time],

וְזוֹקֵף לְכָל הַכְּפוּפִים.

and [He] straightens those  
who are bent [to give them the  
courage to get back up and continue  
in life].

עֵינֵי כָל יְאֵלֶיךָ יִשְׁבְּרוּ,

All eyes look to You [Hashem]  
in hope [for good times],

וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכָלָם

בְּעֵתוֹ.

and You give them [all  
creatures] their food in its  
proper time [when it is needed].

*This part of אֲשָׁרִי is a continuation of Tehillim, 145, which follows the order of the א-ב. Another reason that one who says the אֲשָׁרִי prayer three times a day with proper kavannah is promised a share in the World to Come is because אֲשָׁרִי contains testimony to Hashem's mercy—"פּוֹתַח אֶת יָדְךָ וּמְשַׁבֵּיעַ" לְכָל חַי רָצוֹן, You open Your hand and satisfy every living thing."<sup>21</sup>*

WEEK  
11

ZOOMING IN - Week 11

וְיִוָּשְׁעוּם and He will save them	שׁוֹעֲתָם their cries	יִקְרָאֵהוּ call upon Him	לְכָל קוֹרְאָיו to all who call upon Him	וּמְשַׁבֵּיעַ and satisfy
			וְאַנְחָנוּ and we	יִשְׁמִיד He will destroy

תְּהִלַּת ה' יִדְבַּר פִּי,

The praises of Hashem may  
my mouth declare

וַיְבָרֶךְ כָּל בֶּשָׂר שֵׁם קִדְשׁוֹ  
לְעוֹלָם וָעֶד.

and may all flesh [people]  
bless His holy Name forever  
and ever.

וְאֵנָּהְנוּ נְבָרֶךְ י-ה,

And we will bless Hashem

מֵעַתָּה וְעַד עוֹלָם הַלְלוּי-ה.

from now and always. Praise  
Hashem!

רְצוֹן יִרְאוּ יַעֲשֶׂה,

The will of those who fear  
Him, He [Hashem] will [especially]  
do,

וְאֵת שׁוֹעֲתָם יִשְׁמַע וַיִּוֹשִׁיעֵם.

and their cries He will hear  
and He will save them.

שׁוֹמֵר ה' אֶת כָּל אֲהַבָיו,

Hashem watches [with an even  
higher level of protection] all who  
love Him,

וְאֵת כָּל הַרְשָׁעִים יִשְׁמִיד.

and all the wicked ones He  
will destroy.

## הַלְּלוּ נַפְשֵׁי

אֶהְלֵלָה ה' בְּחַיִּי,

I will praise Hashem while I  
am alive;

אֲזַמְרָה לֵאלֹהֵי בְעוֹדִי.

I will sing [words of praise] to my  
God while I exist.

אַל תִּבְטְחוּ בַּנְּדִיבִים,

Do not rely [put your trust and  
faith] on nobles [even the best  
ones, although they may appear to  
have the ability to help],

Starting with הַלְּלוּ נַפְשֵׁי (Tehillim, 146),  
Pesukei D'Zimrah includes the last  
five perakim of Tehillim, ending with  
הַלְּלוּיָהּ, הַלְּלוּ א-ל בְּקִדְשׁוֹ:

encourages the Jewish people  
in exile and praises God's loving care  
that each Jew experiences in life.

הַלְּלוּי-ה, הַלְּלוּ נַפְשֵׁי אֶת ה'.

Praise Hashem, Praise  
Hashem, O my soul [for the  
chance to do mitzvos].

WEEK  
13

*This part of נְפִישֵׁי הַלְלֵי discusses how Mashiach will begin a new world order with the recognition that Hashem is King over the whole world.*

**עֲשֵׂה שָׁמַיִם וָאָרֶץ,**

[Hashem is the] **Maker of heaven and earth** [and therefore He controls every aspect of creation],

**אֶת הַיָּם וְאֶת כָּל אֲשֶׁר בָּם,**

the sea and all that is in them,

**הַשֹּׁמֵר אֶמֶת לְעוֹלָם.**

Who [Hashem] **safeguards His promise** [to bring Mashiach] forever [nothing can stop it].

**עֲשֵׂה מִשְׁפָּט לְעֹשׂוֹקִים,**

[When Mashiach comes] [Hashem] **does justice for the oppressed;**

**נִתֵּן לֶחֶם לְרָעֵבִים,**

[when Mashiach comes] He [Hashem] **gives bread to the hungry** [there will be no more hunger and poverty in the world].

**בְּכֹן אָדָם**

[nor] on [any] human being,

**שָׂאִין לוֹ תְּשׁוּעָה.**

for they cannot save you [they can never guarantee your success; only Hashem can].

**תֵּצֵא רוּחוֹ, יָשׁב לְאֶדְמָתוֹ,**

When his spirit goes out [a person dies], he returns to his earth [he is buried];

**בְּיוֹם הַהוּא אָבְדוּ עֲשֵׂתֵנֶנְתָּיו.**

on that day, his plans are lost [he can no longer accomplish anything].

**אֲשֶׁרִי שָׂא-ל יַעֲקֹב בְּעֶזְרוֹ,**

Praiseworthy [Happy] is the one whom the God of Jacob [Yaakov Avinu] is his help,

**שְׁבָרוֹ עַל ה' א-לֵהוּ.**

whose hope is in Hashem, his God [that Hashem will help, just as He promised Yaakov that He would always help].

ZOOMING IN - Week 12

לְאֶדְמָתוֹ to his earth	רוּחוֹ his spirit	בְּנִדְבִיבִים on nobles	אֵל תִּבְטְחוּ do not rely	בְּעוֹדִי while I exist
		שְׁבָרוֹ whose hope	בְּעֶזְרוֹ is his help	עֲשֵׂתֵנֶנְתָּיו all his plans

**יְתוֹם וְאַלְמָנָה יְעוֹדֵד,**

[when Mashiach comes,] He [Hashem] will encourage [give strength to] the widow and orphan [i.e. those who are weak and need help]

**וְדַרְדַּר רְשָׁעִים יַעֲוֶת.**

and the way [the plans] of the wicked He [Hashem] twists [ruins so that they cannot succeed].

**יִמְלֹךְ ה' לְעוֹלָם,**

[When Mashiach comes] Hashem will rule forever [and run His world according to His Will].

**א-לֹהֵינוּ צִיּוֹן, לְדוֹר וָדוֹר  
הַלְלוּ-הַ.**

Your God, Zion; for every generation, Hashem should be praised.

**ה' מַתִּיר אֲסוּרִים.**

[When Mashiach comes] Hashem releases the bound [imprisoned],

**ה' פִּקַּח עוֹרִים,**

[when Mashiach comes] Hashem gives sight to the blind [not only to the physically blind but also to those who don't recognize His presence in nature],

**ה' זָקַף כְּפוּפִים,**

[when Mashiach comes] Hashem straightens [cheers up] the bent [those who are sad and depressed],

**ה' אָהֵב צַדִּיקִים.**

[when Mashiach comes] Hashem loves the righteous [everyone will recognize clearly that Hashem loves the *tzaddikim*],

**ה' שֹׁמֵר אֶת גְּרָמִים,**

[when Mashiach comes] Hashem protects the [weak and defenseless] strangers,

ZOOMING IN - Week 13

אֲסוּרִים the bound	מַתִּיר releases	לְרַעֲבִים to the hungry	לְעֹשׂוּקִים for the oppressed	אֲשֶׁר בָּם that is in them
	לְדוֹר וָדוֹר for every generation	יַעֲוֶת He twists	יְעוֹדֵד will encourage	עוֹרִים to the blind

## כִּי טוֹב זְמֵרָה

**וּמַחֲבֵשׁ לְעֵצְבוֹתָם.**

and the One Who bandages  
[removes the harmful effects of]  
their sorrows.

**מוֹנֵה מִסְפָּר לְכוֹכְבִּים,**

He [Hashem] counts the  
number of [all the billions of]  
stars [Hashem is aware of each one  
of the billions];

**לְכֹלֶם שְׁמוֹת יִקְרָא.**

to all [each one] of them  
Hashem calls [assigns] names  
[every single one has an important  
function and mission in life].

**גְּדוֹל אֲדוֹיְנֵנוּ וְרַב כֹּחַ,**

Great is our Master and  
abundant in strength [Hashem  
has the ability to rule over the whole  
world with kindness];

**לְתַבְּנֵתוֹ אֵין מִסְפָּר.**

His [Hashem's] [wisdom and]  
understanding [with which  
Hashem runs His world] is beyond  
[human] calculation.

**מְעוֹדֵד עֲנוּיִם ה',**

Hashem encourages the  
humble [the weak and downtrodden  
people who suffer in exile];

*Continuing the theme of  
Redemption, הללוי-ה, כי טוב זמרה,  
Tehillim (147), focuses primarily on  
the rebuilding of Yerushalayim.  
Day by day, Hashem is laying  
the groundwork fto restore  
Yerushalayim to its full glory.*

WEEK  
14

**הִלְלוּ-ה, כִּי טוֹב זְמֵרָה  
א-לֵהֵינוּ,**

Praise Hashem, for it is good  
[right] to sing to our God,

**כִּי נְעִים נְאוּהַ תְּהַלָּה.**

for it is pleasant and proper  
to praise Him;

**בוֹנֵה יְרוּשָׁלַיִם ה',**

the Builder of [the spiritually  
uplifted] Yerushalayim [in the  
near future when Mashiach comes] is  
Hashem.

**נִדְחֵי יִשְׂרָאֵל יִכְנַס.**

The outcasts [exiles of Israel] He  
will gather in [since Yerushalayim  
will not be rebuilt until the exiles have  
returned].

**הִרְפָּא לְשִׁבּוּרֵי לֵב,**

He is the Healer of the  
brokenhearted [Hashem will  
comfort those who will return from the  
exile]

**הַמַּצְמִיחַ הַרִים**

[at that time] Who causes to grow upon the hills

**חֲצִיר.**

grass.

**נֹתֵן לְבַהֲמָה לְחֶמֶה,**

He [Hashem] gives the animal its food,

**לְבָנֵי עֹרֵב אֲשֶׁר יִקְרְאוּ.**

to young ravens [whose mother does not feed her young] that call out [for food].

**לֹא בְגִבּוֹרַת הַסּוּס יִחְפֹּץ,**

In the strength of the horse [during war] He [Hashem] does not desire,

**לֹא בְשׁוֹקֵי הָאִישׁ יִרְצֶה.**

nor with the thighs of man [strong soldiers who fight in war] does He want;

**רוֹצֵה ה' אֶת יִרְאָיו,**

[instead] Hashem desires those who fear Him,

**מִשְׁפִּיל רְשָׁעִים עַדֵי אֶרֶץ.**

He lowers the wicked [those who cause others to suffer] to the ground [they will be punished].

**עֲנוּ לֵה' בְּתוֹדָה,**

[When all this takes place after Mashiach comes] call out to Hashem with thanks

**זְמְרוּ לֵא-לֹהֵינוּ בְּכִנּוֹר.**

[and] sing to our God with the harp [a beautiful musical instrument].

*This part of הללוי-ה, כי טוב זמרה continues the theme of Redemption and focuses primarily on the rebuilding of Yerushalayim to its full glory.*

WEEK 15

**הַמְכַסֶּה שָׁמַיִם בְּעָבִים,**

[At that time] it is He Who covers the heavens with clouds [which hold the much-blessed rain to help everything grow],

**הַמְכִיז לְאֶרֶץ מָטָר,**

[at that time] Who [Hashem] prepares rain for the earth [bringing many blessings to the land],

ZOOMING IN - Week 14

וּמַחְבֵּשׁ and the One Who bandages	לְשֹׁבְרֵי לֵב of the brokenhearted	יִכְנַס He will gather in	נִדְחֵי the outcasts	נְאוּה proper	נְעִים pleasant
מִשְׁפִּיל He lowers	עֲנִוִים the humble	מְעוֹדֵד encourages	לְתוֹבְנֹתוֹ His understanding	מוֹנֵה He counts	לְעֻצְבוֹתָם their sorrows



WEEK 16

The last part of *הַלְלֵנוּ-ה', כִּי טוֹב* *completes the focus on the rebuilding of Yerushalayim to its full glory.*

**הַשֵּׁם גְּבוּלְךָ שָׁלוֹם,**

He [Hashem] Who makes your [Israel's] borders peaceful

**חֶלֶב חֲטָיִם יִשְׂבִיעֶךָ.**

He will satisfy you with the best wheat [there will be wealth—people will no longer lack food or money].

**הַשְּׁלַח אִמְרָתוֹ אֶרֶץ,**

[During the time of Mashiach] He sends His word [the wisdom of Torah] down to earth,

**עַד מְהֵרָה**  
quickly

**דְּרוֹץ דְּבָרוֹ.**

His word runs

**הַנִּתֵּן שֶׁלֵּג כַּצֹּמֶר,**

[just as when] He places the snow [which falls from the sky] like wool [in large snowflakes],

**אֶת הַמַּיְחָלִים לְחֶסֶדֶוּ.**

those who yearn [impatiently wait] for His Kindness.

**שִׁבְחֵי יְרוּשָׁלַיִם אֶת ה',**

[When all these blessings will take place as Mashiach arrives, then] Yerushalayim [will] praise Hashem—

**הַלְלֵי אֱ-לֹהֶיךָ צִיּוֹן.**

Tzion, praise your God,

**כִּי חֲזַק**

[because at the time of Mashiach] He [Hashem] has strengthened

**בְּרִיחֵי שַׁעְרֶיךָ,**

the bars of your gates [the children in Yerushalayim who, as *Talmidei Chachamim*, will act as “gates” to protect it].

**בְּרַךְ בְּנֵיךָ**

[Hashem has] blessed your children

**בְּקִרְבְּךָ.**

in your midst [in the entire Land of Israel].

ZOOMING IN - Week 15

לְבַנֵּי עֲרָב to young ravens	חֲצִיר grass	הַמַּצְמִיחַ Who causes to grow	הַמְכִּיֵּן Who prepares	בְּעָבִים with clouds	הַמְכֹּסֶה it is He Who covers
בְּקִרְבְּךָ in your midst	שַׁעְרֶיךָ of your gates	בְּרִיחֵי the bars	הַמַּיְחָלִים those who yearn	בְּשׁוֹקֵי הָאִישׁ the thighs of man	יִחְפֹּץ does He desire

**מֵגִיד דְּבָרָיו**

[just as Hashem gave us water that we very much need to live, He] **relates** [gives us] **His word** [Torah]

**לְיַעֲקֹב,**

to Yaakov [the Jewish People],

**חֻקָּיו וּמִשְׁפָּטָיו לְיִשְׂרָאֵל.**

His laws and judgments [the mitzvos whose reasons we do and don't understand] to Israel [the Jewish nation].

**לֹא עָשָׂה כֵן**

[However,] He did not do so [give the precious "gift" called Torah]

**לְכָל גּוֹי,**

to any other nation [of the world]

**וּמִשְׁפָּטִים בֶּל יָדְעוּם,**

and of His [Hashem's] Laws [the Torah comes from Hashem and is not man-made] they do not know.

**הַלְלוּ-הוּא.**

Halleluyah! [Praised is Hashem!]

**כַּפֹּר כְּאַפֵּר יִפְּזֵר.**

the frost, He spreads [as softly] as ashes [allowing the people that live there to protect themselves].

**מִשְׁלֵיךְ קָרְחוֹ כַּפֹּתִים,**

He throws down [from the sky] His ice [the water that is frozen in the clouds] like crumbs [little tiny pieces fall to the earth as either frozen rain or hail];

**לְפָנַי קָרְתוֹ מִי יַעֲמֵד.**

[this is so because] before [in front of] His cold, Who can withstand.

**יִשְׁלַח דְּבָרוֹ**

He sends His word [to change the harsh ice to water]

**וַיִּמְסֵם,**

and makes it melt [to water that helps produce grain, fruits, and vegetables that we can eat].

**יִשַּׁב רוּחוֹ וַיִּזְלוּ מַיִם.**

He makes His wind blow and [that allows] the waters' flow [which sustains our lives],

ZOOMING IN - Week 16

כַּפֹּר the frost	כְּצֹמֶר like wool	שֶׁלֶג snow	יָרוּץ runs	חֶלֶב חֲטִיִּם the best wheat	גְּבוּלְךָ your borders	הֵשֵׁם He makes
יִזְלוּ מַיִם the waters' flow	יִשַּׁב רוּחוֹ He makes His wind blow	וַיִּמְסֵם and makes it melt	קָרְתוֹ His cold	כַּפֹּתִים like crumbs	קָרְחוֹ His ice	כְּאַפֵּר יִפְּזֵר He spreads as ashes

# הַלְלוּ אֶת ה' מִן הַשָּׁמַיִם

הַלְלוּהוּ שָׁמַשׁ וְיָרֵחַ,

Praise Him, sun and moon  
[Hashem's praises are sung by the parts  
of the universe that are visible to our  
eye; i.e., the sun, the moon];

הַלְלוּהוּ כָּל כּוֹכְבֵי אוֹר.

praise Him, all stars that give  
light;

הַלְלוּהוּ שָׁמַי הַשָּׁמַיִם,

praise Him in the heaven of  
the heavens [Hashem's praises are  
sung in the vast space far above the  
earth's atmosphere]

וְהַיָּמִים אֲשֶׁר מַעַל הַשָּׁמַיִם.

and the [huge amount of]  
waters that are above the  
heavens [in the "super galaxies" that  
we cannot see];

יְהַלְלוּ אֶת שֵׁם ה',

let them praise the Name of  
Hashem

*The first part of הַלְלוּ אֶת ה' מִן הַשָּׁמַיִם continues to describe the future, when the Bais HaMikdash and Yerushalayim are rebuilt, and the whole world—both physical and spiritual—will 'sing' a song of praise to Hashem, the Creator.*

WEEK  
17

הַלְלוּ-הוּ, הַלְלוּ אֶת ה' מִן  
הַשָּׁמַיִם,

Halleluyah! Praise Hashem  
from the heavens,

הַלְלוּהוּ בַּמְרוֹמִים.

[spiritual beings] praise Him  
in the heights [in the highest  
spiritual worlds].

הַלְלוּהוּ כָּל מַלְאָכָיו,

Praise Him [Hashem], all His  
angels.

הַלְלוּהוּ כָּל צְבָאוֹ.

Praise Him, all His legions  
[they are so numerous that they are  
like legions of armies].

## ZOOMING IN - Week 17

וְלֹא יִעֲבוֹר and that will not be broken	וַיַּעֲמִידֵם and He placed them	וַיִּבְרְאוּ and they were created	צִוָּה commanded	כוֹכְבֵי אוֹר stars that give light	בַּמְרוֹמִים in the heights
סְעָרָה of the storm	רוּחַ the wind	וְקִטְוֹר and haze	וּבְרָד and hail	תְּהוֹמוֹת watery depths	תַּנִּינִים sea giants

**רוּחַ סְעָרָה**

the wind of the storm

**עֲשֵׂה דְבָרֶיךָ.**

[all are] fulfilling His word [they all carrying out Hashem's instructions by doing that which they were created to do].

*Continuing about the times of Mashiach after the Bais HaMikdash and Yerushalayim are rebuilt, King David sings about the time when everything in the world will "sing" a symphony of praise to Hashem, the Creator.*

WEEK  
18

**הַהָרִים וְכָל גְּבֻעוֹת,**

[Nonliving objects are called to praise Hashem, including] mountains and all hills,

**עֵץ פְּרִי וְכָל אֲרָזִים.**

fruit trees and all cedars  
[trees that do not grow fruit],

**הַחַיָּה וְכָל בְּהֵמָה,**

[and also the next level of creation—those that are alive, yet do not have the power of speech, such as] beasts and all cattle,

**רֶמֶשׂ וְצִפּוֹר פִּנְתָּי.**

creeping things and birds  
with wings,

**כִּי הוּא צִוָּה וּנְבְרָאוֹ.**

because He [Hashem] commanded [gave the order] and they were created,

**וַיַּעֲמִידֵם לְעַד לְעוֹלָם,**

and He placed them [in the upper worlds] so that they would last forever.

**חֶק נָתַן וְלֹא יִעֲבוֹר.**

He [Hashem] issued a decree [set up the laws of nature] and that will not be broken [for example, the sun never shines at night].

**הִלְלוּ אֶת ה' מִן הָאָרֶץ,**

[People are able to] praise Hashem from the earth.

**תַּנְיָנִים**

Sea giants [gigantic marine life that is found in the seas and oceans]

**וְכָל תְּהוֹמוֹת.**

and all watery depths  
[enormous bodies of water, with their immense depth],

**אֵשׁ וּבָרָד,**

fire and hail,

**שֶׁלֶג וְקִיטוֹר,**

snow and haze,

הודו על ארץ ושמים.

His glory is over the earth  
and the skies,

וְיָרִם קִרְוֹ לְעַמּוֹ,

and [when Hashem redeems us  
from the current exile] He will  
have raised the might of His  
people [the Jewish nation],

תְּהַלֵּה לְכֹל חַסִּידָיו,

causing praise for all His  
pious ones [the *tzaddikim*],

לְבָנֵי יִשְׂרָאֵל עַם קָרְבוֹ,

for the Children of Israel [the  
Jewish nation] [because we are the  
spiritual leaders of the world, and are  
therefore] the people to whom  
He is near—

הִלְלוּ-הוּא.

praise Hashem!

מְלָכֵי אֶרֶץ וְכָל לְאֻמִּים,

[leaders of the world are also called  
to praise Hashem] kings of the  
earth and all governments,

שָׂרִים וְכָל שֹׁפְטֵי אֶרֶץ.

princes and all judges on  
earth,

בַּחֲנוּרִים וְגַם בְּתוֹלוֹת,

[finally—ordinary people, who were  
given the power of speech] young  
men and also young women  
[should praise Hashem],

זְקֵנִים עִם נְעָרִים.

elders together with youths  
[whom the elders should teach],

יְהַלְלוּ אֶת שֵׁם ה',

let them praise the Name of  
Hashem,

כִּי נִשְׁגָּב שְׁמוֹ לְבַדּוֹ,

for His Name Alone is  
exalted [high and mighty].

ZOOMING IN - Week 18

לְאֻמִּים governments	כָּנָף with wings	רִמָּשׁ creeping things	אַרְזִים cedars	גְּבוּעוֹת hills
	קָרְבוֹ to whom He is near	וְיָרִם He will have raised	נִשְׁגָּב is exalted	שָׂרִים princes

## שִׁירוּ לֵהּ שִׁיר חֲדָשׁ

יְהִלְלוּ שְׁמוֹ בְּמַחֲוֹל,

they will praise His Name  
with dancing [expressing their  
happiness].

בְּתֶף וְכִנּוֹר יִזְמְרוּ לוֹ.

With drum and harp let  
them make music to Him  
[the people will happily play musical  
instruments],

כִּי רוֹצֵה ה' בְּעַמּוֹ,

for Hashem desires His  
people [s praises and their feeling  
close to Him].

יַפְאֵר עֲנוּיִם בִּישׁוּעָה.

He crowns the humble ones  
with salvation [He will bring  
Mashiach in the merit of those who are  
humble].

יַעֲלִזוּ חֲסִידִים בְּכָבוֹד,

The righteous [tzaddikim] will  
rejoice in honor,

*In שִׁירוּ לֵהּ שִׁיר חֲדָשׁ, King David describes  
the great, unique joy that will take  
place among all the righteous people  
when Mashiach comes.*

WEEK  
19

הִלְלוּ-ה, שִׁירוּ לֵהּ שִׁיר חֲדָשׁ,

Halleluyah! [Praise to Hashem!] Sing  
to Hashem a new song [the  
wonders that will take place in the times of  
Mashiach will bring us such great joy].

תְּהִלָּתוֹ בְּקֹהֵל חֲסִידִים.

His [Hashem's] praise is in  
the congregation of the  
righteous [the Jewish people's  
praises will be most powerful—since  
we are the ones closest to Hashem].

יִשְׂמַח יִשְׂרָאֵל בְּעֲשָׂיו,

Let Israel [the Jewish nation]  
rejoice in its Maker,

בְּנֵי צִיּוֹן יִגִּילוּ בְּמֶלְכָם.

the Children of Zion [the place  
from which the teachings of Torah will  
arise in the times of Mashiach] will  
rejoice [the most] in their King  
[Hashem];

### ZOOMING IN - Week 19

בְּמַחֲוֹל with dancing	יִגִּילוּ will rejoice	בְּעֲשָׂיו in its Maker	בְּקֹהֵל is in the congregation	תְּהִלָּתוֹ His praise
יַפְאֵר He crowns	רוֹצֵה desires	יִזְמְרוּ let them make music	וְכִנּוֹר and harp	בְּתֶף with drum

לְאַסֹּר מְלִכֵיהֶם בְּזָקִים,

to tie up their kings [who ordered the Jews to be persecuted] with chains

וְנִבְכְּדֵיהֶם בְּכַבְלֵי בְרָזָל.

and their nobles [the important people of those nations] in irons [since they could have stopped the oppression],

לַעֲשׂוֹת בָּהֶם מִשְׁפָּט כָּתוּב,

to do to them the judgment written [in the Torah regarding the punishment that will eventually be given to the *reshaim*].

הַדָּר הוּא לְכָל חַסִּידָיו,  
הַלְלוּ-י-ה.

[That judgment day] will be an honor for all His righteous ones [those who keep Hashem's mitzvos]. Halleluyah! [Praise Hashem!]

יִרְנְנוּ עַל מִשְׁכְּבוֹתָם.

they [the *tzaddikim*] will sing happily upon their beds [thanking Hashem for allowing them to go to bed without fear of danger and attack].

רוֹמְמוֹת א-ל בְּגֵרוֹנָם,

High praises of Hashem [said in their prayers for help] are [deeply felt] in their throats [when the Jewish people will go to battle in the final war before Mashiach's coming],

וְחָרֵב פִּיפּוּיֹת בְּיָדָם.

and [the heartfelt prayers will be so powerful, like] a double-edged sword [held] in their hand,

לַעֲשׂוֹת נִקְמָה בְּגוֹיִם,

to take revenge [for every bit of suffering that was caused] among the nations [who persecuted the Jewish people].

תּוֹכַחַת בְּלְאֻמִּים.

[In addition, Hashem will] severely rebuke [criticize and punish] the governments [that persecuted the Jewish people],

ZOOMING IN - Week 19

פִּיפּוּיֹת double-edged	בְּגֵרוֹנָם are in their throats	יִרְנְנוּ they will sing happily	יִעֲלוּ they will rejoice	עֲנוּיִים the humble ones
	וְנִבְכְּדֵיהֶם and their nobles	בְּזָקִים with chains	לְאַסֹּר to tie up	בְּלְאֻמִּים among the governments

# הַלְלוּ אֶל-ל בְּקִדְשׁוֹ

הַלְלוּהוּ כְּרַב גְּדֻלוֹ.

Praise Hashem as is appropriate to His plentiful greatness [in which Hashem shows much kindness].

הַלְלוּהוּ בְּתַקַּע שׁוֹפָר,

Praise Him with the blast of the *shofar* [which instills fear in a person],

הַלְלוּהוּ בְּנִבְל וְכִנּוֹר.

praise God [with different musical instruments, such as] with lyre and harp [which cause happiness],

הַלְלוּהוּ בְּתֶף וּמַחֹל,

praise God with drum and dance,

הַלְלוּהוּ בְּמִנִּים וְעֹגֵב.

praise God with organ and flute [which give off sweet sounds],

*In Tehillim (150), King David reminds us that the true goal of life is to recognize Hashem's greatness and to praise Him. Doing so with musical instruments arouses the emotions to their fullest extent.*

WEEK  
20

הַלְלוּ-ה, הַלְלוּ אֶל-ל בְּקִדְשׁוֹ,

[The angels] praise God, praise Hashem in His holy place [the upper spiritual world where the angels serve Hashem].

הַלְלוּהוּ בְּרִקְיעַ עִזּוֹ.

Praise Him in the Heavenly area of His strength [the heavenly areas through which God reveals His control over the physical world].

הַלְלוּהוּ בְּגִבּוֹרָתוֹ,

Praise Hashem for His powerful acts [in which Hashem gives His judgment].

## ZOOMING IN - Week 20

בְּתֶף with drum	וְכִנּוֹר and harp	בְּנִבְל with lyre	בְּתַקַּע with the blast	בְּגִבּוֹרָתוֹ for His powerful acts	בְּרִקְיעַ עִזּוֹ in the Heavenly area of His strength
תְּהִלָּה praise	בְּצִלְצִלִּים with cymbals	וְעֹגֵב and flute	בְּמִנִּים with organ	וּמַחֹל and dance	



כֹּל הַנְּשַׁמָּה תְהַלֵּל י-ה,  
הַלְלוּ-י-ה.

[The greatest praise is when we]  
let every soul praise God;  
Halleluyah.

כֹּל הַנְּשַׁמָּה תְהַלֵּל י-ה,  
הַלְלוּ-י-ה.<sup>22</sup>

let every soul praise God,  
Halleluyah.

הַלְלוּהוּ בְצִלְצְלֵי שִׁמְע,  
praise God with loud  
cymbals,

הַלְלוּהוּ בְצִלְצְלֵי תְרוּעָה.  
praise God with crashing  
cymbals [powerful sounds].



## הודו

הודו is made up of three parts: The first 15 pesukim until וּבִגְבִיאי אֶל תִּרְעוּ; the next 14 pesukim, which begin with כָּל הָאֲרָץ שִׁירוּ לֵה' שִׁירֵי לֵה'; and the third part, which begins with וּרְקוּמוּ and continues until the end of הֲרֹדוּ.

### הִתְהַלְלוּ בְּשֵׁם קְדֹשׁוֹ,

[have] pride in [regularly stating] His holy Name [as we focus on Hashem and follow His Torah];

### יִשְׂמַח לֵב

be glad of heart [happy]

### מִבְּקָשֵׁי ה'.

[those people] who search [look for] Hashem.

### דְּרֹשׁוּ ה' וְעֹזוּ,

Seek Hashem [daven as best you can] and His strength [study His Torah];

### בִּקְשׁוּ פְּנֵי תְּמִיד.

seek Hashem [daven as best you can] and His strength [study His Torah];

### זְכֹר וּנְפֹלְאֹתָיו אֲשֶׁר עָשָׂה,

remember His wonders that He has done [in the past],

### מִפְתֵּי וּמִשְׁפְּטֵי פִּיהוּ.

His [open] miracles [beyond the regular laws of nature], and the judgments of His mouth,

*In the first 15 pesukim until וּבִגְבִיאי אֶל תִּרְעוּ, we thank Hashem, Who protected and saved our Forefathers from those who tried to harm them when we were a very small nation.*

### הודו לה'

Give thanks to Hashem [King David instructed the people to sing to Hashem as follows:];

### קראו בשמו,

declare [say publicly] His Name [give credit for your success to Hashem's help and guiding hand];

### הודיעו בעמים עלילתיו.

sing [Hashem's praises] to Him, make music [with musical instruments] to Him;

### שירו לו, וזמרו לו,

sing [Hashem's praises] to Him, make music [with musical instruments] to Him;

### שיחו בכל נפלאותיו.

sing [Hashem's praises] to Him, make music [with musical instruments] to Him;

וּשְׁבוּעָתוֹ לְיִצְחָק.

and His promise [made at *Akeidas Yitzhak*, to give Eretz Yisrael] to Yitzchak[’s descendants];

וַיַּעֲמִידָהּ לְיַעֲקֹב

and He established it [fulfilled His promise by forever giving Eretz Yisrael] for Yaakov [not Eisav]

לְחֹק, לְיִשְׂרָאֵל בְּרִית עוֹלָם.

as everlasting law for Yisrael as an eternal covenant,

לְאמֹר,

saying [the agreement was],

לְךָ אֶתְנוּ אֶרֶץ כְּנָעַן,

“To you I will give the Land of Canaan” [Eretz Yisrael is rightfully ours due to the fact that Hashem gave it to us],

חֶבֶל נִחְלַתְכֶם.

the string [land used to be measured with a string spread across the land] of your inheritance [because it was given to our Forefathers].

בְּהֵיוֹתְכֶם מְתֵי מִסְפָּר,

When you were but few in number [at that time when Hashem promised us Eretz Yisrael there were not many of us],

זֶרַע יִשְׂרָאֵל עֲבָדוֹ,

seed [children] of Israel [Yaakov Avinu; the Jewish people], His servant [who served Hashem with great devotion],

בְּנֵי יַעֲקֹב בְּחִירוֹ.

children of Yaakov [the Jewish nation], His [Hashem’s] chosen ones [Hashem has set us apart to be special and holy].

הוּא ה' אֱלֹהֵינוּ,

He is Hashem, our God [we have a special and close relationship with Him]

בְּכֹל הָאָרֶץ מְשַׁפְּטִיו.

[even though Hashem is so great and mighty] in all the earth are His judgments [over the entire world].

זְכְרוּ לְעוֹלָם בְּרִיתוֹ,

Remember His [Hashem’s] covenant [special agreement made with Avraham Avinu] forever,

דְּבַר צְוָה לְאֶלֶף דּוֹר.

[with] the word [Torah] He commanded for a thousand generations [for all time to come],

אֲשֶׁר כָּרַת אֶת אַבְרָהָם,

that He made with [promised] Avraham [at the Bris Bein Habesorim]

The next 14 pesukim (which begin with ויהלל לה' until כל הארץ) refers to the special song of gratitude that everyone will sing to Hashem in the times of Mashiach.

שִׁירוּ לַה' כָּל הָאָרֶץ,

Sing to Hashem, everyone on earth,

בְּשָׂרוֹ מִיּוֹם אֶל יוֹם יְשׁוּעָתוֹ.

spread the news from day to day [about] His [Hashem's daily] salvation.

סִפְרוּ בְּגוֹיִם אֶת כְּבוֹדוֹ,

Tell [people in] the nations [of the world] about His honor [glory];

בְּכָל הָעַמִּים נִפְלְאוֹתָיו.

among all the peoples [tell them about] His wonders.

כִּי גָדוֹל ה' וּמְהֻלָּל מְאֹד,

[Continue to tell them] that Hashem is great and [very] much praised

וְנוֹרָא הוּא עַל כָּל אֱ-לֹהִים.

and He is feared above all gods [religions that now exist will disappear],

כִּי כָּל אֱ-לֹהֵי הָעַמִּים אִלִּילִים,

for all the gods of the peoples are nothing [all of the idols and religions that were made by people through the generations have proven to be worthless and useless]

[please pause]

**בְּמַעַט וְגָרִים בָּהּ.**

hardly dwelling there [we had only remained in Eretz Yisrael for a short time and were treated as strangers],

וַיִּתְּנֶלְכוּ מִגּוֹי אֶל גּוֹי,

and [even though the Jews owned Eretz Yisrael] they [our Forefathers] wandered [traveled] from nation to nation [through our exile]

וּמִמַּמְלָכָה אֶל עַם אַחֵר.

and from one kingdom to another [from Egypt before finally returning to claim Eretz Yisrael],

לֹא הֵנִיחַ לְאִישׁ לְעַשְׂקָם,

He [Hashem] did not allow any man [not even Lavan and Eisav] to oppress them [hurt Yaakov (the Jewish people)]

וַיּוֹצֵחַ עֲלֵיהֶם מְלָכִים.

and He [Hashem] criticized kings [Avimelech the King of the Plishtim and Pharaoh the King of Mitzrayaim] concerning them [Avraham and Yitzchak],

**אֵל תִּגְעוּ בְּמִשְׁחִי,**

[Hashem warned those that wanted to cause harm] "Do not touch My special ones

וּבְנֵבִיאֵי אֵל תִּרְעוּ.

and to my prophets [our Forefathers were prophets] do no harm."

הַשְׁתַּחֲוּוּ לֵהּ

They will bow down [fully on the ground with stretched-out arms and legs] before Hashem

בְּהֵדָרַת קִדְּשׁ.

in the beauty of His holy place [the Beis HaMikdash].

חִילוּ מִלְּפָנָיו כָּל הָאָרֶץ,

Tremble [shake with awe] before Him [Hashem] all [the people of] the earth,

אִף תִּכְוֶן תִּבֵּל בִּל תִּמוּט.

so that [when Mashiach comes] the world [will survive and it] will be firmly established [safe and stable] and not collapse [from wars and wrongdoing].

יִשְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ,

[When Hashem's Divine Presence returns in the times of Mashiach] the [angels in] heavens will be glad and the [people on] earth will celebrate

וַיֵּאמְרוּ בְּגוֹיִם, ה' מֶלֶךְ.

and the nations will [then recognize Hashem as being the One and only King and] say, "Hashem has ruled!"

יָרַעַם הַיָּם וּמְלוֹאוֹ,

The ocean and all that fills it [referring to a part of nature on earth] will "roar,"

וְה' שָׁמַיִם עָשָׂה.

[after all] and Hashem [and no other] made heaven.

הוֹד וְהֵדָר לְפָנָיו,

Glory and majesty are before [only] Him [no one and nothing else],

עוֹז וְחֵדוּהָ בְּמָקוֹמוֹ.

power [only Hashem is able to do whatever He wants, including changing the rules of nature] and happiness [through doing mitzvos one can achieve ultimate happiness] are in His place [found only by serving Hashem].

הָבוּ לֵה' מִשְׁפָּחוֹת עַמִּים,

Give to Hashem, O families of the people,

הָבוּ לֵה' כְּבוֹד וְעוֹז.

give to Hashem honor and might [all the honor and power in the world actually belong to Hashem—not to any other peoples or nations];

הָבוּ לֵה' כְּבוֹד שְׁמוֹ,

give to Hashem honor [worthy of] His [Hashem's] Name [in this world is Aleph-Daled-Nun-Yud, which means Master of everything].

שָׂאוּ מִנְחָה וּבֵאוּ לְפָנָיו,

[In the time of Mashiach when the Third Beis HaMikdash will be here, the entire world will] carry an honor [-offering] and come before Him [in the Beis HaMikdash to honor God].

וְאָמְרוּ, הוֹשִׁיעֵנוּ אֱ-לֹהֵי יִשְׂרָאֵל,

and [until Mashiach arrives] say  
[pray]: Save us [as You have in the  
past], God of our salvation;

וְקַבְּצֵנוּ וְהַצִּילֵנוּ מִן הַגּוֹיִם,

gather us [as one united people]  
and rescue us [please allow us to  
continue to exist] from [among] the  
[unfriendly] nations [of the world],

לְהַדוֹת לְשֵׁם קִדְשְׁךָ,

to thank [praise] Your holy  
Name [as we recognize that Hashem is  
the Source of our salvation]

לְהִשְׁתַּבַּח בְּתֵהֶלְתֶּךָ.

and to become glorified in  
Your praise.

בְּרוּךְ הוּא אֱ-לֹהֵי יִשְׂרָאֵל

Blessed is Hashem, the God of  
Israel,

מִן הָעוֹלָם וְעַד הָעוֹלָם,

from [where He is hidden in] this  
world to the [currently unrevealed]  
World to Come.

יַעֲלֶיךָ הַשָּׂדֶה וְכָל אֲשֶׁר בּוֹ.

the developed fields and  
everything in them [referring to  
a different part of nature on earth] will  
“celebrate.”

אָז יִרְנְנוּ עֲצֵי הַיַּעַר,

At that time, the trees of the  
forest [referring to another part of  
nature on earth] will “sing with  
joy”

מִלְפְּנֵי ה', כִּי בָא לְשָׁפוֹט  
אֶת הָאָרֶץ.

before Hashem, for He will  
have arrived [at that time] to  
judge the earth [Hashem will  
pay everyone back according to their  
actions – rewarding the good ones and  
punishing the wicked].

הוֹדוּ לָהּ כִּי טוֹב,

Give thanks [praise] to Hashem,  
for He is good [the world will finally  
know how good Hashem really is],

כִּי לְעוֹלָם חֶסֶדּוֹ.

for [everything that Hashem does  
comes from] His kindness [which  
truly] is forever;

ZOOMING IN

כְּמַעַט hardly	זָכְרוּ remember	בְּשֵׁם קִדְשׁוֹ in His holy Name	הִתְהַלְלוּ take pride	עֲלִיתָיו His actions
לְהָרֵם רַגְלָיו at His footstool	לְהִשְׁתַּבַּח בְּתֵהֶלְתֶּךָ to become glorified in Your praise	חִילוּ tremble	אַל תִּגְעוּ בְּמִשְׁיַחִי do not touch My special ones	וְגָרִים בָּהּ dwelling there

וְהִשְׁתַּחֲוּוּ לְהַר קְדֹשׁוֹ,

[when we, the Jewish people] bow  
[fully on the ground with stretched-  
out arms and legs] at His holy  
mountain [the Beis HaMikdash].

כִּי קְדוֹשׁ ה' אֱ-לֹהֵינוּ.

for holy is Hashem, our God.

וְהוּא רַחוּם יִכְפֹּר עֲוֹן

But He [the Merciful One] is  
forgiving of wrongdoing

וְלֹא יִשְׁחִית,

and does not destroy;

וְהִרְבֵּה לְהַשִּׁיב אָפוֹ,

[instead of punishing all at once] often  
He takes away His anger,

וְלֹא יַעִיר כָּל חַמָּתּוֹ.

not arousing His entire rage  
[He will spread the punishment in small  
amounts over time; i.e. a pain here, a  
sickness there].

אַתָּה ה', לֹא תִכְלֵא רַחֲמֶיךָ מִמֶּנִּי,

You, Hashem, do not withhold  
Your mercy from me [please have  
mercy on me];

חֲסֶדְךָ וְאֱמֶתְךָ תִּמְיִד יִצְרוּנִי.

may Your kindness and Your  
truth always protect me [from  
being punished for my sins].

וַיֹּאמְרוּ כָּל הָעָם, אָמֵן,

And all the people said, "Amen"  
[after having finished singing this praise  
to Hashem, King David commanded  
everyone to answer amen, to show that  
they agreed that all he had said was true]

וְהִלֵּל לַה'.

and praise to Hashem [King David  
also asked each one to offer an original  
praise to Hashem in his own words].

*The last part of הודו (which begins  
with רובמו ה' אלוקינו) consists of  
various pesukim from throughout  
Tehillim. They speak of begging  
Hashem's mercy for an end to the  
exile and persecution.*

רֹמְמוֹ ה' אֱ-לֹהֵינוּ

Speak about the greatness of  
Hashem, our God,

וְהִשְׁתַּחֲוּוּ לְהַדָּם רַגְלָיו.

and [mankind will] bow [fully on  
the ground with stretched-out arms  
and legs] at His "footstool" [the  
earth<sup>23</sup>],

קְדוֹשׁ הוּא,

He is holy [and it is therefore  
appropriate to bow down].

רֹמְמוֹ ה' אֱ-לֹהֵינוּ

Raise Hashem, our God;

א-ל־יִשְׂרָאֵל  
God of Israel,

הוא נותן עז  
He gives might [the Torah, which  
gives us strength to survive pain and  
suffering caused by other nations]

וְתַעֲצֻמוֹת לְעָם,  
and power to the people.

בְּרוּךְ אַתָּה-לֵהִים.  
[We thank and say] blessed is  
Hashem [for having given us the  
strength];

א-ל־נִקְמוֹת ה',  
God of vengeance [on those who  
have done the terrible evils to the Jewish  
people], Hashem,

א-ל־נִקְמוֹת הוֹפִיעַ.  
God of vengeance, appear!  
[as Judge of the earth to bring rightful  
order to the world].

הַנִּשְׂא שִׁפְט הָאָרֶץ,  
Arise, [and show the world that You,  
Hashem are truly] Judge of the  
earth,

הַשֵּׁב גְּמוּל עַל גְּאִים.  
give out punishment to the  
haughty.

זְכֹר רַחֲמֶיךָ ה' וְחַסְדֶיךָ,  
Remember [us and use] Your  
mercies and Your kindness [on  
us], Hashem,

כִּי מֵעוֹלָם הֵמָּה.  
for they [Your mercies and Your  
kindness] are from the beginning  
of the world [that You used to create  
the whole world].

תִּנּוּ עֵז לְאַ-לֵהִים,  
[By doing a mitzvah we] give power  
to Hashem [since it increases  
blessings that Hashem sends],

עַל יִשְׂרָאֵל גְּאוֹתוֹ,  
Whose [Hashem's] pride [when  
we study Torah and do mitzvos] is in  
Israel [the Jewish people]

וְעֵזוֹ בַּשָּׁחֵקִים.  
and Whose might is in the  
high heavens [even though  
Hashem is already all-powerful, He  
chooses to have Jews be the ones to  
cause His blessings to be given to the  
world (through our Torah, mitzvos, and  
davening)].

נִרְא אַתָּה-לֵהִים  
You are awesome, Hashem,

מִמְקוֹדֶיךָ שְׂדֵה,  
from Your holy places [from the  
Beis HaMikdash];



הוֹשִׁיעָה אֶת עַמּוֹךְ,

Save Your nation [the Jewish  
people, from its enemies]

וּבְרַךְ אֶת נַחֲלָתְךָ,

and bless Your inheritance [the  
Jewish people];

וּרְעֵם וְנִשְׂאֵם עַד הָעוֹלָם.

lead them and elevate them  
forever.

נַפְשֵׁנוּ חִפְּתָה לָּהּ,

Our souls yearned for Hashem  
[and His help and protection];

**עֲזָרְנוּ וּמְגִנְנוּ הוּא.**

[because we believed that it would  
eventually come] He is our Helper  
and Protector,

כִּי בּוֹ יִשְׂמַח לִבֵּנוּ,

for in Him will our hearts be  
glad [happy]

כִּי בְּשֵׁם קִדְשׁוֹ בָּטַחְנוּ.

because in His holy Name we  
trusted.

יְהִי חֲסֵדְךָ ה' עֲלֵינוּ,

May Your [great] kindness,  
Hashem, be upon us;

לֵה' הַיְשׁוּעָה,

Salvation is Hashem's

עַל עַמּוֹךְ בְּרַכְתָּךְ סֵלָה.

upon Your people [we have  
suffered enough, and will merit] is  
Your blessing [and protection]  
*Selah* [forever].

ה' צָב-אוֹת, עֲמָנוּ

Hashem—Master of “the  
Army” [used as a Name of Hashem<sup>24</sup>]  
is with us [ready to help in whatever  
way we need],

מִשְׁגֵּב לָנוּ

our Stronghold [that lifts us up and  
makes us special]

אֱ-לֹהֵי יַעֲקֹב סֵלָה.

is the God of Yaakov [and we are  
Yaakov's descendants], *Selah* [forever].

ה' צָב-אוֹת, אֲשֶׁר־י אָדָם בָּטַח בְּךָ.

Hashem, Master of Legions,  
happy is the person who trusts  
in You.

ה' הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם

קִרְאָנוּ.

Hashem, save [even from a situation  
that appears hopeless!] May the King  
answer on the day we call [in  
prayer].

**הִרְחַב פִּיךָ וְאִמְלֵאֲהוּ.**

open wide your mouth [ask Hashem for anything, big or small] and I [Hashem] will fill it [will surely provide it].

**אֲשֶׁרִי הָעַם שְׂכָכָה לוֹ,**

How happy is the people for whom such is their situation [that we ask Hashem for anything and He can indeed help us];

**אֲשֶׁרִי הָעַם שֶׁה' אֱ-לֹהָיו.**

how happy is the people [the Jewish nation] whose God is Hashem.

**וְאֲנִי בְּחַסְדְּךָ בְּטַחְתִּי,**

And as for me, in Your kindness I trust [that You will save me from danger even if I don't deserve it];

**יִגַּל לְבָבִי בִישׁוּעֶתְךָ,**

my heart will celebrate in Your salvation [when You indeed save me].

**כַּאֲשֶׁר יְחַלְנוּ לָךְ.**

just as we enthusiastically awaited You,

**הִרְאֵנוּ ה' חַסְדְּךָ,**

let us see [experience] Your kindness, Hashem [that we have been praying for]

**וְיִשְׁעֶךָ תִּתֵּן לָנוּ.**

and Your salvation, give us.

**קוּמָה עֲזֹרְתָהּ לָנוּ,**

Arise, help us

**וּפְדָנוּ לְמַעַן חַסְדְּךָ.**

and redeem us for the sake of Your kindness [even if we do not deserve it].

**אֲנִכִּי ה' אֱ-לֹהֶיךָ הַמַּעֲלֶדְךָ מֵאֶרֶץ מִצְרַיִם,**

I am Hashem, Your God, Who lifted you up [and performed all the miracles] from the land of Egypt;

ZOOMING IN

בְּשָׁמַיִם is in the high heavens	וְעִזּוֹ and Whose might	גְּאוֹנוֹ Whose pride	תָּמִיד יִצְרוּנִי always protect me	וְאִמְרָתְךָ and Your Truth
וְאִמְלֵאֲהוּ and I will fill it	הִרְחַב פִּיךָ Open wide your mouth	וּמְגִנָּנוּ הוּא and our protector	עֲזָרָנוּ He is our helper	הַנִּשְׂאָ שִׁפְטֵי הָאָרֶץ Arise, Judge of the earth

כִּי גָמַל עָלַי.

[thanking Him] for He has dealt kindly with me [even if I do not deserve His kindness].

אֲשִׁירָה לֵה',

I will sing [praises] to Hashem,



1. This chapter of *Tehillim*, Chapter 30, was added to the morning prayers during the 17th century.
2. *Aruch Hashulchan*, Siman 50; Rav Munk. King David's enemies claimed that G-d did not allow King David to build the Holy Temple due to King David's sins. To defeat that claim, Hashem chose the moment when the ark was brought into the Holy of Holies – the climax of the inauguration of the Holy Temple – to show that the Temple was built and the Divine Presence would reside in it only on King David's merit. This is the inspiration of *נומרו שיר*, King David's special praise of Hashem.
3. King David prepared this song to be sung at the inauguration of the בית המקדש in the days of his son, Shlomo HaMelech.
4. The gates of the Beis HaMikdash opened only after Shlomo HaMelech mentioned the merit of King David. This caused David's enemies to be embarrassed—realizing that indeed he was a *tzaddik*.
5. During the plague that occurred King David's lifetime, in which 70,000 people died.
6. Although we have no concept of how great Hashem is, we praise the things that He does, which reveal at least a very small part of His greatness to us.
7. *Orach Chaim* 51:7
8. Its positioning in relation to the sun, its atmosphere, its air...all these things make it possible to sustain life.
9. Hashem saves us by making enemies decide to leave us alone or Hashem does it against their will.
10. Although we have no concept of how great Hashem is, we praise the things that He does, which reveal at least a very small part of His greatness to us.
11. *Sefer Tehillim*, the book that is filled with praises to Hashem, was compiled by David HaMelech, and contains both praises that he composed as well as those composed by the other *tzaddikim* (אסיר, אלקה, אביאסף).
12. We will use various combinations of *pesukim* and bring them together to praise Hashem.
13. Even during times when we are having difficulties, and it may appear that Hashem is not close to us.
14. *Mishneh Berurah* 51:1
15. This chapter of *Tehillim*, which was composed by Moshe Rabbeinu, is a "Song of Thanksgiving," which used to be sung in the בית המקדש when a *korban todah* (thanksgiving-offering) was brought.
16. See *Siddur Ya'avetz* and *Siddur She'lah*
17. The Gemara (ברכות ד:) teaches that whoever properly says the *תפילה* *tefillah* three times a day [twice in *Shacharis* and once in *Minchah*] is promised a share in the World to Come, because the beginning of this prayer (starting with the word *אנומנך*) includes the verses of Chapter 145 of *Tehillim*, which follows the order of the א-ב-ג-ה-ו-ז-ח-ט-י-כ-ל. represents the complete Hebrew alphabet, which signifies that we praise Hashem will every possible sound. In addition, the *תפילה* prayer contains the *pasuk*, "פִּתְחֵה אֶת יְדֵי יְיָ וַיִּפְתַּח לִּי חַיַּיִךְ", which reminds us of Hashem's mercy.
18. *Perek* 84:5 and *Perek* 144:15.
19. Starting with the word *אנומנך*, this prayer includes the verses of Chapter 145 of *Tehillim*, which follows the order of the א-ב-ג-ה-ו-ז-ח-ט-י-כ-ל.
20. Hashem (Master of all, Who always was, is, and will be).
21. ברכות ד:.
22. The last sentence is repeated to indicate that this is the last *pasuk* of *Tehillim* in *Pesukei D'Zimrah* and that anything after this is not from *Tehillim* (*Tur*, *Orach Chaim* 51, based on *Avudraham*).
23. See *Yeshayahu* 66:1; "The heaven is My throne and the earth is My footstool."
24. Similar to an army that has different jobs and levels of rank, everything in life is also given its level and its purpose for it to function in Hashem's "Army" (*Rav Schwab on Prayer*, ArtScroll, p. 150.)