

# תיקון הכּלּלִי

## The Tikkun Haklali with an Interlinear Translation

Instituted by Rebbe Nachman of Breslov  
as a rectification for damaging the bris,  
consisting of 10 psalms of Tehillim,  
**16, 32, 41, 42, 59, 77, 90, 105, 137, & 150**

The names of Hashem are intentionally  
spelled out with the letter ק. The correct letter  
appears above in small, as demonstrated here: אֱלֹהִים<sup>מ</sup>  
**Please be careful in pronouncing the words correctly.**

*When reciting Tehillim one should imagine as if all of King  
Dovid's battles are one's own personal battles against  
the yetzer hara (Likutey Moharan II 125).*



## Opening Tefillos

*One should recite the following before reciting Tehillim*

לְכוּ נִרְנְנָה לַיהוָה, נִרְעֵה לְצוּר יִשְׁעֵנוּ: נִקְדְּמָה פָּנֵינוּ בְּתוֹדָה,

Come, let us sing joyously to G-d, let us shout out to the Rock of our salvation. Let us advance His presence with thanksgiving,

בְּזִמְרוֹת נִרְעֵ לּוֹ: כִּי קָל גְּדוֹל יְיָ, וּמְלֹךְ גְּדוֹל עַל כָּל אֱלֹהִים:

with hymns let us shout out to Him. For a great Almighty is G-d, and a great King above all gods.

הֲרִינִי מִזְמֵן אֶת פִּי לְהוֹדוֹת וּלְהַלֵּל וּלְשַׁבַּח אֶת בּוֹרְאִי,

I am hereby preparing my mouth to thank, praise, and honor my Creator

לְשֵׁם יְחִיד קְדוֹשׁא בְּרִיךְ הוּא וְשִׁבְיָנְתָּה בְּדַחֲלֵנוּ וּרְחִימוּ,

in order to bring about a unification of the Holy One Blessed is He and the Shechinah, in awe and fear,

עַל יְדֵי הַהוּא טָמִיר וְנִעְלָם בְּשֵׁם כָּל יִשְׂרָאֵל:

through that which is hidden and concealed in the name of all of Yisroel

*It is appropriate to recite the following before saying the Tikkun Haklali:*

הֲרִינִי מְקַשֵּׁר עֲצָמִי בְּאֲמִירַת הָעֲשָׂרָה מְזֻמְרִים אֵלָיו, לְכָל

I am hereby binding myself with the recital of these ten psalms to all

הַצְּדִיקִים הָאֲמִתִּיִּים שְׁבֻדוֹרְנוּ, וּלְכָל הַצְּדִיקִים הָאֲמִתִּיִּים

the true righteous ones in our generation and to all the true righteous ones

שִׁכְנֵי עֶפְרָ קְדוֹשִׁים אֲשֶׁר בְּאֶרֶץ הַמָּוֶה, וּבְפָרְט לְרַבְּנֵנוּ

who are deceased, the holy ones that are buried in the ground, and specifically to our rabbi

הַקְּדוֹשׁ צְדִיק יְסוֹד עוֹלָם, נַחַל נֹבֵעַ מְקוֹר חַכְמָה, רַבְּנוּ נַחְמָן

who is holy and righteous, a foundation of the world, a flowing stream, a source of wisdom, our Rabbi, Nachman

בֶּן פִּינְאָה, אֲשֶׁר גָּלָה וְתַקֵּן לֹאמַר אֵלָיו הָעֲשָׂרָה מְזֻמְרֵי תְהִלִּים

the son of Faiga, who revealed and commenced the recital of these ten psalms of Tehillim

בְּשִׁבְלֵי תַקּוּן הַבְּרִית, זְכוּתָם יִגְן עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל אָמֵן:

as a rectification for damaging the covenant, may their merit protect us and over all of Yisroel, Amen!

## טז/16

א מִכַּתָּם לְדָוִד, שְׁמַרְנִי קָל כִּי חָסִיתִי בְךָ:

1 A verse frequented by Dovid. Watch over me Almighty since I take refuge in You.

ב אָמַרְתָּ לִּי - אֲדֹנָי אַתָּה, מוֹבְתִי בִלְ

2 I said to myself concerning G-d, "You are my Ruler, the good I receive

עָלַי: ג לְקִדּוּשִׁים אֲשֶׁר בְּאֶרֶץ הַמָּה,

is not your requirement to me." 3 On account of the righteous ones of yore,

וְאֲדִירֵי כָּל חֶפְצֵי בָם: ד יִרְבוּ עֲצָבוֹתָם

and the mighty ones, I am granted all my needs. 4 Let the grief of

אֲחֵר מִהֵרָו, בֵּל אֲסִיף נִסְבִּיהֶם מִדָּם,

idolaters increase, I will not pour their blood-libations,

וְבֵל אֲשֵׂא אֶת שְׁמוֹתָם עַל שְׁפָתַי:

nor mention the names of their gods.

ה יֵי מְנַת חֶלְקִי וְכוּסִי, אַתָּה תוֹמִיף

5 G-d is my assigned share and portion, You guide

גּוֹרְלִי: ו חֲבָלִים נָפְלוּ לִי בַּנְּעָמִים, אֶף

my fate. 6 I have received a charming lot,

נִחַלְתָּ שְׁפָרָה עָלַי: ז אֲבָרַךְ אֶת יֵי אֲשֶׁר

I consider it a stunning inheritance. 7 I bless G-d who has advised

יַעֲצֵנִי, אֶף לַיְלוֹת יִסְרוּנִי כְּלִיּוֹתַי:

me, during the nights as well my conscious admonishes me.

ח שׁוֹיִתִּי יי לְנִגְדֵי תָמִיד, כִּי מִיְמֵינִי בִל

I always place G-d before me, for He is at my side so I do not

אָמוּט: ט לָכֵן שָׂמַח לְבִי וַיִּגַּל כְּבוֹדִי,

stumble. 9 Therefore my heart is joyous, and my soul exults,

אִף בְּשָׂרִי יִשְׁכֵּן לְבֵטָח: י כִּי לֹא תַעְזֹב

my body as well dwells securely. 10 For You will not abandon

נַפְשִׁי לְשָׂאוֹל, לֹא תִתֵּן חַסִּידְךָ לְרְאוֹת

my soul in the grave, You will not allow your pious one

שָׁחַת: יא תוֹדִיעֵנִי אֶרְחַ חַיִּים, שִׁבַּע

to be destroyed. 11 You will teach me the path of life, and give me satisfying

שְׂמֵחוֹת אֶת פְּנִיךָ, נְעִמּוֹת בְּיְמִינְךָ נֹצֵחַ:

joy in Your presence, Your right hand offers endless delight.

## לב/32

יא לְדוֹד מִשְׁכִּיל, אֲשֶׁרִי נָשׂוּי פְּשָׁע, כָּסוּי

1 An enlightening song of Dovid. Fortunate is one whose misdeed is forgiven,

חַטָּאָה: יב אֲשֶׁרִי אָדָם לֹא יַחְשֵׁב יי

whose sin is covered up. 2 Fortunate is the man whom G-d does not perceive

לוֹ עוֹן, וְאֵין בְּרוּחוֹ רְמִיָּה:

in him any wrongdoing, and there is no trickery in his spirit.

ג כי החרשתי בלו עצמי, בשאנתי כל

<sup>3</sup> Because I was silent my bones withered, from my groaning all

היום: ד כי יומם ולילה תכבד עלי ידה,

day. <sup>4</sup> For day and night fear of You lay heavy upon me,

נהפך לשדי בחרבני קיץ סלה:

my life force dried out as in the scorching summer, Selah.

ה חטאתי אודיעך ועוני לא כסיתי,

<sup>5</sup> I informed You of my sin, and I did not cover my wrongdoing,

אמרתי אודה עלי פשעי ליי,

I said, "I will admit my misdeeds to G-d,"

ואתה נשאת עון חטאתי סלה:

and You forgave the wrongdoing of my sin, Selah.

ו על זאת יתפלל כל חסיד אליך לעת

<sup>6</sup> Therefore every pious one should pray to you, at a favorable time,

מצא, רק לשטף מים רבים אליו לא

so that the raging mighty waters will not overtake him.

יגיעו: ז אתה סתר לי, מצר תצרני, רני

<sup>7</sup> You are my protection, You guard me from pain,

פלט תסובבני סלה: ח אשכילך ואורךך

with joyous shouts of deliverance you surround me, Selah.

<sup>8</sup> Let me enlighten you and clarify

בדרך זו תלך, איעצה עליך עיני:

for you which way to go, my eyes will hint to you.

\*One should pause here (See *Likutey Moharan* 213).

אֵל תִּהְיֶה כְּסוּם כְּפֶרֶד אֵין הָבִין, כְּמִתְג

<sup>9</sup> Do not be like a clueless horse or mule, constrained by a mouthpiece

וְרָסָן עֲדָיו לְבָלוֹם, בֵּל קָרֵב אֶלָּיִךְ:

and rein while being groomed, so it does not draw near to you.

רַבִּים מִכְּאוֹבִים לְרָשָׁע, וְהַבּוֹטָח

<sup>10</sup> Much anguish befalls the wicked, but one who trusts

בִּיהוָה חֶסֶד יְסוּבְבָנוּ: שְׂמֵחוּ בִּי

in G-d will be surrounded by kindness. <sup>11</sup> Rejoice in G-d,

וְגִילוּ צַדִּיקִים, וְהִרְנִינוּ כָּל יִשְׂרָאֵל לֵב:

and exult, righteous ones, and let all the scrupulous shout for joy.

## מא/41

לְמַנְצָחַת, מְזֻמּוֹר לְדָוִד: אֲשֶׁרִי מִשְׁכִּיל

<sup>1</sup> A psalm of Dovid, to the leading musician. <sup>2</sup> Fortunate is one who is considerate

אֵל דָּל, בְּיוֹם רָעָה יִמְלִטְהוּ יְיָ:

to the disadvantaged, on the day of retribution G-d will save him.

יְיָ יִשְׁמְרֵהוּ וַיַּחֲיֵהוּ, וְאֲשֶׁר בְּאֶרֶץ,

<sup>3</sup> G-d will guard him and give him life, he will be considered happy in the land,

וְאֵל תִּתְּנֵהוּ בְּנַפְשׁ אִיְבָיו: יְיָ יִסְעֲדָנוּ

and You will not give him over to the will of his enemies. <sup>4</sup> G-d will

עַל עֲרֵשׁ דָּוָי, כָּל מִשְׁכָּבוֹ הַפְּכָתָ

provide for him on his sickbed, You will transform his illness

בְּחַלְיִי: ה' אֲנִי אֶמְרָתִי יי חֲנִנִי, רְפָאָה

when he is sick. 5 I said "Let G-d be gracious to me, heal

נַפְשִׁי כִּי חָטָאתִי לָךְ: ו' אוֹיְבֵי יֹאמְרוּ רַע

my soul for I have sinned against you." 6 My enemies speak badly

לִי, מָתִי יָמוּת וְאָבַד שְׁמוֹ: ז' וְאִם בָּא

about me, "When will he die, and his name cease." 7 If one comes

לְרְאוֹת שָׁוָא יְדַבֵּר, לְבוֹ יִקְבֹּץ אָזֶן לוֹ,

to visit he speaks dishonestly, his heart accrues evil thoughts,

יֵצֵא לַחֲוִיץ יְדַבֵּר: ח' יַחַד עָלַי יִתְלַחֲשׁוּ

when he leaves he speaks of them. 8 All my antagonist conspire

כָּל שֹׁנְאָי, עָלַי יִחְשְׁבוּ רָעָה לִי:

together against me, they plan the worst for me.

ט' דְּבַר בְּלִיעַל יַצּוּק בּוֹ, וְאִשָּׁר שָׁכַב לֹא

9 They say, "His transgression brought about his grief, and now that he is bedridden

יֹוֹסֵף לָקוּם: י' גַּם אִישׁ שְׁלוֹמִי אֲשֶׁר

he will no longer rise." 10 Even my friend whom

בְּטַחְתִּי בּוֹ, אֹכֵל לֶחְמִי הִגְדִּיל עָלַי

I trusted, who at my bread, lifted his heel to harm me.

עֲקֹב: י"א וְאַתָּה יי חֲנִנִי וְהִקִּימֵנִי,

11 But You, G-d be gracious to me and raise me up,

וְאֲשַׁלְּמָה לָהֶם: י"ב בְּזֹאת יִדְעֵתִי כִּי

and I will pay them their due. 12 Through this I will know that

חַפְצָתָּ בִּי, כִּי לֹא יִרְיעַ אֹיְבֵי עָלַי:

You yearned for me, when my enemies will not shout victoriously over me.

יג וְאַנִּי בְּתַמִּי תִמְכֹּת בִּי, וְתַצִּיבֵנִי לְפָנֶיךָ

<sup>13</sup> Due to my innocence You will support me, and set me before You

לְעוֹלָם: יד בָּרוּךְ יְיָ אֱלֹהֵי יִשְׂרָאֵל,

forever. <sup>14</sup> Blessed is G-d, G-d of Yisroel,

מִהָעוֹלָם וְעַד הָעוֹלָם, אָמֵן וְאָמֵן:

from one end of the world to the other, Amen and Amen.

## מב/42

טז לְמַנְצַחַת, מִשְׁכִּיל לְבָנֵי קֹרַח: כ כָּאֵיל

<sup>1</sup> An enlightening song of the sons of Korach to the leading musician.

תַּעְרוּגַ עַל אַפִּיקוֹ מַיִם, כִּן נִפְשֵׁי תַעְרוּגַ

<sup>2</sup> As a hart cries longingly for springs of water, so does my soul cry

אַלְיָךְ אֱלֹהִים: ג צִמְאָה נִפְשֵׁי לְאֱלֹהִים

longingly to You G-d. <sup>3</sup> My soul thirsts for G-d,

לְקַל חַי, מָתִי אָבוֹא וְאֶרְאֶה פְּנֵי אֱלֹהִים:

for the living Almighty, "When will I come and appear before G-d?"

ד הֵיטָה לִּי דִמְעָתִי לְחֶם יוֹמָם וּלְלֵילָה,

<sup>4</sup> My tears have been my food day and night,

כְּאָמַר אֵלַי כָּל הַיּוֹם אַיֵּה אֱלֹהֶיךָ:

when they say to me all day long, "Where is your God?"



ה אֵלֶּה אֲזַכֶּרָה וְאֶשְׁפָּכָה עָלַי נַפְשִׁי,

<sup>5</sup> These things I remember, and pour out my soul within me,

כִּי אָעֵבֶר בַּסֶּף, אֲנַדְדִם עַד בַּיִת אֱלֹקִים,

how I passed on with the throng, and led them to the house of G-d,

בְּקוֹל רִנָּה וְתוֹדָה הַמוֹן חוֹגֵג:

with the voice of joy and praise, a multitude keeping, for a holiday.

ו מַה תִּנְשַׁתוּחֵחֵי נַפְשִׁי וַתַּהְמִי עָלַי,

<sup>6</sup> Why are you downcast, my soul, and why do you wail over me?

הוֹחֲלִי לְאֱלֹקִים כִּי עוֹד אֹדְנֵנִי יְשׁוּעוֹת

Hope to G-d, for I will yet thank Him for the salvations of His presence.

כְּנִיּוֹ: ז אֱלֹקֵי עָלַי נַפְשִׁי תִנְשַׁתוּחָה, עַל

<sup>7</sup> O my G-d, my soul is cast down within me, therefore

כֵּן אֲזַכֶּרְךָ מֵאֶרֶץ יַרְדֵּן, וְחֶרְמוֹנִים מִהַר

I remember You from the land of Yarden, and the Chermom,  
from Mount Mitzar

מִצְעָר: ח תְּהוֹם אֶל תְּהוֹם קוֹרֵא לְקוֹל

<sup>8</sup> One deep calls to another deep, to hear the sound of

צְנוּרִיךָ, כָּל מִשְׁבְּרֶיךָ וְגִלְיֶיךָ עָלַי עָבְרוּ:

Your water channels, all Your breakers and waves have gone over me.

ט יוֹמָם יִצְוֶה יי חֶסֶדּוֹ, וּבַלַּיְלָה נְשִׂירָה

<sup>9</sup> By day, G-d commands His kindness, and at night His song

עִמִּי תִפְלָה לְקַל חַיִּי:

is with me, a prayer to the Almighty of my life.

א אֹמְרָה לְקַל סִלְעֵי לְמָה שָׁכַחְתָּנִי,

10 I will say to G-d my Rock, "Why have You forgotten me?"

לְמָה קִדַּר אֵלַי בְּלַחֵץ אוֹיֵב:

Why do I go mourning under the oppression of the enemy?"

יא בְּרָצַח בְּעַצְמוֹתַי חִרְפוּנֵי צוּרְרֵי,

11 With murder in my bones, my oppressors have reproached me

בְּאִמְרָם אֵלַי כָּל הַיּוֹם אֵיחָה אֱלֹהֵיךָ:

by saying to me all day long, "Where is your God?"

יב מַה תִּנְשָׁתוּחֵי נַפְשִׁי וּמָה תִּתְהַמֵּי

12 Why are you cast down, my soul? and why do you moan

עָלַי, הוֹחֵלִי לְאֱלֹהִים, כִּי עוֹד אוֹדְנוּ

within me? Hope in G-d, for I will yet praise Him,

יְשׁוּעַת פְּנֵי וְאֱלֹהֵי:

the salvation of my countenance, and my G-d.

## נט / 59

א לְמַנְצַח אֵל תִּנְשַׁחַת לְדָוִד מִכְתָּם,

1 A plea to be spared from destruction of Dovid to the leading musician, a *michtam*,

בְּשָׁלַח שָׁאוּל וַיִּשְׁמְרוּ אֶת הַבַּיִת

when Shaul sent, and they watched the house

לְהַמִּיתוֹ: ב הַצִּילֵנִי מֵאוֹיְבֵי אֱלֹהֵי,

to kill him. 2 Rescue me from my enemies, my G-d,

מִמֵּתְקוֹמְמֵי תִשְׁגָּבֵנִי: 2 הַצִּילֵנִי מִפְּעֵלֵי

from those who rise up against me, save me. 3 Deliver me from

אָוֶן, וּמֵאֲנָשֵׁי דָמִים הוֹשִׁיעֵנִי:

the workers of iniquity, and save me from men of blood.

ד כִּי הִנֵּה אָרְבוּ לְנַפְשִׁי, יִגְוְרוּ עָלַי עֲזִים,

4 For behold, they lurked for my soul, strong men lodge against me,

לֹא פִשְׁעֵי וְלֹא חַטָּאתַי יִי: 5 הַ בְּלִי עוֹן

neither for any transgression of mine nor for any sin of mine, G-d.

5 Without my fault,

יִרְצוּן וַיְכַוְּנוּ, עוֹרָה לְקִרְאתִי וּרְאֵה:

they run and prepare themselves, awake to help me, and behold.

ו וְאַתָּה יי אֱלֹקִים צְבָאוֹת אֱלֹהֵי יִשְׂרָאֵל,

6 And You, G-d, G-d of hosts, G-d of Yisroel,

הַקִּיצָה לְפָקֹד כָּל הַגּוֹיִם, אַל תַּחֲזַן כָּל

arise to visit upon all the nations, do not be gracious to any

בְּגֵדֵי אָוֶן סָלָה: 7 יָשׁוּבוּ לְעָרְב, יִהְמוּ

iniquitous traitors, Selah. 7 They return at evening, they howl

כַּכֶּלֶב וַיִּסּוּבּוּ עִיר: 8 הִנֵּה יַבִּיעוֹן

like a dog, and go round about the city. 8 Behold, they spew forth

בְּפִיהֶם, הֲרָבוֹת בְּשִׁפְתוֹתֵיהֶם, כִּי מִי

with their mouth, they have swords in their lips, for who

שָׁמַע: 9 וְאַתָּה יי תִשְׁחַק לָמוֹ, תִלְעַג

hears? 9 But You G-d, will laugh at them, You will mock

לְכָל גּוֹיִם: עֲזוּ אֵלַיךְ אֲשֶׁמְרָה, כִּי

all the nations. <sup>10</sup> Due to his strength, for You do I wait, for

אֱלֹקִים מְשַׁנְּבִי: אֱלֹקֵי חַסְדֵי יִקְדָּמְנִי,

G-d is my stronghold. <sup>11</sup> The G-d of my mercy will come to meet me,

אֱלֹקִים יִרְאֵנִי בְּשׂוֹרְרֵי: אַל תַּהַרְגֵם

G-d will let me gaze upon mine adversaries. <sup>12</sup> Do not kill them, them

פֶּן יִשְׁכַּחוּ עַמִּי, הִנְיַעְמוּ בְּחִילְךָ

lest my people forget, make them wander, with Your power

וְהוֹרִידְמוּ, מִגִּבְּנוֹ אֲדֹנָי: חַטָּאת פִּימוֹ

and bring them down, my Ruler our Shield. <sup>13</sup> For the sin of their mouth,

דְּבַר שִׁפְתֵימוֹ, וַיִּלְכְּדוּ בְּגִאוֹנָם וּמֵאָלָה

and the words of their lips, let them get caught in their pride, because of curses

וּמִבְּחַשׁ יִסְפְּרוּ: כִּלְיָה בְּחִמָּה כִּלְיָה

and lies which they speak. <sup>14</sup> Destroy them with wrath, destroy them

וְאִינָמוּ, וַיִּדְעוּ כִּי אֱלֹקִים מֵיִשְׁל בְּיַעֲקֹב

so they be no longer, and let people know that G-d rules in Yaakov to

לְאַפְסֵי הָאָרֶץ סֵלָה: וַיָּשְׁבוּ לָעָרֵב,

to the ends of the earth, Selah. <sup>15</sup> And they return at evening,

יִהְיוּ כַּכֶּלֶב וַיִּסּוּבְבוּ עִיר: יִהְיֶה הִמָּה

they howl like a dog, and go round about the city. <sup>16</sup> They will

יָנִיעוּן לָאֲכָל, אִם לֹא יִשְׂבְּעוּ וַיָּלִינוּ:

roam about to eat, if they are not sated, they will lodge.

וַאֲנִי אֲשִׁיר עֲזֶךָ, וְאֶרְנֵן לְבִקְרַת חַסְדֶּךָ,

10 And I will sing of Your power, and I will sing praises of Your kindness in the morning,

כִּי הָיִיתָ מְשׁוּבָב לִי וּמְנוּחַם בְּיוֹם צָר לִי:

for You were my stronghold and a refuge on a day that I was in straits.

יְהוָה עֲזִי אֵלֶיךָ אֲזַמְרָה, כִּי אֱלֹהִים מְשׁוּבָבִי

18 O my strength, to You will I sing praises, for G-d is my high tower,

אֱלֹהֵי חַסְדֵּי:

the G-d of my mercy

## עז / 77

א לְמַנְצֵחַ עַל יְדוּתוֹן, לְאַסָּף מְזֻמָּוֹר:

1 On *Yedusun*, to the leading musician, a psalm of Asaf.

ב קוֹלִי אֵל אֱלֹהִים וְאֶצְעָקָה, קוֹלִי אֵל

2 My voice is to G-d, when I cry out, my voice is to

אֱלֹהִים וְהֶאֱזִין אֵלַי: ג בְּיוֹם צָרָתִי אֲדַנְי

G-d, that he give ear to me. 3 In the day of my trouble my Ruler

דָּרָשְׁתִּי, יָדֵי לַיְלָה נִגְרָה וְלֹא תִפּוּג,

I seek, my wound oozes at night and does not abate,

מֵאַנְהָה הַנְּחָם נִפְשִׁי: ד אֲזַכְּרָה אֱלֹהִים

my soul refuses to be comforted. 4 When I remember G-d, I

וְאֶהְמָה, אֲשִׁיחָה וְתַתְּעִיף רוּחִי סָלָה:

moan, I speak and my spirit becomes faint, Selah.

ה אַחֲזַתָּ שְׁמֵרוֹת עֵינַי, נִפְעַמְתִּי וְלֹא

<sup>5</sup> You held my eyes from sleeping, I am stricken and unable

אֲדַבֵּר: וְחִשְׁבֹתַי יָמִים מִקֶּדֶם, שָׁנוֹת

to speak. <sup>6</sup> I have pondered the days of old, the years of ancient

עוֹלָמִים: זְ אֲזַכְּרָה נְגִינָתִי בְּלֵילָה,

times. <sup>7</sup> I recall my music at night,

עִם לִבִּי אֲשִׁיחָה וַיַּחַפֵּשׂ רוּחִי:

I speak with my heart and my spirit searches.

ח הֲלֵעוֹלָמִים יִזְנַח אֲדֹנָי, וְלֹא יִסְיַף

<sup>8</sup> Will G-d forsake me forever? And not continue

לְרַצוֹת עוֹד: ט הֲאֵפֶס לְנִצָּחַת חַסְדּוֹ,

to be favourable? <sup>9</sup> Is His kindness ended forever?

נֶאֱמַר אֲמַר לְדוֹר וָדוֹר: י הֲשִׁכַח חַנּוּת קָל,

Has He finished consoling? <sup>10</sup> Has the Almighty forgotten to be gracious?

אִם קָפִין בְּאַף רַחֲמָיו סָלָה:

Has He in anger shut off his compassion? Selah.

יא וְאָמַר חֲלוּתִי הִיא, שָׁנוֹת יָמִין עֲלִיּוֹן:

<sup>11</sup> And I said, "This is to terrify me, this change of the right hand of the Most High."

יב אֲזַכּוֹר מֵעֲלֵי קָה, כִּי אֲזַכְּרָה

<sup>12</sup> I will make mention of the deeds of the G-d, I will remember

מִקֶּדֶם פְּלֵאָה: יג וְהִגִּיתִי בְּכֹל פְּעֻלָּה,

Your wonders of old. <sup>13</sup> And I meditate over all Your works,

וּבְעֲלִילוֹתַיךָ אֲשִׁיחָה: יד אֱלֹקִים בְּקִדְשׁ

and of Your deeds I speak. 14 O G-d, in holiness,

דְּרַכְךָ, מי קַל גְּדוֹל בְּאֱלֹקִים: טו אַתָּה

is Your way, what power is as great as G-d? 15 You

הַקַּל עֲשֵׂה פְלֵא, הוֹדַעְתָּ בְּעַמִּים עֲזָךְ:

are the Almighty who works wonders, You made known Your might among the peoples.

טז גְּאַלְתָּ בְּזִרְוֹעַ עַמְּךָ, בְּנֵי יַעֲקֹב וַיּוֹסֶף

16 You redeemed Your people with Your arm, the sons of Yaakov and Yosef,

סְלָה: יז רְאוּךָ מַיִם אֱלֹקִים, רְאוּךָ מַיִם

Selah. 17 The waters saw You, O G-d, the waters saw You,

יַחִילוּ, אֶף יִרְגְּזוּ תְהוֹמוֹת: יח זֶרְמוּ מַיִם

they trembled, the depths also quaked. 18 They poured forth thick

עֲבוֹת, קוֹל נָתְנוּ שְׁחַקִּים, אֶף חֲצֹצִיף

waters, the skies let out a voice, even your arrows

יִתְהַלְכוּ: יט קוֹל רַעַמְךָ בְּגִלְגָּל, הֵאִירוּ

went abroad. 19 The voice of Your thunder was in the whirlwind,

בְּרָקִים תִּבֵּל, רָגְזָה וַתִּרְעַשׂ הָאָרֶץ:

the lightnings illuminated the world, the earth trembled and shook.

כ בַּיָּם דְּרַכְךָ, וּשְׁבִילְךָ בְּמַיִם רַבִּים,

20 In the sea was Your way, and Your path in the mighty waters,

וְעַקְבוֹתַיךָ לֹא נִדְעוּ: כא נְחִיתָ כְּצֹאן

afterwards Your steps were not known. 21 Like sheep You led

עֲמֶךָ, בְּיַד מֹשֶׁה וְאַהֲרֹן:

your people, by the hand of Moshe and Aharon.

## 90/צ

א תַּפְּלָה לְמֹשֶׁה אִישׁ הָאֱלֹקִים,<sup>(7)</sup>

<sup>1</sup> A Prayer of Moshe the man of G-d.

אֲדֹנָי מְעוֹן אַתָּה הָיִיתָ לָנוּ בְּדֹר וְדֹר:

My Ruler, You have been our dwelling-place in all generations.

ב בְּטַרְם הָרִים יֵלְדוּ וְתַחֲוִלָּל אָרֶץ

<sup>2</sup> Before the mountains were born, and You had not yet formed the earth

וְתַבֵּל, וּמֵעוֹלָם עַד עוֹלָם אַתָּה קָל:

and inhabited land, and from everlasting to everlasting, You are Almighty.

ג תָּשֵׁב אָנוּשׁ עַד נִכְאָ, וְתֹאמַר שׁוּבוּ

<sup>3</sup> You bring a man down to a crushing point, and You say, "Return,

בְּנֵי אָדָם: ד כִּי אֶלֶף שָׁנִים בְּעֵינַיִךָ, כְּיוֹם

O sons of men." <sup>4</sup> For a thousand years in Your eyes are but as

אֶתְמוֹל כִּי יַעֲבֹר, וְאַשְׁמוּרָה בַּלְיָלָה:

yesterday when it is past, and as a watch in the night.

ה זְרַמְתָּם שָׁנָה יְהִיוּ, בַּבֹּקֶר כְּחֻצִיר

<sup>5</sup> You carry them away, they are as asleep, in the morning, they are like grass

יַחֲלֹף: ו בַּבֹּקֶר יִצְיִן וְחֹלֵף, לָעֶרֶב יְמוּלָל

freshly grown. <sup>6</sup> In the morning, it blossoms and is rejuvenated, by evening, it is cut off



וַיִּבֶשׁ: ז כִּי כָלִינוּ בְּאַפְךָ, וּבַחֲמַתְךָ

and withers. 7 For we perish from Your wrath, and from Your anger

נִבְהַלְנוּ: ח שִׁתָּה עֲוֹנוֹתֵינוּ לְנִגְדְּךָ,

we are dismayed. 8 You have set our iniquities before You,

עַל־מִנּוּ לְמֵאוֹר פְּנֶיךָ: ט כִּי כָל יְמֵינוּ פָּנוּ

the sins of our youth before the light of Your countenance. 9 For all our days vanish

בְּעִבְרַתְךָ, כְּלִינוּ שְׁנֵינוּ כְּמוֹ הֶהָה:

in Your anger, we have consumed our years as a fleeting thought.

י יְמֵי שְׁנוֹתֵינוּ בָּהֶם שְׁבַעִים שָׁנָה, וְאִם

10 The days of our years in them are seventy years, and if

בְּגִבּוֹרֹת שְׁמוֹנִים שָׁנָה, וְרַהֲבָם עָמַל

with strength, eighty years, but their proudest success is toil

וְאֵזֶן כִּי גָז חִישׁ וַנִּעְפָּה: יא מִי יוֹדֵעַ עֵז

and pain, for it is quickly shorn off and we fly away. 11 Who knows the power

אַפְךָ, וּכְיִרְאַתְךָ עִבְרַתְךָ: יב לְמִנּוֹת

of Your anger, and like the fear of You so is Your wrath. 12 To number

יְמֵינוּ בֵּין הַיּוֹדֵעַ, וְנִבְּא לְבַב חֲכָמָה:

our days, so inform us, that we may get a heart of wisdom.

יג שׁוּבָה יְיָ עַד מָתַי, וְהִנָּחֵם עָלַי

13 Return, O G-d, how long? And be consoled regarding

עַבְדֶּיךָ: יד שִׁבְעֵנוּ בַּבֹּקֶר חֶסְדְּךָ, וְנִרְנְנָה

Your servants. 14 Satisfiate us in the morning with Your kindness, and we will sing out

וְנִשְׂמְחָהּ בְּכָל יְמֵינוּ: <sup>15</sup> שְׂמַחְנוּ בְּיָמֵינוּ

and rejoice throughout our days. <sup>15</sup> Make us glad according to the days

עֲנִיתָנוּ, שָׁנוֹת רָאִינוּ רָעָה: <sup>16</sup> יִרְאָה אֵל

that You afflicted us, the years when we saw evil. <sup>16</sup> Let be revealed to

עַבְדֶּיךָ פְּעֻלָּךְ, וְהַדְרִיךְ עַל בְּנֵיהֶם:

your servants your deeds, and Your majesty to their sons.

וַיְהִי נֵעַם אֲדֹנָי אֱלֹקֵינוּ עָלֵינוּ,

<sup>17</sup> And let the graciousness of my Ruler our G-d be upon us,

וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה עָלֵינוּ, וּמַעֲשֵׂה

and the work of our hands, establish for us, and the work

יָדֵינוּ כּוֹנֵנָהוּ:

of our hands, establish it.

## קה/105

הוֹדוּ לַיְיָ קְרָאוּ בְּשֵׁמוֹ, הוֹדִיעוּ

<sup>1</sup> Give thanks to G-d, proclaim His name, make known

בְּעַמִּים עֲלִילוֹתָיו: <sup>2</sup> שִׁירוּ לוֹ, זַמְרוּ לוֹ,

His deeds among the peoples. <sup>2</sup> Sing to Him, sing praises o Him

שִׁיחוּ בְּכָל נִפְלְאוֹתָיו: <sup>3</sup> הִתְהַלְלוּ בְּשֵׁם

speak of all His marvellous works. <sup>3</sup> Boast of His holy name

קִדְשׁוֹ, יִשְׂמַח לֵב מְבַקְשֵׁי יְיָ:

may the heart of those who seek G-d rejoice.

ד הָרָשׁוּ יְיָ וְעִזּוֹ, בִּקְשׁוּ פָנָיו תָּמִיד:

<sup>4</sup> Seek G-d and His strength, seek His face continually.

ה זָכְרוּ נִפְלְאוֹתָיו אֲשֶׁר עָשָׂה, מִפְתּוֹ

<sup>5</sup> Remember His wonders, which He performed, His miracles

וּמִשְׁפָּטֵי פִּיו: ו זָרַע אֲבָרָהֶם עֲבָדוֹ, בְּנֵי

and the judgments of His mouth. <sup>6</sup> The seed of Avrohom His servant, the children

יַעֲקֹב בְּחִירָיו: ז הוּא יְיָ אֱלֹהֵינוּ, בְּכָל

of Yaakov, His chosen ones. <sup>7</sup> He is G-d, our G-d, throughout all the

הָאָרֶץ מִשְׁפָּטָיו: ח זָכַר לְעוֹלָם בְּרִיתוֹ,

earth are his judgements. <sup>8</sup> He has remembered His covenant for ever,

דָּבָר צִוָּה לְאַלְפֵי דוֹר: ט אֲשֶׁר פָּרַת אֶת

the word which He commanded to a thousand generations.

<sup>9</sup> Which He made with

אֲבָרָהֶם, וּשְׁבוּעָתוֹ לְיִצְחָק: י וַיַּעֲמִידָהּ

Avrohom, and His oath to Yitzchak. <sup>10</sup> And He established it

לְיַעֲקֹב לְחֹק, לְיִשְׂרָאֵל בְּרִית עוֹלָם:

unto Yaakov for a statute, to Yisroel for an everlasting covenant.

יא לֵאמֹר, לָךְ אֶתֵּן אֶת אֶרֶץ כְּנָעַן, חֶבְל

<sup>11</sup> Saying, "To you I will give the land of Canaan, the lot of

נַחֲלַתְכֶם: יב בְּהִיּוֹתָם מְתֵי מִסְפָּר,

your inheritance." <sup>12</sup> When they were but a few men in number.

כְּמַעַט וְנָגְרִים בָּהּ: יג וַיִּתְהַלְכוּ מִגּוֹי אֶל

hardly dwelling in it, <sup>13</sup> And they walked about from nation

גוֹי, מִמַּמְלָכָה אֶל עַם אֲחֵר: י' לֹא הֵנִיחַ

to nation, from one kingdom to another people. 14 He let no

אָדָם לְעַשְׂקָם, וַיּוֹכַח עֲלֵיהֶם מְלָכִים:

man rob them, and He reproved kings on their account.

אל תִּגְעוּ בְּמִשְׁחֵי, וּלְנְבִיאֵי אֵל

15 "Do not touch My anointed ones, and My prophets

תַּרְעוּ: וַיִּקְרָא רָעַב עַל הָאָרֶץ, כֹּל

do not harm." 16 And He called a famine upon the land,

מִטָּה לָחֶם שָׁבַר: י"י שָׁלַח לִפְנֵיהֶם

He broke every supply of bread. 17 He sent before them,

אִישׁ, לְעֶבֶד נִמְכַר יוֹסֵף: י"ח עֲנּוּ בַכָּבֵל

a man, Yosef was sold as a slave. 18 They afflicted his foot with fetters,

רְגְלוֹ, בַּרְזֶל בָּאָה נִפְשׁוֹ: י"ט עַד עַתָּה בֹא

his soul was laid in iron. 19 Until His word came,

דְּבָרוֹ, אִמְרַת יי צִרְפָּתָהּ: כ' שָׁלַח מֶלֶךְ

the saying of the G-d purified him. 20 The king sent

וַיִּתְּרָהּ, מֵשַׁל עַמִּים וַיִּפְתַּחֶהּ:

and released him, the ruler of the peoples set him free.

שְׁמוֹ אֲדוֹן לְבֵיתוֹ, וּמֵשַׁל בְּכָל קִנְיָנוֹ:

21 He made him the master of his household and the ruler over all his possessions.

לְאַסֵּר שָׂרָיו בְּנִפְשׁוֹ, וּזְקֵנוֹ יַחֲבֵם:

22 To endear his soul to his princes, and make his elders wise.

כג וַיָּבֹא יִשְׂרָאֵל מִצְרָיִם, וַיַּעֲקֹב גָּר

<sup>23</sup> Yisroel came to Egypt, and Yaakov sojourned

בְּאֶרֶץ חָם: כד וַיַּזְכֵּךְ אֶת עַמּוֹ מְאֹד,

in the land of Cham. <sup>24</sup> And He increased His people greatly,

וַיַּעֲצֵמָהוּ מִצָּרָיו: כה הִפְךָ לָבָם לְשׂוֹנְאֵי

and made them too mighty for their adversaries. <sup>25</sup> He turned their heart to hate

עַמּוֹ, לְהִתְנַבֵּל בְּעַבְדָּיו: כו שָׁלַח מֹשֶׁה

His people, to plot against His servants. <sup>26</sup> He sent Moshe

עַבְדּוֹ, אַהֲרֹן אֲשֶׁר בָּחַר בּוֹ: כז שָׂמוּ בָם

His servant, and Aharon whom He had chosen. <sup>27</sup> They placed upon them

דְּבָרֵי אֱתוֹתָיו, וּמִפְתֵּי חָם:

the words of His signs, and His miracles in the land of Cham.

כח שָׁלַח חֹשֶׁךְ וַיְחֹשְׁךְ, וְלֹא קָמוּ אֶת

<sup>28</sup> He sent darkness, and it was dark, and they did not rebel

דְּבָרוֹ: כט הִפְךָ אֶת מַיִמֵיהֶם לְדָם, וַיַּמֵּת

against His word. <sup>29</sup> He turned their water into blood, and killed

אֶת דְּגָתָם: ל שָׂרִיץ אֲרָצָם צְפַרְדְּעִים,

their fish. <sup>30</sup> Their land swarmed with frogs,

בְּחַדְרֵי מַלְכֵיהֶם: לא אָמַר וַיָּבֹא עֲרֹב,

in the chambers of their kings. <sup>31</sup> He commanded and a mixture of wild beasts came,

כגו כָּנָם בְּכָל גְּבוּלָם: לב נָתַן וַיִּשְׁמִיחֵם

lice throughout their entire boundary. <sup>32</sup> He gave their rain

בָּרָד, אֵשׁ לְהַבּוֹת בְּאֶרְצָם: <sup>לג</sup> וַיִּד

in the form of hail, and flaming fire in their land. <sup>33</sup> And it struck

גִּפְנֵם וְתַאֲנֶתֶם, וַיִּשְׁבֵּר עֵץ גְּבוּלָם:

vines and their fig trees, and it broke the trees of their boundary.

<sup>לד</sup> אָמַר, וַיָּבֵא אַרְבֶּה, וַיִּלַּק וַאִין מִסְפָּר:

<sup>34</sup> He spoke, and the locust came, and the beetle without number,

<sup>לה</sup> וַיֹּאכַל כָּל עֵשֶׂב בְּאֶרְצָם, וַיֹּאכַל

<sup>35</sup> And they consumed all grass in their land, and they consumed

פְּרֵי אֲדָמָתָם: <sup>לו</sup> וַיִּד כָּל בְּכוֹר בְּאֶרְצָם,

the produce of their soil. <sup>36</sup> He smote every firstborn in their land,

רֵאשִׁית לְכָל אוֹנָם: <sup>לז</sup> וַיּוֹצִיאוּם בְּכֶסֶף

the first-fruits of all their strength. <sup>37</sup> And He took them out with silver

וְזָהָב, וַאִין בְּשִׁבְטָיו כּוֹשֵׁל: <sup>לח</sup> שָׁמַח

and gold, and there was no pauper among their tribes. <sup>38</sup> Egypt was

מְצַרִּים בְּצֵאתָם, כִּי נָפַל פַּחַדָּם עֲלֵיהֶם:

glad when they departed, for the fear of them had fallen upon them.

<sup>לט</sup> פָּרַשׁ עָנָן לְמִסְךְ, וַאֲשׁ לְהָאִיר לַיְלָה:

<sup>39</sup> He spread out a cloud for shelter, and fire to illuminate the night.

<sup>מ</sup> שָׂאֵל וַיָּבֵא שָׁלוּ, וְלָחֶם שָׁמַיִם

<sup>40</sup> They asked, and He brought quails, and the bread of heaven

וַיִּשְׂבִּיעֵם: <sup>מא</sup> פָּתַח צוּר וַיִּזְוּבוּ מַיִם,

He gave them in plenty. <sup>41</sup> He opened a rock and water flowed,

הִלְכוּ בַּצִּיּוֹת נָהָר: <sup>מב</sup> כִּי זָכַר אֶת דְּבַר

in the deserts ran rivers. <sup>42</sup> For He remembered His holy

קִדְשׁוֹ, אֶת אַבְרָהָם עַבְדּוֹ: <sup>מג</sup> וַיּוֹצֵא

word to Avrohom His servant. <sup>43</sup> And He took out

עַמּוֹ בְּשִׂשׂוֹן, בְּרִנָּה אֶת בְּחִירָיו:

His people with joy, His chosen ones with joyful singing.

וַיִּתֵּן לָהֶם אֲרָצוֹת גּוֹיִם, וְעַמַּל לְאֲמִים <sup>מד</sup>

<sup>44</sup> And He gave them the lands of nations, and the labour of the people

יִרְשׁוּ: <sup>מה</sup> בְּעִבּוֹר יִשְׁמְרוּ חֻקָּיו,

they inherited. <sup>45</sup> In order that they keep His statutes

וְתוֹרָתוֹ יִנְצְרוּ, הִלְלוּקָה: <sup>נד</sup>

and observe His laws. Praise G-d!

## קלו / 137

א על נהרות בבל שם ישבנו גם בכינו,

<sup>1</sup> By the rivers of Bavel, there we sat down, we wept,

בזכרנו את ציון: ב על ערבים בתוכה,

when we remembered Tzion. <sup>2</sup> On willows in its midst

תלינו כנרותינו: ג כי שם שאלנו

we hung our harps. <sup>3</sup> For there our captors asked of us

שובינו דברי שיר ותוללינו שמחה,

words of song, and our tormentors asked of us with mirth,

שִׁירוּ לָנוּ מִנְשִׁיר צִיּוֹן: ד אֵיךְ נְשִׁיר אֶת

"Sing us one of the songs of Tzion." 4 "How shall we sing

נְשִׁיר יי, עַל אֲדָמַת נְכָר: ה אִם אֲשַׁכַּחךָ

the song of G-d on foreign soil?" 5 If I forget you,

יְרוּשָׁלַם, תִּשְׁכַּח יְמִינִי: ו תִּדְבֵּק לְשׁוֹנֵי

O Yerushalayim, let my right hand forget its skill. 6 May my tongue cling

לְחִפֵּי אִם לֹא אֲזַכְּרֶכֶּי, אִם לֹא אֶעֱלֶה

to my palate, if I do not remember you, if I do not elevate

אֶת יְרוּשָׁלַם עַל רֹאשׁ שְׂמֹחָתִי: ז זְכוֹר יי

Yerushalayim above my foremost joy. 7 Remember, O G-d,

לְבָנֵי אֲדוֹם אֶת יוֹם יְרוּשָׁלַם, הָאֹמְרִים

to the children of Edom the day of Yerushalayim, who said,

עָרוּ עָרוּ עַד הַיְסוּד בָּהּ: ח בַּת בָּבֶל

"Raze it, raze it, to its very foundation." 8 Daughter of Bavel,

הַנְּשׂוּדָה, אֲשֶׁרִי נְשִׂישָׁלַם לָךְ אֶת

who is destined to be plundered, praiseworthy is he who repays you

נְמוּלְךָ שְׂנֵמְלָתָ לָנוּ: ט אֲשֶׁרִי נְשִׂאֲחֻז

in accordance with what you have done to us. 9 Fortunate is he,  
who will take

וְנַפִּיז אֶת עַלְלֶיךָ אֶל הַסֵּלַע:

and dash your little ones against the rock.



## קנ/150

א הַלְלוּקָהּ, הַלְלוּ קָל בְּקֹדֶשׁוֹ, הַלְלוּהוּ

<sup>1</sup> Praise G-d! Praise the Almighty in His holy place, praise Him

בְּרָקִיעַ עֵזוֹ: בַּהַלְלוּהוּ בְּגִבּוֹרָתוֹ, הַלְלוּהוּ

in the firmament of His might. <sup>2</sup> Praise Him for His mighty acts, praise Him

כְּרֹב גְּדָלוֹ: גַּ הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר,

according to His abundant greatness. <sup>3</sup> Praise Him with the shofar blast

הַלְלוּהוּ בְּנֵבֶל וּבְנֹר: דַּ הַלְלוּהוּ בְּתֹף

praise Him with lyre and harp. <sup>4</sup> Praise Him with drum

וּמַחֹל, הַלְלוּהוּ בְּמִצִּים וְעִגְבִּים: הַ הַלְלוּהוּ

and dance, praise Him with stringed instruments and flute. <sup>5</sup> Praise Him

בְּצִלְצְלֵי שִׁמְעַ, הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:

with resounding cymbals, praise Him with banging cymbals.

ו כָּל הַנְּשָׁמָה תִּתְהַלֵּל קָהּ, הַלְלוּקָהּ:

<sup>6</sup> Let everything that has breath praise G-d. Praise G-d!

*After completing Tehillim one should recite the following verses:*

מִי יִתֵּן מִצִּיּוֹן יִשׁוּעַת יִשְׂרָאֵל, בְּשׁוּב יְיָ שָׁבוֹת עַמּוֹ, וַיִּגַּל יַעֲקֹב

If only the salvation of Yisroel would come from Tzion! When G-d returns the captivity of His people, Yaakov will rejoice,

יִשְׂמַח יִשְׂרָאֵל: וּתְשׁוּעַת צְדִיקִים מִיְיָ, מִעֲזוֹם בְּעַת צָרָה:

Yisroel will be glad. And the redemption of the righteous is from G-d their stronghold at times of trouble.

וַיַּעֲזֹרֵם יְיָ וַיִּפְלְטֵם, וַיִּפְלְטֵם מִרְשָׁעִים וַיִּוֹשִׁיעֵם, כִּי חָסוּ בּוֹ:

And G-d helped them and rescued them, He rescued them from the wicked and saved them because they took refuge in Him.