תהלים
PSALMS FOR RECITATION
IN THE CHAPEL
NASCK
National Association
of Chevra Kadisha
PLEASE LEAVE THIS BOOKLET IN THE CHAPEL AT THE END OF THE FUNERAL

When attending a funeral, all present should refrain from conversation once the aron (casket) has been brought into the room. Instead, Tehillim should be recited to bring merit and comfort to the neshama (soul) of the deceased.

This atmosphere of decorum will also mean a great deal to the bereaved family, and will bring our community to a higher level of fulfillment of the very important mitzvah of kavod hameis (respect for the deceased).

Chapter 1

Fortunate is the person who has not followed the counsel of the wicked, nor taken the path of sinners, nor joined the company of scoffers. Instead, he delights in Hashem's teachings; and thinks about His Torah day and night. He is like a tree planted near streams of water, which bears its fruit at its proper time, and whose leaves do not wither; everything it produces, thrives. The wicked are not like this; they are like the chaff that the wind drives away. And so, the wicked will not prevail in judgment, nor will the sinful stand in the assembly of the righteous. For Hashem knows the way of the righteous; and the way of the wicked will be destroyed.

פרק א

א אַשְׁרֵי הָאִישׁ אֲשֶׁר לֹא הָלַךְ בַּעֲצַת רְשָׁעִים, וּבְדֶרֶךְ חַטָּאִים לֹא עָמָד, וּבְמוֹשַׁב לֵצִים לֹא יָשָׁב. ב כִּי אִם בְּתוֹרַת ה' חֶפְצוֹ, וּבְתוֹרָתוֹ יֶהְגֶּה יוֹמָם וָלָיְלָה. ג וְהָיָה כְּעֵץ שָׁתוּל עַל פַּלְגֵי מָיִם; אֲשֶׁר פִּרְיוֹ יִתֵּן בְּעִתּוֹ, וְעָלֵהוּ לֹא יִבּוֹל, וְכֹל אֲשֶׁר יַעֲשֶׂה יַצְלִיחַ. ד לֹא כֵן הָרְשָׁעִים, כִּי אִם כַּמֹּץ אֲשֶׁר תִּדְּפֶנּוּ רוּחַ. ה עַל כֵּן לֹא יָקֻמוּ רְשָׁעִים בַּמִּשְׁפָּט, וְחַטָּאִים בַּעֲדַת צַדִּיקִים. ו כִּי יוֹדֵעַ ה' דֶּרֶךְ צַדִּיקִים, וְדֶרֶךְ רְשָׁעִים תֹּאבֵד.

Chapter 15

A psalm by David: Hashem, who will live in Your tent? Who will dwell on Your holy mountain? One who walks in perfect innocence, does what is right, and speaks the truth from his heart. One who speaks no slander, who has done his friend no harm, who has not shamed those close to him. One who views a contemptible person with disgust, and honors those who fear Hashem; one who will testify without altering his testimony, even to his own disadvantage. One who has not lent his money for interest, and who could never be bribed to harm the innocent; one who acts this way will never falter.

פרק טו

א מִזְמוֹר לְדָוִד; ה' מִי יָגוּר בְּאָהֳלֶךָ, מִי יִשְׁכֹּן בְּהַר קָדְשֶׁךָ. ב הוֹלֵךְ תָּמִים וּפֹעֵל צֶדֶק, וְדֹבֵר אֱמֶת בִּלְבָבוֹ. ג לֹא רָגַל עַל לְשֹׁנוֹ, לֹא עָשָׂה לְרֵעֵהוּ רָעָה, וְחֶרְפָּה לֹא נָשָׂא עַל קְרֹבוֹ. ד נִבְזֶה בְּעֵינָיו נִמְאָס, וְאֶת יִרְאֵי ה' יְכַבֵּד, נִשְׁבַּע לְהָרַע וְלֹא יָמֵר. ה כַּסְפּוֹ לֹא נָתַן בְּנֶשֶׁךְ, וְשֹׁחַד עַל נָקִי לֹא לָקָח; עֹשֵׂה אֵלֶּה לֹא יִמּוֹט לְעוֹלָם.

Chapter 16

A michtam, by David: Protect me, Almighty God, for I seek refuge in You. I say to Hashem, *You are my God; I have nothing good without You*. It is because of the holy ones who are buried in the earth, the mighty ones; my needs are fulfilled because of them. Those who rush to follow other gods will have much sorrow; I will have no part of their blood offerings, nor carry their names on my lips. Hashem decides the portion of my inheritance and my cup; You control my fate. My fate is pleasant, and my inheritance is beautiful. I will bless Hashem who has counseled me; my conscience directs me at night. I have set Hashem before me always; He is at my right hand, so I will never falter. So, my heart will rejoice, my soul exult, my body rest secure. For You will not abandon my soul to the grave, nor let Your faithful one see annihilation. You will make the path of life known to me, satisfaction of joy in Your presence, bliss in Your right hand, forever.

פרק טז

א מִכְתָּם לְדָוִד, שָׁמְרֵנִי אֵל כִּי חָסִיתִי בָךְ. ב אָמַרְתְּ לַה', אֲדֹנָי אָתָּה, טוֹבָתִי בַּל עָלֶיךָ. ג לִקְדוֹשִׁים אֲשֶׁר בָּאָרֶץ הֵמָּה, וְאַדִּירֵי כָּל חֶפְצִי בָם. ד יִרְבּוּ עַצְּבוֹתָם אַחֵר מָהָרוּ; בַּל אַסִּיךְ נִסְכֵּיהֶם מִדָּם, וּבַל אֶשָּׂא אֶת שְׁמוֹתָם עַל שְׂפָתָי. ה ה' מְנָת חֶלְקִי וְכוֹסִי, אַתָּה תּוֹמִיךְ גּוֹרָלִי. ו חֲבָלִים נָפְלוּ לִי בַּנְּעִמִים, אַף נַחֲלַת שָׁפְרָה עָלָי. ז אֲבָרֵךְ אֶת ה' אֲשֶׁר יְעָצָנִי, אַף לֵילוֹת יִסְּרוּנִי כִלְיוֹתָי. ח שִׁוִּיתִי ה' לְנֶגְדִּי תָמִיד, כִּי מִימִינִי בַּל אֶמּוֹט. ט לָכֵן שָׂמַח לִבִּי וַיָּגֶל כְּבוֹדִי אַף בְּשָׂרִי יִשְׁכֹּן לָבֶטַח. י כִּי לֹא תַעֲזֹב נַפְשִׁי לִשְׁאוֹל לֹא תִתֵּן חֲסִידְךָ לִרְאוֹת שָׁחַת. יא תּוֹדִיעֵנִי אֹרַח חַיִּים, שֹׂבַע שְׂמָחוֹת אֶת פָּנֶיךָ נְעִמוֹת בִּימִינְךָ נֶצַח.

Chapter 20

For the conductor, a psalm by David. May Hashem answer you in time of trouble; may the name of the God of Jacob keep you safe. May He send you help from the Sanctuary, and support you from Zion. May He remember all your meal-offerings, and accept

פרק כ

א לַמְנַצֵּחַ מִזְמוֹר לְדָוִד. ב יַעַנְךָ ה' בְּיוֹם צָרָה; יְשַׂגֶּבְךָ, שֵׁם אֱלֹהֵי יַעֲקֹב. ג יִשְׁלַח עֶזְרְךָ מִקֹּדֶשׁ, וּמִצִּיּוֹן יִסְעָדֶךָּ. ד יִזְכֹּר כָּל מִנְחֹתֶךָ, וְעוֹלָתְךָ יְדַשְּׁנֶה סֶלָה. ה יִתֶּן לְךָ כִלְבָבֶךָ, וְכָל

your burnt-offerings, forever. May He grant you your heart's desire, and fulfill your every plan. We will sing with joy at Your salvation, and raise our banners in the name of our God; may Hashem fulfill your every request. Now I know that Hashem will certainly save His anointed one; He will answer him from His heavenly sanctuary with the great redemption of His right hand. Some rely on chariots, others on horses; but we call in the name of Hashem. They bow and fall, but we rise up and are strengthened. *Hashem, grant us salvation! Answer us, our King, on the day we call!*

עֲצָתְךָ יְמַלֵּא. ו נְרַנְּנָה בִּישׁוּעָתֶךָ, וּבְשֵׁם אֱלֹהֵינוּ נִדְגֹּל; יְמַלֵּא ה' כָּל מִשְׁאֲלוֹתֶיךָ. ז עַתָּה יָדַעְתִּי כִּי הוֹשִׁיעַ ה' מְשִׁיחוֹ; יַעֲנֵהוּ מִשְּׁמֵי קָדְשׁוֹ, בִּגְבֻרוֹת יֵשַׁע יְמִינוֹ. ח אֵלֶּה בָרֶכֶב וְאֵלֶּה בַסּוּסִים, וַאֲנַחְנוּ בְּשֵׁם-ה' אֱלֹהֵינוּ נַזְכִּיר. ט הֵמָּה כָּרְעוּ וְנָפָלוּ, וַאֲנַחְנוּ קַמְנוּ וַנִּתְעוֹדָד. י ה' הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קָרְאֵנוּ.

Chapter 23

A psalm, by David: Hashem is my shepherd; I lack nothing. He lays me down in lush meadows; He leads me along still waters. He restores my soul; He leads me on righteous paths for the sake of His Name. Even though I walk in a valley overshadowed by death, I will fear no evil, for You are with me. Your rod and Your staff, they comfort me. You prepare a table for me in front of those who torment me; You have anointed my head with oil; my cup is overflowing. May only goodness and kindness pursue me all the days of my life, and may I live in the house of Hashem forever.

פרק כג

א מִזְמוֹר לְדָוִד, ה' רֹעִי, לֹא אֶחְסָר. ב בִּנְאוֹת דֶּשֶׁא יַרְבִּיצֵנִי, עַל מֵי מְנֻחוֹת יְנַהֲלֵנִי. ג נַפְשִׁי יְשׁוֹבֵב, יַנְחֵנִי בְמַעְגְּלֵי צֶדֶק לְמַעַן שְׁמוֹ. ד גַּם כִּי אֵלֵךְ בְּגֵיא צַלְמָוֶת, לֹא אִירָא רָע כִּי אַתָּה עִמָּדִי; שִׁבְטְךָ וּמִשְׁעַנְתֶּךָ הֵמָּה יְנַחֲמֻנִי. ה תַּעֲרֹךְ לְפָנַי שֻׁלְחָן נֶגֶד צֹרְרָי; דִּשַּׁנְתָּ בַשֶּׁמֶן רֹאשִׁי, כּוֹסִי רְוָיָה. ו אַךְ טוֹב וָחֶסֶד יִרְדְּפוּנִי כָּל יְמֵי חַיָּי, וְשַׁבְתִּי בְּבֵית ה' לְאֹרֶךְ יָמִים.

Chapter 33

Righteous ones, sing joyously to Hashem; it is fitting for upstanding people to praise Him. Give thanks to Hashem with a harp; with a ten-stringed lute play music for Him. Sing to Him a new song; play well, with a cry of deep emotion. For the word of Hashem is upright, and His every deed is faithful. He loves righteousness and justice; Hashem's kindness fills the earth. The heavens were made by Hashem's word, and all their multitudes by the breath of His mouth. He gathers the ocean waters like a mound; He stores the deep waters in vaults. Let all on earth fear Hashem; let all who inhabit the world be in awe of Him. For He spoke and it came to be; He commanded and it stood fast. Hashem foils the plans of nations, He thwarts the schemes of peoples. What Hashem plans will endure forever; His designs will last for all generations. Fortunate is the nation whose God is Hashem, the people He chose as His heritage. Hashem looks down from heaven; He sees all mankind. From His dwelling place He oversees all inhabitants of the earth; the One who fashioned their hearts, who understands all their doings. A king is not saved by a great army, a warrior is not rescued by his own great strength. A horse provides false hope for salvation; all its great strength provides no escape. Truly, Hashem's eye is on those who fear Him, those who await His kindness. To rescue them from death, and to sustain them in famine. Our soul yearns for Hashem; He is our help and our shield. For our hearts rejoice in Him, and we put our trust in His holy Name. May Your kindness, Hashem, be upon us, just as we put our hope in You.

פרק לג

א רַנְּנוּ צַדִּיקִים בַּה', לַיְשָׁרִים נָאוָה תְהִלָּה. ב הוֹדוּ לַה' בְּכִנּוֹר, בְּנֵבֶל עָשׂוֹר זַמְּרוּ לוֹ. ג שִׁירוּ לוֹ שִׁיר חָדָשׁ, הֵיטִיבוּ נַגֵּן בִּתְרוּעָה. ד כִּי יָשָׁר דְּבַר ה', וְכָל מַעֲשֵׂהוּ בֶּאֱמוּנָה. ה אֹהֵב צְדָקָה וּמִשְׁפָּט, חֶסֶד ה' מָלְאָה הָאָרֶץ. ו בִּדְבַר ה' שָׁמַיִם נַעֲשׂוּ, וּבְרוּחַ פִּיו כָּל צְבָאָם. ז כֹּנֵס כַּנֵּד מֵי הַיָּם, נֹתֵן בְּאֹצָרוֹת תְּהוֹמוֹת. ח יִירְאוּ מֵה' כָּל הָאָרֶץ, מִמֶּנּוּ יָגוּרוּ כָּל יֹשְׁבֵי תֵבֵל. ט כִּי הוּא אָמַר וַיֶּהִי, הוּא צִוָּה וַיַּעֲמֹד. י ה' הֵפִיר עֲצַת גּוֹיִם, הֵנִיא מַחְשְׁבוֹת עַמִּים. יא עֲצַת ה' לְעוֹלָם תַּעֲמֹד, מַחְשְׁבוֹת לִבּוֹ לְדֹר וָדֹר. יב אַשְׁרֵי הַגּוֹי אֲשֶׁר ה' אֱלֹהָיו, הָעָם בָּחַר לְנַחֲלָה לוֹ. יג מִשָּׁמַיִם הִבִּיט ה', רָאָה אֶת כָּל בְּנֵי הָאָדָם. יד מִמְּכוֹן שִׁבְתּוֹ הִשְׁגִּיחַ, אֶל כָּל יֹשְׁבֵי הָאָרֶץ. טו הַיֹּצֵר יַחַד לִבָּם, הַמֵּבִין אֶל כָּל מַעֲשֵׂיהֶם. טז אֵין הַמֶּלֶךְ נוֹשָׁע בְּרָב חָיִל, גִּבּוֹר לֹא יִנָּצֵל בְּרָב כֹּחַ. יז שֶׁקֶר הַסּוּס לִתְשׁוּעָה, וּבְרֹב חֵילוֹ לֹא יְמַלֵּט. יח הִנֵּה עֵין ה' אֶל יְרֵאָיו, לַמְיַחֲלִים לְחַסְדּוֹ. יט לְהַצִּיל מִמָּוֶת נַפְשָׁם, וּלְחַיּוֹתָם בָּרָעָב. כ נַפְשֵׁנוּ חִכְּתָה לַה', עֶזְרֵנוּ וּמָגִנֵּנוּ הוּא. כא כִּי בוֹ יִשְׂמַח לִבֵּנוּ, כִּי בְשֵׁם קָדְשׁוֹ בָּטָחְנוּ. כב יְהִי חַסְדְּךָ ה' עָלֵינוּ, כַּאֲשֶׁר יִחַלְנוּ לָךְ.

Chapter 49

For the conductor, by the sons of Korach, a psalm. Hear this, all nations; listen, all inhabitants of the world. Both commonfolk and men of privilege, rich and poor alike. My mouth speaks words of wisdom, and my heart, understanding. I will turn my ear to hear a parable, open my lesson with a harp. Why do I dread the day of death? Because the sins I carelessly committed surround me. Men who trust in their riches, who glory in their great wealth. Ah, those cannot redeem a man, or pay his debt to God. Redeeming their soul is too costly for them; their souls shall cease to be. Can one live eternally, and never see the grave? For they see that wise men die, that the foolish and the ignorant both perish, leaving their wealth to others. They imagine their own houses are eternal, their homes will last for all generations, their earthly possessions will forever bear their names. But man, with all his honor, will not outlast the night; he is like the silenced animals. Their way is foolish, yet those who come after them will speak the same way, forever. Like sheep, they are destined for the grave; death is their shepherd; the righteous will rule over them at daybreak; the spirit of the righteous will not be consumed; the grave will not be their resting place. Only God will redeem my soul from the grasp of the grave, because He will take me to Himself, forever. Do not fear when a man grows rich, when the glory of his household increases. For when he dies, he will take nothing with him; his glory will not descend after him. He alone admires himself during his lifetime; however, you will be praised by everyone if you improve yourself. If at the end of life, you join the company of his wicked ancestors, you will recognize that they will see no light for eternity. If man, with all his honor, has no understanding, he is like the silenced animals.

פרק מט

א לַמְנַצֵּחַ לִבְנֵי קֹרַח מִזְמוֹר. ב שִׁמְעוּ זֹאת כָּל הָעַמִּים,
הַאֲזִינוּ כָּל יֹשְׁבֵי חָלֶד. ג גַּם בְּנֵי אָדָם, גַּם בְּנֵי אִישׁ; יַחַד
עָשִׁיר וְאֶבְיוֹן. ד פִּי יְדַבֵּר חָכְמוֹת, וְהָגוּת לִבִּי תְבוּנוֹת.
ה אַטֶּה לְמָשָׁל אָזְנִי, אֶפְתַּח בְּכִנּוֹר חִידָתִי. ו לָמָּה אִירָא
בִּימֵי רָע, עֲוֹן עֲקֵבַי יְסוֹבֵבֵנִי. ז הַבֹּטְחִים עַל חֵילָם,
וּבְרֹב עָשְׁרָם יִתְהַלָּלוּ. ח אָח לֹא פָדֹה יִפְדֶּה אִישׁ, לֹא
יִתֵּן לֵאלֹהִים כָּפְרוֹ. ט וְיֵקַר פִּדְיוֹן נַפְשָׁם, וְחָדַל לְעוֹלָם.
י וְיִחִי עוֹד לָנֶצַח, לֹא יִרְאֶה הַשָּׁחַת. יא כִּי יִרְאֶה חֲכָמִים
יָמוּתוּ, יַחַד כְּסִיל וָבַעַר יֹאבֵדוּ, וְעָזְבוּ לַאֲחֵרִים חֵילָם.
יב קִרְבָּם בָּתֵּימוֹ לְעוֹלָם, מִשְׁכְּנֹתָם לְדֹר וָדֹר; קָרְאוּ
בִשְׁמוֹתָם עֲלֵי אֲדָמוֹת. יג וְאָדָם בִּיקָר בַּל יָלִין, נִמְשַׁל
כַּבְּהֵמוֹת נִדְמוּ. יד זֶה דַרְכָּם כֵּסֶל לָמוֹ, וְאַחֲרֵיהֶם
בְּפִיהֶם יִרְצוּ סֶלָה. טו כַּצֹּאן לִשְׁאוֹל שַׁתּוּ, מָוֶת יִרְעֵם;
וַיִּרְדּוּ בָם יְשָׁרִים לַבֹּקֶר, וְצוּרָם לְבַלּוֹת שְׁאוֹל מִזְּבֻל
לוֹ. טז אַךְ אֱלֹהִים יִפְדֶּה נַפְשִׁי מִיַּד שְׁאוֹל, כִּי יִקָּחֵנִי
סֶלָה. יז אַל תִּירָא כִּי יַעֲשֹׁר אִישׁ, כִּי יִרְבֶּה כְּבוֹד בֵּיתוֹ.
יח כִּי לֹא בְמוֹתוֹ יִקַּח הַכֹּל, לֹא יֵרֵד אַחֲרָיו כְּבוֹדוֹ. יט כִּי נַפְשׁוֹ
בְּחַיָּיו יְבָרֵךְ, וְיוֹדֶךָּ כִּי תֵיטִיב לָךְ. כ תָּבוֹא עַד דּוֹר אֲבוֹתָיו, עַד
נֶצַח לֹא יִרְאוּ אוֹר. כא אָדָם בִּיקָר וְלֹא יָבִין, נִמְשַׁל
כַּבְּהֵמוֹת נִדְמוּ.

Chapter 72

For Solomon: God, give the ways of Your judgment to the king, and Your righteousness to the king's son. May he judge Your nation with righteousness, and Your poor with justice. Then the mountains will bring peace to the nation; then the hills will bring peace, through righteousness. May he judge the nation's poor, rescue the children of the destitute, and crush the oppressor. They will fear You as long as the sun and moon endure, for all generations. May his words descend like rain on mown grass, like showers watering the earth. In his days, may the righteous flourish, with an abundance of peace, until the moon will be no more. May he reign from sea to sea, from the river to the ends of the earth. May nobles kneel before him, and may his enemies lick the dust. May the kings of Tarshish and the isles pay him tribute, the kings of Sheba and Seba offer him gifts. May all the kings bow before him, all the nations serve him. For he will rescue the destitute who cry out, and the poor one who has no one to help him. He will show compassion to the poor and the needy, and save the souls of the destitute. He will redeem their soul from treachery and violence; their blood will be precious in his eyes. And the poor man will live, and the king will give him of the gold of Sheba; and in return, the poor will pray for him always, and bless him every day. May the earth of the mountaintops yield an

פרק עב

א לִשְׁלֹמֹה, אֱלֹהִים מִשְׁפָּטֶיךָ לַמֶּלֶךְ תֵּן, וְצִדְקָתְךָ לְבֶן מֶלֶךְ.
ב יָדִין עַמְּךָ בְצֶדֶק, וַעֲנִיֶּיךָ בְּמִשְׁפָּט. ג יִשְׂאוּ הָרִים שָׁלוֹם
לָעָם, וּגְבָעוֹת בִּצְדָקָה. ד יִשְׁפֹּט עֲנִיֵּי עָם, יוֹשִׁיעַ לִבְנֵי אֶבְיוֹן,
וִידַכֵּא עוֹשֵׁק. ה יִירָאוּךָ עִם שֶׁמֶשׁ, וְלִפְנֵי יָרֵחַ, דּוֹר דּוֹרִים.
ו יֵרֵד כְּמָטָר עַל גֵּז, כִּרְבִיבִים זַרְזִיף אָרֶץ. ז יִפְרַח בְּיָמָיו
צַדִּיק, וְרֹב שָׁלוֹם עַד בְּלִי יָרֵחַ. ח וְיֵרְדְּ מִיָּם עַד יָם, וּמִנָּהָר
עַד אַפְסֵי אָרֶץ. ט לְפָנָיו יִכְרְעוּ צִיִּים, וְאֹיְבָיו עָפָר יְלַחֵכוּ.
י מַלְכֵי תַרְשִׁישׁ וְאִיִּים מִנְחָה יָשִׁיבוּ, מַלְכֵי שְׁבָא וּסְבָא
אֶשְׁכָּר יַקְרִיבוּ. יא וְיִשְׁתַּחֲווּ לוֹ כָּל מְלָכִים, כָּל גּוֹיִם
יַעַבְדוּהוּ. יב כִּי יַצִּיל אֶבְיוֹן מְשַׁוֵּעַ, וְעָנִי וְאֵין עֹזֵר לוֹ.
יג יָחֹס עַל דַּל וְאֶבְיוֹן, וְנַפְשׁוֹת אֶבְיוֹנִים יוֹשִׁיעַ. יד מִתּוֹךְ
וּמֵחָמָס יִגְאַל נַפְשָׁם, וְיֵיקַר דָּמָם בְּעֵינָיו. טו וִיחִי, וְיִתֶּן
לוֹ מִזְּהַב שְׁבָא, וְיִתְפַּלֵּל בַּעֲדוֹ תָמִיד, כָּל הַיּוֹם יְבָרְכֶנְהוּ.
טז יְהִי פִסַּת בַּר בָּאָרֶץ בְּרֹאשׁ הָרִים, יִרְעַשׁ כַּלְּבָנוֹן פִּרְיוֹ,
וְיָצִיצוּ מֵעִיר כְּעֵשֶׂב הָאָרֶץ. יז יְהִי שְׁמוֹ לְעוֹלָם, לִפְנֵי
שֶׁמֶשׁ יִנּוֹן שְׁמוֹ; וְיִתְבָּרְכוּ בוֹ, כָּל גּוֹיִם יְאַשְּׁרוּהוּ. יח בָּרוּךְ

ה׳ אֱלֹהִים אֱלֹהֵי יִשְׂרָאֵל, עֹשֵׂה נִפְלָאוֹת לְבַדּוֹ. יט וּבָרוּךְ שֵׁם כְּבוֹדוֹ לְעוֹלָם, וְיִמָּלֵא כְבוֹדוֹ אֶת כֹּל הָאָרֶץ, אָמֵן וְאָמֵן. כ כָּלוּ תְפִלּוֹת, דָּוִד בֶּן יִשָׁי.

abundance of grain; may its fruit rustle like the cedars of Lebanon; and may people blossom from the city like the grass of the earth. May his name endure forever, his legacy, for as long as the sun endures; he will be referred to as an example of blessing; all nations will praise him. Blessed is Hashem, God, the God of Israel, who alone does wonders. Blessed is His glorious Name forever, and may all the earth be filled with His glory. Amen and Amen. The prayers of David, son of Jesse, are finished.

פרק צ

א תְּפִלָּה לְמֹשֶׁה אִישׁ הָאֱלֹהִים; אֲדֹנָי, מָעוֹן אַתָּה הָיִיתָ לָּנוּ בְּדֹר וָדֹר. ב בְּטֶרֶם הָרִים יֻלָּדוּ, וַתְּחוֹלֵל אֶרֶץ וְתֵבֵל, וּמֵעוֹלָם עַד עוֹלָם אַתָּה אֵל. ג תָּשֵׁב אֱנוֹשׁ עַד דַּכָּא, וַתֹּאמֶר: שׁוּבוּ בְנֵי אָדָם. ד כִּי אֶלֶף שָׁנִים בְּעֵינֶיךָ כְּיוֹם אֶתְמוֹל כִּי יַעֲבֹר, וְאַשְׁמוּרָה בַלָּיְלָה. ה זְרַמְתָּם, שֵׁנָה יִהְיוּ, בַּבֹּקֶר כֶּחָצִיר יַחֲלֹף. ו בַּבֹּקֶר יָצִיץ וְחָלָף, לָעֶרֶב יְמוֹלֵל וְיָבֵשׁ. ז כִּי כָלִינוּ בְאַפֶּךָ, וּבַחֲמָתְךָ נִבְהָלְנוּ. ח שַׁתָּה עֲוֹנֹתֵינוּ לְנֶגְדֶּךָ, עֲלֻמֵנוּ לְמְאוֹר פָּנֶיךָ. ט כִּי כָל יָמֵינוּ פָּנוּ בְעֶבְרָתֶךָ, כִּלִּינוּ שָׁנֵינוּ כְמוֹ הֶגֶה. י יְמֵי שְׁנוֹתֵינוּ בָהֶם שִׁבְעִים שָׁנָה, וְאִם בִּגְבוּרֹת שְׁמוֹנִים שָׁנָה, וְרָהְבָּם עָמָל וָאָוֶן, כִּי גָז חִישׁ וַנָּעֻפָה. יא מִי יוֹדֵעַ עֹז אַפֶּךָ, וּכְיִרְאָתְךָ עֶבְרָתֶךָ. יב לִמְנוֹת יָמֵינוּ כֵּן הוֹדַע, וְנָבִיא לְבַב חָכְמָה. יג שׁוּבָה ה׳ עַד מָתָי, וְהִנָּחֵם עַל עֲבָדֶיךָ. יד שַׂבְּעֵנוּ בַבֹּקֶר חַסְדֶּךָ, וּנְרַנְּנָה וְנִשְׂמְחָה בְּכָל יָמֵינוּ. טו שַׂמְּחֵנוּ כִּימוֹת עִנִּיתָנוּ, שְׁנוֹת רָאִינוּ רָעָה. טז יֵרָאֶה אֶל עֲבָדֶיךָ פָּעֳלֶךָ, וַהֲדָרְךָ עַל בְּנֵיהֶם. יז וִיהִי נֹעַם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ; וּמַעֲשֵׂה יָדֵינוּ כּוֹנְנָה עָלֵינוּ, וּמַעֲשֵׂה יָדֵינוּ כּוֹנְנֵהוּ.

Chapter 90

A prayer by Moses, the man of God: My Master, You have been our shelter in every generation. Before the mountains were born, and You had not yet formed the earth and the world; from the most distant past to the most distant future: You are God. You bring a person to frailty, saying, *Repent, children of man!* For in Your eyes, a thousand years are like a day that has already passed, like the few hours of a night watch. You make the days flow away like a short sleep; withering like grass in the morning. If in the morning it flourishes and grows, by evening it withers and becomes brittle. For our days are consumed by Your anger, and we are terrified by Your wrath. You have set out our sins before You, our hidden sins in the light of Your countenance. Because of Your wrath, all our days are empty; our years are as fleeting as an unspoken thought. The years of our life are seventy; or with strength, eighty; their greatest moments are but toil and pain; they are cut off swiftly, and we fly away. Who can know the power of Your anger? As You are feared, so is Your fury. Teach us to count our days, and we will acquire a wise heart. Turn to us, Hashem! How long will Your anger last? Relent in regard to Your servants. Satisfy us in the morning with Your kindness, and we will rejoice and be glad all our days. Bring us joy, just as You have afflicted us – the years in which we saw evil. May Your actions be revealed to Your servants, and Your glory seen by their children. May the pleasantness of our Master, our God, be upon us; establish the work of our hands for us, make the work of our hands endure.

פרק צא

א יֹשֵׁב בְּסֵתֶר עֶלְיוֹן, בְּצֵל שַׁדַּי יִתְלוֹנָן. ב אֹמַר לַה׳ מַחְסִי וּמְצוּדָתִי, אֱלֹהַי אֶבְטַח בּוֹ. ג כִּי הוּא יַצִּילְךָ מִפַּח יָקוּשׁ, מִדֶּבֶר הַוּוֹת. ד בְּאֶבְרָתוֹ יָסֶךְ לָךְ, וְתַחַת כְּנָפָיו תֶּחְסֶה; צִנָּה וְסֹחֵרָה אֲמִתּוֹ. ה לֹא תִירָא מִפַּחַד לָיְלָה, מֵחֵץ יָעוּף יוֹמָם. ו מִדֶּבֶר בָּאֹפֶל יַהֲלֹךְ, מִקֶּטֶב יָשׁוּד צָהֳרָיִם. ז יִפֹּל מִצִּדְּךָ אֶלֶף, וּרְבָבָה מִימִינֶךָ, אֵלֶיךָ לֹא יִגָּשׁ. ח רַק בְּעֵינֶיךָ תַבִּיט, וְשִׁלֻּמַת רְשָׁעִים תִּרְאֶה. ט כִּי אַתָּה ה׳ מַחְסִי, עֶלְיוֹן שַׂמְתָּ מְעוֹנֶךָ. י לֹא תְאֻנֶּה אֵלֶיךָ רָעָה, וְנֶגַע לֹא יִקְרַב בְּאָהֳלֶךָ. יא כִּי מַלְאָכָיו יְצַוֶּה לָּךְ, לִשְׁמָרְךָ בְּכָל דְּרָכֶיךָ. יב עַל כַּפַּיִם יִשָּׂאוּנְךָ, פֶּן תִּגֹּף

Chapter 91

Whoever takes shelter in the refuge of the Most High, live securely in the protective shade of the Almighty. I say that Hashem is my refuge and my fortress; my God, in whom I trust. For He will deliver you from the hunter's trap, from the deadly plague. He will cover you with His outspread wings, and you will take refuge under His wings; His truth is shield and armor. You will not fear the terror of night, nor the arrow that flies by day. Not the pestilence that prowls in darkness, nor the plague that destroys at noon. A thousand may fall at your side and ten thousand at your right hand; none will come near you. Just gaze with your eyes, and you will see the punishment of the wicked. Because you said, *You, Hashem, are my refuge*, you have made the Most High your home. No evil will befall you, and no plague will come near your tent. For He will command

בָּאֶבֶן רַגְלֶךָ. יג עַל שַׁחַל וָפֶתֶן תִּדְרֹךְ, תִּרְמֹס כְּפִיר וְתַנִּין. יד כִּי בִי חָשַׁק וַאֲפַלְּטֵהוּ, אֲשַׂגְּבֵהוּ כִּי יָדַע שְׁמִי. טו יִקְרָאֵנִי וְאֶעֱנֵהוּ, עִמּוֹ אָנֹכִי בְצָרָה; אֲחַלְּצֵהוּ וַאֲכַבְּדֵהוּ. טז אֹרֶךְ יָמִים אַשְׂבִּיעֵהוּ, וְאַרְאֵהוּ בִּישׁוּעָתִי.

his angels on your behalf, to watch over you wherever you go. They will carry you on the palms of their hands lest your foot stumble on a stone. You will step on the lion and the viper; you will trample the lion cub and the snake. Hashem says, *Because he is attached to Me, I will save him; I will elevate him for he knows My Name. He will call to Me, and I will answer him; I am with him in his distress; I will free him, and I will bring him honor. With long life I will satisfy him, and I will show him My salvation*.

פרק קכא

א שִׁיר לַמַּעֲלוֹת; אֶשָּׂא עֵינַי אֶל הֶהָרִים, מֵאַיִן יָבֹא עֶזְרִי. ב עֶזְרִי מֵעִם ה', עֹשֵׂה שָׁמַיִם וָאָרֶץ. ג אַל יִתֵּן לַמּוֹט רַגְלֶךָ, אַל יָנוּם שֹׁמְרֶךָ. ד הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן, שׁוֹמֵר יִשְׂרָאֵל. ה ה' שֹׁמְרֶךָ, ה' צִלְּךָ עַל יַד יְמִינֶךָ. ו יוֹמָם הַשֶּׁמֶשׁ לֹא יַכֶּכָּה, וְיָרֵחַ בַּלָּיְלָה. ז ה' יִשְׁמָרְךָ מִכָּל רָע, יִשְׁמֹר אֶת נַפְשֶׁךָ. ח ה' יִשְׁמָר צֵאתְךָ וּבוֹאֶךָ, מֵעַתָּה וְעַד עוֹלָם.

Chapter 121

A song for ascending the Temple steps: I raise my eyes to the mountains: from where will my help come? My help comes from Hashem, Who made heaven and earth. He does not allow your foot to slip; your guardian does not slumber. Behold, He neither slumbers nor sleeps, the Guardian of Israel. Hashem is your guardian; Hashem is your protective shade at your right hand. By day, the sun will not hurt you, nor the moon by night. Hashem will protect you from all harm; He will protect your soul. Hashem will watch over your goings and your comings, now and forever.

פרק קל

א שִׁיר הַמַּעֲלוֹת, מִמַּעֲמַקִּים קְרָאתִיךָ ה'. ב אֲדֹנָי שִׁמְעָה בְקוֹלִי, תִּהְיֶינָה אָזְנֶיךָ קַשֻּׁבוֹת לְקוֹל תַּחֲנוּנָי. ג אִם עֲוֹנוֹת תִּשְׁמָר יָהּ, אֲדֹנָי מִי יַעֲמֹד. ד כִּי עִמְּךָ הַסְּלִיחָה, לְמַעַן תִּוָּרֵא. ה קִוִּיתִי ה' קִוְּתָה נַפְשִׁי, וְלִדְבָרוֹ הוֹחָלְתִּי. ו נַפְשִׁי לַאדֹנָי; מִשֹּׁמְרִים לַבֹּקֶר, שֹׁמְרִים לַבֹּקֶר. ז יַחֵל יִשְׂרָאֵל אֶל ה'; כִּי עִם ה' הַחֶסֶד, וְהַרְבֵּה עִמּוֹ פְּדוּת. ח וְהוּא יִפְדֶּה אֶת יִשְׂרָאֵל, מִכֹּל עֲוֹנוֹתָיו.

Chapter 130

A song for ascending the Temple steps: From the depths I call You, Hashem. My Master, please hear my voice; please listen to the sound of my pleas. If You keep our sins in mind, Hashem, my Master, who could survive? The ability to forgive belongs only to You, so that only You should be feared. I hope to Hashem; my soul hopes to Him, and I wait for His word. My soul yearns for my Master more than those who wait for the morning, those who wait for the dawn. Israel will hope to Hashem, for with Hashem there is kindness; with Him there is great salvation. And He will redeem Israel from all its sins.

פרק קמב

א מַשְׂכִּיל לְדָוִד, בִּהְיוֹתוֹ בַּמְּעָרָה תְּפִלָּה. ב קוֹלִי אֶל ה' אֶזְעָק, קוֹלִי אֶל ה' אֶתְחַנָּן. ג אֶשְׁפֹּךְ לְפָנָיו שִׂיחִי, צָרָתִי לְפָנָיו אַגִּיד. ד בְּהִתְעַטֵּף עָלַי רוּחִי, וְאַתָּה יָדַעְתָּ נְתִיבָתִי; בְּאֹרַח זוּ אֲהַלֵּךְ טָמְנוּ פַח לִי. ה הַבֵּיט יָמִין וּרְאֵה וְאֵין לִי מַכִּיר; אָבַד מָנוֹס מִמֶּנִּי, אֵין דּוֹרֵשׁ לְנַפְשִׁי. ו זָעַקְתִּי אֵלֶיךָ ה'; אָמַרְתִּי אַתָּה מַחְסִי, חֶלְקִי בְּאֶרֶץ הַחַיִּים. ז הַקְשִׁיבָה אֶל רִנָּתִי כִּי דַלּוֹתִי מְאֹד, הַצִּילֵנִי מֵרֹדְפַי כִּי אָמְצוּ מִמֶּנִּי. ח הוֹצִיאָה מִמַּסְגֵּר נַפְשִׁי, לְהוֹדוֹת אֶת שְׁמֶךָ; בִּי יַכְתִּרוּ צַדִּיקִים, כִּי תִגְמֹל עָלָי.

Chapter 142

A psalm offering good advice, by David; when he was in the cave, a prayer. With my voice I cry out to Hashem; with my voice I plead with Hashem. I pour out my words before Him, I declare before Him my distress. When my spirit is weakened within me, and You know my perilous path; when on this road that I walk, they have laid a trap for me. Look to the right and see that I have no friend; all possibility of escape is lost to me; no one seeks to save my life. I cried out to You, Hashem; I said, *You are my refuge, my portion in the land of the living*. Hear my cry, for I am greatly weakened; rescue me from those who pursue me, for they are stronger than I. Release my soul from this confinement to acknowledge Your Name. The righteous will crown You because of me, when You have bestowed kindness on me.

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NASCK's mission is to promote traditional Jewish end-of-life values, assist chevros kadisha in achieving the highest degree of kavod hameis (respect for the deceased), as defined by Jewish law, and educate the broader Jewish community about the importance of kevurah k'halachah (authentic Jewish burial).

נדפס
לעילוי נשמת

החבר שלמה מיכאל
בן מאיר שטראוס, ע"ה

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