

Tikkun HaKlali

The Universal Remedy

Before reciting the Tikkun HaKlali it is customary to say the following:

“In reciting *Tikkun HaKlali* I attach myself to all the true Tzadikim, both the living and those who have passed on; particularly to the holy tzaddik, mainstay of the world, Rebbe Nachman ben Feige, known as the “Flowing Brook” and “Fount of Wisdom” (Proverbs 18:4). May his merit protect us – he who revealed this Remedy.”

“Come, let us sing with joy to G-d, call out to the Rock of our Salvation. Let us greet Him with thanks, raise our voices to Him in song. For our G-d is the Great G-d, the Mighty King over all so called G-ds” (Psalms 95:1-3).

“In the name of all Israel, I am ready to thank and to praise my Creator, to reveal in awe and love the unity of the Infinite Essence of G-d and His Presence in the world, through the blessings of the One Who is Hidden, Concealed and Revealed.”

Our Rebbe said: Bear witness to my words: When my days are over and I leave this world, I will still intercede for anyone who comes to my grave, says these ten Psalms, and gives a coin to charity. No matter how great a person's sins, I will do everything in my power, spanning the length and breadth of the creation to cleanse and protect him.

I am very positive in everything I say. But I am most positive in regard to the great benefit of these ten Psalms.”

**These are the Ten Psalms:
16, 32, 41, 42, 59, 77, 90, 105, 137, 150.**

Rebbe Nachman taught us: This is the General Remedy. There is a specific remedy for each sin, but this is the general remedy. Go out and spread the teaching of the ten Psalms to all men. It may seem like an easy thing to say ten Psalms. But it will actually be very difficult in practice.

Tehillim 16

כָּתוּב לְדָוִד שְׁמֵרָנִי אֵל כִּי חָסִיתִי בָךְ

A michtam of David. Protect me, O G-d, for I seek refuge in You.

אָמַרְתָּ לַיהוָה אֲדֹנָי אַתָּה טוֹבָתִי בֶּל עָלַיְךָ

I say to the LORD, “You are my Lord, my benefactor; there is none above You.”

לְקַדּוֹשִׁים אֲשֶׁר בְּאֶרֶץ הַמָּה וְאֲדִירֵי כָּל הַפְּצֵי בָם

As to the holy and mighty ones that are in the land, my whole desire concerning them is that

יִרְבוּ עֲצָבוֹתָם אַחַר מְהָרוּ בֶּל אֲסִיף נִסְפֵיהֶם מִדָּם וּבֶל אֲשָׂא אֶת שְׁמוֹתָם עַל שִׁפְתָי

those who espouse another [G-d] may have many sorrows! I will have no part of their bloody libations; their names will not pass my lips.

יְהוָה מִנְתַּחֲלָקִי וְכוֹסֵי אַתָּה תוֹמִיף גּוֹרְלִי

The LORD is my allotted share and portion; You control my fate.

חֲבָלִים נָפְלוּ לִי בִּנְעָמִים אִם נִחַלְתָּ שְׁפָרָה עָלַי

Delightful country has fallen to my lot; lovely indeed is my estate.

אֲבָרֶךְ אֶת יְהוָה אֲשֶׁר יַעֲצָנִי אִם לַיְלֹת יִסְרוּנִי כְּלִיּוֹתִי

I bless the LORD who has guided me; my conscience admonishes me at night.

שׁוֹיִתִּי יְהוָה לְנֶגְדִי תָמִיד כִּי מִיְמִינִי בֶּל אָמוּט

I am ever mindful of the LORD’s presence; He is at my right hand; I shall never be shaken.

לְכוּ שְׂמַח לְבִי וַיִּגַּל כְּבוֹדִי אִם בְּשָׂרֵי יִשְׁכַּן לְבַטַח

So my heart rejoices, my whole being exults, and my body rests secure.

כִּי לֹא תַעֲזֹב נַפְשִׁי לְשֵׂאוֹל לֹא תַתֵּן חֲסִידְךָ לְרֵאוֹת שְׁחַת

For You will not abandon me to Sheol, or let Your faithful one see the Pit.

תוֹדִיעַנִי אֶרְחַח חַיִּים שְׂבַע שְׂמֵחוֹת אֶת פְּנֵיךָ נְעֻמוֹת בְּיַמִּינְךָ נִצְחָה

You will teach me the path of life. In Your presence is perfect joy; delights are ever in Your right hand.

Tehillim 32

לְדָוִד מִשְׁכִּיל גִּשְׁוִי פִּשְׁעַי כִּסּוּי חַטָּאָה

Of David. A maskil. Happy is he whose transgression is forgiven, whose sin is covered over.

אֲשֶׁרִי אָדָם לֹא יִחְשַׁב יְהוָה לוֹ עוֹן וְאִין בְּרוּחוֹ רַמְיָהּ

Happy the man whom the LORD does not hold guilty, and in whose spirit there is no deceit.

כִּי הִחַרְשֵׁתִי בְּלוּ עַצְמִי בְּשִׂאָגְתִּי כָּל הַיּוֹם

As long as I said nothing, my limbs wasted away from my anguished roaring all day long.

כִּי יוֹמָם וְלַיְלָה תִּכְבֵּד עָלַי יְדָךְ נִהְפָּה לְשִׁדִּי בַחֲרַבְנִי קִיץ סֵלָה

For night and day Your hand lay heavy on me; my vigor waned as in the summer drought. Selah.

חַטָּאתִי אִוְדִיעֶךָ וְעוֹנִי לֹא כִסִּיתִי אֲמַרְתִּי אוֹדָה עָלַי פִּשְׁעֵי לִיהוָה וְאַתָּה נִשְׂאתָ עוֹן חַטָּאתִי סֵלָה

Then I acknowledged my sin to You; I did not cover up my guilt; I resolved, "I will confess my transgressions to the LORD," and You forgave the guilt of my sin. Selah.

עַל זֹאת יִתְפַּלֵּל כָּל חֹסֵיד אֵלֶיךָ לְעֵת מִצָּא רַק לְשֹׁטֵף מִיָּם רַבִּים אֵלָיו לֹא יִגִּיעוּ

Therefore let every faithful man pray to You upon discovering [his sin], that the rushing mighty waters not overtake him.

אַתָּה סֹתֵר לִי מִצָּר תִּצְרַנִּי רַגְלִי פִּלַּט תְּסוּבְּבִנִי סֵלָה

You are my shelter; You preserve me from distress; You surround me with the joyous shouts of deliverance. Selah.

אֲשַׁכִּילְךָ וְאוֹרְךָ בְּדֶרֶךְ זוֹ תִּלְךָ אֵינְעֶצֶה עָלֶיךָ עֵינִי

Let me enlighten you and show you which way to go; let me offer counsel; my eye is on you.

אֵל תִּהְיֶה כְּסוֹס כְּפָרֶד אִין הָבִין בְּמַתְג וְרֶסֶן עֲדִיו לְבָלוֹם בֵּל קָרֵב אֵלָיָהּ

Be not like a senseless horse or mule whose movement must be curbed by bit and bridle; far be it from you!

רַבִּים מִכְּאוֹבִים לְרָשָׁע וְהַבּוֹטֵחַ בִּיהוָה חֶסֶד יְסוּבְבוּ

Many are the torments of the wicked, but he who trusts in the LORD shall be surrounded with favor.

שִׂמְחוּ בִיהוָה וְגִילוּ צְדִיקִים וְהִרְנִינוּ כָּל יִשְׂרָאֵל

Rejoice in the LORD and exult, O you righteous; shout for joy, all upright men!

Tehillim 41

לְמַנְצֵחַ מִזְמוֹר לְדָוִד

For the leader. A psalm of David.

אַשְׁרֵי מְשֻׁכֵּל אֵל דָּל בְּיוֹם רָעָה יִמְלִטְהוּ יְהוָה :

Happy is he who is thoughtful of the wretched; in bad times may the LORD keep him from harm.

יְהוָה יִשְׁמְרֵהוּ וַיִּחַיֵּהוּ (יֵאשֶׁר) וְאַשֶׁר בְּאֶרֶץ וְאֵל תִּתְנֶהוּ בְּנַפְשׁ אֲיָבָיו

May the LORD guard him and preserve him; and may he be thought happy in the land. Do not subject him to the will of his enemies.

יְהוָה יִסְעֲדֵנוּ עַל עַרְשׂ דָּוִי כָּל מִשְׁכְּבוֹ הַפִּכֵת בְּחַלְיוֹ

The LORD will sustain him on his sickbed; You shall wholly transform his bed of suffering.

אָנֹכִי אָמַרְתִּי יְהוָה חַנּוּנִי רַפְּאֵה נַפְשִׁי כִּי חָטָאתִי לָךְ

I said, "O LORD, have mercy on me, heal me, for I have sinned against You."

אוֹיְבֵי יֹאמְרוּ רַע לִי מָתִי יָמוּת וְאָבֵד שְׁמוֹ

My enemies speak evilly of me, "When will he die and his name perish?"

וְאִם בָּא לְרְאוֹת שְׂוֵא יִדְבַר לְבוֹ יִקְבֹּץ אָוֶן לוֹ יֵצֵא לַחוּץ יִדְבַר

If one comes to visit, he speaks falsely; his mind stores up evil thoughts; once outside, he speaks them.

יחד עלי יתלחשו כל שונאי עלי יחשבו רעה לי

All my enemies whisper together against me, imagining the worst for me.

דבר בליעל יצוק בו ואשר שכב לא יוסיף לקום

“Something baneful has settled in him; he’ll not rise from his bed again.”

גם איש שלומי אשר בטחתי בו אוכל לחמי הגדיל עלי עקב

My ally in whom I trusted, even he who shares my bread, has been utterly false to me.

ואתה יהוה חנני והקימני ואשלמה להם

But You, O LORD, have mercy on me; let me rise again and repay them.

בזאת ידעתי כי חפצת בי כי לא יריע איבי עלי

Then shall I know that You are pleased with me: when my enemy cannot shout in triumph over me.

ואני בתמי תמכת בי ותציבני לפניך לעולם

You will support me because of my integrity, and let me abide in Your presence forever.

ברוך יהוה אלהי ישראל מהעולם ועד העולם אמן ואמן

Blessed is the LORD, G-d of Israel, from eternity to eternity. Amen and Amen.

Tehillim 42

למנצח משכיל לבני קרח

For the leader. A maskil of the Korahites.

כאיל תערג על אפיקי מים כן נפשי תערג אליך אלהים

Like a hind crying for water, my soul cries for You, O G-d;

צמאה נפשי לאלהים לאל חי מתי אבוא ואראה פני אלהים

my soul thirsts for G-d, the living G-d; O when will I come to appear before G-d!

הִיְתָה לִי דִמְעָתִי לְחֶם יוֹמָם וּלְלֵילָה בְּאָמַר אֵלַי כָּל הַיּוֹם אַיֵּה אֱלֹהֶיךָ

My tears have been my food day and night; I am ever taunted with, “Where is your G-d?”

אֵלֶּה אֶזְכְּרָה וְאֲשַׁפְּכָה עָלַי נַפְשִׁי כִּי אֶעְבֵּר בְּסֶף אַדְדָּם עַד בֵּית אֱלֹהִים בְּקוֹל רִנָּה וְתוֹדָה
הַמּוֹן חוֹגֵג

When I think of this, I pour out my soul: how I walked with the crowd, moved with them, the festive throng, to the House of G-d with joyous shouts of praise.

מָה תִשְׁתַּחֲוֶה נַפְשִׁי וּתְהַמִּי עָלַי הוֹחִילִי לְאֱלֹהִים כִּי עוֹד אוֹדְנֹו יִשׁוּעוֹת פָּנָיו

Why so downcast, my soul, why disquieted within me? Have hope in G-d; I will yet praise Him for His saving presence.

אֱלֹהֵי עָלַי נַפְשִׁי תִשְׁתַּחֲחַח עַל כֵּן אֶזְכְּרָךְ מֵאֲרָץ יַרְדֵּן וְחֶרְמוֹנִים מִהַר מְצָעַר

O my G-d, my soul is downcast; therefore I think of You in this land of Jordan and Hermon, in Mount Mizar,

תְּהוֹם אֵל תְּהוֹם קוֹרָא לְקוֹל צְנוּרֶיךָ כָּל מְשַׁבְּרֶיךָ וְגִלְיָךְ עָלַי עָבְרוּ

where deep calls to deep in the roar of Your cataracts; all Your breakers and billows have swept over me.

יוֹמָם יִצְנֶה יְהוָה חֲסִדוֹ וּבַלַּיְלָה (שִׁירָה) שִׁירוּ עִמִּי תִפְלֶה לְאֵל חַיִּי

By day may the LORD vouchsafe His faithful care, so that at night a song to Him may be with me, a prayer to the G-d of my life.

אוֹמְרָה לְאֵל סִלְעֵי לָמָּה שָׁכַחְתָּנִי לָמָּה קִדַּר אֵלֶיךָ בְּלַחַץ אוֹיֵב

I say to G-d, my rock, “Why have You forgotten me, why must I walk in gloom, oppressed by my enemy?”

בְּרִצָּח בְּעִצְמוֹתַי חֲרַפוּנִי צוֹרְרֵי בְּאֲמָרָם אֵלַי כָּל הַיּוֹם אַיֵּה אֱלֹהֶיךָ

Crushing my bones, my foes revile me, taunting me always with, “Where is your G-d?”

מָה תִשְׁתַּחֲוֶה נַפְשִׁי וּמָה תְהַמִּי עָלַי הוֹחִילִי לְאֱלֹהִים כִּי עוֹד אוֹדְנֹו יִשׁוּעַת פָּנָי וְאֵלֶיךָ

Why so downcast, my soul, why disquieted within me? Have hope in G-d; I

will yet praise Him, my ever-present help, my G-d.

Tehillim 59

לְמִנְצֵחַ אֵל תַּשְׁחֶת לְדָוִד מִכְתָּם בְּשִׁלְחַ שְׂאוּל וַיִּשְׁמְרוּ אֶת הַבַּיִת לְהַמִּיתוֹ
For the leader; al tashheth. Of David. A michtam; when Saul sent men to
watch his house in order to put him to death.

הַצִּילֵנִי מֵאֵיבֵי אֱלֹהֵי מִמְתְּקוֹמֵמִי תִשְׁגְּבֵנִי

Save me from my enemies, O my G-d; secure me against my assailants.

הַצִּילֵנִי מִפְּעֻלֵי אֲנֹן וּמֵאֲנָשֵׁי דָמִים הוֹשִׁיעֵנִי

Save me from evildoers; deliver me from murderers.

כִּי הִנֵּה אָרְבוּ לְנַפְשִׁי יְגוּרוּ עָלַי עֲזִים לֹא פִשְׁעֵי וְלֹא חַטָּאתֵי יְהוָה

For see, they lie in wait for me; fierce men plot against me for no offense of
mine, for no transgression, O LORD;

בְּלִי עֲוֹן יְרוּצוּן וַיִּכְוָנוּ עוֹרָה לְקִרְאתִי וַיֵּרְאוּ

for no guilt of mine do they rush to array themselves against me. Look, rouse
Yourself on my behalf!

וְאַתָּה יְהוָה אֱלֹהִים צָבָאוֹת אֱלֹהֵי יִשְׂרָאֵל הִקִּיצָה לְפָקֹד כָּל הַגּוֹיִם אֵל תַּחֲן כָּל בִּגְדֵי אֲנֹן
סְלָה

You, O LORD G-d of hosts, G-d of Israel, bestir Yourself to bring all nations
to account; have no mercy on any treacherous villain. Selah.

יָשׁוּבוּ לָעָרֵב יִהְמוּ כַּכֶּלֶב וַיִּסּוּבּוּ עִיר

They come each evening growling like dogs, roaming the city.

הִנֵּה יִבְיַעוּן בְּפִיהֶם חֲרָבוֹת בְּשִׁפְתוֹתֵיהֶם כִּי מִי שִׁמְעַ

They rave with their mouths, sharp words are on their lips; [they think,]
“Who hears?”

וְאַתָּה יְהוָה תִּשְׁחַק לָמוֹ תִלְעַג לְכָל גּוֹיִם

But You, O LORD, laugh at them; You mock all the nations.

עֲזוּ אֵלַי אֲשֶׁמְרָה כִּי אֱלֹהִים מִשְׁגְּבֵי

O my strength, I wait for You; for G-d is my haven.

אֱלֹהֵי (חֲסִדוֹ) חֲסִדֵי יְקֻדְמֵי אֱלֹהִים יִרְאֵנִי בְּשִׁרְרֵי

My faithful G-d will come to aid me; G-d will let me gloat over my watchful foes.

אַל תַּהַרְגֵם כִּן יִשְׁכַּחוּ עַמִּי הַנִּיעְמוֹ בְּחִילָהּ וְהוֹרִידֵמוּ מִגִּבּוֹרֵי אֲדָנִי

Do not kill them lest my people be unmindful; with Your power make wanderers of them; bring them low, O our shield, the Lord,

חֲטָאת פִּימוֹ דָּבַר שְׁפָתֵימוֹ וַיִּלְכְּדוּ בְּגֵאוֹנָם וּמֵאֲלָה וּמִפִּחַשׁ יִסְפְּרוּ

because of their sinful mouths, the words on their lips. Let them be trapped by their pride, and by the imprecations and lies they utter.

כִּלְהַב בַּחֲמָה כִּלְהַב וְאֵינָמוּ וַיִּדְעוּ כִּי אֱלֹהִים מִשָּׁל בְּיַעֲקֹב לְאַפְסֵי הָאָרֶץ סֵלָה

In Your fury put an end to them; put an end to them that they be no more; that it may be known to the ends of the earth that G-d does rule over Jacob.Selah.

וַיָּשׁוּבוּ לָעָרֵב יִהְיוּ כַּכֶּלֶב וַיִּסּוּבּוּ עִיר

They come each evening growling like dogs, roaming the city.

הֲמָה (יְנוּעוֹן) יִנְיֵעוּן לְאָכֹל אִם לֹא יִשְׂבְּעוּ וַיִּלְיֵנוּ

They wander in search of food; and whine if they are not satisfied.

וְאֲנִי אֲשִׁיר עֲזֶךָ וְאַרְגֵּן לְבַקֵּר חֲסִדֶךָ כִּי הָיִיתָ מִשְׁגָּב לִי וּמְנוּס בְּיוֹם צָר לִי

But I will sing of Your strength, extol each morning Your faithfulness; for You have been my haven, a refuge in time of trouble.

עֲזֵי אֱלֹהֵי אֲזַמְרָה כִּי אֱלֹהִים מִשְׁגָּבִי אֱלֹהֵי חֲסִדֵי

O my strength, to You I sing hymns; for G-d is my haven, my faithful G-d.

Tehillim 77

לְמַנְצֵחַ עַל (יְדִיתוֹן) יְדִיתוֹן לְאַסָּף מִזְמוֹר

For the leader; on Jeduthun. Of Asaph. A psalm.

קוֹלִי אֶל אֱלֹהִים וְאֶצְעָקָה קוֹלִי אֶל אֱלֹהִים וְהֶאֱזִין אֵלַי

I cry aloud to G-d; I cry to G-d that He may give ear to me.

בְּיוֹם צָרָתִי אֶדְנֶי דָּרַשְׁתִּי יְדֵי לַיְלָה נִגְרָה וְלֹא תִפּוּג מֵאֲנָה הַנַּחֵם נִפְשִׁי

In my time of distress I turn to the Lord, with my hand [uplifted]; [my eyes] flow all night without respite; I will not be comforted.

אֶזְכְּרָה אֱלֹהִים וְאֶהְמִיָּה אֲשִׁיחָה וְתַתְּעִטָּה רוּחִי סָלָה

I call G-d to mind, I moan, I complain, my spirit fails. Selah.

אֶחְזַת שְׁמֵרוֹת עֵינַי נִפְעַמְתִּי וְלֹא אֶדְבַּר

You have held my eyelids open; I am overwrought, I cannot speak.

חֲשַׁבְתִּי יָמִים מִקֶּדֶם שָׁנוֹת עוֹלָמִים

My thoughts turn to days of old, to years long past.

אֶזְכְּרָה נִגִּינָתִי בַּלַּיְלָה עִם לִבִּי אֲשִׁיחָה וַיִּחַפֵּשׂ רוּחִי

I recall at night their jibes at me; I commune with myself; my spirit inquires,

הֲלֵעוֹלָמִים יִזְנַח אֶדְנֶי וְלֹא יִסִּיף לְרַצוֹת עוֹד

“Will the Lord reject forever and never again show favor?”

הֲאֶפֶס לְנִצָּחַת חֲסִדוֹ גָּמַר אִמְר לְזֶרֶךְ וְזָר

Has His faithfulness disappeared forever? Will His promise be unfulfilled for all time?

הֲשָׁכַח חַנּוּת אֵל אִם קָפַץ בָּאָף רַחֲמָיו סָלָה

Has G-d forgotten how to pity? Has He in anger stifled His compassion?”

Selah.

וְאָמַר חֲלוּתִי הִיא שָׁנוֹת יָמִין עָלְיוֹן

And I said, “It is my fault that the right hand of the Most High has changed.”

(אֶזְכִּיר) אֶזְכֹּר מַעֲלָלֵי יְהוָה כִּי אֶזְכְּרָה מִקֶּדֶם פְּלֹאֵךְ

I recall the deeds of the LORD; yes, I recall Your wonders of old;

וְהִגִּיתִי בְּכֹל פְּעֻלָּתְךָ וּבַעֲלִילוֹתֶיךָ אֲשִׁיחָה

I recount all Your works; I speak of Your acts.

אֱלֹהִים בְּקֹדֶשׁ דְּרָכָךָ מִי אֵל גָּדוֹל כְּאֱלֹהִים

O G-d, Your ways are holiness; what G-d is as great as G-d?

אֲתָהּ הָאֵל עֹשֶׂה פְלֵא הוֹדַעְתָּ בְּעַמִּים עֲזָרָךְ

You are the G-d who works wonders; You have manifested Your strength among the peoples.

גָּאֲלָתָּ בְּזְרוּעַ עֲמָךְ בְּנִי יַעֲקֹב וַיּוֹסֶף סֵלָה

By Your arm You redeemed Your people, the children of Jacob and Joseph. Selah.

רָאוּךָ מַיִם אֱלֹהִים רָאוּךָ מַיִם יַחֲיִלוּ אַף יִרְגְּזוּ תַהֲמוֹת

The waters saw You, O G-d, the waters saw You and were convulsed; the very deep quaked as well.

זָרְמוּ מַיִם עֲבוֹת קוֹל נִתְּנוּ שְׁחֻקִים אַף חִצְצִיף יִתְהַלְכוּ

Clouds streamed water; the heavens rumbled; Your arrows flew about;

קוֹל רַעְמָךְ בִּגְלִגְלֵל הָאֵירוּ בְּרָקִים תִּבֵּל רָגְזָה וַתִּרְעַשׂ הָאָרֶץ

Your thunder rumbled like wheels; lightning lit up the world; the earth quaked and trembled.

בַּיָּם דְּרָכָךָ (וּשְׁבִילֶיךָ) וּשְׁבִילֶךָ בְּמַיִם רַבִּים וַעֲקֹבוֹתֶיךָ לֹא נִדְעוּ

Your way was through the sea, Your path, through the mighty waters; Your tracks could not be seen.

נַחֲיִיתָ כְּצֹאֵן עֲמָךְ בְּיַד מֹשֶׁה וְאַהֲרֹן

You led Your people like a flock in the care of Moses and Aaron.

Tehillim 90

תַּפְלָה לְמֹשֶׁה אִישׁ הָאֱלֹהִים אֲדֹנָי מֵעוֹן אֲתָהּ הָיִיתָ לָנוּ בְּדוֹר וָדוֹר

A prayer of Moses, the man of G-d. O Lord, You have been our refuge in every generation.

בְּטָרֶם הָרִים יִלְדוּ וַתַּחֲלֵל אֶרֶץ וַתִּבֵּל וַיִּמְעוּלֶם עַד עוֹלָם אֲתָהּ אֵל

Before the mountains came into being, before You brought forth the earth and the world, from eternity to eternity You are G-d.

תָּשָׁב אָנוֹשׁ עַד דָּכָא וּתְאֹמַר שׁוּבוּ בְּנֵי אָדָם

You return man to dust; You decreed, “Return you mortals!”

כִּי אֶלֶף שָׁנִים בְּעֵינֶיךָ כְּיוֹם אֶתְמוּל כִּי יַעֲבֹר וְאַשְׁמוּרָה בְּלִילָה

For in Your sight a thousand years are like yesterday that has passed, like a watch of the night.

זָזְרַמְתָּם שָׁנָה יִהְיוּ בַּבֶּקֶר כְּחֶצִיר יַחֲלֶף

You engulf men in sleep; at daybreak they are like grass that renews itself;

בַּבֶּקֶר יִצְיֵץ וְחֲלֶף לְעֶרֶב יִמּוּלֵל וַיִּבֹשׁ

at daybreak it flourishes anew; by dusk it withers and dries up.

כִּי כָלֵינוּ בְּאַפֶּךָ וּבַחֲמַתְךָ נִבְהָלְנוּ

So we are consumed by Your anger, terror-struck by Your fury.

(שֵׁת) שִׁתָּה עֲוֹנוֹתֵינוּ לְנִגְדֶךָ עֲלַמְנוּ לְמֵאוֹר פְּנֶיךָ

You have set our iniquities before You, our hidden sins in the light of Your face.

כִּי כָל יָמֵינוּ פָּנוּ בְּעִבְרֶתְךָ כָּלֵינוּ שָׁנֵינוּ כְּמוֹ הֶגְהָה

All our days pass away in Your wrath; we spend our years like a sigh.

יְמֵי שָׁנוֹתֵינוּ בָּהֶם שְׁבַעַיִם שָׁנָה וְאִם בְּגִבּוֹרֹת שְׁמוֹנִים שָׁנָה וְרַהֲבָם עָמַל וְאָנוּן כִּי גַז חַיִּשׁ
נִצְעָפָה

The span of our life is seventy years, or, given the strength, eighty years; but the best of them are trouble and sorrow. They pass by speedily, and we are in darkness.

מִי יוֹדַע עֵז אַפֶּךָ וּכְיִרְאַתְךָ עֲבָרֶתְךָ

Who can know Your furious anger? Your wrath matches the fear of You.

לְמִנּוֹת יָמֵינוּ כֵּן הוֹדַע וְנָבֵא לְבַב חֲכָמָה

Teach us to count our days rightly, that we may obtain a wise heart.

שׁוּבָה יְהוָה עַד מָתִי וְהִנָּחֵם עַל עֲבֹדֶיךָ

Turn, O LORD! How long? Show mercy to Your servants.

שְׁבַענוּ בַּבֶּקֶר חֶסֶדְךָ וְנִרְנְנָה וְנִשְׁמְחָה בְּכֹל יְמֵינוּ

Satisfy us at daybreak with Your steadfast love that we may sing for joy all our days.

שְׂמֵחֵנוּ כִּימֹת עֲנִיתָנוּ לְשָׁנוֹת רְאִינוּ רַעְיָה

Give us joy for as long as You have afflicted us, for the years we have suffered misfortune.

וְרֵאָה אֵל עַבְדֶּיךָ כְּעֹלָה וְהִדְרָה עַל בְּנֵיהֶם

Let Your deeds be seen by Your servants, Your glory by their children.

וַיְהִי נַעַם אֱלֹהֵינוּ עָלֵינוּ וּמַעֲשֵׂה יָדֵינוּ כּוֹנְנָה עָלֵינוּ וּמַעֲשֵׂה יָדֵינוּ כּוֹנְנָהוּ

May the favor of the Lord, our G-d, be upon us; let the work of our hands prosper, O prosper the work of our hands!

Tehillim 105

הוֹדוּ לַיהוָה קְרָאוּ בְּשֵׁמוֹ הוֹדִיעוּ בְּעַמִּים עֲלִילוֹתָיו

Praise the LORD; call on His name; proclaim His deeds among the peoples.

שִׁירוּ לוֹ זַמְרוּ לוֹ שִׁיחוּ בְּכֹל נִפְלְאוֹתָיו

Sing praises to Him; speak of all His wondrous acts.

הִתְהַלְלוּ בְּשֵׁם קִדְשׁוֹ יִשְׂמַח לֵב מְבַקְשֵׁי יְהוָה

Exult in His holy name; let all who seek the LORD rejoice.

דַּרְשׁוּ יְהוָה וְעִזּוּ בִקְשׁוֹ כָּנֹי תָמִיד

Turn to the LORD, to His might; seek His presence constantly.

זְכְרוּ נִפְלְאוֹתָיו אֲשֶׁר עָשָׂה מִפְתֵּי וּמִשְׁפְּטֵי פִּי

Remember the wonders He has done, His portents and the judgments He has pronounced,

זֶרַע אַבְרָהָם עַבְדּוֹ בְּנֵי יַעֲקֹב בְּחֵירוֹ

O offspring of Abraham, His servant, O descendants of Jacob, His chosen ones.

הוא יהוה אלהינו בכל הארץ משפטיו

He is the LORD our G-d; His judgments are throughout the earth.

זכר לעולם בריתו דבר צנה לאלף דור

He is ever mindful of His covenant, the promise He gave for a thousand generations,

אשר כרת את אברהם ושבועתו לישחק

that He made with Abraham, swore to Isaac,

ויצמידה ליעקב לחק לישראל ברית עולם

and confirmed in a decree for Jacob, for Israel, as an eternal covenant,

לאמר לה אתן את ארץ כנען חבל נחלתכם

saying, “To you I will give the land of Canaan as your allotted heritage.”

בהיותם מתי מספר כמעט וגרים בה

They were then few in number, a mere handful, sojourning there,

ויתהלכו מגוי אל גוי מממלכה אל עם אחר

wandering from nation to nation, from one kingdom to another.

לא הניח אדם לעשקם ויזכח עליהם מלכים

He allowed no one to oppress them; He reprov'd kings on their account,

אל תגעו במשיחי ולנביאי אל תרעו

“Do not touch My anointed ones; do not harm My prophets.”

ויקרא רעב על הארץ כל מטה לחם שבר

He called down a famine on the land, destroyed every staff of bread.

שלח לפניהם איש לעבד נמכר יוסף

He sent ahead of them a man, Joseph, sold into slavery.

ענו בכבל (רגליו) רגלו ברזל באה נפשו

His feet were subjected to fetters; an iron collar was put on his neck.

עד עת בא דברו אמרת יהוה צרפתהו

Until his prediction came true the decree of the LORD purged him.

שְׁלַח מֶלֶךְ וַיִּתִּירֵהוּ מִשָּׁל עַמִּים וַיִּפְתַּחֲהוּ

The king sent to have him freed; the ruler of nations released him.

שָׁמוּ אָדוֹן לְבֵיתוֹ וּמִשָּׁל בְּכָל קִנְיָנוֹ

He made him the lord of his household, empowered him over all his possessions,

לְאַסֵּר שָׂרָיו בְּנִפְשׁוֹ וּזְקֵנָיו יִחַכֵּם

to discipline his princes at will, to teach his elders wisdom.

וַיָּבֹא יִשְׂרָאֵל מִצְרַיִם וַיַּעֲקֹב גַּר בְּאֶרֶץ חָם

Then Israel came to Egypt; Jacob sojourned in the land of Ham.

וַיַּכֵּר אֶת עַמּוֹ מְאֹד וַיַּעֲצֵמֵהוּ מִצְרָיו

He made His people very fruitful, more numerous than their foes.

הִפְךָ לִבָּם לְשׂוֹנֵא עַמּוֹ לְהִתְנַכֵּל בְּעַבְדָּיו

He changed their heart to hate His people, to plot against His servants.

שְׁלַח מֹשֶׁה עַבְדּוֹ אֶהֱרֹן אֲשֶׁר בָּחַר בּוֹ

He sent His servant Moses, and Aaron, whom He had chosen.

שָׁמוּ בָם דְּבָרַי אֲתוֹתָיו וּמִפְתִּים בְּאֶרֶץ חָם

They performed His signs among them, His wonders, against the land of Ham.

נִשְׁלַח חֹשֶׁךְ וַיִּחְשְׂךְ וְלֹא מָרוּ אֶת (דבריו) דְּבָרוֹ

He sent darkness; it was very dark; did they not defy His word?

הִפְךָ אֶת מַיִמֵיהֶם לְדָם וַיָּמַת אֶת דְּגָתָם

He turned their waters into blood and killed their fish.

נִשְׂרָץ אֲרָצָם צִפְרֹדָעִים בְּחִזְרֵי מַלְכֵיהֶם

Their land teemed with frogs, even the rooms of their king.

אָמַר וַיָּבֹא עָרֹב כְּנִים בְּכָל גְּבוּלָם

Swarms of insects came at His command, lice, throughout their country.

נָתַן גִּשְׁמֵיהֶם בָּרֶד אֵשׁ לְהַבֹּת בְּאֶרֶץ

He gave them hail for rain, and flaming fire in their land.

וַיִּדְּ גִפְנֵם וּתְאֵנֹתָם וַיִּשְׁבֵּר עֵץ גְּבוּלָם

He struck their vines and fig trees, broke down the trees of their country.

אָמַר וַיָּבֵא אֲרָבָה וַיִּלֶּק וְאִין מִסְפָּר

Locusts came at His command, grasshoppers without number.

וַיֹּאכַל כָּל עֵשֶׂב בְּאֶרֶץ וַיֹּאכַל פְּרֵי אֲדָמָתָם

They devoured every green thing in the land; they consumed the produce of the soil.

וַיֹּאכַל כָּל עֵשֶׂב בְּאֶרֶץ וַיֹּאכַל פְּרֵי אֲדָמָתָם

He struck down every first-born in the land, the first fruit of their vigor.

וַיּוֹצִיאֵם בְּכֶסֶף וְזָהָב וְאִין בְּשִׁבְטָיו כּוֹשֵׁל

He led Israel out with silver and gold; none among their tribes faltered.

שָׂמַח מִצְרַיִם בְּצֵאתָם כִּי נָפַל פַּחַדָּם עָלֵיהֶם

Egypt rejoiced when they left, for dread of Israel had fallen upon them.

פָּרַשׁ עָנָן לְמָסָד וְאֵשׁ לְהָאִיר לַיְלָה

He spread a cloud for a cover, and fire to light up the night.

שָׂאֵל וַיָּבֵא שָׁלוֹ וְלֶחֶם שָׁמַיִם יִשְׂבִּיעֵם

They asked and He brought them quail, and satisfied them with food from heaven.

פָּתַח צוּר וַיִּזְוָבוּ מַיִם הִלְכוּ בַּצִּיּוֹת נֹהָר

He opened a rock so that water gushed forth; it flowed as a stream in the parched land.

כִּי זָכַר אֶת דְּבַר קְדֻשׁוֹ אֶת אַבְרָהָם עֲבָדוֹ

Mindful of His sacred promise to His servant Abraham,

וַיּוֹצֵא עִמּוֹ בְּשִׁשּׁוֹן בְּרֶנֶה אֶת בְּחִירָיו

He led His people out in gladness, His chosen ones with joyous song.

וַיִּתֵּן לָהֶם אַרְצוֹת גּוֹיִם וַעֲמַל לְאֻמִּים יִירָשׁוּ

He gave them the lands of nations; they inherited the wealth of peoples,

בְּעִבּוֹר יִשְׁמְרוּ חֻקָּיו וְתוֹרָתוֹ יִנְצְרוּ הַלְלוּיָהּ

that they might keep His laws and observe His teachings. Hallelujah.

Tehillim 137

עַל נְהָרוֹת בָּבֶל נָשָׂא זְמִירָתֵנוּ כְּאִשְׁמְנוּ בְּזִכְרֵנוּ אֶת צִיּוֹן

By the rivers of Babylon, there we sat, sat and wept, as we thought of Zion.

לְעֵרְבִים בְּתוֹכָהּ תָּלִינוּ כַּנְּרוֹתֵינוּ

There on the poplars we hung up our lyres,

כִּי שָׁם שְׁאַלוּנוּ שׁוֹבֵינֵנוּ דְבָרֵי שִׁיר וְתוֹלְלֵינוּ שְׂמֵחָה שִׁירוּ לָנוּ מִשִּׁיר צִיּוֹן

for our captors asked us there for songs, our tormentors, for amusement,

“Sing us one of the songs of Zion.”

אֵיךְ נִשְׁיֵר אֶת שִׁיר יְהוָה עַל אֲדָמַת נָכָר

How can we sing a song of the LORD on alien soil?

אִם אֲשַׁכַּח יְרוּשָׁלַם תִּשְׁכַּח יְמִינִי

If I forget you, O Jerusalem, let my right hand wither;

תִּדְבַק לְשׁוֹנֵי לְחֻפֵּי אִם לֹא אֶזְכְּרֶכִי אִם לֹא אֶעֱלֶה אֶת יְרוּשָׁלַם עַל רֹאשׁ שְׂמֵחָתִי

let my tongue stick to my palate if I cease to think of you, if I do not keep Jerusalem in memory even at my happiest hour.

זָכֵר יְהוָה לְבִנְיָ אֶדוֹם אֶת יוֹם יְרוּשָׁלַם הָאֲמָרִים עָרוּ עָרוּ עַד הַיְסוֹד בָּהּ

Remember, O LORD, against the Edomites the day of Jerusalem's fall; how they cried, “Strip her, strip her to her very foundations!”

בַּת בָּבֶל הַשְּׂדוּדָה אֲשֶׁרֵי שִׁישְׁלָם לָהּ אֶת גְּמוּלָהּ שִׁגְמַלְתָּ לָנוּ

Fair Babylon, you predator, a blessing on him who repays you in kind what you have inflicted on us;

אֲשֶׁר־יִשְׂיֵאֵחֵז וְנִפֵּץ אֶת עַלְלֵיךָ אֶל הַסֵּלַע

a blessing on him who seizes your babies and dashes them against the rocks!

Tehillim 150

הַלְלוּיָהּ הַלְלוּ אֱלֹהִים בְּקִדְשׁוֹ הַלְלוּהוּ בְּרִקִיעַ עֲזוֹ

Hallelujah. Praise G-d in His sanctuary; praise Him in the sky, His stronghold.

הַלְלוּהוּ בְּגִבּוֹרֹתָיו הַלְלוּהוּ כְּרַב גִּדְלוֹ

Praise Him for His mighty acts; praise Him for His exceeding greatness.

הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר הַלְלוּהוּ בְּנֶבֶל וְכִנּוֹר

Praise Him with blasts of the horn; praise Him with harp and lyre.

הַלְלוּהוּ בְּתֵף וּמְחֹל הַלְלוּהוּ בְּמִנִּים וְעוּגָב

Praise Him with timbrel and dance; praise Him with lute and pipe.

הַלְלוּהוּ בְּצִלְצְלֵי שִׁמְעַ הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה

Praise Him with resounding cymbals; praise Him with loud-clashing cymbals.

כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה הַלְלוּיָהּ

Let all that breathes praise the LORD. Hallelujah.



The English translation of these Psalms is from the Sefaria translation.

For more information contact Beit Emunah and Rabbi Shlomo Nachman at beitemunah.org.
For more studies into Chassidut visit: <https://learnemunah.com/chassidut/index.html>