

PSALM 84:5; 144:15

Blessed are they who dwell in Your house;
they shall praise You forever.

*Blessed the people who are so favored;
blessed the people whose God is Adonai.*

PSALM 145: 115:18

A Psalm of David.

I glorify You, my God, my Sovereign;
I praise You throughout all time.

Every day do I praise You, exalting Your glory forever.

Great is Adonai, and praiseworthy;
God's greatness exceeds definition.

*One generation lauds Your works to another,
acclaiming Your mighty deeds.*

They tell of Your wonders and Your glorious splendor.
They speak of Your greatness and Your awesome power.

They recall Your goodness; they sing of Your faithfulness.

Adonai is gracious and compassionate;
patient, and abounding in love.

Adonai is good to all; God's compassion embraces all.

All of Your creatures shall praise You;
the faithful shall continually bless You,

*recounting Your glorious sovereignty,
telling tales of Your might.*

And everyone will know of Your power,
the awesome radiance of Your dominion.

*Your sovereignty is everlasting;
Your dominion endures for all generations.*

Adonai supports all who stumble,
and uplifts all who are bowed down.

*The eyes of all look hopefully to You,
and You provide their food in due time.*

You open Your hand; Your favor sustains all the living.

*Psalm 145 was uniquely treasured by the Rabbis.
It is the only psalm traditionally recited three times
each day. This psalm extols God's providence,
which embraces all creatures, and the grandeur
of God's work, which surpasses our comprehension.*

תהלים פ"ד:ה, קמ"ד:ט"ו

אֲשֶׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ סֵלָה.
אֲשֶׁרֵי הָעַם שֶׁכָּבְדָה לּוֹ, אֲשֶׁרֵי הָעַם שִׁיהוּהוּ אֱלֹהָיו.

תהלים קמ"ה, קט"ו:י"ח

תְּהַלֵּלָה לְדָוִד.

אֲרוֹמְמֶךָ אֱלֹהֵי הַמַּלְאָךְ, וְאֶבְרַכְּהָ שִׁמְךָ לְעוֹלָם וָעֶד.
בְּכָל-יוֹם אֶבְרַכְּךָ, וְאֶהַלְלָה שִׁמְךָ לְעוֹלָם וָעֶד.

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד, וְלֹגְדָתוֹ אֵין חֶקֶר.
דוֹר לְדוֹר יִשְׁבַח מִעֲשֵׂיךָ, וּגְבוּרָתֶיךָ יִגְיֶדוּ.

הִדְר כְּבוֹד הוֹדָךְ, וּדְבָרֶי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.
וְעוֹז נוֹרְאוֹתֶיךָ יֹאמְרוּ, וּגְדֻלַּתְךָ אֲסַפְּרֶנָּה.

זָכַר רַב-טוֹבָךָ יִבְיָעוּ, וְצִדְקָתְךָ יִרְנְנוּ.

חֲנוּן וְרַחוּם יְהוָה, אַרְךָ אַפְּיִם וּגְדֻלַּת-חֶסֶד.

טוֹב יְהוָה לְכָל, וְרַחֲמָיו עַל-כָּל-מַעֲשָׂיו.

יִזְדָּוֶךָ יְהוָה כָּל-מַעֲשֵׂיךָ, וְחִסְדֶיךָ יִבְרַכְּבוּךָ.

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ, וּגְבוּרָתְךָ יִדְבְּרוּ.

לְהוֹדִיעַ לְבַנֵי הָאָדָם גְּבוּרָתְךָ, וְכְבוֹד הִדְר מַלְכוּתוֹ.

מַלְכוּתְךָ מַלְכוּת כָּל-עֲלָמִים, וּמִמְשַׁלְתְּךָ בְּכָל-דוֹר וָדוֹר.
סוֹמֵךְ יְהוָה לְכָל-הַנְּפֹלִים, וְזוֹקֵף לְכָל-הַכְּפוּפִים.

עֵינַי-כָּל אֵלֶיךָ יִשְׁבְּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת-אֲכֻלָּם בְּעֵתוֹ.
פּוֹתֵחַ אֶת-יְדֶיךָ, וּמִשְׁבִּיעַ לְכָל-חַי רִצּוֹן.

*Adonai is just in all His ways,
loving in all His deeds.*

Adonai is near to all who call,
to all who call to God with integrity.

*God fulfills the desire of those who are faithful;
God hears their cry and delivers them.*

Adonai preserves all who love Him,
while marking the wicked for destruction.

*My mouth shall praise Adonai.
Let all flesh praise God's name throughout all time.*

We shall praise Adonai now and always. Halleluyah!

PSALM 146

Halleluyah! Let my soul praise Adonai.
I will praise Adonai all my life,
and sing to my God with all my being.

*Put no trust in the powerful, in mortals who cannot save.
Their breath departs, they return to dust,
and that is the end of their grand designs.*

Blessed are those whose help is Jacob's God,
whose hope is Adonai, our God,

*Maker of the heavens and the earth,
the seas and all they contain.*

God keeps faith forever,
brings justice to the oppressed,
and provides food for the hungry.

*Adonai frees the bound,
Adonai gives sight to the blind;
Adonai raises those bowed down, and loves the just.*

Adonai protects the stranger
and supports the orphan and widow,
but frustrates the designs of the wicked.

*Adonai shall reign through all generations.
Your God, Zion, shall reign forever. Halleluyah!*

צַדִּיק יְהוָה בְּכָל-דַּרְכָּיו, וְחָסִיד בְּכָל-מַעֲשָׂיו.
קָרוֹב יְהוָה לְכָל-קֹרְאָיו, לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.
רְצוֹן יִרְאִיו יַעֲשֶׂה, וְאֶת-שׁוֹעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם.
שׁוֹמֵר יְהוָה אֶת-כָּל-אֲהָבָיו, וְאֶת כָּל-הַרְשָׁעִים יִשְׁמִיד.

□ תִּהְיֶה לַת יְהוָה יְדְבַר-פִּי,
וַיִּבְרַךְ כָּל-בָּשָׂר שֵׁם קְדֹשׁוֹ לְעוֹלָם וָעֶד.
וַאֲנַחְנוּ נִבְרַךְ יְיָ, מֵעַתָּה וְעַד עוֹלָם. הַלְלוּיָהּ.

תהלים קמ"ז

הַלְלוּיָהּ.

הַלְלִי נַפְשִׁי אֶת-יְהוָה.

אֲהַלֵּלָהּ יְהוָה בְּחַיִּי, אֲזַמְרָהּ לְאֱלֹהֵי בְעוֹדֵי.
אֵל תִּבְטְחוּ בַנְּדִיבִים, בְּבֶן-אָדָם שָׁאִין לוֹ תְשׁוּעָה.

תִּצַּא רוּחוֹ וְיָשָׁב לְאֲדָמָתוֹ,
כִּיּוֹם הַהוּא אָבְדוֹ עֲשֵׂתִנְתִּיו.

אֲשֶׁרֵי שָׁאֵל יַעֲקֹב בְּעֶזְרוֹ, שִׁבְרוּ עַל יְהוָה אֱלֹהָיו.
עָשָׂה שָׁמַיִם וָאָרֶץ, אֶת-הַיָּם וְאֶת-כָּל-אֲשֶׁר בָּם,
הַשֹּׁמֵר אֵמֶת לְעוֹלָם.

עָשָׂה מִשְׁפָּט לְעֹשׂוֹקִים, נָתַן לָחֵם לְרַעֲבִים,
יְהוָה מַתִּיר אֲסוּרִים,

יְהוָה פִּקַּח עֹרִים,
יְהוָה זָקַף כְּפוּפִים,

יְהוָה אֱהָב צַדִּיקִים.

□ יְהוָה שֹׁמֵר אֶת-גֵּרִים,

יְתוֹם וְאִלְמָנָה יַעֲזֹד וְדַרְךְ רַשָּׁעִים יַעֲזוֹת.
יְמַלֵּךְ יְהוָה לְעוֹלָם, אֱלֹהֵיךָ צִיּוֹן לְדוֹר וָדוֹר.
הַלְלוּיָהּ.