

# TEHILLIM FOR ALL OCCASIONS

## TEHILLIM FOR TESHUVAH

When praying for assistance in *teshuvah* (repentance), it is customary to recite Psalms 51 and 90.

Courtesy of



For the Leader. A Psalm of David;

When Nathan the prophet came unto him, after he had gone in to Bath-sheba. Be gracious unto me, O God, according to Thy mercy; According to the multitude of Thy compassions blot out my transgressions. Wash me thoroughly from mine iniquity, And cleanse me from my sin. For I know my transgressions; And my sin is ever before me. Against Thee, Thee only, have I sinned, And done that which is evil in Thy sight; That Thou mayest be justified when Thou speakest, And be in the right when Thou judgest. Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, Thou desirest truth in the inward parts; make me, therefore, to know wisdom in mine inmost heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Make me to hear joy and gladness; that the bones which Thou hast crushed may rejoice. Hide Thy face from my sins, and blot out all mine iniquities. Create me a clean heart, O God; and renew a steadfast spirit within me. Cast me not away from Thy presence; and take not Thy holy spirit from me. Restore unto me the joy of Thy salvation; and let a willing spirit uphold me. Then will I teach transgressors Thy ways; and sinners shall return unto Thee. Deliver me from bloodguiltiness, O God, Thou God of my salvation; so shall my tongue sing aloud of Thy righteousness. O Lord, open Thou my lips; and my mouth shall declare Thy praise. For Thou delightest not in sacrifice, else would I give it; Thou hast no pleasure in burnt-offering. The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, Thou wilt not despise. Do good in Thy favour unto Zion; build Thou the walls of Jerusalem. Then wilt Thou delight in the sacrifices of righteousness, in burnt-offering and whole offering; Then will they offer bullocks upon Thine altar.

### פרק צ'

תפלה למשה איש־האלהים אֲדֹנִי מִעוֹן אֶתָּה הֵייתָ לָנוּ  
בְּדֹר וָדֹר:  
בְּטָרִם הָרִים יִלְדוּ וּתְחִלָּה אֶרֶץ וּתְבִלָּה וּמַעֲלֹם עַד־עוֹלָם  
אֶתָּה אֵל:  
תִּשָּׁב אֲנֹשׁ עַד־דָּכָא וְתִלְאֶמַר שׁוּבוּ בְנֵי־אָדָם:  
כִּי אֵלֶּף שָׁנִים בְּעֵינֶיךָ כְּיוֹם אֶתְמוֹל כִּי יַעֲבֹר וְאִשְׁמוֹרָה  
בְּלִילָה:  
זֶרְמַתִּם שָׁנָה יִהְיוּ בִבְלֶקֶר כְּחֹצִיר יִחַלֶּף:  
בִּבְלֶקֶר יִצִּץ וְחִלְף לַעֲרִב יִמּוּלֵל וַיָּבֶשׁ:  
כִּי־כָלֵינוּ בְּאֶפְרָה וּבְחִמְתָּהּ נִבְהָלָנוּ:  
שֶׁת עֲוֹנוֹתֵינוּ לִנְגִדָּךָ עָלְמָנוּ לְמִאֹר פָּנֶיךָ:  
כִּי כָל־יְמֵינוּ פָּנוּ בַעֲבֻרְתָּךְ כָּלֵינוּ שָׁנִינוּ כְּמוֹ־הֶגְהָ:  
יְמֵי־שָׁנוֹתֵינוּ בְּהֵם שְׁבָעִים שָׁנָה  
וְאִם בְּגִבּוֹרֹת שְׁמוֹנִים שָׁנָה וְרֵבֶבֶם עָמַל וְאָוֹן  
כִּי־גַז חָיִשׁ וְנִעְפָּה:  
מִי־יֹדַע עַד אֶפְרָה וְלִזְרָאֵלְךָ עֲבָרְתָּה:  
לְמִנּוֹת יְמֵינוּ כֵּן הוֹדַע וְנִבְא לִבְבִּי חֲכָמָה:  
שׁוּבָה יְהוָה עַד־מִתִּי וְהִנָּחֵם עַל־עֲבָדֶיךָ:  
שְׂבָעֵנוּ בִּבְלֶקֶר חֲסִדָּךָ וְנִרְנְנָה וְנִשְׁמַחָה בְּכָל־יְמֵינוּ:  
שְׂמַחְנוּ כִּימוֹת עֲנִיתֵנוּ שְׁנוֹת רֵאיוֹנֵינוּ רָעָה:  
יִרְאָה אֶל־עַבְדֶּיךָ פֶּעֶלְךָ וְהִדְרֶךָ עַל־בְּנֵיהֶם:  
יְהִי לָנוּ אֲדֹנֵי אֱלֹהֵינוּ עָלֵינוּ וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָה עָלֵינוּ  
וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָה:

### פרק נ"א

לְמִנְצִיחַ מִזְמוֹר לְדָוִד:  
בָּבוֹא־אֵלָיו נָתַן הַנְּבִיא פֶּאֶשֶׁר־בָּא אֶל־בֶּת־שֹׁבַע:  
חֲנִנִי אֱלֹהִים כְּחִסְדְּךָ כְּרַב רַחֲמֶיךָ מִחַה פֶּשְׁעִי: (הַרְבֵּה)  
[הָרַב] כִּכְסִּי מִעוֹנִי וּמַחְטָאֵי טְהִרְנִי: כִּי־פֶשְׁעִי אֲנִי אֹדֵעַ  
וּמַחְטָאֵי נִגְדִי תִמְיֵד:  
לֵךְ לִבְדָּךְ חֲטָאִיתִי וְהִרַע בְּעֵינֶיךָ עֲשִׂיתִי  
לְמַעַן תִּצְדַּק בְּדִבְרֶךָ תִּזְכָּה בְּשִׁפְטָךָ:  
הוֹ־בָעוֹן חוֹלְלִתִי וּבְחֻטָּא יַחְמַתִּנִי אֲמִי:  
הוֹ־אֲמַת חִפְצָת בְּטַחֲוֹת וּבְסֻתָּם חֲכָמָה תוֹדִיעֵנִי:  
תַּחֲטָאִנִי בְּאֲזוֹב וְאַטְהָר תִּכְבֹּסֵנִי וּמִשְׁלַג אֲלַבִּין:  
תִּשְׁמַעֵנִי שִׁשּׁוֹן וְשִׁמְחָה תִּגְלֶלְנָה עֲצָמוֹת דְּכִיתִי:  
הִסְתֵּר פָּנֶיךָ מִחֻטָּאִי וְכָל־עוֹנֹתֵי מִחָה:  
לֵב טָהוֹר בְּרָא־לִי אֱלֹהִים וְרוּחַ נְכוֹן חֲדַשׁ בְּקִרְבִּי:  
אֶל־תִּשְׁלִיכֵנִי מִלִּפְנֵיךָ וְרוּחַ קְדֹשְׁךָ אֶל־תִּקַּח מִמֶּנִּי:  
הִשְׁבֵּה לִי שִׁשּׁוֹן יִשְׁעֶךָ וְרוּחַ נְדִיבָה תִסְמְכֵנִי:  
אֲלַמְּדָה פִּשְׁעִים דְּרָכֶיךָ וּמַחְטָאִים אֲלֵרִי שׁוּבוּ:  
הִצִּילֵנִי מִדְּמִים אֱלֹהִים אֱלֹהֵי תְשׁוּעָתִי תִרְנֵן לְשׁוֹנֵי צִדְקָתְךָ:  
אֲדִנִי שְׁפָתֵי תִפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ:  
כִּי לֹא־תִחַפֵּץ צָבַח וְאַתָּנָה עוֹלָה לֹא תִרְצָה:  
זַבְחֵי אֱלֹהִים רוּחַ נִשְׁבָּרָה לִב־נִשְׁבָּר וְנִדְכָּה אֱלֹהִים לֹא  
תִבְצָה:  
הִיטִיבָה בְּרִצּוֹנְךָ אֶת־צִיּוֹן תִּבְנֶנָּה חוֹמוֹת יְרוּשָׁלַם:  
אֲז תִּחַפֵּץ זִבְחֵי־צִדִּיק עוֹלָה וְכָלִיל אֲז יִעָלוּ עַל־מִזְבְּחֶךָ פָּרִים:

A Prayer of Moses the man of God. Lord, Thou hast been our dwelling-place in all generations. Before the mountains were brought forth, Or ever Thou hadst formed the earth and the world, Even from everlasting to everlasting, Thou art God. Thou turnest man to contrition; And sayest: 'Return, ye children of men.' For a thousand years in Thy sight Are but as yesterday when it is past, And as a watch in the night. Thou carriest them away as with a flood; they are as a sleep; In the morning they are like grass which groweth up. In the morning it flourisheth, and groweth up; In the evening it is cut down, and withereth. For we are consumed in Thine anger, And by Thy wrath are we hurried away. Thou hast set our iniquities before Thee, Our secret sins in the light of Thy countenance. For all our days are passed away in Thy wrath; We bring our years to an end as a tale that is told. The days of our years are threescore years and ten, Or even by reason of strength fourscore years; Yet is their pride but travail and vanity; For it is speedily gone, and we fly away. Who knoweth the power of Thine anger, And Thy wrath according to the fear that is due unto Thee? So teach us to number our days, That we may get us a heart of wisdom. Return, O LORD; how long? And let it repent Thee with Thy mercy; That we may rejoice and be glad all our days. Make us to the days wherein Thou hast afflicted us, According to the years wherein we have seen evil. Let Thy work appear unto Thy servants, And upon their children. And let the graciousness of the Lord our God be upon us; Establish Thou also upon us the work of our hands; Yea, the work of our hands establish Thou it.

