

# תהילים כ'

## PSALM 20

To the lead singer- a psalm of David. May the LORD answer you in times of trouble; may the name of Yaakov's God protect you. May He send you help from the sanctuary and support you from Zion. May He recall all your grain offerings and accept your burnt offerings- Selah. May He give you your heart's desire and ensure that all your plans succeed. We will shout for joy at your salvation and raise a banner in our God's name. May the LORD grant all your requests. Now I know that the LORD saves His anointed, that He answers him from His holy heaven with the saving power of His right hand. Some trust in chariots, others in horses, but we call on the name of the LORD our God. They crumple and fall, but we rise up and stand firm. LORD, grant victory! May the King answer us when we call.

לְמַנְצִיחַ מִזְמוֹר לְדָוִד: יַעֲנֶךָ ה'  
בְּיוֹם צָרָה יִשְׁגָּבְךָ שֵׁם אֱלֹהֵי  
יַעֲקֹב: יִשְׁלַח-עֲזָרְךָ מִקֹּדֶשׁ וּמִצִּיּוֹן  
יִסְעָדְךָ: יִזְכֹּר כָּל-מִנְחֹתֶךָ וְעוֹלֹתֶיךָ  
יִדְשָׁנָה סֶלָה: יִתֶּן-לְךָ כָּל־בָּבֶכְךָ וְכָל-  
עֲצָתְךָ יִמְלֵא: נִרְנְנָה בִּישׁוּעֶתְךָ  
וּבְשֵׁם-אֱלֹהֵינוּ נִדְגַל יִמְלֵא ה'  
כָּל-מִשְׁאָלוֹתֶיךָ: עֲתָה יִדְעֵתִי כִּי  
הוֹשִׁיעַ ה' מְשִׁיחוֹ יַעֲנֶהוּ מִשְׁמִי  
קֹדֶשׁוֹ בַּגְּבוּרֹת יִשַׁע יְמִינוֹ: אֱלֹהֵי  
בָּרָכַב וְאֱלֹהֵי בַסּוּסִים וְאַנְחֵנוּ  
בְּשֵׁם-ה' אֱלֹהֵינוּ נִזְכִּיר: הִמָּה כָּרְעוּ  
וְנִפְּלוּ וְאַנְחֵנוּ קָמְנוּ וְנִתְעוֹדָד: ה'  
הוֹשִׁיעָה הַמֶּלֶךְ יַעֲנֵנוּ בְּיוֹם-קְרָאנוּ:





# תהילים קכ"א

## PSALM 121

A song of ascents. I lift my eyes up to the hills; where will my help come from? My help comes from the LORD, maker of heaven and earth. He will not let your foot slip; He who guards you does not slumber. Behold- the Guardian of Israel neither slumbers nor sleeps. The LORD is your guardian; the LORD is your shade at your right hand. The sun will not strike you by day, nor the moon by night. The LORD will guard you from all harm; He will guard your life. The LORD will guard your going and coming, now and for evermore.

שִׁיר לַמַּעֲלוֹת אֲשָׁא עֵינַי  
אֶל-הַהָרִים מֵאֵין יְבֹא  
עֲזָרִי: עֲזָרִי מֵעַם ה' עֲשֵׂה  
שָׁמַיִם וָאָרֶץ: אֶל-יְתֵן לַמוֹט  
רַגְלְךָ אֶל-יָנוּם שֹׁמְרֶךָ: הִנֵּה  
לֹא-יָנוּם וְלֹא יִישָׁן שׁוֹמֵר  
יִשְׂרָאֵל: ה' שֹׁמְרֶךָ ה' צִלְךָ  
עַל-יַד יְמִינְךָ: יוֹמָם הַשֶּׁשֶׁשׁ  
לֹא-יִכָּכֶה וַיְרַח בַּלֵּילָה: ה'  
יִשְׁמְרֶךָ מִכָּל-דָּע יִשְׁמֹר אֶת-  
נַפְשֶׁךָ: ה' יִשְׁמֹר-צִאתְךָ  
וּבֹאֶךָ מֵעַתָּה וְעַד-עוֹלָם:





# תהילים ק"ל

## PSALM 130

A song of ascents. From the depths I have called to You, Lord. Lord, hear my voice; let Your ears be attentive to my plea. If You, Lord, should keep account of sins, O Lord, who could stand? But with You there is forgiveness, that You may be held in awe. I wait for the Lord, my soul waits, and in His word I put my hope. My soul waits for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning. Israel, put your hope in the Lord, for with the Lord there is loving-kindness, and great is His power to redeem. It is He who will redeem Israel from all their sins.

שִׁיר הַמַּעֲלוֹת, מִמַּעַמְקִים  
קְרָאתִיךָ ה': אֲדֹנָי שְׁמָעָה  
בְּקוֹלִי, תִּהְיֶינָה אָזְנוֹתַי קְשׁוּבוֹת  
לְקוֹל תַּחֲנוּנָי: אִם-עֲוֹנוֹת  
תִּשְׁמְרֶינָה, אֲדֹנָי מִי יַעֲמֹד:  
כִּי-עֲמֹךָ הַסְּלִיחָה, לְמַעַן  
תִּזְרָא: קִוִּיתִי ה' קִוְיָה נַפְשִׁי,  
וְלִדְבָרוֹ הִוָּחֵלְתִּי: נַפְשִׁי לֹא-דֹנִי,  
מִשְׁמָרִים לְבָקֶר, שְׁמָרִים לְבָקֶר:  
יַחַל יִשְׂרָאֵל אֵל ה', כִּי-עַם-ה'  
הַחֲסֵד, וְהַרְבֵּה עֲמוֹ פְדוֹת:  
וְהוּא יַפְדֶּה אֶת-יִשְׂרָאֵל, מִכָּל  
עֲוֹנוֹתָיו.



KOREN  
JERUSALEM



# אחינו Aḥenu

As for our brothers of the whole house of Israel who are in distress or captivity, on sea or land, may the All-Present have compassion on them and lead them from distress to relief, from darkness to light, and from oppression to freedom, now, swiftly and soon – and let us say: Amen.

אֲחֵינוּ כָּל בֵּית יִשְׂרָאֵל הַנִּתְּוִנִּים  
בַּצָּרָה וּבִשְׁבִיָּה הָעוֹמְדִים בֵּין  
בָּיִם וּבֵין בִּיבְשָׁה הַמְּקוֹם יְרִיחַ  
עֲלֵיהֶם וְיוֹצִיאֵם מִצָּרָה לְרוּחָהּ  
וּמֵאֲפֵלָה לְאוֹרָה וּמִשְׁעָבוֹד  
לְגֵאֲלָה הַשְׂתָּא בִּיעָגְלָא וּבְזִמָּן  
קָרִיב וְנֹאמַר אָמֵן.



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# מי שברך לחיילי צה"ל

## Prayer for Israel's Defense Forces

May He who blessed our ancestors, Abraham, Isaac and Jacob, bless the members of Israel's Defense Forces and its security services who stand guard over our land and the cities of our God from the Lebanese border to the Egyptian desert, from the Mediterranean sea to the approach of the Aravah, and wherever else they are, on land, in air and at sea. May the Lord make the enemies who rise against us be struck down before them. May the Holy One, blessed be He, protect and deliver them from all trouble and distress, affliction and illness, and send blessing and success to all the work of their hands. May He subdue our enemies under them and crown them with deliverance and victory. And may there be fulfilled in them the verse, "It is the Lord your God who goes with you to fight for you against your enemies, to deliver you." And let us say: Amen.

מִי שִׁבְרַךְ אֲבוֹתֵינוּ אֲבֹרָהֶם יִצְחָק  
וְיַעֲקֹב הוּא יְבָרֶךְ אֶת חֵילֵי צְבָא  
הַהֲגָנָה לְיִשְׂרָאֵל וְאֲנָשֵׁי כְּחוֹת  
הַבְּטָחוֹן, הָעוֹמְדִים עַל מְשֹׁמֵר  
אֶרְצֵנוּ וְעִירֵינוּ, מִגְּבוּל הַלְּבָנוֹן  
וְעַד מִדְּבַר מִצְרַיִם וּמִן הַיָּם הַגָּדוֹל  
עַד לְבוֹא הָעֶרְבָה וּבְכָל מָקוֹם  
שֶׁהֵם, בִּיבֻשָּׁה, בְּאֵוִיר וּבָיִם. יִתֵּן ה'  
אֶת אוֹיְבֵינוּ הַקָּמִים עָלֵינוּ נִגְפִים  
לִפְנֵיהֶם. הַקָּדוֹשׁ בְּרוּךְ הוּא יִשְׁמֹר  
וְיַצִּיל אֶת חֵילֵינוּ מִכָּל צָרָה וְצוּקָה  
וּמִכָּל נֶגַע וּמַחֲלָה, וְיִשְׁלַח בְּרָכָה  
וְהַצְלָחָה בְּכָל מַעֲשֵׂי יָדֵיהֶם. יַדְבֵּר  
שׁוֹנְאֵינוּ תַּחֲתֵיהֶם וְיַעֲטֹרם בְּכֹתֹר  
יְשׁוּעָה וּבַעֲטֹרַת נִצָּחוֹן. וְיָקִים בָּהֶם  
הַפְּתוּב: כִּי ה' אֱלֹהֵיכֶם הֵהָלֵךְ  
עִמָּכֶם לְהִלָּחֵם לָכֶם עִם-אוֹיְבֵיכֶם  
לְהוֹשִׁיעַ אֶתְכֶם: וְנֹאמַר אָמֵן.



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# מי שברך לחולים

## Prayer for the Sick

May He who blessed our fathers, Abraham, Isaac and Jacob, Moses and Aaron, David and Solomon, bless and heal one who is ill, (sick person's name, son of mother's name), on whose behalf (name of the one making the offering) is making a contribution to charity. As a reward for this, may the Holy One, blessed be He, be filled with compassion for him, to restore his health, cure him, strengthen and revive him, sending him a swift and full recovery from heaven to all his 248 organs and 365 sinews, amongst the other sick ones in Israel, a healing of the spirit and a healing of the body – though on Shabbat (On Yom Tov: on festivals) it is forbidden to cry out, may healing be quick to come – now, swiftly and soon, and let us say: Amen.

מי שִׁבְרַךְ אֲבוֹתֵינוּ אֲבִרָהם  
יִצְחָק וְיַעֲקֹב מֹשֶׁה וְאַהֲרֹן דָּוִד  
וְשְׁלֹמֹה הוּא יְבָרַךְ וְיַרְפֵּא אֶת  
(פְּלוּנִי בֶן פְּלוֹנִית), הַקָּדוֹשׁ  
בָּרוּךְ הוּא יִמְלֵא רַחֲמִים עָלָיו  
לְהַחְלִימוֹ וּלְרַפְּאוֹתוֹ וּלְהַחְזִיקוֹ  
וּלְהַחְיֹתוֹ, וְיִשְׁלַח לוֹ מִהֲרָה  
רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם  
לְרַמ"ח אֲבָרָיו וּשְׁס"ה גִּידָיו  
בְּתוֹךְ שָׁאר חוֹלֵי יִשְׂרָאֵל,  
רְפוּאֹת הַנֶּפֶשׁ וּרְפוּאֹת הַגּוּף,  
הַשְׂתָּא בִּיעָגְלָא וּבִזְמַן קָרִיב.  
וְנֹאמַר אָמֵן:



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