



תקון הכפלי

Tikkun HaKlali — The Ten Psalms

Leiluy Nishmat (For the elevation of the soul of) Chaya Bat Rivka Doudou. May it be God's will that her soul be bound in the bond of eternal life and ascend ever higher in Gan Eden. Amen.

Introduction

If you believe you can spoil, believe too that you can repair.

These words, spoken by the great Chassidic Master, Rebbe Nachman of Breslov (1772–1810), form the foundation of his famous remedy – to say the Tikkun Haklali, the Ten Psalms which he chose for this purpose.

Prescribed as a repair for the damage caused by the most serious of sins, it opens the way to healing and repentance for all our wrongs.

Rebbe Nachman teaches that these Ten Psalms encompass all ten types of song found in King David's Psalms, and have the power to raise us from dejection to joy.

Further, because the spiritual aspect of our lives affects whatever each of us is going through and how we react, saying these Psalms can help us here and now with the difficulties we face.

Rebbe Nachman told that many great Tzaddikim tried unsuccessfully to find this remedy, but that “God has helped me and I found the solution. The remedy of saying these Ten Psalms is completely original, wonderful and awesome. I am very sure about everything I say, but I am even more positive when I say that these Psalms help very, very much!”

He also pledged that if someone, resolving to improve, recites these Ten Psalms at his grave in Uman and gives a coin to charity, he would do everything in his power, spanning the length and breadth of creation, to save that person, even from the lowest depths.

Many Say These Verses Before Tikkun Haklali

הִרֵנִי מִקֶּשֶׁר עֲצָמִי בְּאֶמֶית הַעֲשָׂרָה מִזְמוֹרִים אֵלֶּה, לְכֹל הַצַּדִּיקִים הָאֲמִתִּים שְׂבֻדֵּוֹרֵנוּ, וְלִכֹּל הַצַּדִּיקִים הָאֲמִתִּים שׁוֹכְנֵי עִפְרָה קְדוֹשִׁים אֲשֶׁר בְּאֶרֶץ הַמָּה, וּבִפְרֹט לְרֵבֶנּוּ הַקְדוֹשׁ צַדִּיק יְסוֹד עוֹלָם, נִחַל נִבְעֵי מְקוֹר חַכְמָה, רֵבֶנּוּ נִחְמָן בֶּן יִפְתָּא זְכוּתוֹ יִגֵּן עָלֵינוּ, שְׁגִלָּה תִקּוֹן זֶה.

In saying these Ten Psalms, I attach myself to all the true Tzaddikim, both living and those who have passed on; particularly to the holy Tzaddik, a mainstay of the world, Rebbe Nachman ben Feige, known as the “flowing brook, fount of wisdom,” (Proverbs 18:4) may his merit protect us – who revealed this Remedy.



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BS"D

לכו נִרְנֶנֶה לַיהוָה נִרְיֵעָה לְצוּר יִשְׁעֵנוּ: נִקְדָּמָה פָּנֵינוּ בְּתוֹדָה, בְּזִמְרוֹת נִרְיֵעַ לוֹ: כִּי אֵל גָּדוֹל יְהוָה
וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים:

Come, let us sing with joy to God, call out to the rock of our salvation. Let us greet Him with thanks, raise our voices to Him in song. For our God is a great God, a mighty King over all gods. (Psalms 95:1–3)

הִרִינִי מִזִּמְנָן אֶת פִּי לַהֲוֹדוֹת וּלְהַלֵּל וּלְשַׁבַּח אֶת בּוֹרְאִי, לְשֵׁם יְחִוּד קֹדֶשׁא בְּרִיךְ הוּא וְשִׁכְנִיתִיָּה
בְּדַחֲלֵנוּ וּרְחִימוּנוּ, עַל יְדֵי הֵהוּא טָמִיד וְנִעְלָם בְּשֵׁם כָּל יִשְׂרָאֵל:

In the name of all Israel, I am ready to thank and praise my Creator, to reveal in awe and love the unity of the Infinite Essence of God and His Presence in the world, through the blessings of the One who is Hidden and Concealed.

Psalm 16 • טז

מִכְתָּם לְדָוִד שְׁמִירָנִי אֵל כִּי־חֲסִיתִי בָּךְ

By David, a precious melody. Dear God, protect me, for I shelter in You.

אִמְרָתָּ לַיהוָה אֲדֹנָי אֶתָּה טוֹבָתִי בְּלֹעֲלִיךָ

Say to God, "You are in control. You do not have to send the good I receive.

לְקַדוֹשִׁים אֲשֶׁר־בָּאָרֶץ הֵמָּה וְאֲדִירֵי כָל־חֲפָצֶי־כֶּם

But in the merit of the holy ones who lie in the earth, the mighty ones, all my wishes are fulfilled.

יִרְבוּ עֲצָבוֹתֵם אַחֲרֵי מִקְרֹוֹ בְּלֹא־אִסִּיף נִסְכֵּיהֶם מִדָּם וּבְלֹא־אֶשָּׂא אֶת־שְׁמוֹתֵם עַל־שִׁפְתִּי

May troubles increase for those who pursue false gods. I will not make blood-offerings to them, nor mention their names.

יְהוָה מִנַּת־חֶלְקִי וְכוֹסִי אֶתָּה תוֹמִיךָ גּוֹרְלִי

God, my share and my lot in life are from You. You guide me to my goal.

חֲבֵלִים נָפְלוּ־לִי בְּנִעֲמִים אֶף־נִחַלְתָּ שְׂפָרָה עָלַי

My portion is a good one, and my inheritance so beautiful."

אֲבִירָךְ אֶת־יְהוָה אֲשֶׁר יַעֲצֵנִי אֶף־לַיְלֹת יִסְרוּנִי כִּלְיוֹתָי

I thank God for His blessings; He has shown me His way. Even at night I am guided toward Him.

שְׁוִיתִי יְהוָה לִנְגִּדִי תָּמִיד כִּי מִיְּמִינִי בְּלֹא־אֶמוּט

I set God in front of me always. He is at my right; I will not be moved.

לִכֵּן שְׂמֵחַ לִבִּי וַיָּגֵל כְּבוֹדִי אֶף־בְּשָׁרִי יִשְׁכֵּן לִבְטָח

And so, my heart is full of joy and my soul is happy. My whole body rests in safety.



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כִּי לֹא־תַעֲזֹב נַפְשִׁי לְשָׂאוֹל לֹא־תִתֵּן חֲסִידְךָ לְרֹאוֹת שְׁחָת

For You will not abandon me to the depths, nor allow Your devoted one to face destruction.

תּוֹדִיעֵנִי אַרְחַח חַיִּים שְׂבִיעַ שְׂמֵחוֹת אֶת־פְּנִיךָ נְעֻמּוֹת בְּיְמִינְךָ נֹצֵחַ

You will teach me the path of life. In Your presence is complete joy, and by Your right hand, eternal bliss.

לב • Psalm 32

לְדָוִד מִשְׁכִּיל אֲשֶׁר־יָשׁוּי־פָשַׁע כָּסוּי חֲטָאָה

By David, a song with good advice. Happy is the one who is forgiven for his wrongdoings, whose sins are atoned.

אֲשֶׁר־אָדָם לֹא יַחְשֹׁב יֵהוּה לֹו עֹזֵן וְאֵין בְּרוּחוֹ רָמִית

He is praised that God has pardoned him, for his intentions are now pure.

כִּי־הִחַרְשָׁתִּי בָלוּ עַצְמִי בְּשֹׁאֲגָתִי כָל־הַיּוֹם

When I am silent, my bones are wasting. I am groaning all day long.

כִּי יוֹמָם וּלְיָלָה תִּכְבֵּד עָלַי יָדְךָ נִהַפֵּךְ לְשׁוֹנִי בְּחַרְבֵּנִי קִיץ סֶלָה

Day and night Your hand presses down on me. My energy has dried in the summer heat.

חֲטָאתִי אֹדִיעֵךְ וְעֹנִי לֹא־כִסִּיתִי אִמְרָתִי אֹדָה עָלַי פָּשַׁעִי לִיְהוּה וְאַתָּה נִשְׂאתָ עֹזֵן חֲטָאתִי סֶלָה

I can tell You about my sin and not hide what I did wrong. I said I would confess my guilt to God, and You forgave my lapse and my sin.

עַל־זֹאת יִתְפַּלֵּל כָּל־חֲסִיד אֱלֹהֶיךָ לְעֵת מָצָא רַק לְשֹׁטֵף מִיָּם רַבִּים אֱלֹהֵי לֹא יִגִּיעוּ

Let every devout person pray at a time You are near, that when his enemies surge like mighty waters, they will not reach him.

אַתָּה סֹתֵר לִי מִצָּר תִּצְרֵנִי רַנִּי פִּלַּט הַסּוֹבְבֵנִי סֶלָה

You are my shelter, You protect me from my oppressors. With songs of deliverance, You surround me.

אֲשַׁכִּילְךָ וְאוֹרֶךְ בְּדֶרֶךְ־זוֹ תִּלְךָ אֵינְעֶצֶה עָלֶיךָ עֵינִי

You said, "I will teach you and show you the way to go. I will beckon you with My eye."

אַל־תִּהְיֶה כְּסוֹס כְּפָרָד אֵין הִבִּין בְּמִתְגַּוֵּרְסֵן עֵדִיו לְבָלוֹם בֶּל קָרַב אֱלֹהֶיךָ

Do not be like a horse or mule that has no sense. It needs to be muzzled and bridled, even while being groomed, to keep it from doing harm.

רַבִּים מִכְּאוֹבִים לְרָשָׁע וְהַבּוֹטֵחַ בִּיהוּה חֶסֶד יְסוֹבְבּוֹ

The pains of the wicked are many, but love surrounds those who trust in God.



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שִׂמְחוּ בַיהוָה וְגִילוּ צְדִיקִים וְהִרְנִינוּ כָּל־יִשְׂרָאֵל לַב

Rejoice in God and be glad, you who are righteous. Sing for joy, all whose hearts are upright.

Psalm 41 • מא

לְמַנְצֵחַ מַזְמוֹר לְדָוִד

For the conductor, a psalm by David.

אֲשֶׁר־יִמְשָׁכִיל אֶל־דָּל בְּיוֹם רָעָה יִמְלִטֵהוּ יְהוָה

Praised is the one who visits the sick; in time of trouble, God will rescue him.

יְהוָה יִשְׁמְרֵהוּ וְיִחְיֶהוּ וְאֲשֶׁר בְּאֶרֶץ וְאֶל־תִּתְּנֵהוּ בְּנֶפֶשׁ אֹיְבָיו

God will guard and preserve him. He will be happy in the land and not fall into the hands of his enemies.

יְהוָה יִסְעֲדֵנוּ עַל־עַרְשׁ דָּוִי כָּל־מִשְׁכְּבוֹ הַפֶּכֶת בְּחַלְיוֹ

God will support him on his sickbed when illness supplants his peace.

אֲנִי־אָמַרְתִּי יְהוָה חַנּוּנִי רַפְּאֵה נַפְשִׁי כִּי־חָטָאתִי לָךְ

I said, "God, be gracious to me, heal my soul even though I sinned."

אֹיְבֵי יֹאמְרוּ רַע לִי מָתִי יָמוּת וְאָבֵד שְׁמוֹ

My enemies speak evil about me, asking, "When will he die and his name be wiped out?"

וְאִם־בָּא לִרְאוֹת שְׂוֹא יְדַבֵּר לְבֹי יִקְבְּצוּ־אֵנָן לוֹ יֵצֵא לַחוּץ יְדַבֵּר

If they come to see me, they tell me lies. They collect evil words about me, then go out and spread them.

יַחַד עָלַי יִתְלַחֲשׁוּ כָּל־שֹׂנְאֵי עָלַי יִחְשְׁבוּ רָעָה לִּי

Those who hate me whisper about me and plot evil against me.

דָּבַר־בְּלִיעַל יָצוּק בּוֹ וְאֲשֶׁר שָׁכַב לֹא־יִוָּסֵף לָקוּם

They say, "His wickedness rebounds upon him, and now that he is down, he will never get up."

גַּם־אִישׁ שְׁלוֹמִי אֲשֶׁר־בִּטַּחְתִּי בּוֹ אוֹכַל לַחֲמִי הִגְדִּיל עָלַי עֲקֵב

Even my close friends, whom I trusted and fed, have set an ambush for me.

וְאַתָּה יְהוָה חַנּוּנִי וְהַקִּימֵנִי וְאַשְׁלֹמָה לָהֶם

But God, be gracious and lift me up so that I can repay them.

בְּזֹאת יֵדַעְתִּי כִּי־חָפְצָתָּ בִּי כִּי לֹא־יָרִיעַ אֹיְבֵי עָלַי

By this I will know that You still want me: when my enemies are not triumphant.

וְאֲנִי בִתְמִי תִמְכַּת בִּי וְתַצִּיבֵנִי לִפְנֵיךְ לַעֲוֹלָם



THE KETER PROJECT

Because of my simple faith, You support me, and stand me upright before You, forever.

ברוך יהוה אלהי ישראל מהעולם ועד העולם אמן ואמן

Thank God for His blessings, the God of Israel, always and evermore. Amen. Amen.

מב • Psalm 42

למנצח משכיל לבני־קרח

For the conductor, a song with good advice, by the sons of Korach.

כִּאֵיל תַּעֲרֹג עַל־אֲפִיקֵי־מַיִם כֵּן נַפְשִׁי תַּעֲרֹג אֵלֶיךָ אֱלֹהִים

Just like a deer yearns for streams of water, so, dear God, my soul longs for You.

צִמְאָה נַפְשִׁי לֵאלֹהִים לֵאלֹהִים חַי מִתִּי אָבוֹא וְאֶרְאֶה פְּנֵי אֱלֹהִים

My soul thirsts for God, the living God. When will I come and appear before Him?

הִיָּתָה־לִּי דִמְעָתִי לֶחֶם יוֹמָם וּלְלֵילָה בָּאֵמֹר אֵלַי כָּל־הַיּוֹם אֵינִי אֱלֹהֶיךָ

My tears have been my food day and night while my enemies keep teasing, "Where is your God?"

אֵלֶּה אֲזַכְּרֶה וְאֶשְׁפָּכָה עָלַי נַפְשִׁי כִּי אֶעֱבֹר בְּסֹף אֲדוֹמִים עַד־בֵּית אֱלֹהִים בְּקוֹל־רִנָּה וְתוֹדָה
הַמִּזֵּן חֲוִיג

This I remember and my soul pours out: how I would go with groups and walk in leisure to the house of God. With sounds of joy and thanks, I was part of the festive crowd.

מַה־תִּשְׁתַּחֲוֶה נַפְשִׁי וְתִהְיֶה עָלַי הוֹחִלִי לֵאלֹהִים כִּי־עוֹד אֲדֹנּוּ יִשְׁעוֹת פְּנִי

My soul, why are you down and sigh within me? Be confident in God, for I will yet thank Him – as salvation will come with His presence.

אֱלֹהֵי עָלַי נַפְשִׁי תִשְׁתַּחֲוֶה עַל־כֵּן אֲזַכְּרֶךָ מֵאֶרֶץ יַרְדֵּן וְחֶרְמוֹנִים מִהַר מִצְרָה

God, my soul inside me is downcast. So I remember how You forgave us in the land of the Jordan river, on the hills of Hermon and at Sinai.

תְּהוֹם־אֶל־תְּהוֹם קוֹרֵא לְקוֹל צִנּוּרֶיךָ כָּל־מִשְׁבְּרֶיךָ וְגִלְיָךְ עָלַי עֲבְרוּ

Troubles, like deep waters, call to each other with roaring torrents, until Your breakers and waves engulf me.

יוֹמָם יִצְוֶה יְהוָה חֲסִדוֹ וּבַלַּיְלָה שִׁירָה עָמִי תִפְלֶה לֵאלֹהֵי חַיִּי

With daybreak let God show us His love, and at night let Him rest with us. This is my prayer to God, who gives life.

אֹמְרָה לֵאלֹהֵי סִלְעִי לָמָּה שָׁכַחְתָּנִי לָמָּה־קִּדַּר אֵלַי בְּלַחֲץ אוֹיֵב

I call to God, my rock, "Why do you forget me? Why must I go in gloom, hounded by enemies?"



THE KETER PROJECT

בְּרֵצַח בְּנִצְמוֹתַי חֲרָפוֹנִי צוֹרְרֵי בְּאִמְרָם אֵלַי כָּל־הַיּוֹם אֵיחָה אֱלֹהֶיךָ

Like a knife in my bones, my tormentors taunt me. They repeat all day, "Where is your God?"

מַה־תִּשְׁתַּוְּחֶנִּי נַפְשִׁי וּמַה־תִּתְהַמֵּי עָלַי הוֹחִילִי לְאֱלֹהִים כִּי־עוֹד אוֹדְנֹנִי יִשׁוּעַת פָּנָי וְאֱלֹהִי
My soul, why are you down, and why do you sigh within me? Be confident in God, for I will yet thank Him – my God, who saves and who lights my face.

Psalm 59 • נט

לְמוֹנִיחַ אֶל־תִּשְׁחַת לְדוֹד מִכְתָּם בְּשִׁלַּח שְׁאוּל וַיִּשְׁמְרוּ אֶת־הַבַּיִת לְהַמִּיתוֹ

For the conductor, a cry not to be destroyed, a precious melody by David, when Saul sent guards to his house to kill him.

הַצִּילֵנִי מֵאִיְבֵי אֱלֹהֵי מִמְתְּקוֹמִי תִשְׁנֹבֵנִי

God, deliver me from my enemies, raise me up against my attackers.

הַצִּילֵנִי מִפְּעֻלֵי אֹן וּמֵאֲנָשֵׁי דָמִים הוֹשִׁיעֵנִי

Rescue me from those who do wrong and save me from men of bloodshed.

כִּי הִנֵּה אָרְבוּ לְנַפְשִׁי יְגוּרוּ עָלַי עֲזִים לֹא־פִשְׁעֵי וְלֹא־חַטָּאתַי יִהְיוּ

Look how they lie in ambush to kill me. Men without shame gather near – but, God, not because of my wrongs or sins.

בְּלִי־עוֹן יִרְצוּן וַיִּכְנֹנּוּ עוֹדָה לְקִרְאָתִי וּרְאֵה

Though I have not harmed them, they run, ready to attack. Please hurry and see.

וְאַתָּה יְהוֹה־אֱלֹהִים צָבָאוֹת אֱלֹהֵי יִשְׂרָאֵל הַקִּיצָה לְפָקֹד כָּל־הַגּוֹיִם אֶל־תִּחַן כָּל־בְּגֵדֵי אֹן
סֵלָה

God of the angels, God of Israel, please wake and judge all nations. Show no favor to evil traitors.

יָשׁוּבוּ לָעָרֶב יִהְיוּ כְּכֹלֵב וַיִּסּוּבּוּ עִיר

They return in the evenings, howling like dogs and surrounding the city.

הִנֵּה יִפְּיֵעוֹן בְּפִיהֶם חֲרָבוֹת בְּשִׁפְתוֹתֵיהֶם כִּי־מִי שְׁמִיעַ

Words pour from their mouths, their lips are like swords. They do not believe that You listen.

וְאַתָּה יְהוֹה תִּשְׁחַק־לָמוֹ תִּלְעַג לְכָל־גּוֹיִם

So laugh at them, God, just as You mock all the nations.

עֲזֹז אֵלַיךְ אֲשַׁמְדָּה כִּי־אֱלֹהִים מִשְׁנֹבֵנִי

When I face their power, I put my hope in You. My God, You are my stronghold.

אֱלֹהֵי חֲסָדִי יִקְדַּמְנִי אֱלֹהִים יִרְאֵנִי בְּשִׁרְרִי



THE KETER PROJECT

God, let Your love go before me to grant, dear God, my wishes on those who glare at me.

אַל־תִּהְרַגֶם פֶּן־יִשְׁכַּחוּ עַמִּי הַנִּיַּעְמוּ בְּחִילְךָ וְהוֹרִידְמוּ מִגִּבּוֹנִי אֲדֹנָי

Still, do not kill them in case my people forget. Let Your might scatter them. God, our shield, bring them ruin.

חַטָּאת־פִּימוֹ דְּבַר־שְׁפָתֵימוֹ וַיִּלְכְּדוּ בְּגָאוֹנָם וּמֵאֲלֵה וּמִכְפָּחַשׁ יִסְפְּרוּ

Sin comes out from their mouths, let their lips admit this. Let their pride be their trap; the false oaths and lies that they tell.

כִּלְהָ בְּחֶמֶה כִּלְהָ וְאֵינֶמוֹ וַיַּדְעוּ כִּי־אֱלֹהִים מִשָּׁל בְּיַעֲקֹב לְאַפְסֵי הָאָרֶץ סֶלָה

Consume them in Your fury, wipe them out to be no more. All will know that God rules His people, Jacob, even to the ends of the earth.

וַיָּשׁוּבוּ לַעֲרֹב יְהֵמוֹ כְּכֹלֵב וַיִּסּוּבְּבוּ עִיר

Again they return in the evenings, still howling like dogs and surrounding the city.

הֵמָּה יִנְיֵעוּן לְאָכֹל אִם־לֹא יִשְׁבְּעוּ וַיִּלְיֵנוּ

But now they roam about in search of food, unsatisfied and unable to sleep.

וְאֲנִי אֲשִׁיר עֲזָרָךְ וְאֶרְנֵן לְבַקֵּר חֲסֶדְךָ כִּי־הָיִיתָ מִשְׁגָּב לִי וּמִנוֹס בְּיוֹם צָר־לִי

I will sing about Your might; in the morning, proclaim Your love. For You have been my defense and my refuge in time of trouble.

עֲזִי אֵלֶיךָ אֲזַמְרָה כִּי־אֱלֹהִים מִשְׁגָּבִי אֱלֹהֵי חֲסֶדִי

You are the source of my strength. I will sing praises to You, for God is my fortress, the God who shows me love.

עֲזֹ • Psalm 77

לְמוֹנֵצֵחַ עַל־יְדוּתוֹן לְאַסָּף מִזְמוֹר

For the conductor, on a musical instrument, a psalm by Asaph.

קוֹלִי אֶל־אֱלֹהִים וְאֶצְעָקָה קוֹלִי אֶל־אֱלֹהִים וְהִאֲזִין אֵלַי

My voice cries out to God, my voice calls on Him to hear me.

בְּיוֹם צָרָתִי אֲדֹנָי דִּרְשָׁתִּי יָדִי לִלְלָה נִגְרָה וְלֹא תַפּוֹג מֵאֲנָה הַנָּחַם נַפְשִׁי

On the day of trouble I search for God; at night my wound weeps without relief. My soul rejects comfort.

אֲזַכָּרָה אֱלֹהִים וְאֶהְמִיָּה אֲשִׁיחָה וְתַתְּעִטָּה רוּחִי סֶלָה

I remember God's kindness and I sigh. I plead, and my spirit faints.

אֲחֻזָּת שְׁמֵרוֹת עֵינִי נִפְעַמְתִּי וְלֹא אֲדַבֵּה



THE KETER
PROJECT

BS"D

You hold my eyelids shut. I am bewildered and cannot speak.

חֲשַׁבְתִּי יָמִים מִקֶּדֶם שָׁנוֹת עוֹלָמִים
I consider days of old, years long past.

אֶזְכָּרָה נְגִינָתִי בַלֵּילָה עִם־לִבִּי אֲשִׁיחָה וַיַּחֲפֹשׂ רוּחִי
At night I recollect the songs I sang. I reflect and my spirit asks,

הֲלֵעוֹלָמִים יִזְנַח אֲדֹנָי וְלֹא־יִסִּיף לְרָצוֹת עוֹד:
“Will God forsake us for all time and never again show us favor?”

הָאֵפֶס לְנֹצֵחַ חֲסִדּוֹ גָּמַר אָמַר לְדֹר וְדֹר:
Has His love for us gone forever? Is this His final, unending decree?

הֲשָׁכַח חֲנוּת אֵל אִם־קִפֹּץ בָּאָף רַחֲמָיו סָלַח
Has God forgotten to be gracious, and in anger withheld His mercy?”

וְאָמַר חֲלוּתִי הִיא שָׁנוֹת יָמִין עָלִיוֹן
I reasoned it was to frighten me that the One Most High hid His right hand.

אֶזְכּוֹר מַעֲלָלֶי־יְיָ כִּי־אֶזְכָּרָה מִקֶּדֶם פְּלִאָה
I recall God's deeds, remember Your wonders from long ago.

וְהִגִּיתִי בְּכָל־פִּעֻלָּךְ וּבַעֲלִילוֹתֶיךָ אֲשִׁיחָה
I contemplate all You have done and speak about Your acts.

אֱלֹהִים בְּקֹדֶשׁ דְּרָכְךָ מִי־אֵל גָּדוֹל כְּאֱלֹהִים
God, Your way is holy. Who is a power great like God?

אַתָּה הָאֵל עֹשֶׂה פֶּלֶא הוֹדַעְתָּ בְּעַמִּים עֲזָרָה
You are the God who works wonders. You let the nations know of Your might.

נִצַּלְתָּ בְּזִרְעֶךָ עַמְּךָ בְּנֵי־יַעֲקֹב וַיּוֹסֶף סָלַח
With Your arm You delivered Your people, the children of Jacob and Joseph.

רְאוּךָ מַיִם אֱלֹהִים רְאוּךָ מַיִם יַחֲלוּ אֵף יַרְגִּזוּ תַּהֲמוֹת
God, the waters saw You at the Red Sea, the waters saw You and were terrified. Even in the depths they trembled.

זָרְמוּ מַיִם עֲבוֹת קוֹל נָתַנוּ שִׁחָקִים אֵף־תִּחַצְצִיךָ יִתְהַלְכוּ
The clouds poured down torrents of water, the skies cried out; You let loose Your arrows.

קוֹל רַעֲמֶךָ בִּגְלָגַל הָאֵירוּ בְּרָקִים תִּבֵּל רָגְזָה וַתִּרְעַשׂ הָאָרֶץ
Your thunder resounded like a whirlwind, lightning lit the world; the earth shook and trembled.

בַּיָּם דְּרָכְךָ וּשְׁבִילְךָ בְּמַיִם רַבִּים וַעֲקִבוֹתֶיךָ לֹא נִדְּעוּ
You made a way through the sea, a path in the mighty waters, but left no footsteps.



THE KETER
PROJECT

נְחִיתָ כְּצֹאֵן עֹמֶר בְּיַד־מֹשֶׁה וְאַהֲרֹן

You led Your people like a flock by the hand of Moses and Aaron.

Psalm 90 • צ

תַּפְלָה לַמֶּשֶׁה אִישׁ־הָאֱלֹהִים אֲדֹנֵי מַעֲוֹן אֶתָּה הָיִיתָ לָנוּ בְּדֹר וָדֹר

A prayer by Moses, man of God. God, You have been our shelter in every generation.

בְּטֶרֶם הָרִים יֵלְדוּ וְתַחֲלֹל אֶרֶץ וְתִבֵּל וּמַעֲוֹלָם עַד־עוֹלָם אֶתָּה אֵל

Before the mountains were born and You formed the earth and the world, from the beginning to the end, You are God.

תִּשְׁבּ אֲנוֹשׁ עַד־דָּכָא וְתֹאמַר שׁוּבוּ בְנֵי־אָדָם

You reduce us to frailty, then tell us, "Children of man, repent!"

כִּי אֶלֶף שָׁנִים בְּעֵינֶיךָ כְּיוֹם אֶתְמוֹל כִּי יַעֲבֹר וְאַשְׁמוּרָה בִּלְלִילָה

For a thousand years in Your sight are like yesterday, which has gone, or like a part of the night.

וְרִמְתָּם שָׁנָה יִהְיוּ בַּבֶּקֶר כְּחֻצִיר יַחֲלֶף

You sweep away our lives like a short sleep. When our day starts, we are like new grass.

בַּבֶּקֶר יִצְיָץ וְחֲלֶף לָעָרֶב יִמּוֹלֵל וַיִּבֹּשׁ

In the morning we blossom and grow, by evening we are cut down and wither.

כִּי־כָלֵינוּ בְּאַפְךָ וּבַחֲמַתְךָ נִבְהָלָנוּ

We are destroyed by Your fury, terrified by Your anger.

שָׁתָה עֲוֹנוֹתֵינוּ לְנֶגְדְךָ עֲלַמְנוּ לְמֵאוֹר פְּנֶיךָ

You have set out our sins before You, our youthful wrongs before the light of Your face.

כִּי כָל־יָמֵינוּ פָּנוּ בְּעֵבְרֶתְךָ כָּלֵינוּ שָׁנֵינוּ כְּמוֹ־הֶהָת

All our wasted days passed under the scrutiny of Your anger; we used up our years, now gone like a fleeting sigh.

יְמֵי־שָׁנוֹתֵינוּ בָּהֶם שְׁבַע־עִים שָׁנָה וְאִם בְּגִבּוֹרֹת שְׁמוֹנִים שָׁנָה וְרֹהֶבָם עָמַל וְאֵין כִּי־גֹז חַיִּשׁ
וְנִעְפָּה

Our allotted time is seventy years, or eighty, if we have strength. Still, our esteem is just toil and deceit: It goes quickly, and we fly away.

מִי־יֹדֵעַ עֹז אַפְךָ וּכְיֹדְאֶתְךָ עֲבֶרְתְּךָ

Who can know the force of Your anger or the dread of those who face Your fury?

לְמִנּוֹת יָמֵינוּ כֵּן הוֹדַע וְנִבָּא לִבֵּב חֲכָמָה

Teach us to reckon our days, so that our hearts become wise.



THE KETER PROJECT

שׁוּבָה יְהוָה עַד־מָתִי וְהַנַּחֵם עַל־עַבְדֶּיךָ

God, return to us! How long must You be angry? Show mercy to your servants.

שִׂבְעֵנוּ בַּבֶּקֶר חֲסִדְךָ וְנִרְנְנָה וְנִשְׂמְחָה בְּכָל־יְמֵינוּ

Satisfy us each morning with Your love, let us sing and rejoice all our days.

שִׂמְחָנוּ כִּימוֹת עֲנִיתָנוּ שָׁנוֹת רָאִינוּ רַעַח

Bring us gladness for the days You afflicted us, all the years that we suffered.

יִרְאֶה אֶל־עַבְדֶּיךָ פְּעָלְךָ וְהַדָּרֶךְ עַל־בְּנֵיהֶם

May Your work be seen by Your servants and Your glory by their children.

וַיְהִי נָעַם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ וּמַעֲשֵׂה יָדֵינוּ כּוֹנְנָה עָלֵינוּ וּמַעֲשֵׂה יְדֵינוּ כּוֹנְנָהוּ

God, let Your delight rest upon us. Secure for us the works of our hands and may the fruits of our labor endure.

Psalm 105 • קה

הוֹדוּ לַיהוָה קִרְאוּ בְּשִׁמּוֹ הוֹדִיעוּ בְּעַמִּים עֲלִילוֹתָיו

Give thanks to God, call out His Name. Make known His works among the nations.

שִׁירוֹ לֹא זָמְרוּ לֹא שִׁיחוּ בְּכָל־נִפְלְאוֹתָיו

Sing to Him, sing out to Him and speak about all His wonders.

הִתְהַלְלוּ בְּשֵׁם קִדְשׁוֹ יִשְׁמַח לֵב מְבַקְשֵׁי יְהוָה

Take pride in being joined to His holy Name; let those who seek God rejoice in their hearts.

דִּלְשׁוּ יְהוָה וְנִגְזֹר בְּקִשׁוֹ פָּנָיו תָּמִיד

Search for God and His might, look for His presence always.

זָכְרוּ נִפְלְאוֹתָיו אֲשֶׁר־עָשָׂה מִפְתִּיו וּמִשְׁפָּטָיו פִּיו

Remember the wonders He performed, His marvels and the decrees He announced.

זֶרַע אַבְרָהָם עַבְדּוֹ בְּנֵי יַעֲקֹב בְּחִירָיו

Descendants of Abraham, His servant, children of Jacob, His chosen ones:

הוּא יְהוָה אֱלֹהֵינוּ בְּכָל־הָאָרֶץ מִשְׁפָּטָיו

Know that He is our God. His judgments govern the entire world.

זָכַר לְעוֹלָם בְּרִיתוֹ דָּבָר צִוָּה לְאֶלֶף דּוֹר

He remembers His covenant forever, a pledge given for a thousand generations.

אֲשֶׁר כָּרַת אֶת־אַבְרָהָם וּשְׁבוּעָתוֹ לְיִשְׁחָק

He entered into it with Abraham, and as an oath given to Isaac,



THE KETER PROJECT

וַיַּעֲמִידָהּ לַיַּעֲקֹב לְחֹק לְיִשְׂרָאֵל בְּרִית עוֹלָם

which He upheld with Jacob as a bond, an eternal contract with Israel.

לֵאמֹר לְךָ אֶתֵּן אֶת־אֶרֶץ־כְּנָעַן חֶבֶל נַחֲלָתְכֶם

He said, "I will give you the land of Canaan as the portion of your inheritance."

בְּהֵיוֹתָם מְתֵי מִסְפָּר כְּמַעֲט וְגָרִים בָּהֶן

The people were then few in number and lived there but a short while.

וַיִּתְהַלְכוּ מִגּוֹי אֶל־גּוֹי מִמַּמְלָכָה אֶל־עַם אֲחֵהָ

They wandered from nation to nation, from one country to another.

לֹא־הָנִיחַ אָדָם לַעֲשֹׂקָם וַיּוֹכַח עֲלֵיהֶם מְלָכִים

Still, He allowed no one to oppress them and rebuked kings on their behalf,

אֶל־תִּגְעוּ בַּמְשִׁיחִי וְלֹנְבִיאי אֶל־תִּרְעוּ

saying, "Do not touch those I anointed, do not harm My prophets."

וַיִּקְרָא רָעַב עַל־הָאָרֶץ כָּל־מִטֶּה־לֶּחֶם שָׁבָה

He decreed famine over the land and cut off the supply of bread.

שָׁלַח לִפְנֵיהֶם אִישׁ לַעֲבֹד נִמְכָּר יוֹסֵף

He sent ahead of them a man – Joseph, sold as a slave.

עָנּוּ בַּכָּבֶל רַגְלֹו בִּרְזֶל בָּאָה נַפְשׁוֹ

His feet were put in irons, his neck was shackled too.

עַד־עֵת בָּא־דִּבְרוּ אֶמְרַת יְהוָה אֶרְפָּתָהּ

Until the time that God chose, Joseph was tested as God determined.

שָׁלַח מֶלֶךְ וַיַּתִּירָהּ מֶשֶׁל עַמִּים וַיַּפְתָּחָהּ

Then Pharaoh ordered his release; as a ruler of nations, he set him free.

שָׁמוּ אֲדוֹן לְבֵיתוֹ וּמֶשֶׁל בְּכָל־קְנֻזֹּו

He made him master of his household, in control of all his wealth.

לְאַסֹּר שָׂרָיו בְּנַפְשׁוֹ וּזְקֵנָיו יַחֲכֶם

His ministers revered Joseph, who would teach the elders wisdom.

וַיָּבֹא יִשְׂרָאֵל מִצְרַיִם וַיַּעֲקֹב גַּר בְּאֶרֶץ־חָם

Then Israel came to Egypt and Jacob lived there, in the land of Ham.

וַיַּכֶּר אֶת־עַמּוֹ מְאֹד וַיַּעֲצֵמָהּ מִצְרָיו

God increased His people greatly; He made them stronger than their enemies,

הִפְךָ לָבָם לְשׂוֹנֵא עַמּוֹ לְהַחֲנוּכָּל בַּעֲבָדָיו



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whose hearts He changed to hate His people and scheme against His servants.

שֶׁלַח מֹשֶׁה עֲבָדוֹ אֶהֱרֹן אֲשֶׁר בָּחַר-בּוֹ

He sent his servant Moses with Aaron, whom He chose.

שָׁמוּ-בָם דְּבָרֵי אֹתוֹתָיו וּמִפְתִּים בְּאֶרֶץ חָם

They brought upon them the signs He decreed, and His wonders to the land of Ham.

שֶׁלַח חֹשֶׁךְ וַיְחֹשֶׁךְ וְלֹא-מָרוּ אֶת-דְּבָרוֹ

When He sent darkness, it became pitch black; no plague defied His word.

הִפְךָ אֶת-מִימֵיהֶם לָדָם וַיָּמָת אֶת-דִּגְתָּם

He turned their waters to blood and killed their fish.

שָׂרָץ אֲרָצָם צִפְרֹדָעִים בְּחֻדְרֵי מַלְכֵיהֶם

Their land swarmed with frogs, even in the royal chambers.

אָמַר וַיָּבֹא עָרֹב כְּנִים בְּכָל-גְּבוּלָם

He spoke, and wild animals arrived. Lice appeared throughout the country.

נָתַן גֶּשֶׁמִּיהֶם בָּרָד אֵשׁ לְהַבּוֹת בְּאֲרָצָם

He turned their rain to hail which spread fire in their land.

וַיִּךְ גִּפְזָם וַתֵּאָנְתָם וַיִּשְׁבֵּר עֵץ גְּבוּלָם

It struck their vines and fig trees, and smashed the trees within their borders.

אָמַר וַיָּבֹא אַרְבֶּה וַיִּלֶּק וְאֵין מִסְפָּר

He spoke, and locusts came, many types and beyond counting.

וַיֹּאכַל כָּל-עֵשֶׂב בְּאֲרָצָם וַיֹּאכַל פְּרִי אֲדָמָתָם

They consumed every plant in the land and ate the produce of their soil.

וַיִּךְ כָּל-בְּכוֹר בְּאֲרָצָם רֵאשִׁית לְכָל-אוֹנָם

He struck every firstborn of their country, the prime of their strength.

וַיּוֹצִיאֵם בְּכֶסֶף וְזָהָב וְאֵין בְּשִׁבְטָיו כֹּשֵׁל

He brought out Israel with silver and gold; none among His tribes stumbled.

שָׂמַח מִצְרַיִם בְּצֵאתָם כִּי-נָפַל פַּחַדָּם עֲלֵיהֶם

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

פָּרַשׁ עָנָן לְמִסְךְ וְאֵשׁ לְהָאִיר לַלַּיְלָה

He spread a cloud to protect them and a fire to light up the night.

שָׁאֵל וַיָּבֹא שָׁלוֹ וְלֶחֶם שָׁמַיִם יִשְׂבִּיעֵם

Israel asked for meat, so He brought them quails; He satisfied them with bread from heaven.



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פֶּתַח צוּר וַיִּזְבּוּ מֵיִם הֵלְכוּ בְּצִיּוֹת נְהָר

He split open the rock and water gushed out, it flowed in dry places like a river.

כִּי־זָכַר אֶת־דְּבַר קִדְּשׁוֹ אֶת־אַבְרָהָם עַבְדּוֹ

For He remembered His holy promise to Abraham, His servant.

וַיּוֹצֵא עַמּוֹ בְּשִׂשׂוֹן בְּרָנָה אֶת־בְּחִירָיו

He led out His people with happiness, His chosen ones with songs of joy.

וַיִּתֵּן לָהֶם אֲרָצוֹת גּוֹיִם וַעֲמַל לְאֻמִּים יִירָשׁוּ

He gave them the lands of the nations and they inherited the wealth of the peoples.

בְּעִבּוֹר יִשְׁמְרוּ חֻקָּיו וְתוֹרָתוֹ יִנְצְרוּ הַלְלוּהָ

All this, so they would keep His laws and guard His teachings. Praise God!

קלז • Psalm 137

עַל נְהָרוֹת בָּבֶל נָשָׂם יִשְׁבְּנוּ גַם־בְּכִינּוֹ בְּזַכְרֵנוּ אֶת־צִיּוֹן

By the rivers of Babylon, there we sat and cried as we remembered Zion.

עַל־עֲרָבִים בְּתוֹכָהּ תָּלִינוּ כִּנּוֹרֵינוּ

On the willows there we hung our harps.

כִּי נָשָׂם שְׂאֵלֵנוּ שׁוֹבֵינוּ דְּבַר־יִשִּׁיר וְתוֹלְלֵינוּ שְׂמִיחָה נִשְׁרִי לָנוּ מִנְּשִׁיר צִיּוֹן

For our captors asked us for songs; those who mocked us wanted amusement, saying, "Sing to us some of the songs of Zion."

אֵיךְ נִשְׁרִי אֶת־שִׁיר־יְהוָה עַל אֲדָמַת נֹכַח

But how can we sing God's songs in a foreign land?

אִם־אֶשְׁכַּחךְ יְרוּשָׁלַם תִּשְׁכַּח יְמִינִי

Jerusalem, if I forget you, let my right hand forget its skills.

תִּדְבֶּק־לְשׁוֹנִי לְחִכִּי אִם־לֹא אֲזַכֵּרְכִי אִם־לֹא אַעֲלֶה אֶת־יְרוּשָׁלַם עַל רֹאשׁ שְׂמִיחָתִי

May my tongue stick to my palate if I do not remember you, if I do not raise Jerusalem above all my joys.

זָכַר יְהוָה לְבָנֵי אֱדוֹם אֵת יוֹם יְרוּשָׁלַם הָאֹמְרִים עָרוֹ עָרוֹ עַד הַיְּסוֹד בָּתָּה

God, remember the sons of Edom, how on the day Jerusalem fell, they said, "Destroy it! Destroy it down to its foundations!"

בַּת־בָּבֶל הַשְׂדוּדָה אֲנֹשִׁי נְשִׁי שְׁלֵם־לָךְ אֶת־גְּמוּלָךְ שְׁגִמְלָתָ לָנוּ

Daughter of Babylon, you are destined to be looted. A person will step forward to pay you back for what you did to us.



אֲשֶׁר יִשְׁיֹאֲחֻז וְנִפֶּץ אֶת־עַלְלֵיךְ אֶל־הַסֵּלַע

He will step forward to seize and smash your little ones against the rocks.

קנ • Psalm 150

הַלְלוּ־יָהּ הַלְלוּ־אֵל בְּקֹדֶשׁוֹ הַלְלוּהוּ בְּרָקִיעַ עֲזוֹ

Praise God! Praise God in His holy place. Praise Him in His mighty heavens.

הַלְלוּהוּ בְּגִבּוֹרָתוֹ הַלְלוּהוּ כְּרֹב גָּדְלוֹ

Praise Him for His powerful acts. Praise Him as befits His abundant greatness.

הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר הַלְלוּהוּ בְּנֶבֶל וְכִנּוֹר

Praise Him with the blast of the shofar. Praise Him with harp and lyre.

הַלְלוּהוּ בְּתֹף וּמַחֹל הַלְלוּהוּ בְּמִנִּים וְעֹגֵב

Praise Him with drums and dance. Praise Him with flutes and pipes.

הַלְלוּהוּ בְּצִלְצְלֵי־שָׁמַע הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה

Praise Him with loud cymbals. Praise Him with crashing cymbals.

כָּל הַנְּשָׁמָה תְהַלֵּל יָהּ הַלְלוּ־יָהּ

Every soul, praise God. Praise God!

Prayer After Saying Psalms

מִי יִתֵּן מִצִּיּוֹן יִשְׁוֹעַת יִשְׂרָאֵל בָּשׁוּב יִהְיֶה לְשׁוּבוֹת עַמּוֹ יִגַּל יַעֲקֹב יִשְׁמַח יִשְׂרָאֵל (תהלים יד:ז).
וְתִשְׁוֹעַת צְדִיקִים מִיְּהוָה מְעוֹזָם בָּעֵת צָרָה. וַיַּעֲזְרֵם יְהוָה וַיַּפְלִטֵם יַפְלִטֵם מִרְשָׁעִים וַיִּשְׁעֵם
כִּי־חָסוּ בוֹ (תהלים לז:לט-מ).

If only Israel's deliverance would come soon from Zion, and God secure the return of His people, then Jacob would celebrate and Israel rejoice (Psalm 14:7). The salvation of the righteous comes from God, for He is their fortress in time of trouble. God helps them and rescues them. He saves them from the wicked and delivers them, for in Him they find their refuge (Psalm 37:39-40).