PART 1 ברוך שאמר

I will now daven in order **to unite Hashem, Who is blessed** together **with His Shechinah**	לְשֵׁם יִחוּד קוּדְשָׁא בְּרִיךְ הוּא וּשְׁכִינְתֵּהּ
in order **to unite the name Yud Kay with Vav Kay**	לְיַחֲדָא שֵׁם י״ה בו״ה
By uniting Yud Kay and Vav Kay, I arrange Hashem's name **in perfect unity**, and I do this **in the name of all** B'nei **Yisroel**	בְּיִחוּדָא שְׁלִים בְּשֵׁם כָּל יִשְׂרָאֵל:
Blessed is Hashem **Who** created the world through speech Hashem **spoke, and the world came into being**	בָּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם,
He is blessed	בָּרוּךְ הוּא
Blessed is Hashem, **Who says** what He will do, **and does** it	בָּרוּךְ אוֹמֵר וְעוֹשֶׂה
Blessed is Hashem, **Who** makes **decrees and fulfills** them	בָּרוּךְ גּוֹזֵר וּמְקַיֵּם
Blessed is Hashem, **Who creates the world**	בָּרוּךְ עוֹשֶׂה בְרֵאשִׁית
Blessed is Hashem, **Who has mercy on the earth**	בָּרוּךְ מְרַחֵם עַל הָאָרֶץ
Blessed is Hashem, **Who has mercy on the creations** of the earth.	בָּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת
Blessed is Hashem, **Who gives good rewards to those who fear Him.**	בָּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב לִירֵאָיו
Blessed is Hashem, **Who lives and exists forever and ever.**	בָּרוּךְ חַי לָעַד וְקַיָּם לָנֶצַח
Blessed is Hashem, **Who redeems and saves.**	בָּרוּךְ פּוֹדֶה וּמַצִּיל
Hashem's **name is blessed.**	בָּרוּךְ שְׁמוֹ
Blessed are You, Hashem, our God, King of the world,	בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
the caring **God; the merciful Father,** Although Hashem can be strict, He is also caring and merciful, like a father to his child.	הָאֵל, אָב הָרַחֲמָן
Hashem is **praised by the mouth of His nation,** B'nei Yisrael praise Hashem in their tefillos.	הַמְהֻלָּל בְּפִי עַמּוֹ
He is **praised and glorified**	מְשֻׁבָּח וּמְפֹאָר
through the praises which come from **the tongue of** B'nei Yisrael, who are **His dedicated ones and His servants,**	בִּלְשׁוֹן חֲסִידָיו וַעֲבָדָיו
and with the songs of Your servant, Dovid Hamelech in Tehillim.	וּבְשִׁירֵי דָוִד עַבְדֶּךָ

נְהַלֶּלְךָ יְיָ אֱלֹהֵינוּ בְּשֶׁבָחוֹת וּבְזִמְרוֹת	**We will praise You, Hashem, our God, with praises and songs** in Pessukei D'zimrah.
נְגַדֶּלְךָ וּנְשַׁבֵּחֲךָ וּנְפָאֶרְךָ וְנַמְלִיכְךָ	**We will make You**r name **great, we will praise You, glorify You, and call You King.**
וְנַזְכִּיר שִׁמְךָ מַלְכֵּנוּ אֱלֹהֵינוּ	**We will mention Your name,** Hashem, **our King** and **our God.**
יָחִיד, חֵי הָעוֹלָמִים מֶלֶךְ.	Hashem, You are the **King;** You are the **only** God and the **life of** all the **worlds.**
מְשֻׁבָּח וּמְפֹאָר עֲדֵי עַד שְׁמוֹ הַגָּדוֹל	Your **great name is praised and glorified forever and ever,**
בָּרוּךְ אַתָּה יְיָ	**Blessed are You, Hashem,**
מֶלֶךְ מְהֻלָּל בַּתִּשְׁבָּחוֹת:	the **King Who is praised with** B'nei Yisrael's **praises.**
מִזְמוֹר לְתוֹדָה	The following is **a song** which is **sung by** a person who brings a korban **todah**, an offering of thanks to Hashem for a miracle.
הָרִיעוּ לַייָ כָּל הָאָרֶץ	When Hashem does a miracle **all the** nations of the e**arth sing to Hashem with joy**.
עִבְדוּ אֶת יְיָ בְּשִׂמְחָה	**Serve Hashem** and do His Mitzvos **happily**.
בֹּאוּ לְפָנָיו בִּרְנָנָה	**Come to Him singing** songs of joy
דְּעוּ כִּי יְיָ הוּא אֱלֹהִים	**Know that Hashem is God** and that He will reward us for our mitzvos
הוּא עָשָׂנוּ, וְלוֹ אֲנַחְנוּ	Know that **He created us and we are His**
עַמּוֹ, וְצֹאן מַרְעִיתוֹ	we are **His people and the sheep of His pasture.** Hashem takes care of us like a shepherd takes care of his sheep.
בֹּאוּ שְׁעָרָיו בְּתוֹדָה	**Come,** go **through His gates,** the gates of the Beis Hamikdash, **with a** korban **todah.** Bring a korban to thank Hashem for His miracles.
חֲצֵרֹתָיו בִּתְהִלָּה	Come to **His courtyards,** the courtyards of the Beis Hamikdash, **with praise.**
הוֹדוּ לוֹ בָּרְכוּ שְׁמוֹ	**Give thanks to Him** and **bless His name**
כִּי טוֹב יְיָ, לְעוֹלָם חַסְדּוֹ	**because Hashem is good.** He rules the world with His **everlasting kindness**.
וְעַד דֹּר וָדֹר אֱמוּנָתוֹ:	and with **His trustworthiness;** He is trustworthy to run the world according to the laws of nature, causing the sun to rise and set each day and so on, **for all generations.**

PART 2

יהי כבוד

יְהִי כְבוֹד יְיָ לְעוֹלָם	**May Hashem's glory** last **forever**
יִשְׂמַח יְיָ בְּמַעֲשָׂיו	**May Hashem** always be satisfied with what He has done and **be happy with His work**s of creation.
יְהִי שֵׁם יְיָ מְבֹרָךְ, מֵעַתָּה וְעַד עוֹלָם	**May Hashem's name be blessed** by it by all creations, **now and forever**
מִמִּזְרַח שֶׁמֶשׁ עַד מְבוֹאוֹ	**From** the people who live in the east where the **sun rise**s, **to** the people who live in the west **where it sets**.
מְהֻלָּל שֵׁם יְיָ:	**Hashem's name is praised** by all of them.
רָם עַל כָּל גּוֹיִם | יְיָ	**Hashem is high above all** the **nations** of the world.
עַל הַשָּׁמַיִם כְּבוֹדוֹ:	Hashem's **glory is above the heavens.**
יְיָ, שִׁמְךָ לְעוֹלָם	**Hashem, Your name is everlasting;** Your greatness and power are everlasting.
יְיָ, זִכְרְךָ לְדֹר וָדֹר:	**Hashem, You**r greatness and in his by power **are remembered** forever, **throughout all generations.**
יְיָ בַּשָּׁמַיִם הֵכִין כִּסְאוֹ	**Hashem has set up His throne in heaven,**
וּמַלְכוּתוֹ בַּכֹּל מָשָׁלָה:	and **His Kingdom** is the entire world; He **rules** over **everything**, including our physical World.
יִשְׂמְחוּ הַשָּׁמַיִם וְתָגֵל הָאָרֶץ	When Moshiach comes, **the heavens will be happy and the earth will rejoice**,
וְיֹאמְרוּ בַגּוֹיִם יְיָ מָלָךְ:	**The nations will say, "Hashem is King!"**
יְיָ מֶלֶךְ, יְיָ מָלָךְ יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:	**Hashem is King, Hashem was** always **King,** and **Hashem will be King forever and ever**,
יְיָ מֶלֶךְ עוֹלָם וָעֶד	**Hashem is King forever and ever,**
אָבְדוּ גוֹיִם מֵאַרְצוֹ:	**Nations have disappeared from** earth, Hashem's **land**
יְיָ הֵפִיר עֲצַת גּוֹיִם	**Hashem has canceled the evil ideas of the nations** who wanted to harm B'nei Yisrael;

הֵנִיא מַחְשָׁבוֹת עַמִּים:	Hashem **has ruined the** evil **plans of** the **nations**.
רַבּוֹת מַחֲשָׁבוֹת בְּלֵב אִישׁ	There are **many thoughts in the heart of a person**; a person might think that he knows best,
וַעֲצַת יְיָ הִיא תָקוּם:	but only **the advice of Hashem lasts** forever;
עֲצַת יְיָ לְעוֹלָם תַּעֲמֹד	**Hashem's advice lasts forever**.
מַחְשָׁבוֹת לִבּוֹ לְדֹר וָדֹר:	The **thoughts** and plans which Hashem decides **in His heart are** carried out **throughout all generations;** they are everlasting.
כִּי הוּא אָמַר וַיֶּהִי	We know this **because** when Hashem decided to create the world, **He spoke, and** the World **came into being**.
הוּא צִוָּה וַיַּעֲמֹד:	**He commanded** that the world should exist, **and it has continued to exist** forever.
כִּי בָחַר יְיָ בְּצִיּוֹן אִוָּה לְמוֹשָׁב לוֹ:	**Hashem chose His city Tziyon** (Yerushalayim). **He wanted** the Beis Hamikdash in Yerushalayim **as His home**.
כִּי יַעֲקֹב בָּחַר לוֹ יָהּ	**Hashem chose** B'nei Yisrael, the children of **Yaakov**, **to be His** nation;
יִשְׂרָאֵל לִסְגֻלָּתוֹ:	He chose B'nei **Yisrael as His beloved treasure**.
כִּי, לֹא יִטֹּשׁ יְיָ עַמּוֹ	**Hashem will not abandon His people;**
וְנַחֲלָתוֹ לֹא יַעֲזֹב:	**He will not leave His inheritance,** B'nei Yisrael.
וְהוּא רַחוּם יְכַפֵּר עָוֹן וְלֹא יַשְׁחִית	Hashem **is merciful and forgives** our **aveiros; He does not destroy us** because of them.
וְהִרְבָּה לְהָשִׁיב אַפּוֹ	**Many** times **He turns His anger away** from us,
וְלֹא יָעִיר כָּל חֲמָתוֹ:	**and He does not stir up all of His anger,**
יְיָ הוֹשִׁיעָה	**Save us, Hashem;**
הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קָרְאֵנוּ:	may **the King** of the world **answer us on the day we call** out to Him.

PART 3

אַשְׁרֵי

Happy are those who live in Your house; happy are those who visit the Beis Hamikdash. **They will praise You forever,**

אַשְׁרֵי יוֹשְׁבֵי בֵיתֶךָ
עוֹד יְהַלְלוּךָ סֶּלָה:

Happy is the nation that has such goodness.
Happy is the nation whose God is Hashem.

אַשְׁרֵי הָעָם שֶׁכָּכָה לּוֹ
אַשְׁרֵי הָעָם שֶׁיְיָ אֱלֹהָיו:

The following is **a song of praise** written **by Dovid** Hamelech:

תְּהִלָּה לְדָוִד

I will uplift You, my God the King,
and I will bless Your name forever and ever.

אֲרוֹמִמְךָ אֱלוֹהַי הַמֶּלֶךְ
וַאֲבָרְכָה שִׁמְךָ לְעוֹלָם וָעֶד:

I will bless You every day
and I will praise Your name forever and ever.

בְּכָל יוֹם אֲבָרְכֶךָּ
וַאֲהַלְלָה שִׁמְךָ לְעוֹלָם וָעֶד:

However much I praise **Hashem**, it will never be enough, because He **is so great and praiseworthy**;

גָּדוֹל יְיָ וּמְהֻלָּל מְאֹד

there is no limit to His greatness

וְלִגְדֻלָּתוֹ אֵין חֵקֶר:

The older **generation will praise Your works** of creation **to** the younger **generation**,

דּוֹר לְדוֹר יְשַׁבַּח מַעֲשֶׂיךָ

and tell them about **Your** acts of **strength**.

וּגְבוּרֹתֶיךָ יַגִּידוּ:

I, too, **will speak about the beauty of** the nature You created and **the honor** it brings **You, as well as the wonders** and miracles You have done.

הֲדַר כְּבוֹד הוֹדֶךָ
וְדִבְרֵי נִפְלְאוֹתֶיךָ אָשִׂיחָה:

The older generation **will tell** the younger generation **about the mightiness of Your awesome** acts;

וֶעֱזוּז נוֹרְאוֹתֶיךָ יֹאמֵרוּ

and I will speak about Your greatness

וּגְדֻלָּתְךָ אֲסַפְּרֶנָּה:

They will tell their children about **the memories of Your great goodness** to them,

זֵכֶר רַב טוּבְךָ יַבִּיעוּ

and they will sing to everyone about **Your kindness**.

וְצִדְקָתְךָ יְרַנֵּנוּ:

Hashem is kind and merciful, even to those who don't deserve it

חַנּוּן וְרַחוּם יְיָ

He is **slow to get angry** and punish those who don't listen to Him;

אֶרֶךְ אַפַּיִם

and He treats them with **great kindness** if they do teshuvah.

וּגְדָל חָסֶד:

Hashem is good to every living **thing and** He **has mercy on all His creations**

טוֹב יְיָ לַכֹּל
וְרַחֲמָיו עַל כָּל מַעֲשָׂיו:

Hashem, all Your creations will give thanks to You, and Your dedicated people **will bless You.**

יוֹדוּךָ יְיָ כָּל מַעֲשֶׂיךָ
וַחֲסִידֶיךָ יְבָרְכוּכָה:

כְּבוֹד מַלְכוּתְךָ יֹאמֵרוּ
וּגְבוּרָתְךָ יְדַבֵּרוּ׃

They will speak about **the majesty of Your kingdom; they will speak** about Your rulership over the world and **Your** great **strength**.

לְהוֹדִיעַ לִבְנֵי הָאָדָם גְּבוּרֹתָיו
וּכְבוֹד הֲדַר מַלְכוּתוֹ׃

They will speak about these things **to let people know** about Hashem's **mighty** acts, **and** the **honorable beauty of His kingdom.**

מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים,

Hashem, **Your kingdom is a kingdom** which includes **all worlds**,

וּמֶמְשַׁלְתְּךָ בְּכָל דּוֹר וָדֹר׃

and Your rulership over the worlds will continue forever, **throughout all** future **generations**.

סוֹמֵךְ יְיָ לְכָל הַנֹּפְלִים
וְזוֹקֵף לְכָל הַכְּפוּפִים׃

Hashem supports all those who fall, and He straightens up those who are bent over.

עֵינֵי כֹל אֵלֶיךָ יְשַׂבֵּרוּ
וְאַתָּה נוֹתֵן לָהֶם אֶת אָכְלָם בְּעִתּוֹ׃

Hashem, **everyone's eyes look hopefully to You** for help, **and You give them their food at the proper time.**

פּוֹתֵחַ אֶת יָדֶךָ
וּמַשְׂבִּיעַ לְכָל חַי רָצוֹן׃

You open Your hand and provide enough food **to satisfy the desires of every living being**.

צַדִּיק יְיָ בְּכָל דְּרָכָיו
וְחָסִיד בְּכָל מַעֲשָׂיו׃

Hashem is fair in all His ways, and He is **kind in everything He does**.

קָרוֹב יְיָ לְכָל קֹרְאָיו
לְכֹל אֲשֶׁר יִקְרָאֻהוּ בֶאֱמֶת׃

Hashem is close to all those who call out **to Him** and He answers **all** those **who call** out to **Him truthfully** and honestly,

רְצוֹן יְרֵאָיו יַעֲשֶׂה
וְאֶת שַׁוְעָתָם יִשְׁמַע וְיוֹשִׁיעֵם׃

He fulfills the desires and needs **of those who fear Him; He hears their cries** for help **and** He **saves them**

שׁוֹמֵר יְיָ אֶת כָּל אֹהֲבָיו
וְאֵת כָּל הָרְשָׁעִים יַשְׁמִיד׃

H**ashem watches over all those who love Him, and He will destroy all the evil people** in the world.

תְּהִלַּת יְיָ יְדַבֶּר פִּי
וִיבָרֵךְ כָּל בָּשָׂר שֵׁם קָדְשׁוֹ
לְעוֹלָם וָעֶד׃

My mouth will say the praises of Hashem, and everyone will do the same and **bless His holy name forever and ever**.

וַאֲנַחְנוּ נְבָרֵךְ יָהּ
מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ׃

We will bless Hashem, from now and forever. Praise Hashem.

PART 2 שמע ישראל

שְׁמַע יִשְׂרָאֵל	Every **Jew** should **listen** and understand
יְיָ אֱלֹהֵינוּ	that **Hashem is our God,**
יְיָ | אֶחָד:	and that **Hashem** is the **One** and only Ruler and King in the seven heavens, the earth, and the four corners of the universe.
בָּרוּךְ שֵׁם כְּבוֹד	**The name of Hashem's glorious**
מַלְכוּתוֹ לְעוֹלָם וָעֶד:	**kingdom is blessed forever and ever.**
וְאָהַבְתָּ אֵת יְיָ אֱלֹהֶיךָ,	You **should love Hashem, your God,** and keep
בְּכָל | לְבָבְךָ	His mitzvos **with all of your heart,** as one does when fulfilling his beloved's request.
וּבְכָל נַפְשְׁךָ	Love Hashem **with all your of soul.** Be ready to do all of His mitzvos, even if you might lose your life.
וּבְכָל מְאֹדֶךָ:	Love Hashem **with all of your might.** Be ready to do all of His mitzvos, even if you might lose your money.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה	**These words** of Torah, **which I command**
אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם	**you to do today** and every day, should always be new and fresh to you,
עַל | לְבָבֶךָ:	and they should be engraved **on your heart;** you should always be thinking about them.
וְשִׁנַּנְתָּם לְבָנֶיךָ	You should **teach** Torah **to your children** and students, until they know it well enough to answer any question about it.
וְדִבַּרְתָּ בָּם	**You should** be involved in the words of Torah and **speak them** whenever you can:
בְּשִׁבְתְּךָ בְּבֵיתֶךָ	**when you sit in your house,**
וּבְלֶכְתְּךָ בַדֶּרֶךְ	**when you go on the way,**
וּבְשָׁכְבְּךָ	**when you lie down** at night,
וּבְקוּמֶךָ:	**and when you get up** in the morning.
וּקְשַׁרְתָּם לְאוֹת עַל יָדֶךָ	These words, the words of Shema, should be written in tefillin. **You should tie** the tefillin shel yad **on your arm, as a sign** to remember Hashem,
וְהָיוּ לְטֹטָפֹת בֵּין עֵינֶיךָ:	**and the tefillin** shel rosh should be put on your head, above the area **between your eyes.**
וּכְתַבְתָּם עַל מְזוּזוֹת	**You should write** these words of the Shema on mezuzos, which you should put up **on the**
בֵּיתֶךָ וּבִשְׁעָרֶיךָ:	**doorposts of your house and on your gates.**

MAYANOT SHLUCHIM POST HIGH 5786

Mivtzah Connect

ב״ה



Connect to G-d.

One paragraph at a time.

- For the next 2 weeks, there will be 2 paragraphs in davening to know and translate.
- 4 out of 7 days of the week, mark down the days you translated every word and understood its meaning. You will also get something small alongside it.
- At the end of the week, you will be tested by one of the Post High shluchim on that paragraph.
- Reward will be a celebratory event in yeshiva featuring an abundant spread of Shnitzel/Shwarma baguettes, wraps, sauces, and a full array of condiments.

MAYANOT SHLUCHIM POST HIGH 5786

Mivtzah Connect

MAYANOT INSTITUTE OF JEWISH STUDIES

הודו

הוֹדוּ לַיְיָ קִרְאוּ בִשְׁמוֹ, הוֹדִיעוּ בָעַמִּים עֲלִילוֹתָיו:	Thankfully acknowledge God, proclaim His name; make His deeds known among the nations.
שִׁירוּ לוֹ זַמְּרוּ לוֹ, שִׂיחוּ בְּכָל נִפְלְאוֹתָיו:	Sing to Him; make music for Him; speak of all His wonders.
הִתְהַלְלוּ בְּשֵׁם קָדְשׁוֹ, יִשְׂמַח לֵב מְבַקְשֵׁי יְיָ:	Glory in His holy name; let the heart of those who seek God be happy.
דִּרְשׁוּ יְיָ וְעֻזּוֹ, בַּקְּשׁוּ פָנָיו תָּמִיד:	Search out God and His strength; seek His countenance at all times.
זִכְרוּ נִפְלְאֹתָיו אֲשֶׁר עָשָׂה, מֹפְתָיו וּמִשְׁפְּטֵי פִיהוּ:	Remember His wonders that He wrought, the signs [of His power], and the judgments [He wrought against the nations through the power] of His mouth.
זֶרַע יִשְׂרָאֵל עַבְדּוֹ, בְּנֵי יַעֲקֹב בְּחִירָיו:	O seed of Israel, His servant; O children of Jacob, His chosen ones.
הוּא יְיָ אֱלֹהֵינוּ, בְּכָל הָאָרֶץ מִשְׁפָּטָיו:	He is God, our Lord; His judgments prevail throughout the earth.
זִכְרוּ לְעוֹלָם בְּרִיתוֹ, דָּבָר צִוָּה לְאֶלֶף דּוֹר:	Remember His covenant forever, the word that He commanded for a thousand generations –
אֲשֶׁר כָּרַת אֶת אַבְרָהָם, וּשְׁבוּעָתוֹ לְיִצְחָק:	the covenant that He made with Abraham, and the oath [concerning] Isaac.
וַיַּעֲמִידֶהָ לְיַעֲקֹב לְחֹק, לְיִשְׂרָאֵל בְּרִית עוֹלָם:	He established it as a statute for Jacob, for Israel as an eternal covenant,
לֵאמֹר: לְךָ אֶתֵּן אֶרֶץ כְּנָעַן, חֶבֶל נַחֲלַתְכֶם:	declaring: "To you I will grant the land of Canaan, the lot of your inheritance."
בִּהְיוֹתְכֶם מְתֵי מִסְפָּר, כִּמְעַט וְגָרִים בָּהּ:	[This promise was made] when you were few in number, and had lived there only briefly.
וַיִּתְהַלְּכוּ מִגּוֹי אֶל גּוֹי, וּמִמַּמְלָכָה אֶל עַם אַחֵר:	And they wandered from nation to nation, from one kingdom to another people.
לֹא הִנִּיחַ לְאִישׁ לְעָשְׁקָם, וַיּוֹכַח עֲלֵיהֶם מְלָכִים:	He did not let any person oppress them; He rebuked kings for their sake, [saying]:
אַל תִּגְּעוּ בִּמְשִׁיחָי, וּבִנְבִיאַי אַל תָּרֵעוּ:	"Do not touch My anointed ones, and do not harm My prophets."
שִׁירוּ לַיְיָ כָּל הָאָרֶץ, בַּשְּׂרוּ מִיּוֹם אֶל יוֹם יְשׁוּעָתוֹ:	Sing to God, the entire earth; announce His salvation from day to day.
סַפְּרוּ בַגּוֹיִם אֶת כְּבוֹדוֹ, בְּכָל הָעַמִּים נִפְלְאֹתָיו:	Relate His honor among the nations and His wonders among all the peoples.
כִּי גָדוֹל יְיָ וּמְהֻלָּל מְאֹד, וְנוֹרָא הוּא עַל כָּל אֱלֹהִים:	For God is great and exceedingly praised; He is awesome, above all gods.
כִּי כָּל אֱלֹהֵי הָעַמִּים אֱלִילִים וַיְיָ שָׁמַיִם עָשָׂה:	For all the gods of the nations are worthless, whereas God made the heavens.

הוֹדוּ לַייָ קִרְאוּ בִשְׁמוֹ, הוֹדִיעוּ בָעַמִּים עֲלִילוֹתָיו:

Thankfully acknowledge God, proclaim His name; make His deeds known among the nations.

שִׁירוּ לוֹ זַמְּרוּ לוֹ, שִׂיחוּ בְּכָל נִפְלְאוֹתָיו:

Sing to Him; make music for Him; speak of all His wonders.

הִתְהַלְלוּ בְּשֵׁם קָדְשׁוֹ, יִשְׂמַח לֵב מְבַקְשֵׁי יְיָ:

Glory in His holy name; let the heart of those who seek God be happy.

דִּרְשׁוּ יְיָ וְעֻזּוֹ, בַּקְּשׁוּ פָנָיו תָּמִיד:

Search out God and His strength; seek His countenance at all times.

זִכְרוּ נִפְלְאֹתָיו אֲשֶׁר עָשָׂה, מֹפְתָיו וּמִשְׁפְּטֵי פִיהוּ:

Remember His wonders that He wrought, the signs [of His power], and the judgments [He wrought against the nations through the power] of His mouth.

זֶרַע יִשְׂרָאֵל עַבְדּוֹ, בְּנֵי יַעֲקֹב בְּחִירָיו:

O seed of Israel, His servant; O children of Jacob, His chosen ones.

הוּא יְיָ אֱלֹהֵינוּ, בְּכָל הָאָרֶץ מִשְׁפָּטָיו:

He is God, our Lord; His judgments prevail throughout the earth.

זִכְרוּ לְעוֹלָם בְּרִיתוֹ, דָּבָר צִוָּה לְאֶלֶף דּוֹר:

Remember His covenant forever, the word that He commanded for a thousand generations –

אֲשֶׁר כָּרַת אֶת אַבְרָהָם, וּשְׁבוּעָתוֹ לְיִצְחָק:

the covenant that He made with Abraham, and the oath [concerning] Isaac.

וַיַּעֲמִידֶהָ לְיַעֲקֹב לְחֹק, לְיִשְׂרָאֵל בְּרִית עוֹלָם:

He established it as a statute for Jacob, for Israel as an eternal covenant,

לֵאמֹר: לְךָ אֶתֵּן אֶרֶץ כְּנָעַן, חֶבֶל נַחֲלַתְכֶם:

declaring: "To you I will grant the land of Canaan, the lot of your inheritance."

בִּהְיוֹתְכֶם מְתֵי מִסְפָּר, כִּמְעַט וְגָרִים בָּהּ:

[This promise was made] when you were few in number, and had lived there only briefly.

וַיִּתְהַלְּכוּ מִגּוֹי אֶל גּוֹי, וּמִמַּמְלָכָה אֶל עַם אַחֵר:

And they wandered from nation to nation, from one kingdom to another people.

לֹא הִנִּיחַ לְאִישׁ לְעָשְׁקָם, וַיּוֹכַח עֲלֵיהֶם מְלָכִים:

He did not let any person oppress them; He rebuked kings for their sake, [saying]:

אַל תִּגְּעוּ בִּמְשִׁיחָי, וּבִנְבִיאַי אַל תָּרֵעוּ:

"Do not touch My anointed ones, and do not harm My prophets."

שִׁירוּ לַייָ כָּל הָאָרֶץ, בַּשְּׂרוּ מִיּוֹם אֶל יוֹם יְשׁוּעָתוֹ:

Sing to God, the entire earth; announce His salvation from day to day.

סַפְּרוּ בַגּוֹיִם אֶת כְּבוֹדוֹ, בְּכָל הָעַמִּים נִפְלְאֹתָיו:

Relate His honor among the nations and His wonders among all the peoples.

כִּי גָדוֹל יְיָ וּמְהֻלָּל מְאֹד, וְנוֹרָא הוּא עַל כָּל אֱלֹהִים:

For God is great and exceedingly praised; He is awesome, above all gods.

כִּי כָל אֱלֹהֵי הָעַמִּים אֱלִילִים וַייָ שָׁמַיִם עָשָׂה:

For all the gods of the nations are worthless, whereas God made the heavens.

PART 4 נשתבח

יִשְׁתַּבַּח שִׁמְךָ לָעַד מַלְכֵּנוּ	**Our King, may Your name be praised forever.**
הָאֵל, הַמֶּלֶךְ הַגָּדוֹל וְהַקָּדוֹשׁ	Hashem, You are **the** strong **God, the great and holy King**
בַּשָּׁמַיִם וּבָאָרֶץ	who is **in the heaven and on earth.**
כִּי לְךָ נָאֶה יְיָ אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ לְעוֹלָם וָעֶד:	**To You, Hashem our God and** the **God of our fathers, it is appropriate** to **forever:**
שִׁיר וְשֶׁבָחָה	offer **song and praise,**
הַלֵּל וְזִמְרָה	**praise and melody;**
עֹז וּמֶמְשָׁלָה	speak about Your **might and rulership,**
נֶצַח	Your power of **victory,**
גְּדֻלָּה וּגְבוּרָה	Your **greatness and strength,**
תְּהִלָּה וְתִפְאֶרֶת	Your **beauty and majesty,**
קְדֻשָּׁה וּמַלְכוּת:	and Your **holiness and rulership as King.**
בְּרָכוֹת וְהוֹדָאוֹת	It is also appropriate that we give **blessings and thanks**
לְשִׁמְךָ הַגָּדוֹל וְהַקָּדוֹשׁ	**to Your great and holy name.**
וּמֵעוֹלָם עַד עוֹלָם אַתָּה אֵל	**From this world to Olam** Haba, **You are** the only **God.**
בָּרוּךְ אַתָּה יְיָ	**Blessed are You, Hashem,**
אֵל מֶלֶךְ גָּדוֹל	the mighty **God and great King**
וּמְהֻלָּל בַּתִּשְׁבָּחוֹת	who is **praised with praises;**
אֵל הַהוֹדָאוֹת	the **God** who is worthy **of thanks;**
אֲדוֹן הַנִּפְלָאוֹת	the **Master of wonders** and miracles;
בּוֹרֵא כָּל הַנְּשָׁמוֹת	the **Creator of all the neshamos;**
רִבּוֹן כָּל הַמַּעֲשִׂים	the **Ruler of all the creations**
הַבּוֹחֵר בְּשִׁירֵי זִמְרָה	**who takes pleasure in** B'nei Yisrael's **songs of praise.**
מֶלֶךְ יָחִיד חֵי הָעוֹלָמִים:	Hashem is the **only King;** He is the **life of** all **the worlds.**

PART 4 נשתבח

יִשְׁתַּבַּח שִׁמְךָ לָעַד מַלְכֵּנוּ	**Our King, may Your name be praised forever.**
הָאֵל, הַמֶּלֶךְ הַגָּדוֹל וְהַקָּדוֹשׁ	Hashem, You are **the** strong **God, the great and holy King**
בַּשָּׁמַיִם וּבָאָרֶץ	who is **in the heaven and on earth.**
כִּי לְךָ נָאֶה יְיָ אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ לְעוֹלָם וָעֶד:	**To You, Hashem our God and** the **God of our fathers, it is appropriate** to **forever:**
שִׁיר וְשֶׁבָחָה	offer **song and praise,**
הַלֵּל וְזִמְרָה	**praise and melody;**
עֹז וּמֶמְשָׁלָה	speak about Your **might and rulership,**
נֶצַח	Your power of **victory,**
גְּדֻלָּה וּגְבוּרָה	Your **greatness and strength,**
תְּהִלָּה וְתִפְאֶרֶת	Your **beauty and majesty,**
קְדֻשָּׁה וּמַלְכוּת:	and Your **holiness and rulership as King.**
בְּרָכוֹת וְהוֹדָאוֹת	It is also appropriate that we give **blessings and thanks**
לְשִׁמְךָ הַגָּדוֹל וְהַקָּדוֹשׁ	**to Your great and holy name.**
וּמֵעוֹלָם עַד עוֹלָם אַתָּה אֵל	**From this world to Olam** Haba, **You are** the only **God.**
בָּרוּךְ אַתָּה יְיָ	**Blessed are You, Hashem,**
אֵל מֶלֶךְ גָּדוֹל	the mighty **God and great King**
וּמְהֻלָּל בַּתִּשְׁבָּחוֹת	who is **praised with praises;**
אֵל הַהוֹדָאוֹת	the **God** who is worthy **of thanks;**
אֲדוֹן הַנִּפְלָאוֹת	the **Master of wonders** and miracles;
בּוֹרֵא כָּל הַנְּשָׁמוֹת	the **Creator of all the neshamos;**
רִבּוֹן כָּל הַמַּעֲשִׂים	the **Ruler of all the creations**
הַבּוֹחֵר בְּשִׁירֵי זִמְרָה	**who takes pleasure in** B'nei Yisrael's **songs of praise.**
מֶלֶךְ יָחִיד חֵי הָעוֹלָמִים:	Hashem is the **only King;** He is the **life of** all **the worlds.**

PART 5 שמע

שְׁמַע יִשְׂרָאֵל	**Every Jew should listen and understand,**
יְיָ אֱלֹהֵינוּ	that **Hashem is our God,**
יְיָ	and that **Hashem is** the **One** and only ruler and King in the seven heavens, the earth and the four corners of the universe.
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:	**The name of Hashem's glorious kingdom is blessed forever and ever.**
וְאָהַבְתָּ אֵת יְיָ אֱלֹהֶיךָ, בְּכָל לְבָבְךָ	**You should love Hashem your God with all your heart**. Keep all of His mitzvos willingly, like a servant who does what his master wants because he loves him.
וּבְכָל נַפְשְׁךָ	Love Hashem **with all your soul.** Be ready to do all of His mitzvos, even if you might lose your life.
וּבְכָל מְאֹדֶךָ	Love Hashem **with all your might**. Be ready to do all of His mitzvos, even if you might lose all of your money.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם	**These words** of Torah, **which I command you** to do **today** and every day, should always be new and fresh to you,
עַל לְבָבֶךָ:	and they should be engraved **on your heart**; you should always be thinking about them.

GEN TAYIN
SGP 5786

וְשִׁנַּנְתָּם לְבָנֶיךָ	You should **teach** Torah **to your children** and students, until they know it well enough to answer any question on it.
וְדִבַּרְתָּ בָּם	**You should** be involved in the words of Torah and **speak them** whenever you can,
בְּשִׁבְתְּךָ בְּבֵיתֶךָ	**when you sit in your house,**
וּבְלֶכְתְּךָ בַדֶּרֶךְ	**when you travel on the way,**
וּבְשָׁכְבְּךָ	**when you lie down** at night
וּבְקוּמֶךָ	**and when you get up** in the morning.
וּקְשַׁרְתָּם לְאוֹת עַל יָדֶךָ	These words, the words of Shema, should be written in tefillin. **You should tie** the tefillin shel yad **on your arm, as a sign** to remember Hashem,
וְהָיוּ לְטֹטָפֹת בֵּין עֵינֶיךָ:	and the **tefillin** shel rosh should be put on your head, above the area **between your eyes.**
וּכְתַבְתָּם עַל מְזוּזוֹת בֵּיתֶךָ, וּבִשְׁעָרֶיךָ:	**You should write** these words of the Shema on mezuzos, which you should put up **on the doorposts of your houses and on the gates of your** courtyards, cities and countries.

PART 6 עָלֵינוּ

עָלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל

It is our duty **to praise** Hashem, **the Master of all things;**

לָתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית

to give greatness to the Creator of all **existence,**

שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת

because He has not made us like the other **nations of the world.** He has given each of us a neshamah which is part of Himself,

וְלֹא שָׂמָנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה

and He has **not put us** to be **like the** other **families of the earth** who do not have Torah and mitzvos.

שֶׁלֹּא שָׂם חֶלְקֵנוּ כָּהֶם

We should praise Him **because He has not given us a portion like theirs;** He has not only given us a land, He has given us His Torah.

וְגוֹרָלֵנוּ כְּכָל הֲמוֹנָם

We should also praise Him because He has not given **us a share like all of their people** have;

שֶׁהֵם מִשְׁתַּחֲוִים לְהֶבֶל וְלָרִיק.

they bow down to avodah zarah, which we know is full of **emptiness and nothingness,**

וַאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים

but we bend our knees, **bow down** on the floor and stretch out our hands and feet, **and give praise**

לִפְנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים
הַקָּדוֹשׁ בָּרוּךְ הוּא.

to Hashem, the King of all **kings,**

יְהוָה ׀ אוֹרֵי וְיִשְׁעִי מִמִּי אִירָא יְהוָה מָעוֹז־חַיַּי
מִמִּי אֶפְחָד׃

who stretches out the heavens and establishes the earth.

וּמוֹשַׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּעַל

The **seat of His glory is in heaven above when you sit in your house,**

וּשְׁכִינַת עֻזּוֹ בְּגָבְהֵי מְרוֹמִים.

and the home of His majesty is in heaven, **in the greatest** spiritual **heights.**

הוּא אֱלֹהֵינוּ אֵין עוֹד

He is our God; there is nobody else.

אֱמֶת מַלְכֵּנוּ, אֶפֶס זוּלָתוֹ

Truly, He is **our King; there is nothing besides Him,**

כַּכָּתוּב בְּתוֹרָתוֹ׃

as it is written in His Torah:

וְיָדַעְתָּ הַיּוֹם

Know that Hashem is God; let it be as certain to you as if you saw the revelation of Hashem as it was at Matan Torah **today,**

וַהֲשֵׁבֹתָ אֶל לְבָבֶךָ

and return to your heart; believe what your heart knows is true:

כִּי יְיָ הוּא הָאֱלֹהִים
בַּשָּׁמַיִם מִמַּעַל וְעַל הָאָרֶץ מִתָּחַת

that Hashem is the God in heaven above and on the earth below.

אֵין עוֹד׃

There is nothing else besides Him.

לְדָוִד ה׳ אוֹרִי

לְדָוִד

This following perek was composed by **Dovid** Hamelech:

יְהוָה | אוֹרִי וְיִשְׁעִי

My troubles are like darkness, and **Hashem is my light and my help.**

מִמִּי אִירָא

So **who should I be afraid of?**

יְהוָה מָעוֹז־חַיַּי מִמִּי אֶפְחָד׃

Hashem is the strength of my life, so **who should I fear?**

בִּקְרֹב עָלַי | מְרֵעִים

When wicked people approached me to attack me,

לֶאֱכֹל אֶת־בְּשָׂרִי
צָרַי וְאֹיְבַי לִי

they wanted **to eat my flesh**, but Hashem protected me from **my oppressors and my enemies;**

הֵמָּה כָשְׁלוּ וְנָפָלוּ׃

they slipped and fell.

אִם־תַּחֲנֶה עָלַי | מַחֲנֶה
לֹא־יִירָא לִבִּי

Even **if an** entire **army would chase me,**

my heart would not be afraid of it.

אִם־תָּקוּם עָלַי מִלְחָמָה
בְּזֹאת אֲנִי בוֹטֵחַ׃

If a war would start against me,

I would trust in this; I would trust in the fact that Hashem is my light and my help.

אַחַת | שָׁאַלְתִּי מֵאֵת־יְהוָה
אוֹתָהּ אֲבַקֵּשׁ

I have asked Hashem for only **one thing**,

and **it** is something that **I ask for** because it will solve all of my problems:

שִׁבְתִּי בְּבֵית־יְהוָה כָּל־יְמֵי חַיַּי

to sit in the house of Hashem, the Beis Hamikdash, all the days of my life;

לַחֲזוֹת בְּנֹעַם־יְהוָה
וּלְבַקֵּר בְּהֵיכָלוֹ׃

to see the pleasantness of Hashem and to be in His Heichal in the Beis Hamikdash.

כִּי יִ צְפְנֵנִי בְּסֻכּוֹ בְּיוֹם רָעָה

Hashem will hide me in His shelter on a day of danger, when

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בס״ד

לְדָוִד ה׳ אוֹרִי

לְדָוִד	This following perek was composed by Dovid Hamelech:
ה׳ אוֹרִי וְיִשְׁעִי	My troubles are like darkness, and Hashem is my light and my help.
מִמִּי אִירָא	So who should I be afraid of?
ה׳ מָעוֹז חַיַּי מִמִּי אֶפְחָד:	Hashem is the strength of my life, so who should I fear?
בִּקְרֹב עָלַי מְרֵעִים	When wicked people approached me to attack me,
לֶאֱכֹל אֶת בְּשָׂרִי, צָרַי וְאֹיְבַי לִי	they wanted to eat my flesh, but Hashem protected me from my oppressors and my enemies;
הֵמָּה כָּשְׁלוּ וְנָפָלוּ:	they slipped and fell.
אִם תַּחֲנֶה עָלַי מַחֲנֶה	Even if an entire army would chase me,
לֹא יִירָא לִבִּי	my heart would not be afraid of it.
אִם תָּקוּם עָלַי מִלְחָמָה	If a war would start against me,
בְּזֹאת אֲנִי בוֹטֵחַ:	I would trust in this; I would trust in the fact that Hashem is my light and my help.
אַחַת שָׁאַלְתִּי מֵאֵת ה׳	I have asked Hashem for only one thing,
אוֹתָהּ אֲבַקֵּשׁ	and it is something that I ask for because it will solve all of my problems:
שִׁבְתִּי בְּבֵית ה׳ כָּל יְמֵי חַיַּי	to sit in the house of Hashem, the Beis Hamikdash, all the days of my life;
לַחֲזוֹת בְּנֹעַם ה׳ וּלְבַקֵּר בְּהֵיכָלוֹ:	to see the pleasantness of Hashem and to be in His Heichal in the Beis Hamikdash.
כִּי יִצְפְּנֵנִי בְסֻכּוֹ בְּיוֹם רָעָה	Hashem will hide me in His shelter on a day of danger, when

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