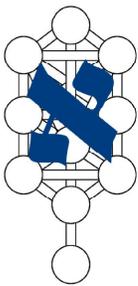


שובבים  
SHOVAVIM



**Kabbalah4All Siddur**

## About Our Siddur

As an international online Sephardic Jewish community, it was important to create a siddur that would meet the needs of those who join us from all around the world and could be downloaded to a computer or tablet. Our Siddur follows Nusach Ari and Nusach Edot HaMizrach (Sephardic). We welcome you to use our siddur whether you are joining us for services or praying on your own.

## Kabbalah4All Transliteration Guidelines

- a** as in father
- ai** or **ay** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oy** as in toy
- u** as in tune
- ch** as in Bach in German (strong sound from the throat)
- g** as in give
- tz** as in lots
- ' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".
- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

## Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddur.

מֵלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

Please do not publish or distribute without permission.

All prefaces to prayers written and adapted by David Aharon L. Curtis for Kabbalah4All.  
Translated by David Aharon L. Curtis.  
Edited by David Aharon L. Curtis.

Copyright © Kabbalah4All.com.

# שובבים

## SHOAVAVIM

The six Parashiyot (portions) of the book of Shemot (Exodus): Shemot, Va-eira, Bo, Beshalach, Yitro and Mishpatim, tell us the story of the Exodus of the Israelites from Egypt and symbolize the beginning of a unique cosmic opening that lasts six weeks every year. The word Shovavim means "wayward" like the verse: "Return, wayward children, says Hashem." (Jeremiah 3:14) and is an acronym made up of the first initial of each of the six weekly servings. The kabbalists teach us that the Exodus story is a code and that during these six weeks (42 days) there is a cosmic opening for personal redemption. The Ari explains that the fall of Adam corrupted almost everything in our physical world, resulting in human pain and suffering. During the time of the Exodus, Moshe and the Israelites corrected the most important aspects of this corruption. We should strive to avoid anger and seek humility by shunning cynicism, frivolity, and arrogance.

The following meditation can be used every day during Shovavim.

# יְזַדְּבֹוּהָ זָבוּ יְלִי

בְּרוּךְ אַתָּה יְהוָה יֵאֱהוּנְהִי יַחְהַבְוּהָ מְקַבֵּץ עַבְדֵי סִג  
 מִ"ה ב"ן = הַבְּרִכָּה נִדְּחֵי עַבְדֵי : יוֹד הִי וְיוֹ הִי : יֵה יְהוּ יְהוּהָ  
 עֲמוֹ חֲבוּ יִשְׂרָאֵל.

Baruch atah Adonai, m'kabetz nidchei amo Yisra-el.

*Blessed are You Adonai, Who gathers together the dispersed of Your people Israel.*

## הע"ב שמות THE 72 NAMES

This Name of the Creator has been known since ancient times and is discussed in the Zohar. It is also known as the 216-Letter Name, which contains 72 sequences. The 72 Names are derived from three verses from Shemot (Exodus) 14:19-21. The Ari suggests meditating on the 72 Names during the period of Shovavim.

*Start from the box with the purple border and go from right to left across.*

והו	ילי	סיט	עלם	מהש	ללה	אכא	כהת
הזי	אלד	לאו	ההע	יזל	מבה	הרי	הקם
לאו	כלי	לזו	פהל	זלך	י	מלה	זזהו
זתה	האא	ירת	שאה	רי	אום	לכב	ושר
יזו	להז	כוק	מנד	אני	זעם	רהע	יז
ההה	מיכ	וול	ילה	סאל	ערי	עשל	מיה
והו	דני	הזש	עמם	זנא	זית	מבה	פוי
זמם	ייל	הרז	מצר	ומב	יהה	ענו	מזזי
דמב	מזק	איע	זבו	ראה	יבמ	היי	מום

# תפלה הע"ב שמות

## THE 72 NAMES PRAYER

The verses that follow are known as The 72 Name Prayer by the Italian Kabbalist, Rabbi Menachem Azariah de Fano. He related each sequence to a verse from Tehilim. Though we are including the transliteration and translation, it is important to know that one should say the verse in Hebrew since the significance of the verses are the 72 Names that are contained within them.

*Begin with the Ana B'choach.*

א ב ג י ת ק

חסד  
CHESED

אָנָּא בְּכַח גְּדוּלַת יְמִינְךָ תִּתִּיר צְרוּרָה.

**Ana b'choach g'dulat y'min'cha tatir tz'rurah.**

*Release all those in captivity, we beseech You, Almighty One Whose power sets us free.*

ק ר ע ש ט ו

גבורה  
GEVURAH

קִּבַּל רִנַּת עַמֶּךָ שִׁגְבָנוּ טַהֲרָנוּ נוֹרָא.

**Kabel rinat am'cha sag'venu taharenu nora.**

*Accept the singing of all Your people who praise and glorify You alone.*

נ ג ד י כ ע

תפארת  
TIFERET

נָּא גִּבּוֹר דּוֹרְשֵׁי יִחּוּדְךָ כְּבַבַּת שְׁמֵרָם.

**Na gibor dor'shei yichud'cha k'vavat shomrem.**

*Preserve those who seek Your unity, guard them like the pupil of the eye.*

ב ט ר צ ת ג

נצח  
NETZACH

בְּרַכְּם טַהֲרֵם רַחֲמֵי צְדִקְתְּךָ תָּמִיד גִּמְלָם.

**Bar'chem taharem rachamei tzidkat'cha tamid gomlem.**

*Bless and purify them and always grant them Your compassionate righteousness.*

## ח ק ב ט ז ע

הוד  
HOD

חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נֹהֵל אֶדְתְּךָ.

Chasin kadosh b'rov tuv'cha nahel adatecha.

*Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.*

## י ג ל פ ז ק

יסוד  
YESOD

יְחִיד גֵּאָה לְעֹמֶךָ פְּנֵה זוֹכְרֵי קְדוּשַׁתְּךָ.

Yachid ge-eh l'am'cha p'neh zoch'rei k'dushatecha.

*O Exalted One, turn to Your people who remember Your holiness.*

## ש ק ו צ י ת

מלכות  
MALCHUT

שׁוּעַתֵּנוּ קַבֵּל וּשְׁמַע צַעֲקוֹתֵנוּ יוֹדֵעַ תַּעֲלוּמוֹת.

Shavatenu kabel ushma tza-akatenu yode-a ta-alumot.

*Turn to us and hear our prayers, You Who know all hidden things.*

## ו ד ה ו

וְאַתָּה יְהוָה מִגֵּן בְּעַדִּי, כְּבוֹדִי וּמְרִים רֹאשִׁי.

V'atah Adonai magen ba-adi, k'vodi umerim roshi.

*But You Adonai are a shield for me, my glory and the One Who raises my head.  
(Tehilim 3:4)*

## י כ ל י

וְאַתָּה יְהוָה אַל תִּרְחַק, אֵי לוּתִי לְעִזְרָתִי חוֹשָׁה.

V'atah Adonai al tirschak, eyaluti l'ezrati chushah.

*But You Adonai be not far from me, O my Strength hasten to my help.  
(Tehilim 3:4)*

# סיט

אִמַּר לַיהוָה מַחְסֵי וּמְצוּדָתִי, אֱלֹהֵי אֲבֹתַי בּוֹ.

Omar Ladonai machsi umtzudati, Elohai evtach bo.

*I will say of Adonai: He is my refuge and my fortress, my Elohim in Whom I will trust.*  
(Tehilim 91:2)

# עלם

עֵינֵי יְהוָה אֶל צְדִיקִים, וְאָזְנוֹ אֶל שׁוֹעֲתִים.

Einei Adonai el tzadikim, v'aznav el shavatam.

*The eyes of Adonai are toward the righteous, and His ears are toward their cry.*  
(Tehilim 34:16)

# מהש

יְהוָה אֱלֹהִים צְבָאוֹת הַשְׁיִבֵנוּ, הָאֵר פְּנֵיךָ וְנִשְׁעָה.

Adonai Elohim tz'va-ot hashivenu, ha-er panecha v'nivashe-ah.

*Adonai Elohim of hosts, return us, let Your face shine and we will be saved.*  
(Tehilim 80:20)

# כלה

חַנְּנֵי אֲדֹנָי, כִּי אֵלֶיךָ אֶקְרָא כָּל הַיּוֹם.

Chaneni Adonai, ki elecha ekra kol hayom.

*Show favor to me, Adonai, for to You do I call every day.*  
(Tehilim 86:3)

# אכא

אֲנִי שָׁכַבְתִּי וְאִישָׁנָה, הִקִּיצוֹתִי כִּי יְהוָה יִסְמְכֵנִי.

Ani shachavti va-ishanah, hekitzoti ki Adonai yism'cheni.

*I lay down and slept, yet I awoke for Adonai supports me.  
(Tehilim 3:6)*

# כדת

יָדַעְתִּי יְהוָה כִּי צֶדֶק מִשְׁפָּטֶיךָ, וְאֱמוּנָה עֲנִיתָנִי.

Yadati Adonai ki tzedek mishpatecha, ve-emunah initani.

*I know Adonai that Your judgements are righteous, and that in faithfulness You afflicted me.  
(Tehilim 119:75)*

# הזי

לָמָּה יְהוָה תִּזְנַח נַפְשִׁי, תִּסְתִּיר פְּנֵיךָ מִמֶּנִּי.

Lamah Adonai tiznach nafshi, tastir panecha mimeni.

*Adonai, why do you abandon my soul, why do You hide Your face from me?  
(Tehilim 88:15)*

# אלד

יְהוָה אֱלֹהֵי יְשׁוּעָתִי, יוֹם צָעַקְתִּי בַּיּוֹם וּבַלַּיְלָה נִגְדָּה.

Adonai Elohei y'shu-ati, yom tza-akti valailah negdecha.

*Adonai, Elohim of my salvation, I have cried out by day and by night before You.  
(Tehilim 88:2)*

# לוא

לוא הֶאֱמַנְתִּי, לְרֹאֹת בְּטוֹב יְהוָה בְּאֶרֶץ חַיִּים.

Lulei he-emanti, lirot b'tuv Adonai b'erezt chayim.

*Had I not trusted that I would see the goodness of Adonai in the land of life.  
(Tehilim 27:13)*

# הדהע

שׁוּבָה יְהוָה חַלְצָה נַפְשִׁי, הוֹשִׁי עֲנִי לְמַעַן חַסְדֶּךָ.

Shuvah Adonai chal'tzah nafshi, hoshi-eni l'ma-an chasdecha.

*Desist Adonai, release my soul, save me for the sake of Your lovingkindness.  
(Tehilim 6:5)*

# יזכ

יִשְׁבְּעוּ עֵצֵי יְהוָה, אֲרֵזֵי לְבָנוֹן אֲשֶׁר נָטַע.

Yisb'u atzei Adonai, arzei l'vanon asher nata.

*The trees of Adonai have their fill, the cedars of Lebanon that He has planted  
(Tehilim 104:16)*

# מבה

וַיְהִי יְהוָה מִשְׁגָּב לְדָךְ, מִשְׁגָּב לְעֵתוֹת בַּצָּרָה.

Vihi Adonai misgav ladach, misgav l'itot batzarah.

*Adonai will be a refuge for the oppressed, a refuge for times of distress.  
(Tehilim 9:10)*

# הרי

הִנֵּה כִּי כֵן יִבְרַךְ גִּבּוֹר יִרְאֵהוּ.

Hineh chi chen y'vorach gaver y're Adonai.

*Behold, thus shall be blessed the person who is in awe of Adonai.*  
(Tehilim 128:4)

# הקם

לָמָּה יִהְיֶה תִּעֲמָד בְּרָחוֹק, תִּעְלִים לְעֵתוֹת בַּצָּרָה.

Lamah Adonai ta-amod b'rachok, talim l'itot batzarah.

*Why Adonai do You stand at a distance, hiding Yourself in times of distress?*  
(Tehilim 10:1)

# לאו

הוֹדוּ לַיהוָה קְרָאוּ בְּשֵׁמוֹ, הוֹדִיעוּ בְּעַמִּים עֲלִילוֹתָיו.

Hodu Ladonai kiru bishmo, hodi-u va-amim alilotav.

*Give thanks to Adonai, declare His Name, make known His acts among the peoples.*  
(Tehilim 105:1)

# כלי

בְּרָכוּ יִהְיֶה כָּל צְבָאוֹ, מִשְׁרָתָיו עֲשֵׂי רְצוֹנוֹ.

Bar'chu Adonai kol tz'va-av, m'shar'tav osei r'tzono.

*Bless Adonai all His hosts, His servants who do His will.*  
(Tehilim 103:21)

# כִּוּוֹ

קִוְוָה קִנִּיתִי יְהוָה, וַיֵּט אֵלַי וַיִּשְׁמַע שׁוֹעַתִּי.

**Kavoh kiyiti Adonai, vayet elai vayishma shavati.**  
Great hope I have placed in Adonai, and He inclined to me and heard my cry.  
(Tehilim 40:2)

# פָּדָה

נְדָבוֹת פִּי רִצְּהָ נָא יְהוָה, וּמִשְׁפָּטַי לְמַדְּנִי.

**Nidvot pi r'tzeh na, Adonai umishpatecha lamdeni.**  
Please accept the offerings of my mouth with favor, Adonai, and teach me Your ordinances.  
(Tehilim 119:108)

# נִכְן

עַל כֵּן אֹדְדֶךָ בְּגוֹיִם יְהוָה, וְלִשְׁמֶךָ אֲזַמְּרָה.

**Al ken od'cha vagoyim Adonai, ulshimcha azamerah.**  
Therefore I shall give thanks to You among the nations, Adonai, and I will sing to Your Name.  
(Tehilim 18:50)

# חִי

רוֹצֵה יְהוָה אֶת יִרְאַיוֹ, אֶת הַמְּיַחֲלִים לְחַסְדּוֹ.

**Rotzeh Adonai et y're-av, et ham'yachalim l'chasdo.**  
Adonai desires those who are in awe of Him, and those who yearn for His lovingkindness.  
(Tehilim 147:11)

# מלה

זֶה הַיּוֹם עָשָׂה יְהוָה, נִגִּילָה וְנִשְׂמְחָה בּוֹ.

Zeh hayom asah Adonai, nagilah v'nism'chah vo.

*This is the day that Adonai has made, let us rejoice and be glad.*  
(Tehilim 118:24)

# זזהו

בָּאוּ נִשְׁתַּחֲוֶה וְנִכְרַעָה, נִבְרָכָה לְפָנֵי יְהוָה עֲשֹׂנוּ.

Bo-u nishtachaveh v'nichra-ah, nivr'chah lifnei Adonai osenu.

*Come let us bow down and kneel, bend the knee before Adonai our Maker.*  
(Tehilim 95:6)

# נדתה

דָּרַשְׁתִּי אֶת יְהוָה וְעָנָנִי, וּמְכֹל מְגוּרוֹתַי הִצִּילָנִי.

Darashti et Adonai v'anani, umikol m'gurotai hitzilani.

*I sought Adonai and He answered me, and He delivered me from all my fears.*  
(Tehilim 34:5)

# האא

יְהוָה מֶלֶךְ תִּגַּל הָאָרֶץ, יִשְׂמְחוּ אֵימִים רַבִּים.

Adonai malach tagel ha-aretz, yism'chu iyim rabim.

*Adonai has reigned let the earth rejoice, let the many islands be glad.*  
(Tehilim 97:1)

# יִרְדֵּנִי

חֲלִצְנִי יְהוָה מֵאָדָם רָע, מֵאִישׁ חַמְסִים תִּנְצְרֵנִי.

Chal'tzeni Adonai me-adam ra, me-ish chamasim tintz'reni.

*Rescue me from the evil person, guard me from the violent person.  
(Tehilim 140:2)*

# שֹׁפְטֵנִי

שֹׁפְטֵנִי כְּצִדְקֶךָ יְהוָה אֱלֹהֵי, וְאַל יִשְׂמְחוּ לִי.

Shofteni ch'tzidk'cha Adonai Elohai, v'al yism'chu li.

*Judge me according to Your righteousness Adonai my Elohim, and let them not rejoice over me.  
(Tehilim 35:24)*

# רִי

זַמְּרוּ לַיהוָה יֹשֵׁב צִיּוֹן, הַגִּידוּ בְּעַמִּים עֲלִילוֹתָיו.

Zam'ru Ladonai yoshev Tziyon, hagidu va-amim alilotav.

*Sing to Adonai Who dwells in Zion, proclaim His acts among the people.  
(Tehilim 9:12)*

# אֹדֶה

אֹדֶה יְהוָה כְּצִדְקוֹ, וְאֶזְמְרָה שֵׁם יְהוָה עֲלִיוֹן.

Odeh Adonai k'tzidko, va-azam'rah shem Adonai Elyon.

*I will thank Adonai according to His righteousness, and I will sing praises to the Name of Adonai Most High.  
(Tehilim 7:18)*

# לכב

וְאָנִי עָלֶיךָ בִּטַּחְתִּי יְהוָה אָמַרְתִּי, אֱלֹהֵי אֲתָהּ.

Va-ani alecha vatachti Adonai amarti, Elohai atah.

*But as for me, in You I have trusted Adonai I said, You are my Elohim.*  
(Tehilim 31:15)

# ושׁוּר

וּבְשֵׁם יְהוָה אֶקְרָא, אָנָּה יְהוָה מִלְּטָה נַפְשִׁי.

Uvshem Adonai ekra, anah Adonai mal'tah nafshi.

*Then I called upon the Name of Adonai, please Adonai, save my soul.*  
(Tehilim 116:4)

# ידזו

מַה גְּדֹלוֹ מַעֲשֵׂיךָ יְהוָה, מֵאֵד עֲמֻקּוֹ מַחֲשַׁבֹתֶיךָ.

Mah gad'lu ma-asecha Adonai, m'od am'ku machsh'votecha.

*How great are Your deeds, Adonai, Your thoughts are exceedingly profound.*  
(Tehilim 92:6)

# להזו

הָרִיעוּ לַיהוָה כָּל הָאָרֶץ, פִּצְחוּ וְרַנְּנוּ וְזַמְרוּ.

Hari-u Ladonai kol ha-aretz, pitz'chu v'ran'nu v'zameru.

*Shout with joy to Adonai all the earth, open your mouths and sing joyfully and play music.*  
(Tehilim 98:4)

# כוק

וְאָנִי אֵלֶיךָ יְהוָה שִׁוֵּעֵתִי, וּבִבְקָר תִּפְלְתִי תִקְדְּמֶךָ.

Va-ani elecha Adonai shivati, uvaboker t'filati t'kadmecha.

*As for me, to You have I cried, Adonai, and in the morning my prayer will come to You.*  
(Tehilim 88:14)

# מנד

יְהוָה אֶהְבֵּתִי מְעוֹן בֵּיתְךָ, וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ.

Adonai ahavti m'on beitecha, umkom mishkan k'vodecha.

*Adonai I love the shelter of Your House, and the tabernacle of Your glory.*  
(Tehilim 26:8)

# אני

אִם אֶמְרֹתִי מָטָה רַגְלִי, חַסְדֶּךָ יְהוָה יִסְעֵדֵנִי.

Im amarti matah ragli, chasd'cha Adonai yisadeni.

*If I said, "my foot falters," Your kindness supported me, Adonai.*  
(Tehilim 94:18)

# זעם

כִּי אַתָּה יְהוָה מַחְסִי, עֲלִיוֹן שָׂמַתָּ מְעוֹנְךָ.

Ki atah Adonai machsi, Elyon samta m'onecha.

*For You are my refuge Adonai, in the Most High have you made your dwelling.*  
(Tehilim 91:9)

# רָהַע

יְמִין יְהוָה רֹמְמָהּ, יְמִין יְהוָה עֹשֶׂה חַיִּיל.

Y'min Adonai romemah, y'min Adonai osah chayil.

*The right hand of Adonai is raised triumphantly, the right hand of Adonai does mighty deeds.*  
(Tehilim 118:16)

# יִרְאֵי

יִרְאֵי יְהוָה בְּטַחוּ בִיהוָה, עֲזָרָם וּמִגְנָם הוּא.

Yirei Adonai bitchu Badonai, ezram umaginam hu.

*You who are in awe of Adonai, trust in Adonai, He is their help and their shield.*  
(Tehilim 115:11)

# הַצִּילָהּ

יְהוָה הַצִּילָהּ נַפְשִׁי מִשֵּׁפֶת שֶׁקֶר, מִלְּשׁוֹן רְמִיָּהּ.

Adonai hatzilah nafshi mis'fat sheker, milashon r'miyah.

*Adonai rescue my soul from lips that speak falsehood, from a tongue that is deceitful.*  
(Tehilim 120:2)

# מִיֵּכ

יְהוָה יִשְׁמְרֶךָ מִכָּל רָע, יִשְׁמֹר אֶת נַפְשֶׁךָ.

Adonai yishmorcha mikol ra, yishmor et nafsshecha.

*Adonai will protect you from every evil, He will protect your soul.*  
(Tehilim 121:7)

# וּכַל

יְהוָה יִשְׁמֹר צֵאתְךָ וּבֹאֶךָ, מֵעַתָּה וְעַד עוֹלָם.

Adonai yishmor tzet'cha uvo-echa, me-atah v'ad olam.

*Adonai will protect your departure and your arrival, from this time and until eternity.  
(Tehilim 121:8)*

# יְכַלָּה

מִי יִמַּלֵּל גְּבוּרוֹת יְהוָה, יִשְׁמִיעַ כָּל תְּהִלָּתוֹ.

Mi y'malel g'vurot Adonai, yashmi-a kol t'hilato.

*Who can express the mighty acts of Adonai, who can make heard all of His praise?  
(Tehilim 106:2)*

# סְאֵל

יְהִי חַסְדְּךָ יְהוָה עָלֵינוּ, כַּאֲשֶׁר יִחַלְנוּ לָךְ.

Y'hi chasd'cha Adonai aleinu, ka-asher yichalnu lach.

*May Your lovingkindness, Adonai, be upon us, just as we hope in You.  
(Tehilim 33:22)*

# עֲרִי

אַל תַּעֲזֹבֵנִי יְהוָה, אֱלֹהֵי אֵל תִּרְחַק מִמֶּנִּי.

Al ta-azveni Adonai, Elohai al tirchak mimeni.

*Do not forsake me Adonai, my Elohim be not distant from me.  
(Tehilim 38:22)*

# עֵשׂוּךְ

עֵבְדוּ אֶת יְהוָה בְּשִׂמְחָה, בָּאוּ לְפָנָיו בְּרִנָּה.

Ivdu et Adonai b'simchah, bo-u l'fanav birnanah.

Serve Adonai with gladness, come before Him with songs of joy.  
(Tehilim 100:2)

# מִיָּה

אוֹדֶה יְהוָה מְאֹד בְּפִי, וּבְתוֹךְ רַבִּים אֶהְלֶנּוּ.

Odeh Adonai m'od b'fi, uvtoch rabim ahal'lenu.

I will thank Adonai exceedingly with my mouth, and I will praise Him among the multitude.  
(Tehilim 109:30)

# וְהוּ

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד, וְלִגְדֻלָּתוֹ אֵין חֶקֶר.

Gadol Adonai umhulal m'od, v'ligdulato ein cheker.

Great is Adonai and exceedingly praised, His greatness is unfathomable.  
(Tehilim 145:3)

# דַּבַּרְיִי

אוֹדֶה יְהוָה בְּכָל לִבִּי, אֲסַפְּרָה כָּל נִפְלְאוֹתֶיךָ.

Odeh Adonai b'chol libi, asap'rah kol nifl'otecha.

I will give thanks to Adonai with all my heart, I will proclaim all of Your wondrous deeds.  
(Tehilim 9:2)

# הזחש

יְהִי כְבוֹד יְהוָה לְעוֹלָם, יִשְׂמַח יְהוָה בְּמַעֲשָׁיו.

Y'hi ch'vod Adonai l'olam, yismach Adonai b'ma-asav.

*May the glory of Adonai endure forever, let Adonai rejoice in His works.*  
(Tehilim 104:31)

# עמם

זְכוֹר רַחֲמֶיךָ יְהוָה וְחַסְדֶיךָ, כִּי מֵעוֹלָם הֵמָּה.

Z'chor rachamecha Adonai vachasadecha, ki me-olam hemah.

*Remember Your mercies, Adonai, and Your lovingkindnesses, for they are eternal.*  
(Tehilim 25:6)

# נבא

הִנֵּה עֵין יְהוָה אֶל יְרֵאָיו, לְמַיְחָלִים לְחַסְדּוֹ.

Hineh ein Adonai el y're-av, lam'yachalim l'chasdo.

*Behold the eye of Adonai is on those who are in awe of Him, upon those who await His lovingkindness.*  
(Tehilim 33:18)

# נִידַת

יְהוָה מְנַת חֶלְקִי וְכוֹסִי, אַתָּה תוֹמִיךָ גּוֹרְלִי.

Adonai m'nat chelki v'kosi, atah tomich gorali.

*Adonai is my allotted portion and my cup, You guide my destiny.*  
(Tehilim 16:5)

# מבד

יהוה בַּשָּׁמַיִם הֵכִין כִּסְאוֹ, וּמַלְכוּתוֹ בְּכֹל מַשְׁלָחָה.

Adonai bashamayim hechin kiso, umalchuto bakol mashalah.

*Adonai has established His throne in the heavens, and His kingdom reigns over all.  
(Tehilim 103:19)*

# פוי

כִּי רוֹצֵה יְהוָה בְּעַמּוֹ, יִפְאֵר עֲנָוִים בְּיִשׁוּעָה.

Ki rotzeh Adonai b'amo, y'fa-er anavim bishu-ah.

*For Adonai desires His people, He adorns the humble with salvation.  
(Tehilim 149:4)*

# נמם

סוֹמֵךְ יְהוָה לְכֹל הַנִּפְלִיִּם, וְזוֹקֵף לְכֹל הַכֹּפְּוּפִים.

Somech Adonai l'chol hanof'lim, v'zokef l'chol hak'fufim.

*Adonai supports all those who fall, and holds upright all those who are bent over.  
(Tehilim 145:14)*

# ייל

יְהִי שֵׁם יְהוָה מְבֹרָךְ, מֵעַתָּה וְעַד עוֹלָם.

Y'hi shem Adonai m'vorach, me-atah v'ad olam.

*May the Name of Adonai be blessed, from now until eternity.  
(Tehilim 113:2)*

# הרזח

וַיְהִי יְהוָה לִי לְמִשְׁגָּב, וְאֱלֹהֵי לְצוּר מַחְסֵי.

Vayhi Adonai li l'misgav, Velohai l'tzur machsi.

*But Adonai has become my fortress, and my Elohim the Rock of my refuge.*  
(Tehilim 94:22)

# מצר

פְּנֵי יְהוָה בְּעֵשִׂי רָע, לְהַכְרִית מֵאֶרֶץ זְכָרָם.

P'nei Adonai b'osei ra, l'hachrit me-eret zichram.

*The face of Adonai is against those who do evil, to cut off their memory from earth.*  
(Tehilim 34:17)

# ומב

יְהוָה אֲדֹנָינוּ, מַה אֲדִיר שִׁמְךָ בְּכֹל הָאָרֶץ.

Adonai Adoneinu, mah adir shimcha b'chol ha-aretz.

*Adonai our Ruler, how mighty is Your Name in all the earth.*  
(Tehilim 8:10)

# יהה

יִשָּׂא בְרָכָה מֵאֵת יְהוָה, וּצְדָקָה מֵאֱלֹהֵי יִשְׁעוֹ.

Yisa v'rachah me-et Adonai, utzdakah me-Elohei yisho.

*They will receive a blessing from Adonai, and just kindness from the Elohim of their salvation.*  
(Tehilim 24:5)

# עֵצוּ

וְהִתְעַנַּג עַל יְהוָה, וְיִתֶּן לְךָ מִשְׁאֲלוֹת לְבָבְךָ.

V'hitanag al Adonai, v'yiten l'cha mishalot libecha.

*And delight in Adonai, and He will grant you the desires of your heart.*  
(Tehilim 37:4)

# מִזְזִי

שְׁמַע יְהוָה וְחַנְּנֵנִי, יְהוָה הִיָּה עֲזָר לִי.

Sh'ma Adonai v'chaneni, Adonai heyeh ozer li.

*Hear Adonai and favor me, Adonai be my helper.*  
(Tehilim 30:11)

# דַּמּוּ

שׁוּבָה יְהוָה עַד מָתַי, וְהִנָּחֵם עַל עַבְדֶּיךָ.

Shuvah Adonai ad matai, v'hinachem al avadecha.

*Return Adonai, until when? And relent concerning Your servants.*  
(Tehilim 90:13)

# מִצַּק

אֲהַב יְהוָה שְׁעָרֵי צִיּוֹן, מִכֹּל מִשְׁכָּנוֹת יַעֲקֹב.

Ohev Adonai sha-arei Tziyon, mikol mishk'not Ya-akov.

*Adonai loves the gates of Zion, more than all the dwellings of Jacob.*  
(Tehilim 87:2)

# אֵיֶּי

חַי יְהוָה וּבְרוּךְ צוּרִי, וַיְרוּם אֱלֹהֵי יִשְׁעֵי.

Chai Adonai uvaruch tzuri, v'yarum Elohei yishi.

*Adonai lives, Blessed is my Rock, and exalted is the Elohim of my salvation.*  
(Tehilim 18:47)

# זָכוֹר

כִּי בָחַר יְהוָה בְּצִיּוֹן, אֶתֶּר לְמוֹשָׁב לוֹ.

Ki bachar Adonai b'Tziyon, ivah l'moshav lo.

*For Adonai has chosen Zion, He has desired it for a habitation for Himself.*  
(Tehilim 132:13)

# רָאֵה

קָרָאתִי בְּכֹל לֵב, עֲנֵנִי יְהוָה, חֲקִיךָ אֶצְרָה.

Karati v'chol lev, aneni Adonai, chukecha etzorah.

*I called with all my heart, answer me Adonai, I will treasure Your statutes.*  
(Tehilim 119:145)

# יִבְמֵ

צַדִּיק יְהוָה בְּכֹל דְּרָכָיו, וְחָסִיד בְּכֹל מַעֲשָׂיו.

Tzadik Adonai b'chol d'rachav, v'chavid b'chol ma-asav.

*Adonai is righteous in every way, and virtuous in all deeds.*  
(Tehilim 145:17)

# היי

יהוה שִׁמְרֶךָ, יהוה צִלְךָ עַל יַד יְמִינֶךָ.

Adonai shom'recha, Adonai tzil'cha al yad y'minecha.

*Adonai is your Guardian, Adonai is your Shade upon your right hand.  
(Tehilim 121:5)*

# מום

יִחַל יִשְׂרָאֵל אֶל יְהוָה, מֵעַתָּה וְעַד עוֹלָם.

Yachel Yisra-el el Adonai, me-atah v'ad olam.

*Israel shall yearn for Adonai, from this time until eternity.  
(Tehilim 131:3)*

*This verse is said in a whisper.*

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch shem k'vod malchuto l'olam va-ed!

*Blessed is the Name of His glorious realm for ever and ever!*