פסוקי דזמרא

ברוך שאמר

בָּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם,
בָּרוּךְ הוּא.
בָּרוּךְ עוֹשֶׂה בְרֵאשִׁית,
בָּרוּךְ אוֹמֵר וְעוֹשֶׂה,
בָּרוּךְ גּוֹזֵר וּמְקַיֵּם,
בָּרוּךְ מְרַחֵם עַל הָאָרֶץ,
בָּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת,
בָּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב לִירֵאָיו,
בָּרוּךְ חַי לָעַד וְקַיָּם לָנֶצַח,
בָּרוּךְ פּוֹדֶה וּמַצִּיל,
בָּרוּךְ שְׁמוֹ.

Barukh she-amar v'hayah ha-olam. Barukh hu.
Barukh oseh v'reshit. Barukh omer v'oseh.
Barukh gozer u-m'kayem. Barukh m'raḥem al ha-aretz.
Barukh m'raḥem al ha-b'riyot.
Barukh m'shalem sakhar tov li-y're-av.
Barukh ḥai la'ad v'kayam la-netzaḥ.
Barukh podeh u-matzil. Barukh sh'mo.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הָאֵל, הָאָב הָרַחֲמָן, הַמְהֻלָּל בְּפִי עַמּוֹ, מְשֻׁבָּח וּמְפֹאָר בִּלְשׁוֹן חֲסִידָיו וַעֲבָדָיו. וּבְשִׁירֵי דָוִד עַבְדֶּךָ נְהַלֶּלְךָ יהוה אֱלֹהֵינוּ, בִּשְׁבָחוֹת וּבְזִמִּירוֹת, נְגַדֶּלְךָ וּנְשַׁבֵּחֲךָ וּנְפָאֶרְךָ וְנַזְכִּיר שִׁמְךָ וְנַמְלִיכְךָ מַלְכֵּנוּ אֱלֹהֵינוּ, ▣ יָחִיד חֵי הָעוֹלָמִים. מֶלֶךְ מְשֻׁבָּח וּמְפֹאָר עֲדֵי עַד שְׁמוֹ הַגָּדוֹל. בָּרוּךְ אַתָּה יהוה מֶלֶךְ מְהֻלָּל בַּתִּשְׁבָּחוֹת.

It is customary for the congregation to stand during the recitation of Barukh She-amar. This practice dates back to the ninth century when the public service began with Barukh She-amar.

P'SUKEI D'ZIMRA
PSALM AND SONG

BARUKH SHE-AMAR

In the b'rakhah that introduces P'sukei D'Zimra, we praise our eternal, compassionate Creator.

Praised is God, whose word created the world.

Sing praise.

Glorified is the Author of Creation.

Laud the One whose word is performance.

Acclaimed is God, whose decree is fulfillment.

Revere the One whose mercy envelops the world.

Adored is God, whose kindness embraces all creatures.

Honor the One who rewards those who revere Him.

Blessed is God, who lives forever, endures eternally.

Celebrate the One who redeems and rescues.

Praised is God's name.

Praised are You Adonai our God, who rules the universe, compassionate Creator extolled by Your people, glorified by Your faithful servants. We laud You with the psalms of Your servant David. We extol You in song; we celebrate Your fame in melody. We proclaim You Sovereign, singular, eternal God. Praised are You Adonai, Sovereign magnified with songs of praise.

(Some congregations select from among the passages on pages 17-28.)

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*This group of prayers — beginning with Barukh She-amar, a celebration of God's majesty — consists principally of passages from the Bible. They praise God as the Designer of nature, the Master of justice, the Giver of Torah, and the Guardian of Israel. Together these prayers create a sense of awe leading up to Bar'khu, with which the Shaharit Service formally begins. This lyrical translation emphasizes the varied meanings of "**barukh**."*

דברי הימים א׳, ט״ז: ח׳-ל״ו

הוֹדוּ לַיהוה, קִרְאוּ בִשְׁמוֹ, הוֹדִיעוּ בָעַמִּים עֲלִילֹתָיו.
שִׁירוּ לוֹ, זַמְּרוּ לוֹ, שִׂיחוּ בְּכָל־נִפְלְאוֹתָיו.
הִתְהַלְלוּ בְּשֵׁם קָדְשׁוֹ,
יִשְׂמַח לֵב מְבַקְשֵׁי יהוה.
דִּרְשׁוּ יהוה וְעֻזּוֹ, בַּקְּשׁוּ פָנָיו תָּמִיד.
זִכְרוּ נִפְלְאֹתָיו אֲשֶׁר עָשָׂה,
מֹפְתָיו וּמִשְׁפְּטֵי־פִיהוּ.
זֶרַע יִשְׂרָאֵל עַבְדּוֹ, בְּנֵי יַעֲקֹב בְּחִירָיו.

הוּא יהוה אֱלֹהֵינוּ, בְּכָל־הָאָרֶץ מִשְׁפָּטָיו.
זִכְרוּ לְעוֹלָם בְּרִיתוֹ, דָּבָר צִוָּה לְאֶלֶף דּוֹר,
אֲשֶׁר כָּרַת אֶת־אַבְרָהָם, וּשְׁבוּעָתוֹ לְיִצְחָק,
וַיַּעֲמִידֶהָ לְיַעֲקֹב לְחֹק, לְיִשְׂרָאֵל בְּרִית עוֹלָם,
לֵאמֹר: לְךָ אֶתֵּן אֶרֶץ כְּנָעַן, חֶבֶל נַחֲלַתְכֶם.

בִּהְיוֹתְכֶם מְתֵי מִסְפָּר, כִּמְעַט וְגָרִים בָּהּ.
וַיִּתְהַלְּכוּ מִגּוֹי אֶל־גּוֹי, וּמִמַּמְלָכָה אֶל עַם אַחֵר.
לֹא הִנִּיחַ לְאִישׁ לְעָשְׁקָם, וַיּוֹכַח עֲלֵיהֶם מְלָכִים:
אַל תִּגְּעוּ בִּמְשִׁיחָי, וּבִנְבִיאַי אַל תָּרֵעוּ.

שִׁירוּ לַיהוה כָּל־הָאָרֶץ,
בַּשְּׂרוּ מִיּוֹם־אֶל־יוֹם יְשׁוּעָתוֹ.
סַפְּרוּ בַגּוֹיִם אֶת־כְּבוֹדוֹ,
בְּכָל־הָעַמִּים נִפְלְאֹתָיו.
כִּי גָדוֹל יהוה וּמְהֻלָּל מְאֹד,
וְנוֹרָא הוּא עַל־כָּל־אֱלֹהִים.
כִּי כָּל־אֱלֹהֵי הָעַמִּים אֱלִילִים,
וַיהוה שָׁמַיִם עָשָׂה.

I CHRONICLES 16:8-36

Acclaim Adonai; invoke God's name.
Make God's deeds known among all people.
Praise God in song and in psalm;
recall all of God's wonders.

Exult in God's hallowed name;
let God's seekers rejoice in their hearts.
Seek Adonai and His strength;
seek God's presence always.

Children of Israel, God's servant, chosen people of Jacob:
Remember the wonders God has wrought,
God's marvels and justice.

This is Adonai our God, whose justice fills the earth.

Remember God's covenant always,
God's word to a thousand generations —

God's covenant with Abraham, God's oath to Isaac,
God's unchanging compact with Jacob;
the everlasting promise to Israel:
"I will give you the land of Canaan
as your inheritance, your possession."

You were very few in number,
little more than strangers in the land,
wandering from nation to nation, from kingdom to kingdom.

God would let no one oppress you,
admonishing kings for your sake:
"Touch not My anointed ones, harm not My prophets."

Sing to Adonai, all the earth;
proclaim God's triumph day by day.
Announce God's glory among the nations,
God's marvels among all peoples.

Great is Adonai, and worthy of praise,
to be revered beyond all gods.
For all the pagan gods are mere idols,
but Adonai created the heavens.

הוֹד וְהָדָר לְפָנָיו, עֹז וְחֶדְוָה בִּמְקוֹמוֹ.
הָבוּ לַיהוה מִשְׁפְּחוֹת עַמִּים,
הָבוּ לַיהוה כָּבוֹד וָעֹז.
הָבוּ לַיהוה כְּבוֹד שְׁמוֹ,
שְׂאוּ מִנְחָה וּבֹאוּ לְפָנָיו,
הִשְׁתַּחֲווּ לַיהוה בְּהַדְרַת קֹדֶשׁ.
חִילוּ מִלְּפָנָיו כָּל־הָאָרֶץ,
אַף־תִּכּוֹן תֵּבֵל בַּל־תִּמּוֹט.
יִשְׂמְחוּ הַשָּׁמַיִם וְתָגֵל הָאָרֶץ,
וְיֹאמְרוּ בַגּוֹיִם יהוה מָלָךְ.
יִרְעַם הַיָּם וּמְלוֹאוֹ,
יַעֲלֹץ הַשָּׂדֶה וְכָל־אֲשֶׁר־בּוֹ.
אָז יְרַנְּנוּ עֲצֵי הַיָּעַר, מִלִּפְנֵי יהוה,
כִּי־בָא לִשְׁפּוֹט אֶת־הָאָרֶץ.

הוֹדוּ לַיהוה כִּי טוֹב, כִּי לְעוֹלָם חַסְדּוֹ.
וְאִמְרוּ: הוֹשִׁיעֵנוּ אֱלֹהֵי יִשְׁעֵנוּ,
וְקַבְּצֵנוּ וְהַצִּילֵנוּ מִן הַגּוֹיִם,
לְהוֹדוֹת לְשֵׁם קָדְשֶׁךָ, לְהִשְׁתַּבֵּחַ בִּתְהִלָּתֶךָ.
בָּרוּךְ יהוה אֱלֹהֵי יִשְׂרָאֵל מִן הָעוֹלָם וְעַד הָעוֹלָם,
וַיֹּאמְרוּ כָל־הָעָם אָמֵן וְהַלֵּל לַיהוה.

פסוקים מספר תהלים

רוֹמְמוּ יהוה אֱלֹהֵינוּ
וְהִשְׁתַּחֲווּ לַהֲדֹם רַגְלָיו, קָדוֹשׁ הוּא.
▣ רוֹמְמוּ יהוה אֱלֹהֵינוּ וְהִשְׁתַּחֲווּ לְהַר קָדְשׁוֹ,
כִּי קָדוֹשׁ יהוה אֱלֹהֵינוּ.

Grandeur and glory attend God;
strength and joy abide in God's dwelling.

Acclaim Adonai, you families of nations!
Acclaim God's glory and might.

Come into God's presence with an offering;
worship Adonai in the splendor of holiness.

Let all on earth tremble before God,
who fashioned and steadied the world.

Let the heavens rejoice; let the earth be glad.
Declare to the world: Adonai is sovereign.

Let the sea roar, and all that is in it;
let the fields exult, and all they contain.
Let field and forest sing for joy —
Adonai comes to rule the earth.

It is good to acclaim Adonai,
whose love endures forever.

Cry out: "Save us, God of our salvation!
Bring us together and deliver us from oppression,
that we may acknowledge Your holiness,
that we may take pride in Your praise.

"Praised be Adonai, God of Israel from age to age."

And all the people said: "Amen" and "Praise Adonai."

An anthology of verses from PSALMS

Extol Adonai our God.
Worship God,
who is holy.

Extol Adonai our God,
and bow toward God's holy mountain.
Adonai our God is holy.

וְהוּא רַחוּם יְכַפֵּר עָוֹן וְלֹא יַשְׁחִית,
וְהִרְבָּה לְהָשִׁיב אַפּוֹ וְלֹא יָעִיר כָּל־חֲמָתוֹ.
אַתָּה יהוה לֹא תִכְלָא רַחֲמֶיךָ מִמֶּנִּי,
חַסְדְּךָ וַאֲמִתְּךָ תָּמִיד יִצְּרוּנִי.
זְכֹר רַחֲמֶיךָ יהוה וַחֲסָדֶיךָ, כִּי מֵעוֹלָם הֵמָּה.

תְּנוּ עֹז לֵאלֹהִים,
עַל יִשְׂרָאֵל גַּאֲוָתוֹ וְעֻזּוֹ בַּשְּׁחָקִים.
נוֹרָא אֱלֹהִים מִמִּקְדָּשֶׁיךָ, אֵל יִשְׂרָאֵל
הוּא נֹתֵן עֹז וְתַעֲצֻמוֹת לָעָם בָּרוּךְ אֱלֹהִים.
אֵל־נְקָמוֹת יהוה, אֵל נְקָמוֹת הוֹפִיעַ.
הִנָּשֵׂא שֹׁפֵט הָאָרֶץ, הָשֵׁב גְּמוּל עַל גֵּאִים.
לַיהוה הַיְשׁוּעָה, עַל־עַמְּךָ בִרְכָתֶךָ סֶלָה.
יהוה צְבָאוֹת עִמָּנוּ, מִשְׂגָּב לָנוּ אֱלֹהֵי יַעֲקֹב סֶלָה.
▣ יהוה צְבָאוֹת, אַשְׁרֵי אָדָם בֹּטֵחַ בָּךְ.
יהוה הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קָרְאֵנוּ.

הוֹשִׁיעָה אֶת־עַמֶּךָ וּבָרֵךְ אֶת־נַחֲלָתֶךָ
וּרְעֵם וְנַשְּׂאֵם עַד הָעוֹלָם.
נַפְשֵׁנוּ חִכְּתָה לַיהוה, עֶזְרֵנוּ וּמָגִנֵּנוּ הוּא.
כִּי בוֹ יִשְׂמַח לִבֵּנוּ,
כִּי בְשֵׁם קָדְשׁוֹ בָטָחְנוּ.
יְהִי חַסְדְּךָ יהוה עָלֵינוּ כַּאֲשֶׁר יִחַלְנוּ לָךְ.
הַרְאֵנוּ יהוה חַסְדֶּךָ, וְיֶשְׁעֲךָ תִּתֶּן לָנוּ.
קוּמָה עֶזְרָתָה לָנוּ וּפְדֵנוּ לְמַעַן חַסְדֶּךָ.
אָנֹכִי יהוה אֱלֹהֶיךָ הַמַּעַלְךָ מֵאֶרֶץ מִצְרָיִם,
הַרְחֶב־פִּיךָ וַאֲמַלְאֵהוּ.
אַשְׁרֵי הָעָם שֶׁכָּכָה לּוֹ,
אַשְׁרֵי הָעָם שֶׁיהוה אֱלֹהָיו.
▣ וַאֲנִי בְחַסְדְּךָ בָטַחְתִּי, יָגֵל לִבִּי בִּישׁוּעָתֶךָ,
אָשִׁירָה לַיהוה כִּי גָמַל עָלָי.

God, being merciful,
grants atonement for sin and does not destroy.
Time and again God restrains wrath,
refusing to let rage be all-consuming.
Adonai, do not withhold Your compassion from me;
may Your unfailing love always guard me.
Remember Your compassion, Adonai, and Your lovingkindness —
for they are eternal.

Acclaim the power of God,
whose pride is in the people Israel,
whose majesty is in the heavens.
Awesome is God in His holy place;
the God of Israel gives courage and strength to His people.
Praised be God.
God of retribution — Adonai, God of retribution, appear!
Judge of the earth, bring the arrogant to judgment.
Triumph is Yours, Adonai;
may Your blessing be upon Your people.
Adonai Tz'va-ot, be with us.
God of Jacob, be our protection.
Adonai Tz'va-ot, blessed are those who trust in You.
Adonai, help us.
Answer us, Sovereign, when we call.

Save Your people, bless Your heritage;
nurture and sustain them forever.
We wait hopefully for Adonai;
God is our help and our shield.
In God our hearts rejoice,
in God's holy name do we trust.
May Your lovingkindness be extended to us, Adonai,
for we have placed our hope in You.
Show us Your love; grant us Your saving power.
Arise and come to our help.
Redeem us because of Your love:
"I am Adonai your God
who brought you out of the land of Egypt.
Express your need and I will fulfill it."
Blessed the people who are so privileged,
blessed the people whose God is Adonai.
I have indeed trusted in Your love;
may I rejoice in Your saving power.
I shall sing to Adonai,
for God has been bountiful to me.

This psalm is omitted on the day before יום כפור, *and from the day before* פסח *until the end of* יום טוב.

Some stand for its recitation.

תהלים ק׳

מִזְמוֹר לְתוֹדָה.
הָרִיעוּ לַיהוה כָּל־הָאָרֶץ.
עִבְדוּ אֶת יהוה בְּשִׂמְחָה, בֹּאוּ לְפָנָיו בִּרְנָנָה.
דְּעוּ כִּי יהוה הוּא אֱלֹהִים, הוּא עָשָׂנוּ, וְלוֹ אֲנַחְנוּ,
עַמּוֹ וְצֹאן מַרְעִיתוֹ.
בֹּאוּ שְׁעָרָיו בְּתוֹדָה, חֲצֵרֹתָיו בִּתְהִלָּה, הוֹדוּ לוֹ בָּרְכוּ שְׁמוֹ.
▣ כִּי טוֹב יהוה לְעוֹלָם חַסְדּוֹ, וְעַד דֹּר וָדֹר אֱמוּנָתוֹ.

*On Hoshana Rabbah, the psalms for a Festival are recited (*Siddur Sim Shalom for Shabbat and Festivals, *pages 87-95). Some add these psalms, as well, on Yom Ha-atzma'ut and Yom Y'rushalayim.*

פסוקים מתהלים, משלי, שמות, ודברי הימים

יְהִי כְבוֹד יהוה לְעוֹלָם, יִשְׂמַח יהוה בְּמַעֲשָׂיו. יְהִי שֵׁם
יהוה מְבֹרָךְ מֵעַתָּה וְעַד עוֹלָם. מִמִּזְרַח שֶׁמֶשׁ עַד מְבוֹאוֹ,
מְהֻלָּל שֵׁם יהוה. רָם עַל כָּל־גּוֹיִם יהוה, עַל הַשָּׁמַיִם
כְּבוֹדוֹ. יהוה שִׁמְךָ לְעוֹלָם, יהוה זִכְרְךָ לְדֹר וָדֹר. יהוה
בַּשָּׁמַיִם הֵכִין כִּסְאוֹ, וּמַלְכוּתוֹ בַּכֹּל מָשָׁלָה. יִשְׂמְחוּ
הַשָּׁמַיִם וְתָגֵל הָאָרֶץ, וְיֹאמְרוּ בַגּוֹיִם יהוה מָלָךְ. יהוה
מֶלֶךְ, יהוה מָלָךְ, יהוה יִמְלֹךְ לְעֹלָם וָעֶד. יהוה מֶלֶךְ
עוֹלָם וָעֶד, אָבְדוּ גוֹיִם מֵאַרְצוֹ. יהוה הֵפִיר עֲצַת גּוֹיִם,
הֵנִיא מַחְשְׁבוֹת עַמִּים. רַבּוֹת מַחֲשָׁבוֹת בְּלֶב אִישׁ, וַעֲצַת
יהוה הִיא תָקוּם. עֲצַת יהוה לְעוֹלָם תַּעֲמֹד, מַחְשְׁבוֹת
לִבּוֹ לְדֹר וָדֹר. כִּי הוּא אָמַר וַיֶּהִי, הוּא צִוָּה וַיַּעֲמֹד. כִּי
בָחַר יהוה בְּצִיּוֹן, אִוָּה לְמוֹשָׁב לוֹ. כִּי יַעֲקֹב בָּחַר לוֹ יָהּ,
יִשְׂרָאֵל לִסְגֻלָּתוֹ. כִּי לֹא יִטֹּשׁ יהוה עַמּוֹ, וְנַחֲלָתוֹ לֹא יַעֲזֹב.
▣ וְהוּא רַחוּם יְכַפֵּר עָוֹן וְלֹא יַשְׁחִית, וְהִרְבָּה לְהָשִׁיב אַפּוֹ
וְלֹא יָעִיר כָּל־חֲמָתוֹ. יהוה הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ
בְיוֹם קָרְאֵנוּ.

Psalm 100 is omitted on those occasions when the thanksgiving offering was not brought at the Temple in Jerusalem.

This psalm is omitted on the day before Yom Kippur, and from the day before Pesaḥ until the end of the Festival.

PSALM 100

A Psalm of Praise.

Acclaim Adonai, all people on earth.
Worship Adonai in gladness;
come before God with joyous song.

Know that Adonai is God who fashioned us.
We are God's people, the flock that He tends.

Enter God's gates with gratitude,
Adonai's courts with adoration.

Extol Adonai and praise His name.
For Adonai is good —
God's love is eternal.
God's faithfulness endures for all generations.

Verses from PSALMS, PROVERBS, EXODUS, and CHRONICLES

Adonai's glory endures forever; may Adonai rejoice in His creatures. Praised be Adonai now and forever; praised from East to West. Adonai is exalted beyond all nations; God's glory extends beyond the heavens. Your glory, Adonai, endures forever, Your fame throughout all generations. Adonai established His throne in heaven; God's sovereignty encompasses all. The heavens rejoice and the earth is glad; the nations declare: "Adonai is Sovereign." Adonai reigns, Adonai has reigned, Adonai shall reign throughout all time. Adonai shall reign forever and ever. Those who embody evil shall vanish from God's land. Adonai thwarts their designs, foiling the desires of such people. Many plans rise in human hearts, but Adonai's designs are fulfilled. Adonai's designs shall endure forever; the intentions of God's heart shall live on. For when God spoke it came to be; God issued a command and the world took form. Adonai has chosen Zion, desiring it for His dwelling place. God has chosen Jacob for His own, the people Israel as His treasure. Adonai will not abandon His people; God will not forsake His heritage. God, being merciful, grants atonement for sin and does not destroy. Time and again God restrains wrath, refusing to let rage be all-consuming. Save us, Adonai. Answer us, Sovereign, when we call.

Psalm 145 was uniquely treasured by the Rabbis. Traditionally, it is the only psalm recited three times each day. Its verses extol God's providence, which embraces all creatures, and the grandeur of God's work, which surpasses our comprehension.

תהלים פ״ד:ה, קמ״ד:ט״ו

אַשְׁרֵי יוֹשְׁבֵי בֵיתֶךָ, עוֹד יְהַלְלוּךָ סֶּלָה.
אַשְׁרֵי הָעָם שֶׁכָּכָה לּוֹ, אַשְׁרֵי הָעָם שֶׁיְהוָה אֱלֹהָיו.

תהלים קמ״ה, קט״ו:ו״ח

תְּהִלָּה לְדָוִד.

אֲרוֹמִמְךָ אֱלוֹהַי הַמֶּלֶךְ, וַאֲבָרְכָה שִׁמְךָ לְעוֹלָם וָעֶד.
בְּכָל־יוֹם אֲבָרְכֶךָּ, וַאֲהַלְלָה שִׁמְךָ לְעוֹלָם וָעֶד.

גָּדוֹל יהוה וּמְהֻלָּל מְאֹד, וְלִגְדֻלָּתוֹ אֵין חֵקֶר.
דּוֹר לְדוֹר יְשַׁבַּח מַעֲשֶׂיךָ, וּגְבוּרֹתֶיךָ יַגִּידוּ.

הֲדַר כְּבוֹד הוֹדֶךָ, וְדִבְרֵי נִפְלְאוֹתֶיךָ אָשִׂיחָה.
וֶעֱזוּז נוֹרְאוֹתֶיךָ יֹאמֵרוּ, וּגְדֻלָּתְךָ אֲסַפְּרֶנָּה.

זֵכֶר רַב־טוּבְךָ יַבִּיעוּ, וְצִדְקָתְךָ יְרַנֵּנוּ.
חַנּוּן וְרַחוּם יהוה, אֶרֶךְ אַפַּיִם וּגְדַל־חָסֶד.

טוֹב יהוה לַכֹּל, וְרַחֲמָיו עַל־כָּל־מַעֲשָׂיו.
יוֹדُוךָ יהוה כָּל־מַעֲשֶׂיךָ, וַחֲסִידֶיךָ יְבָרְכוּכָה.

כְּבוֹד מַלְכוּתְךָ יֹאמֵרוּ, וּגְבוּרָתְךָ יְדַבֵּרוּ.
לְהוֹדִיעַ לִבְנֵי הָאָדָם גְּבוּרֹתָיו, וּכְבוֹד הֲדַר מַלְכוּתוֹ.

מַלְכוּתְךָ מַלְכוּת כָּל־עֹלָמִים, וּמֶמְשַׁלְתְּךָ בְּכָל־דּוֹר וָדֹר.
סוֹמֵךְ יהוה לְכָל־הַנֹּפְלִים, וְזוֹקֵף לְכָל־הַכְּפוּפִים.

עֵינֵי־כֹל אֵלֶיךָ יְשַׂבֵּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת־אָכְלָם בְּעִתּוֹ.
פּוֹתֵחַ אֶת־יָדֶךָ, וּמַשְׂבִּיעַ לְכָל־חַי רָצוֹן.

PSALM 84:5; 144:15

Blessed are they who dwell in Your house;
they shall praise You forever.

Blessed the people who are so favored;
blessed the people whose God is Adonai.

PSALM 145; 115:18

A Psalm of David.

I glorify You, my God, my Sovereign;
I praise You throughout all time.

Every day do I praise You, exalting Your glory forever.

Great is Adonai, and praiseworthy;
God's greatness exceeds definition.

One generation lauds Your works to another,
acclaiming Your mighty deeds.

They tell of Your wonders and Your glorious splendor.
They speak of Your greatness and Your awesome power.

They recall Your goodness; they sing of Your faithfulness.

Adonai is gracious and compassionate;
patient, and abounding in love.

Adonai is good to all; God's compassion embraces all.

All of Your creatures shall praise You;
the faithful shall continually bless You,

recounting Your glorious sovereignty,
telling tales of Your might.

And everyone will know of Your power,
the awesome radiance of Your dominion.

Your sovereignty is everlasting;
Your dominion endures for all generations.

Adonai supports all who stumble,
and uplifts all who are bowed down.

The eyes of all look hopefully to You,
and You provide their food in due time.

You open Your hand; Your favor sustains all the living.

צַדִּיק יהוה בְּכָל־דְּרָכָיו, וְחָסִיד בְּכָל־מַעֲשָׂיו.
קָרוֹב יהוה לְכָל־קֹרְאָיו, לְכֹל אֲשֶׁר יִקְרָאֻהוּ בֶאֱמֶת.

רְצוֹן־יְרֵאָיו יַעֲשֶׂה, וְאֶת־שַׁוְעָתָם יִשְׁמַע וְיוֹשִׁיעֵם.
שׁוֹמֵר יהוה אֶת־כָּל־אֹהֲבָיו, וְאֵת כָּל־הָרְשָׁעִים יַשְׁמִיד.

▪ תְּהִלַּת יהוה יְדַבֶּר־פִּי,
וִיבָרֵךְ כָּל־בָּשָׂר שֵׁם קָדְשׁוֹ לְעוֹלָם וָעֶד.
וַאֲנַחְנוּ נְבָרֵךְ יָהּ, מֵעַתָּה וְעַד עוֹלָם. הַלְלוּיָהּ.

תהלים קמ״ו

הַלְלוּיָהּ.
הַלְלִי נַפְשִׁי אֶת־יהוה.
אֲהַלְלָה יהוה בְּחַיָּי, אֲזַמְּרָה לֵאלֹהַי בְּעוֹדִי.
אַל תִּבְטְחוּ בִנְדִיבִים, בְּבֶן־אָדָם שֶׁאֵין לוֹ תְשׁוּעָה.
תֵּצֵא רוּחוֹ יָשֹׁב לְאַדְמָתוֹ,
בַּיּוֹם הַהוּא אָבְדוּ עָשְׁתֹּנֹתָיו.
אַשְׁרֵי שֶׁאֵל יַעֲקֹב בְּעֶזְרוֹ, שִׂבְרוֹ עַל יהוה אֱלֹהָיו.
עֹשֶׂה שָׁמַיִם וָאָרֶץ, אֶת־הַיָּם וְאֶת־כָּל־אֲשֶׁר בָּם,
הַשֹּׁמֵר אֱמֶת לְעוֹלָם.
עֹשֶׂה מִשְׁפָּט לָעֲשׁוּקִים, נֹתֵן לֶחֶם לָרְעֵבִים,
יהוה מַתִּיר אֲסוּרִים,
יהוה פֹּקֵחַ עִוְרִים,
יהוה זֹקֵף כְּפוּפִים,
יהוה אֹהֵב צַדִּיקִים.
▪ יהוה שֹׁמֵר אֶת־גֵּרִים,
יָתוֹם וְאַלְמָנָה יְעוֹדֵד וְדֶרֶךְ רְשָׁעִים יְעַוֵּת.
יִמְלֹךְ יהוה לְעוֹלָם, אֱלֹהַיִךְ צִיּוֹן לְדֹר וָדֹר.
הַלְלוּיָהּ.

Adonai is just in all His ways,
loving in all His deeds.

Adonai is near to all who call,
to all who call to God with integrity.

God fulfills the desire of those who are faithful;
God hears their cry and delivers them.

Adonai preserves all who love Him,
while marking the wicked for destruction.

My mouth shall praise Adonai.
Let all flesh praise God's name throughout all time.

We shall praise Adonai now and always. Halleluyah!

PSALM 146

Halleluyah! Let my soul praise Adonai.
I will praise Adonai all my life,
and sing to my God with all my being.

Put no trust in the powerful, in mortals who cannot save.
Their breath departs, they return to dust,
and that is the end of their grand designs.

Blessed are those whose help is Jacob's God,
whose hope is Adonai, our God,

Maker of the heavens and the earth,
the seas and all they contain.

God keeps faith forever,
brings justice to the oppressed,
and provides food for the hungry.

Adonai frees the bound,
Adonai gives sight to the blind;
Adonai raises those bowed down, and loves the just.

Adonai protects the stranger
and supports the orphan and widow,
but frustrates the designs of the wicked.

Adonai shall reign through all generations.
Your God, Zion, shall reign forever. Halleluyah!

תהלים קמ״ז

הַלְלוּיָהּ.

כִּי טוֹב זַמְּרָה אֱלֹהֵינוּ,
כִּי נָעִים נָאוָה תְּהִלָּה.

בּוֹנֵה יְרוּשָׁלַיִם יהוה, נִדְחֵי יִשְׂרָאֵל יְכַנֵּס.

הָרוֹפֵא לִשְׁבוּרֵי לֵב וּמְחַבֵּשׁ לְעַצְּבוֹתָם.

מוֹנֶה מִסְפָּר לַכּוֹכָבִים, לְכֻלָּם שֵׁמוֹת יִקְרָא.

גָּדוֹל אֲדוֹנֵינוּ וְרַב כֹּחַ, לִתְבוּנָתוֹ אֵין מִסְפָּר.

מְעוֹדֵד עֲנָוִים יהוה, מַשְׁפִּיל רְשָׁעִים עֲדֵי אָרֶץ.

עֱנוּ לַיהוה בְּתוֹדָה, זַמְּרוּ לֵאלֹהֵינוּ בְּכִנּוֹר.

הַמְכַסֶּה שָׁמַיִם בְּעָבִים, הַמֵּכִין לָאָרֶץ מָטָר,
הַמַּצְמִיחַ הָרִים חָצִיר.

נוֹתֵן לִבְהֵמָה לַחְמָהּ, לִבְנֵי עֹרֵב אֲשֶׁר יִקְרָאוּ.

לֹא בִגְבוּרַת הַסּוּס יֶחְפָּץ, לֹא בְשׁוֹקֵי הָאִישׁ יִרְצֶה.

רוֹצֶה יהוה אֶת־יְרֵאָיו, אֶת־הַמְיַחֲלִים לְחַסְדּוֹ.

שַׁבְּחִי יְרוּשָׁלַיִם אֶת־יהוה, הַלְלִי אֱלֹהַיִךְ צִיּוֹן.

כִּי חִזַּק בְּרִיחֵי שְׁעָרָיִךְ, בֵּרַךְ בָּנַיִךְ בְּקִרְבֵּךְ.

הַשָּׂם גְּבוּלֵךְ שָׁלוֹם, חֵלֶב חִטִּים יַשְׂבִּיעֵךְ.

הַשֹּׁלֵחַ אִמְרָתוֹ אָרֶץ, עַד מְהֵרָה יָרוּץ דְּבָרוֹ.

הַנּוֹתֵן שֶׁלֶג כַּצָּמֶר, כְּפוֹר כָּאֵפֶר יְפַזֵּר.

מַשְׁלִיךְ קַרְחוֹ כְפִתִּים, לִפְנֵי קָרָתוֹ מִי יַעֲמֹד.

יִשְׁלַח דְּבָרוֹ וְיַמְסֵם, יַשֵּׁב רוּחוֹ יִזְלוּ־מָיִם.

▩ מַגִּיד דְּבָרָיו לְיַעֲקֹב, חֻקָּיו וּמִשְׁפָּטָיו לְיִשְׂרָאֵל.

לֹא עָשָׂה כֵן לְכָל־גּוֹי, וּמִשְׁפָּטִים בַּל יְדָעוּם.

הַלְלוּיָהּ.

PSALM 147

Halleluyah! It is good to sing psalms to our God.
How pleasant it is to praise God.

Adonai rebuilds Jerusalem, gathers Israel's dispersed,
heals the brokenhearted, binds up their wounds,
and numbers the stars, giving each one a name.

Great is our Ruler, vast God's power;
beyond measure is God's wisdom.
Adonai heartens the humble,
but casts evildoers to the ground.

Lift your voice in thanks to Adonai.
Sound the harp in praise of our God.

God covers the sky with clouds, provides rain for the earth,
and makes grass grow upon the hills.

God gives the beasts their food,
and the ravens that for which they call —
caring not for the power of horses,
nor delighting in vaunted human strength.

Adonai delights in those who revere Him,
in those who yearn for God's love.

Jerusalem, praise Adonai.
Zion, sing to Your God, who has fortified your gates
and blessed your children within —
bringing peace to your borders,
satisfying you with choice wheat.

God gives His command to the earth;
swiftly God's word issues forth
sending down snow white as wool
and scattering frost thick as ashes.

God pelts the earth with a storm of ice.
Who can withstand God's wintry blasts?
At God's command the ice melts;
the wind is stirred, and the waters flow.

God makes His word known to Jacob,
His statutes and decrees to the people Israel.
This God has not done for other nations,
nor has God taught them His laws. Halleluyah!

תהלים קמ"ח

הַלְלוּיָהּ.

הַלְלוּ אֶת־יהוה מִן־הַשָּׁמַיִם,
הַלְלוּהוּ בַּמְּרוֹמִים.
הַלְלוּהוּ כָּל־מַלְאָכָיו, הַלְלוּהוּ כָּל־צְבָאָיו.
הַלְלוּהוּ שֶׁמֶשׁ וְיָרֵחַ, הַלְלוּהוּ כָּל־כּוֹכְבֵי אוֹר.
הַלְלוּהוּ שְׁמֵי הַשָּׁמָיִם וְהַמַּיִם אֲשֶׁר מֵעַל הַשָּׁמָיִם.
יְהַלְלוּ אֶת־שֵׁם יהוה, כִּי הוּא צִוָּה וְנִבְרָאוּ.
וַיַּעֲמִידֵם לָעַד לְעוֹלָם, חָק־נָתַן וְלֹא יַעֲבוֹר.
הַלְלוּ אֶת־יהוה מִן הָאָרֶץ, תַּנִּינִים וְכָל־תְּהֹמוֹת,
אֵשׁ וּבָרָד, שֶׁלֶג וְקִיטוֹר, רוּחַ סְעָרָה עֹשָׂה דְבָרוֹ,
הָהָרִים וְכָל־גְּבָעוֹת, עֵץ פְּרִי וְכָל־אֲרָזִים,
הַחַיָּה וְכָל־בְּהֵמָה, רֶמֶשׂ וְצִפּוֹר כָּנָף,
מַלְכֵי־אֶרֶץ וְכָל־לְאֻמִּים, שָׂרִים וְכָל־שֹׁפְטֵי אָרֶץ,
בַּחוּרִים וְגַם בְּתוּלוֹת, זְקֵנִים עִם נְעָרִים.
יְהַלְלוּ אֶת־שֵׁם יהוה, כִּי נִשְׂגָּב שְׁמוֹ לְבַדּוֹ,
הוֹדוֹ עַל אֶרֶץ וְשָׁמָיִם.
▣ וַיָּרֶם קֶרֶן לְעַמּוֹ, תְּהִלָּה לְכָל־חֲסִידָיו,
לִבְנֵי יִשְׂרָאֵל עַם קְרֹבוֹ.
הַלְלוּיָהּ.

P'sukei D'Zimra includes the final few psalms in the Book of Psalms, on pages 21-25, so that we might all "complete" that book of praise every day before Shaḥarit, a practice recommended by Rabbi Yose ben Ḥalafta in the second century (Shabbat 118b).

PSALM 148

Halleluyah!
Praise Adonai from the heavens.
Praise God, angels on high.

Praise God, sun and moon, and all shining stars.
Praise God, highest heavens.

Let them all praise the glory of Adonai
at whose command they were created,
by whose decree they endure forever,
and by whose laws nature abides.

Praise Adonai, all who share the earth:
all sea monsters and ocean depths,
fire and hail, snow and smoke,
storms that obey God's command;

all mountains and hills,
all fruit trees and cedars,
all beasts, wild and tame,
creeping creatures, winged birds;

earthly rulers, all the nations,
officers and mortal judges,
men and women, young and old.

Let all praise Adonai's glory,
for God alone is sublime,
more magnificent than the earth and the heavens.

God has granted fame to His people,
bringing glory to all the faithful,
to Israel, God's beloved people.
Halleluyah!

תהלים קמ״ט

הַלְלוּיָהּ.

שִׁירוּ לַיהוה שִׁיר חָדָשׁ, תְּהִלָּתוֹ בִּקְהַל חֲסִידִים.
יִשְׂמַח יִשְׂרָאֵל בְּעֹשָׂיו, בְּנֵי צִיּוֹן יָגִילוּ בְמַלְכָּם.
יְהַלְלוּ שְׁמוֹ בְמָחוֹל, בְּתֹף וְכִנּוֹר יְזַמְּרוּ־לוֹ.
כִּי רוֹצֶה יהוה בְּעַמּוֹ, יְפָאֵר עֲנָוִים בִּישׁוּעָה.
יַעְלְזוּ חֲסִידִים בְּכָבוֹד, יְרַנְּנוּ עַל מִשְׁכְּבוֹתָם.
רוֹמְמוֹת אֵל בִּגְרוֹנָם, וְחֶרֶב פִּיפִיּוֹת בְּיָדָם.
לַעֲשׂוֹת נְקָמָה בַּגּוֹיִם, תּוֹכֵחוֹת בַּלְאֻמִּים.
▣ לֶאְסֹר מַלְכֵיהֶם בְּזִקִּים וְנִכְבְּדֵיהֶם בְּכַבְלֵי בַרְזֶל.
לַעֲשׂוֹת בָּהֶם מִשְׁפָּט כָּתוּב, הָדָר הוּא לְכָל־חֲסִידָיו.
הַלְלוּיָהּ.

תהלים ק״נ

הַלְלוּיָהּ.

הַלְלוּ אֵל בְּקָדְשׁוֹ, הַלְלוּהוּ בִּרְקִיעַ עֻזּוֹ.
הַלְלוּהוּ בִּגְבוּרֹתָיו, הַלְלוּהוּ כְּרֹב גֻּדְלוֹ.
הַלְלוּהוּ בְּתֵקַע שׁוֹפָר, הַלְלוּהוּ בְּנֵבֶל וְכִנּוֹר.
הַלְלוּהוּ בְּתֹף וּמָחוֹל, הַלְלוּהוּ בְּמִנִּים וְעֻגָב.
▣ הַלְלוּהוּ בְצִלְצְלֵי־שָׁמַע, הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.
כֹּל הַנְּשָׁמָה תְּהַלֵּל יָהּ, הַלְלוּיָהּ.
כֹּל הַנְּשָׁמָה תְּהַלֵּל יָהּ, הַלְלוּיָהּ.

תהלים פ״ט:נ״ג, קל״ה:כ״א, ע״ב:ו״ח-ו״ט

בָּרוּךְ יהוה לְעוֹלָם, אָמֵן וְאָמֵן. בָּרוּךְ יהוה מִצִּיּוֹן, שֹׁכֵן יְרוּשָׁלָיִם, הַלְלוּיָהּ. ▣ בָּרוּךְ יהוה אֱלֹהִים אֱלֹהֵי יִשְׂרָאֵל, עֹשֵׂה נִפְלָאוֹת לְבַדּוֹ. וּבָרוּךְ שֵׁם כְּבוֹדוֹ לְעוֹלָם, וְיִמָּלֵא כְבוֹדוֹ אֶת־כָּל־הָאָרֶץ, אָמֵן וְאָמֵן.

PSALM 149

Halleluyah! Sing a new song to Adonai.
Where the faithful gather, let God be praised.

Let the people Israel rejoice in their Maker;
let the people of Zion delight in their Sovereign.

Let them dance in praise of God;
let them celebrate with drum and harp.
For Adonai cherishes His people,
and crowns the humble with triumph.

Let God's faithful sing exultantly
and rejoice both night and day.
Let praise of God be on their lips,
and a double-edged sword in their hands
to execute judgment on the godless:

To bring punishment upon the nations,
to bind their kings in chains
and put their princes in irons —
carrying out the judgment decreed against them.

This is glory for all of God's faithful. Halleluyah!

PSALM 150

Halleluyah! Praise God in His sanctuary;
praise God in His awesome heaven.

Praise God for His mighty deeds, for His infinite greatness.
Praise God with trumpet calls, with harp and lyre.

Praise God with drum and dance, with flute and strings.
Praise God with clashing cymbals;
with resounding cymbals sing praises.

Let every breath of life praise God. Halleluyah!

Hal'luhu b'tziltz'lei shama, hal'luhu b'tziltz'lei t'ru-ah.
Kol ha-n'shamah t'halel Yah. Halleluyah.

PSALM 89:53; 135:21; 72:18-19

Praised be Adonai forever. Amen! Amen! Praised from Zion be Adonai who abides in Jerusalem. Halleluyah! Praised be Adonai, God of the people Israel, who alone works wonders. Praised be God's glory throughout all time. May God's glory fill the whole world. Amen! Amen!