

## P'sukey D'zimra (Verses of Song and Praise)

*These prayers include recitations from the Book of Psalms and other non-Biblical poems. They are intended to be prepare the worshiper, both spiritually and physically, for the more important prayers that follow. What follows is the version of P'sukey D'zimra recited at Oheb Shalom Congregation, selected from a larger collection of prayers that make up the traditional P'sukey D'zimra.*

### **Baruch She-amar (Siddur Sim Shalom, page 83)- RISE**

*This liturgical poem praises God for creating such a magnificent world merely by speaking. We are reminded of the power of the spoken word and urged to use speech wisely and sensitively.*

בְּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם בְּרוּךְ הוּא בְּרוּךְ עֲשֵׂה כְּרֵאשִׁית בְּרוּךְ אוֹמֵר וְעוֹשֶׂה

Baruch she-amar v'haya ha-olam baruch hu baruch oseh v'reysheet baruch omer v'oseh

בְּרוּךְ גּוֹזֵר וּמְקַיֵּם בְּרוּךְ מְרַחֵם עַל הָאָרֶץ בְּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת

Baruch gozer u-mekeyem baruch m'rachem al ha-aretz baruch m'rachem al ha-b'riyot

בְּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב לִירְאָיו בְּרוּךְ חַי לְעַד וְקַיָּם לְנֶצַח

Baruch m'shalem sachar tov li-rey-av baruch chai la-ad v'kayam la-netzach

בְּרוּךְ פּוֹדֶה וּמַצִּיל בְּרוּךְ שְׁמוֹ בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Baruch podeh u-matzil baruch sh'mo Baruch ata Adonai Eloheynu melech ha-olam

הָאֵל הָאָב הָרַחֲמָן, הַמְהַלֵּל בְּפִי עַמּוֹ מְשֻׁבַח וּמְפָאָר בְּלִשׁוֹן חֲסִידָיו וְעַבְדָּיו

Ha-el ha-av ha-rachaman, ha-m'hulal b'fi amo m'shubach u-mefo-ar  
bil'shon cha-sidav va-avadav

וּבְשֵׁרֵי דָוִד עַבְדְּךָ. נְהַלְלֶךָ יְיָ אֱלֹהֵינוּ בְּשִׁבְחוֹת וּבְזִמְרוֹת

U-v'shirey david av'decha n'halel-cha Adonai Eloheynu bish'vachot u-viz'mirot

Praised is the One whose word brought the world into being.

Praised is the Holy One.

Praised is the Author of all creation.

Praised is the One who fulfills Divine promises.

Praised is the One who carries out Divine decrees.

Praised is the One who shows compassion to the world.

Praised is the One who rewards those who are truly reverent.

Praised is the One who abides for all eternity.

Praised is the One who redeems and saves.

Praised be God's holy name.

Praised are You, Lord our God, Sovereign of the universe,

Our merciful God and loving Parent, acclaimed by Your people,

Lauded and glorified by Your faithful servants.

With the songs of Your servant David, we praise You;

With hymns and psalms...

וּנְגַדְלָךְ וּנְשַׁבַּחְךָ וּנְפָאֲרֶךְ וּנְזַכִּיר שְׁמֶךָ וְנַמְלִיכֶךָ מַלְכֵנוּ אֱלֹהֵינוּ

U-nega-delcha u-n'sha-beycha-cha u-n'fa-ercha v'nazkir shimcha v'nam-lich'cha malkeynu  
eloheynu

וְיַחֲדֵי, חַי הָעוֹלָמִים, מֶלֶךְ מְשֻׁבַּח וּמְפָאֵר

Yachid chey ha-olamim, melech m'shubach u-me-fo-ar

עַדֵי עַד שְׁמוֹ הַגָּדוֹל בָּרוּךְ אַתָּה יְיָ, מֶלֶךְ מְהֻלָּל בְּתִשְׁבַּחוֹת

Aday ad sh'mo ha-gadol. Baruch ata Adonai melech m'hulal ba-tishbachot

We exalt and extol You;

We glorify You and acclaim Your sovereignty.

You alone are the sustaining life of the universe;

You are the Sovereign, whose great name

Is to be eternally glorified.

Praised are You, O Lord, Sovereign adored with praises.

**Ashrey /Psalm 145- (Siddur Sim Shalom, page 96)**

*The prayer "Ashrey" consists mostly of Psalm 145 and is an alphabetic acrostic. Acrostics were commonly written not to facilitate memorization but, like other poetic styles such as the Haiku, presented a creative challenge to the author.*

אַשְׁרֵי יוֹשֵׁבֵי בֵיתְךָ, עוֹד יִהְלֶלְךָ סֶלָה אֲשֶׁרִי הָעַם שְׂכָכָה לוֹ, אֲשֶׁרִי הָעַם שְׂיֵי אֱלֹהִיו

Ashrey yosh-vey vey-techa, od y'ha-l'lucha sela  
ashrey ha-am she-cacha lo ashrey ha-am she-Adonai elohav

תְּהִלָּה לְדָוִד

Tehila l'David

אֲרוֹמִמְךָ אֱלֹהֵי הַמֶּלֶךְ, וְאַבְרָכָה שִׁמְךָ לְעוֹלָם וָעֶד

Aromim-cha elohai ha-melech, va-avarcha shimcha l'olam va-ed

בְּכֹל יוֹם אַבְרָכְךָ, וְאַהֲלֵלָה שִׁמְךָ לְעוֹלָם וָעֶד

B'chol yom avar-checha, va-aha-l'la shim-cha l'olam va-ed

גָּדוֹל יְיָ וּמְהֻלָּל מְאֹד, וְלִגְדֻלָּתוֹ אֵין חֶקֶר

Gadol Adonai u-m'hulal m'od, v'lig-dulato eyn cheker

דוֹר לְדוֹר יִשְׁבַח מַעֲשֵׂיךָ, וּגְבוּרֹתֶיךָ יִגִּידוּ

Dor l'dor y'shabach ma'asecha, u-g'vuro-techa yagidu

הַדָּר כְּבוֹד הוֹדֶךָ, וְדַבְּרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה

Hadar k'vod hodecha, v'divrey nif'-l'otecha asicha

Happy are they who dwell in Your house;

Forever shall they praise You.

Happy is the people so favored:

Happy is the people whose God is Lord.

A psalm of David.

I will extol You, my God and Sovereign,

I will praise You for ever and ever.

Every day will I praise You,

I will glorify You for ever and ever.

Great is the Lord and much acclaimed,

God's greatness cannot be fathomed.

One generation shall laud Your works to another,

And shall declare Your mighty acts.

On the majestic glory of Your splendor

And on Your wondrous deeds will I meditate.

וְעִזּוּז נֹרְאוֹתֶיךָ יֹאמְרוּ וּגְדֻלַּתְךָ אֶסְפְּרָנָה

Ve-ezuz nor'otecha yomeyru u-g'dulat'cha asaprena

זֵכֶר רַב טוֹבְךָ יִבְיְעוּ, וְצִדְקָתְךָ יִרְנְנוּ

Zeycher rav tuv-cha yabi-u, v'tzid'kat'cha y'raney-nu

חֲנוּן וְרַחֻם יְיָ, אֶרְךָ אַפַּיִם וּגְדַל חֶסֶד

Cha-nun v'rachum Adonai, erech apayim u-g'dal cha-sed

טוֹב יְיָ לְכֹל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו

Tov Adonai la-kol, v'rachamav al kol ma-asav

יֹדוּךָ יְיָ כָּל מַעֲשֵׂיךָ, וְחַסִּידֶיךָ יְבָרְכוּכָה

Yoducha Adonai kol ma'asecha, va-chasidecha y'varchu-cha

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ, וּגְבוּרַתְךָ יִדְבְּרוּ

K'vod mal-chut'cha yomeyru, u-g'vurat'cha y'dabeyru

לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרַתְךָ, וּכְבוֹד הַדָּר מַלְכוּתוֹ

L'hodia liv'ney ha-adam g'vurotav, u-ch'vod hadar mal'chuto

מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים, וּמִמְשַׁלְתְּךָ בְּכֹל דֹּר וָדֹר

Mal-chut'cha mal-chut kol olamim, u-mem-shal-t'cha b'chol dor va-dor

סוֹמֵךְ יְיָ לְכֹל הַנִּפְלִים, וְזוֹקֵף לְכֹל הַכַּפּוּפִים

Someych Adonai l'chol ha-nof-lim, v'zokeyf l'chol ha-k'fufim

The might of Your tremendous acts shall be proclaimed,  
And I will recount Your greatness.

Your great goodness shall be made known,  
Your righteousness shall be celebrated.

The Lord is gracious and full of compassion,  
Exceedingly patient, abounding in love.

The Lord is good to all;

The Lord's tender mercies embrace all Creation.

All Your works shall thank You, O Lord,  
And Your faithful ones shall praise You.

They shall declare the glory of Your dominion,  
And shall talk of Your might.

To make known to the world Your mighty acts,  
And the glorious majesty of Your sovereignty.

Your sovereignty is everlasting;

Your dominion endures throughout all generations.

The Lord upholds all who stumble,  
And raises up all who are bowed down.

עֵינֵי כָל אֱלֹהִים יִשְׁבְּרוּ, וְאֵתָּה נֹתֵן לָהֶם אֶת אֲכֹלָם בְּעֵתוֹ  
Ey-ney chol ey-lecha y' sabeyru, v'ata noteyn la-hem et och-lam b'ito

פֹּתַח אֶת יָדְךָ, וּמִשְׁבִּיעַ לְכֹל חַי רִצּוֹן  
Potey-ach et yadecha, u-mas-bia l'chol chai ratson

צַדִּיק יִי בְּכֹל דְּרָחַב, וְחָסִיד בְּכֹל מַעֲשֵׂיוֹ  
Tsadik Adonai b'chol d'rachav, v'chasicid b'chol ma-asav

קָרוֹב יִי לְכֹל קִרְאוֹ, לְכֹל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת  
Karov Adonai l'chol kor-av, l'chol asher yik-ra-uhu ve-emet

רִצּוֹן יִרְאוּ יַעֲשֶׂה, וְאֵת שׁוֹעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם  
R'tson y'rey-av ya-a-seh, v'et shav-atam yish-ma v'yoshi-eym

שׁוֹמֵר יִי אֶת כָּל אֲהַבָּיו, וְאֵת כָּל הַרְשָׁעִים יִשְׁמִיד  
Shomer Adonai et kol oha-vav, v'et kol ha-r'sha-im yash-mid

& תְּהִלַּת יִי יְדַבֵּר פִּי, וַיִּבְרַךְ כָּל בָּשָׂר שֵׁם קְדָשׁוֹ, לְעוֹלָם וָעֶד  
T'hilat Adonai y'daber pi, vi-vareych kol basar shem kod-sho l'olam va-ed

וְאֲנַחְנוּ נִבְרַךְ יְהוָה, מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ  
Va-a-nach-nu n'vareych ya, mey-ata v'ad olam, ha-leluya

The eyes of all look hopefully to You;

You give them their food when it is due.

You open Your hand,

And satisfy the needs of all the living.

O Lord, how beneficent are all Your ways,

And how gracious are all Your deeds.

The Lord is near to all who call-

To all who call upon the Lord in truth.

The Lord will fulfill the desire of those who are reverent,

And hearing their cry, will save them.

The Lord preserves all those who are faithful,

But all the wicked the Lord will bring low.

My mouth shall speak the praise of the Lord;

Let all beings praise God's holy name forever.

We will praise the Lord,

At this time and for evermore. Ha-l'luya.

Psalm 149- (Siddur Sim Shalom, page 100)

הַלְלוּיָהּ, שִׁירוּ לַי שִׁיר חָדָשׁ, תְּהַלְתּוּ בְּקֹהֶל חֲסִידִים

Ha-l'luya shiru la-donai shir chadash t'hilato bi-k'hal chasidim

יִשְׂמַח יִשְׂרָאֵל בְּעֲשָׂיו, בְּנֵי צִיּוֹן יִגִּילוּ בְּמַלְכָם

Yismach yis-ra-eyl b'osav b'ney tzi-yon b'malkam

יְהַלְלוּ שְׁמוֹ בְּמַחֲוֹל, בְּתוֹף וְכִנּוֹר יִזְמְרוּ לוֹ

Y'ha-l'lu sh'mo v'machol b'tof v'chinor y'zam-ru lo

כִּי רוֹצֶה יי בְּעַמּוֹ, יִפְאַר עַנְוִים בִּישׁוּעָה

Ki rotze Adonai b'amo y'fa-er anavim bi-shua

יַעֲלִזוּ חֲסִידִים בְּכָבוֹד, יִרְנְנוּ עַל מִשְׁכְּבוֹתָם

Ya-alzu chasidim b'chavod y'ra-n'nu al mish-k'votam

רוֹמְמוֹת אֵל בְּגֵרוֹנָם, וְחָרֵב פִּיפְיוֹת בְּיָדָם

Ro-m'mot eyl bi-g'ronam v'cherev pifi-yot b'yadam

לַעֲשׂוֹת נִקְמָה בַּגּוֹיִם, תּוֹכְחוֹת בְּלְאֻמִּים

La-asot n'kama ba-goyim tochey-chot ba-l'umim

& לְאָסוֹר מַלְכֵיהֶם בְּזִקִּים, וְנִכְבְּדֵיהֶם בְּכַבְלֵי בְרִזָּל

Lesor mal-chey-hem b'zikim v'nich-b'day-hem b'chav-ley varzel

לַעֲשׂוֹת בָּהֶם מִשְׁפָּט כָּתוּב, הֶדָּר הוּא לְכָל חֲסִידָיו הַלְלוּיָהּ

La-asot bahem mishpat kavut hadar hu l'chol chasidav ha-l'luya

Psalm 149

Ha-l'luya. Sing a new song for the Lord.

Where the faithful gather, let God be praised.

Let the people Israel rejoice in their Maker.

Let the people of Zion delight in their King.

Let them dance in praise of God, celebrate with drum and harp.

For the Lord cherishes His people,

He crowns the humble with victory.

Let His faithful sing in triumph 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.

Executing the judgment decreed against them.

This is glory for all of His faithful. Ha-l'luya.

**Psalm 150/Ha-l'luya- (Siddur Sim Shalom, page 100)**

*The prayer book contains many psalms that are recited each day and on special occasions. This psalm, the last in the Biblical collection of 150 poems, is a reminder that once Jewish worshippers joyfully played musical instruments as they sang their prayers.*

הַלְלוּיָהּ, הַלְלוּ אֵל בְּקוֹדְשׁוֹ, הַלְלוּהוּ בְּרִקְיעַ עֶזוֹ

Haleluya, halelu Eyl b'kodsho, halelu-hu birkia uzo

הַלְלוּהוּ בְּגִבּוֹרֹתָיו, הַלְלוּהוּ כְּרֹב גִּדְלוֹ

Halelu-hu big'vurotav, halelu-hu k'rov gudlo

הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר, הַלְלוּהוּ בְּנִבְּל וְכִנּוֹר

Halelu-hu b'teyka shofar, halelu-hu b'neyvel v'chinor

הַלְלוּהוּ בְּתוֹף וּמַחֹל, הַלְלוּהוּ בְּמִינִים וְעָגָב

Halelu-hu b'tof u-machol, halelu-hu b'minim v'ugav

הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע, הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה

Halelu-hu b'tzil-tzi-ley shama, halelu-hu b'tzil-tzi-ley t'rua

כֹּל הַנְּשָׁמָה תְהִלַּל יְהוָה הַלְלוּיָהּ

Kol ha-n'shama t'halel ya haleluya

כֹּל הַנְּשָׁמָה תְהִלַּל יְהוָה הַלְלוּיָהּ:

Kol ha-n'shama t'halel ya haleluya

Psalm 150

Praise God in the sacred sanctuary;

Praise God in the mighty heavens.

Praise God for vast power;

Praise God for abundant greatness.

Praise God with the sound of the Shofar,

Praise God with lute and lyre.

Praise God with drum and dance,

Praise God with strings and flute.

Praise God with resounding cymbals,

Praise God with clanging cymbals.

Praise God everything that breathes.

Ha-l'luya! Praise the Lord!