


תהלים לבית אבל 

In a house of mourning, select one of the following seven passages:

Psalm 49 is traditionally recited only on days when תחנון is said.

תהלים מט

לְמַנְצָחַ, לְבְנֵי-קֶרֶחַ, מִזְמוֹר.

שְׁמַעוּ-זֹאת כָּל-הָעַמִּים, הָאֲזִינוּ, כָּל-יֹשְׁבֵי הַקֶּלֶד.

גַּם-בְּנֵי אָדָם גַּם-בְּנֵי-אִישׁ, יִחַד עֲשִׂיר וְאַבְיוֹן.

פִּי יִדְבֵר חֲכָמוֹת, וְהַגִּית לְבִי תְבוּנוֹת.

אֲטָה לְמִשָּׁל אֲזִנִּי, אֶפְתַּח בְּכִנּוּר חֵידָתִי.

לָמָּה אֵירָא בְיָמַי רָע, עֹון עַקְבֵי יִסּוּבְנֵי.

הַבְּטָחִים עַל-חֵילָם, וּבִרְבַּ עֲשָׂרָם יִתְהַלְּלוּ.

אֵחַ לֹא-פָדָה יִפְדֶּה אִישׁ

לֹא-יִתֵּן לְאֱלֹהִים כְּפָרוֹ.

וַיִּקַּר פְּדִיוֹן נַפְשָׁם, וְחָדַל לְעוֹלָם.

וַיִּחִי-עוֹד לְנֹצֵחַ, לֹא יֵרָאֶה הַשְּׁחָת.

כִּי יֵרָאֶה חֲכָמִים יָמוּתוּ,

יִחַד כְּסִיל וְכָעַר יֶאֱבְדוּ, וְעֹזְבוֹ לְאַחֲרִים חֵילָם.

קִרְבָּם בְּתַיְמוֹ לְעוֹלָם, מִשְׁפָּנֹתָם לְדֹר וְדֹר,

קִרְאוּ בְשִׁמוֹתָם עָלַי אֲדָמוֹת.

וְאָדָם בִּיקָר בַּל-יִלִּין, נִמְשַׁל כְּבִהְמוֹת נְדָמוֹ.

זֶה דִרְכָם כְּסָל לָמוֹ, וְאַחֲרֵיהֶם בְּפִיהֶם יִרְצוּ, סֵלָה.

כִּצְאֵן לְשֹׂאֵל שָׂתוּ, מוֹת יִרְעִם,

וַיִּרְדּוּ בָם יִשְׂרָיִם לְבָקָר,


וְצוֹרֵם לְבַלּוֹת שְׂאוֹל מִזְבֵּל לוֹ.

אֶר-אֱלֹהִים יִפְדֶּה נַפְשֵׁי מִיַּד שְׂאוֹל

כִּי יִקְחֵנִי, סֵלָה.

For restricted use only: March-April 2020

Do not copy, sell, or distribute


PSALMS FOR A HOUSE OF MOURNING

In a house of mourning, select one of the following seven passages:

Psalm 49 is traditionally recited only on days when Tahnanun is said.

PSALM 49

For the leader: A Psalm of the sons of Korah.

Hear this, all nations;
listen well, all you who dwell on earth:
highborn and lowly, rich and poor alike.

*I offer you wise counsel, enlightening you with my thoughts.
Reflecting on time-honored proverbs,
I will open my lesson to the sound of a lyre.*

Why must I tremble in troubled times,
entrapped by the guilt of my own misdeeds,
while others take pride in their achievements,
driven by their great wealth?

*None of us, in fact, can save ourselves,
or pay God a ransom for our lives.
The price of living is too high to go on endlessly.
There is no way to evade death forever.*

Clearly, death engulfs even the wise
no less than the foolish and unenlightened.
They, too, are lost, and leave their possessions to others.
Their grave is their eternal home, their dwelling for all time.

*Though we glory in our reputations on earth,
we cannot expect our grandeur to be permanent.
In this, we are like all other creatures.*

Such is our fate;
it is foolish to expect otherwise,
to wish for a different end.

*We are consigned, like sheep, to She'ol —
marked for death, herded to our graves.
Our bodies are consumed; She'ol becomes our home.*

God, alone, can free me from She'ol's grip,
even as God takes my life.

For restricted use only: March-April 2020
Do not copy, sell, or distribute

אַל-תִּירָא כִּי-יַעֲשֶׂר אִישׁ, כִּי-יִרְבֶּה כְּבוֹד בֵּיתוֹ.
 כִּי לֹא כְּמוֹתוֹ יִקַּח הַכֹּל, לֹא-יִרְדּוּ אַחֲרָיו כְּבוֹדוֹ.
 כִּי-נִפְשׁוּ בְּחַיָּיו יִבְרָךְ, וְיִוְדֶה כִּי-תִיטִיב לָךְ.
 תָּבוֹא עַד-דְּדוֹר אָבוֹתָיו, עַד-נֶצַח לֹא יִרְאוּ-אוֹר.
 □ אָדָם בִּיקָר וְלֹא יָבִין, נִמְשָׁל כְּבָהֳמוֹת נְדָמוֹ.

Mourner's Kaddish is on page 100.

תהלים טז

מִכְתָּם לְדָוִד

שְׁמַרְנִי אֵל כִּי-חָסִיתִי בָךְ.

אֲמַרְתָּ לַיהוָה אֲדַנִּי אֶתָּה, טוֹבְתִי בַל-עֲלִיָּה.
 לְקְדוֹשִׁים אֲשֶׁר-בְּאֶרֶץ הַקָּמָה, וְאֲדִירִי כָּל-חֲפְצֵי-בָם.
 יָרְבוּ עֲצוּבוֹתָם, אַחַר מְהֵרוּ, בַּל-אֲסִיף נִסְכֵיהֶם מִדָּם
 וּבַל-אֲשָׂא אֶת-שְׁמוֹתָם עַל-שִׁפְתַי.
 יִהְיֶה מְנַת-חֲלָקִי וְכוֹסִי, אֶתָּה תוֹמִיךָ גּוֹרְלִי.
 חֲבָלִים נִפְלוּ-לִי בְּנַעֲמִים, אֶף-נִחַלְתָּ שְׁפָרָה עָלַי.
 אֲבָרְךָ אֶת-יְהוָה אֲשֶׁר יַעֲצֵנִי, אֶף-לִילֹת יִסְרוּנִי כְּלִיּוֹתַי.
 שְׁוִיתִי יְהוָה לְנִגְדִי תָמִיד כִּי מִימִינִי בַל-אָמוּט.
 לָכֵן שָׁמַח לְבִי, וַיִּגַּל כְּבוֹדִי, אֶף-בְּשָׂרִי יִשְׁכֵּן לְבִטְחִי.
 כִּי לֹא-תַעֲזֹב נַפְשִׁי לְשָׂאוֹל,
 לֹא-תִתֵּן חֲסִידְךָ לְרָאוֹת שְׁחָת.
 □ תוֹדִיעֵנִי אֶרֶח חַיִּים,
 שְׁבַע שְׁמֵחוֹת אֶת-פְּנֵיךָ,
 נַעֲמוֹת בְּיַמִּינְךָ נֶצַח.

Mourner's Kaddish is on page 100.

*So have no fear — do not envy the riches of others,
nor be jealous of their influence —
for they can take nothing with them to the grave;
their glory does not follow them when they die.*

We should rather appreciate life during our lifetime,
and thank You, God, for all Your kindnesses,
knowing that we will join our ancestors,
never again to savor the light of day.

*There is glory in being human,
but too often we fail to recognize that like all other creatures,
we, too, are only mortal.*

PSALM 16

A Mikhtam of David.

Watch over me, O God, for I place my trust in You.

*To Adonai I say: You are my master, my benefactor.
None can compare to You.*

As for the famous who are so widely revered,
the mighty who seem to have it all:
May their suffering increase,
for they have espoused foreign gods.
I will take no part in their bloody libations;
the names of their gods will never cross my lips.

*Adonai is my portion — my measure, my share.
You control my fate.*

My life has been marked by good fortune;
lovely indeed is my inheritance.

*I praise Adonai, who has always counseled me,
who rouses my conscience, warning me even at night.
I keep Adonai before me at all times;
with God at my side I shall never falter.*

That is why my heart rejoices and my soul is glad.
My whole being rests secure,
knowing that You will never abandon me to She'ol,
never allow Your faithful servant to suffer oblivion.

*Help me understand the way to live,
the limitless joy of being in Your presence,
of feeling the eternal embrace of Your right hand.*

For restricted use only: March-April 2020
Do not copy, sell, or distribute