

Ashrei Prayer

The core of this prayer is Psalm 145, and it is recited three times daily in the traditional Jewish liturgy.

PRAY

How to Say [Ashrei](#)

This prayer is composed of various passages from the Book of Psalms.

אֲשֶׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְלִיפוּ סֵלָה

Ashrei yoshvei veitekha, ode yehalelukha selah

Happy are those who dwell in Your house, may they always praise You, selah!

אֲשֶׁרֵי הָעַם שְׂפָכָה לּוֹ, אֲשֶׁרֵי הָעַם שִׁיהוּהוּ אֱלֹהֵיו

Ashrei ha'am shekakhah lo, ashrei ha'am she'Adonai elohav

Happy is the people for whom it is so, happy is the people for whom Adonai is their God

תְּהִלָּה לְדָוִד

Tehilah le'david

A psalm of David

אֲרוֹמְמֶךָ אֱלֹהֵי הַמַּלְכָּה, וְאֶבְרַכְךָ שְׁמֶךָ לְעוֹלָם וָעֶד

Aromimkha elohai hamelekh, v'ahvarkha shimkha le-olam va'ed

I will exalt my God, the sovereign, I will bless Your name forever and ever

בְּכָל יוֹם אֶבְרַכְךָ, וְאֶהְלֵלָה שְׁמֶךָ לְעוֹלָם וָעֶד

B'khol yom avarkheka, v'ahalelah shimkha le-olam va'ed

Every day I will bless You, I will praise Your name forever and ever

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד, וְלֹגְדָלְתוֹ אֵין חֶקֶר

Gadol Adonai u'mehulal me'od, v'ligdulato ein kheiker

The Lord is great and highly praised, and there is not limit to God's enormity

דֹר לְדֹר יִשְׁבַח מִעֲשֵׂיךָ, וּגְבוּרָתֶיךָ יִגִּידוּ

Dor l'dor yishabakh ma'asekha, u'gevurotekha yagidu

Each generation shall praise your deeds to the next, telling of your greatness

הַדָּר כְּבוֹד הַדָּר, וְדַבְּרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה

Hadar kevod hodekha, v'divrei niflotekha asikha

The splendid honor of your glory, and I will tell of your amazing deeds

וְעִזּוֹז נִוְרָאוֹתֶיךָ יֹאמְרוּ, וּגְדוּלַתְךָ אֶסְפְּרֶנָּה

Ve'ezuz norotekha yomeiru, u'gedulatekha asaprena

And they will speak of your awesome strength, and I will tell of your enormity

זָכַר רַב טוֹבָךָ יִבְיַעוּ, וְצִדְקָתְךָ יִרְנְנוּ

Zekher rav tuvka yabiyu, v'tzidkatkha y'raneinu

They will share a reminder of your great goodness, and they will sing of your righteousness

תִּנְנוּן וְרַחוּם יְהוָה, אַרְךָ אַפַּיִם וּגְדֹל חֶסֶד

Khanun v'rakhum Adonai, erekh apayim u'gdahl khased

The Lord is gracious and merciful, slow to anger and abounding in loving-kindness

טוֹב יְהוָה לְכֹל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו

Tov Adonai lakhol, v'rakhamav al kol ma'asav

The Lord is good to all, and God's mercy is bestowed on all things God has made

יִזְדוּף יְהוָה כָּל מַעֲשָׂיו, וְחִסְדֶּיךָ יִבְרַכּוּכָה

Yodukha Adonai kol ma'asekha, v'khasidekha y'varkhukha

All God's creatures will give thanks to Adonai, and Your righteous ones shall bless You

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ, וּגְבוּרָתְךָ יִדְבְּרוּ

Rebbetzin Gavriela Frye

For

Beit Shalom Messianic Congregation, Pozzuoli, Naples, Italy

Ashrei Prayer

Kevod malkhut'kha yomeiru, u'gevurat'kha y'dabeiru

They will tell of the glory of Your sovereignty, and speak of your greatness

להודיע לבני האדם גבורתו, וכבוד הדר מלכותו

L'hodiya livnei ha-adam gevurotav, u'khevod hadar malkhuto

In order to announce to all people God's greatness, and the honor and glory of God's sovereignty

מלכותה מלכות כל עלמים, וממשלתה בכל דור ודר

Malkhutekha malkhut kol olamim, umemshaltekha b'khol dor vador

Your kingdom shall last for ever and ever, and Your rule shall extend into each and every generation

סומך יהיה לכל הנפלים, וזוקף לכל הנפופים

Someikh Adonai l'khol ha-noflim, v'zokeif l'khol ha-kefufim

Adonai supports those who are fallen, and straightens those who are bent

עיני כל אליה ישברו, ואתה נותן להם את אכלם בעתו

Einei khol eilecha yisabeiru, v'ata notein lahem et okhlam b'ito

Every eye shall turn expectantly to You, for You give them food in the proper time

פותח את ידך, ומשביע לכל חי רצון

Potei-akh et yadekha, umasbiya l'khol khai ratzon

Open Your hands, and satiate all living creatures

צדיק יהיה בכל דרכיו, וחסיד בכל מעשיו

Tzadik Adonai b'khol d'rakhav, v'khasid b'khol ma'asav

The Lord is righteous in all ways, and virtuous in all deeds

קרוב יהיה לכל קראיו, לכל אשר יקראהו באמת

Karov Adonai l'khol kor'av, l'khol asher yikra'uhu ve'emet

The Lord is close to all who call upon God, to all who call to God with sincerity

רצון יראיו יעשה, ואת שונעתם ישמע וישיעם

R'tzon y'rei'av ya'aseh, v'et shavatam yishma v'yoshi'em

God will do the will of those who fear God, God will hear their cry and save them

שומר יהיה את כל אהביו, ואת כל הרשעים ישמיד

Shomer Adonai et kol ohavav, v'et kol ha'r'sha'im yashmid

The Lord guards all those who love God, and destroys all who are wicked

תהלת יהיה ונדבר פי, ויבריה כל בשר שם קדשו לעולם ועד

Tehilat Adonai yidaber pi, vivareikh kol basar sheim kodsho l'olam va'ed

May the praise of God fill my mouth, and may all life bless God's name forever and ever

ואנחנו נברך יה, מעתה ועד עולם, הללויה

Va'anaknu nevareikh ya, mei'ata v'ad olam, haleluyah!

And we bless God, from now and for always, Hallelujah!

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