

Ashrei

esher: happiness, blessedness

Original Word: אֶשֶׁר

Part of Speech: Noun Masculine

Transliteration: esher

Phonetic Spelling: (eh'-sher)

Definition: happiness, blessedness

Study Guide to an **Acrostic Prayer
Booklet #1 in the
“Siddur as an Instrument of Resilience” Series**

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Ashrei is one of the most frequently recited prayers in the Siddur, appearing twice during the morning service and once in the afternoon. It is mainly composed of the text of Psalm 145. It has a prelude of two verses from other Psalms and an additional verse as an epilogue.

Complete Text of Ashrei

<https://www.myjewishlearning.com/article/complete-text-of-ashrei/>

<https://youtu.be/SEZIELiD9xI> Ashrei read slowly, out loud.

אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ סְלָה

Ashrei yoshvei veitekha, ode yehalelukha selah

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

אַשְׁרֵי הָעַם שֶׁנִּכְנָה לוֹ, אֲשֶׁרֵי הָעַם שִׁיהוּ 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

אֲרוֹמַמְךָ אֱלֹהֵי הַמְּלָכָה, וְאֶבְרַכְךָ שִׁמְךָ 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

בְּכֹל יוֹם אֶבְרַכְךָ, וְאֶהַלְלָה שִׁמְךָ 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, וְלֹגְדֹתָו 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 יִשָּׁבַח מַעֲשֵׂיךָ, 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 הַוְדָּה, וְדַבְרֵי גְּפִלְאֲתֶיךָ אֲשִׁיחָה

Hadar kevod hodekha, v'divrei niflotekha asikha

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

וְעִזּוֹז נֹרְאוֹתֶיךָ 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

זֶכֶר רַב טוֹבְךָ יִבְיַעוּ, וְצִדְקֹתֶךָ 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

חֲנוּן וְרַחוּם יִהְיֶה, אַרְךְ 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 יִהְיֶה 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

יְדוּךָ יְהוָה כָּל מַעֲשֵׂיךָ, וְחַסִּדֶיךָ יְבָרְכוּךָ

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, וְגִבּוֹרֹתֶיךָ יְדַבְּרוּ

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

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

לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרָתְךָ, וְכְבוֹד הַדָּר מַלְכוּתְךָ

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

מַלְכוּתְךָ מַלְכוּת כָּל עַלְמִים, וּמְמַשְׁלֶתְךָ בְּכָל דּוֹר וָדוֹר

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

סוּמָךָ יְהוָה לְכָל הַנְּפֹלִים, וְזוֹקֵף לְכָל הַכְּפוּפִים

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

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

עֵינֵי כָל אֱלֹהֵי יִשְׂרָאֵל, וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכֻלָּם בְּעֵתוֹ

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

פּוֹתֵחַ אֶת יַדְּךָ, וּמַשְׂבִּיעַ לְכָל חַי רִצּוֹן

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

Open Your hands, and satiate all living creatures

צָדִיק יְהוָה בְּכָל דַּרְכָּיו, וְחָסִיד בְּכָל מַעֲשָׂיו

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

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

קָרוֹב יְהוָה לְכָל קוֹרְאָיו, לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת

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

רָצוֹן יִרְאֶיו יַעֲשֶׂה, וְאֵת שׁוֹעֲתֵם יִשְׁמַע וַיּוֹשִׁיעֵם

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

שׁוֹמֵר יְהוָה אֶת כָּל אֲהַבָּיו, וְאֵת כָּל הַרְשָׁעִים יִשְׁמִיד

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

תְּהִלַּת יְהוָה יִדְבַּר פִּי, וַיְבָרֵךְ כָּל בֶּשֶׂר שֵׁם קְדוֹשׁוֹ לְעוֹלָם וָעֶד

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

וְאַנְחֵנוּ נְבָרֵךְ יְהוָה, מִעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ

Va'anakhnu nevareikh ya, mei'ata v'ad olam, halleluyah!

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

Psalm 84:5

Strong's	Hebrew	English	Morphology
835 [e]	אַשְׁרֵי 'aš-rê	Blessed [is]	Interjection
120 [e]	אָדָם 'ā-dām	the man	N-ms
5797 [e]	כֹּחַ 'ō-wz-	whose strength [is]	N-ms
	לְ lōw	to	Prep 3ms
	בָּךְ bāk;	in You	Prep 2ms
4546 [e]	מְסִלּוֹת mə-sil-lō-wt,	on pilgrimage	N-fp
3824 [e]	בְּלִבָּבָם bil-bā-bām.	Whose heart [is set]	Prep-b N-msc 3mp

Psalm 144:15

Strong's	Hebrew	English	Morphology
835 [e]	אַשְׁרֵי 'aš-rê	Blessed [are]	Interjection
5971 [e]	הָעָם hā-'ām	the people	Art N-ms
3602 [e]	שֶׁכֶּנָּה šek-kā-kāh	who are in such a state	Pro-r Adv
	לְ lōw;	to	Prep 3ms
835 [e]	אַשְׁרֵי 'aš-rê	Blessed [are]	Interjection
5971 [e]	הָעָם hā-'ām,	the people	Art N-ms
3068 [e]	שִׁיהוּהָ Yah-weh	whose *[HaShem]*	Pro-r N-proper-ms
430 [e]	אֱלֹהָיו: 'ē-lō-hāw.	God [is]	N-mpc 3ms

NOTES from Rebekah Tanner:

1. Where the Internet resource <https://biblehub.com/> included The Tetragrammaton in the English translation column, I have substituted *[HaShem]* throughout this document. I opted to leave it as written in the Hebrew pronunciation column so as not to break the linked resource, keeping that available for those who wish to use it in their studies. I hope nobody is offended by my choices in this regard.

2. Those interested in a deeper study of Biblical Hebrew Morphology may find this of interest:

<https://www.jamesdprice.com/hebrewsyntaxexegesis.html>

Psalm 145:1

Strong's	Hebrew	English	Morphology
8416 [e]	תְּהִלָּה tə-hil-lāh,	A Psalm	N-fs
1732 [e]	לְדָוִד lə-dā-wiḏ	Of David	Prep-l N-proper-ms
7311 [e]	אֲרֹמְמֶךָ 'ă-rō-w-mim-ḵā	I will extol You	V-Piel-Imperf.h-1c s 2ms
433 [e]	אֱלֹהַי 'ē-lō-w-hay	my God	N-mpc 1cs
4428 [e]	הַמֶּלֶךְ ham-me-leḵ;	King	Art N-ms
1288 [e]	וְאֲבָרְכָה wa-'ă-bā-ră-ḵāh	and I will bless	Conj-w V-Piel-ConjImperf. Cohort-1cs
8034 [e]	שִׁמְךָ mə-ḵā,	Your name	N-msc 2ms
5769 [e]	לְעוֹלָם lə-'ō-w-lām	forever	Prep-l N-ms
5703 [e]	וְעַד wā-'eḏ.	and ever	Conj-w N-ms

rum: to be high or exalted, rise**Original Word:** רוּם**Part of Speech:** Verb**Transliteration:** rum**Phonetic Spelling:** (room)**Definition:** to be high or exalted, rise

Psalm 145:2

Strong's	Hebrew	English	Morphology
3605 [e]	בְּכֹל־ bə-ḵāl	Every	Prep-b N-msc
3117 [e]	יּוֹם yō-wm	day	N-ms
1288 [e]	אֲבַרְכֶּךָ 'ă-bā-ră-ḵe-kā;	I will bless You	V-Piel-Imperf.h-1cs 2mse
1984 [e]	וְאֶהְלֵלָהּ wa-'ă-hal-lāh	and I will praise	Conj-w V-Piel-ConjImperf. Cohort-1cs
8034 [e]	שִׁמְךָ mə-ḵā,	Your name	N-msc 2ms
5769 [e]	לְעוֹלָם lə-'ō-w-lām	forever	Prep-l N-ms
5703 [e]	וְעַד wā-'eḏ.	and ever	Conj-w N-ms

kol: the whole, all

Original Word: כֹּל

Part of Speech: Noun Masculine

Transliteration: kol

Phonetic Spelling: (kole)

Definition: the whole, all

yom: day

Original Word: יוֹם

Part of Speech: Noun Masculine

Transliteration: yom

Phonetic Spelling: (yome)

Definition: day

Psalm 145:3

Strong's	Hebrew	English	Morphology
1419 [e]	גָּדוֹל gā-dō-wl	Great [is]	Adj-ms
3068 [e]	יְהוָה Yah-weh	*[HaShem]*	N-proper-ms
1984 [e]	וּמְהִלָּל ū-mə-hul-lāl	and to be praised	Conj-w V-Pual-Prtcpl-ms
3966 [e]	מְאֹד mə-'ōḏ;	greatly	Adv
1420 [e]	וּלְגִדְלוֹתָו wə-liḡ-ḡul-lā-tōw,	and His greatness [is]	Conj-w, Prep-l N-fsc 3ms
369 [e]	אֵין 'ên	not	Adv
2714 [e]	חֵקֶר hê-quer.	unsearchable	N-ms

gadol: great**Original Word:** גדול**Part of Speech:** Adjective**Transliteration:** gadol**Phonetic Spelling:** (gaw-dole')**Definition:** great

Psalm 145:4

Strong's	Hebrew	English	Morphology
1755 [e]	דֹר dō-wr	One generation	N-ms
1755 [e]	לְדֹר lə-dō-wr	to another	Prep-l N-ms
7623 [e]	יִשְׁבַּח ya-šab-baḥ	shall praise	V-Piel-Imperf-3ms
4639 [e]	מַעֲשֵׂיךָ ma-`ā-še-kā;	Your works	N-mpc 2ms
1369 [e]	וּגְבוּרֹתֶיךָ ū-gə-bū-rō-ṭe-kā	and Your mighty acts	Conj-w N-fpc 2ms
5046 [e]	יְגִידוּ ya-gî-dū.	shall declare	V-Hifil-Imperf-3mp

dor: period, generation, dwelling**Original Word:** דֹר**Part of Speech:** Noun Masculine**Transliteration:** dor**Phonetic Spelling:** (dore)**Definition:** period, generation, dwelling

Psalm 145:5

Strong's	Hebrew	English	Morphology
1926 [e]	הַדָּר hă-dar	The splendor	N-msc
3519 [e]	כְּבוֹד kə-bō-wd	of glorious	N-msc
1935 [e]	הוֹדְךָ hō-w-de-kā;	Your majesty	N-msc 2ms
1697 [e]	וְדַבְּרֵי wə-dib-rê	and works	Conj-w N-mpc
6381 [e]	נִפְלְאוֹתֶיךָ nip-lə-’ō-w-tē-kā	on Your wondrous	V-Nifal-Prtcpl-fpc 2ms
7878 [e]	אֲשִׁיחָהּ ’ā-sî-ḥāh.	I will meditate on	V-Qal-Imperf.Cohort-1cs

hadar: an ornament, honor, splendor**Original Word:** הַדָּר**Part of Speech:** Noun Masculine**Transliteration:** hadar**Phonetic Spelling:** (haw-dawr')**Definition:** an ornament, honor, splendor

Psalm 145:6

Strong's	Hebrew	English	Morphology
5807 [e]	וְעִזּוֹ we-’ě-zūz	And the might	Conj-w N-msc
3372 [e]	נִרְאִיתֶךָ nō-wr-’ō-tē-kā	of Your awesome acts	V-Nifal-Prtcpl-fpc 2ms
559 [e]	יֹאמְרוּ yō-mê-rū;	[Men] shall speak	V-Qal-Imperf-3mp
	[וגדולתֶיךָ] [ū-gə-dūl-lō-tē-kā]	of	Conjunctive waw :: Noun - feminine plural construct :: second person masculine singular Conj-w N-fpc 2ms
	כִּ]		
1420 [e]	(וגְדוּלְתֶךָ) (ū-gə-dūl-lā-tē-kā)	and Your greatness	Conj-w N-fsc 2ms
	q)		
5608 [e]	אֶסַּפְּרֶנָּה: ’ă-sap-pə-ren-nāh.	I will declare	V-Piel-Imperf-1cs 3fse

ezuz: strength, might, fierceness

Original Word: עִזּוֹ

Part of Speech: Noun Masculine

Transliteration: ezuz

Phonetic Spelling: (ez-ooz')

Definition: strength, might, fierceness

Psalm 145:7

Strong's	Hebrew	English	Morphology
2143 [e]	זִכָּר zê-ker	The memory	N-msc
7227 [e]	רַב־ rab-	of great	Adj-msc
2898 [e]	טוֹבָה tū-bə-kā	Your goodness	N-msc 2ms
5042 [e]	יִבְיְעוּ yab-bî-'ū;	they shall utter	V-Hifil-Imperf-3mp
6666 [e]	וְצִדְקָתְךָ wə-ṣiq-qā-tə-kā	and Your righteousness	Conj-w N-fsc 2ms
7442 [e]	יִרְנְנוּ: Yə-ran-nê-nū.	shall sing of	V-Piel-Imperf-3mp

zeker: remembrance, memorial**Original Word:** זִכָּר**Part of Speech:** Noun Masculine**Transliteration:** zeker**Phonetic Spelling:** (zay'-ker)**Definition:** remembrance, memorial

Psalm 145:8

Strong's	Hebrew	English	Morphology
2587 [e]	חַנּוּן ḥan-nūn	Gracious	Adj-ms
7349 [e]	וְרַחֻם wə-ra-ḥūm	and compassionate	Conj-w Adj-ms
3068 [e]	יְהוָה Yah-weh;	*[HaShem]* [is]	N-proper-ms
750 [e]	אֶרֶךְ 'e-reḵ	Slow to	Adj-msc
639 [e]	אַפַּיִם 'ap-pa-yim,	anger	N-md
1419 [e]	וְגָדֹל- ū-gā-dāl-	and great	Conj-w Adj-msc
2617 [e]	חַסְדֶּךָ ḥā-seḏ.	in mercy	N-ms

channun: gracious**Original Word:** חַנּוּן**Part of Speech:** Adjective**Transliteration:** channun**Phonetic Spelling:** (khan-noon')**Definition:** gracious

Psalm 145:9

Strong's	Hebrew	English	Morphology
2896 [e]	טוב ṭō-wḇ-	Good	Adj-ms
3068 [e]	יהוה Yah-weh	*[HaShem]* [is]	N-proper-ms
3605 [e]	לְכֹל lak-kōl;	to all	Prep-l, Art N-ms
7356 [e]	וְרַחֲמָיו wə-ra-ḥă-māw,	and His tender mercies [are]	Conj-w N-mpc 3ms
5921 [e]	עַל- 'al-	over	Prep
3605 [e]	כָּל- kāl-	all	N-msc
4639 [e]	מַעֲשָׂיו: ma-`ă-śāw.	His works	N-mpc 3ms

towb: beautiful**Original Word:** טוב**Part of Speech:** Adjective; verb; verb; feminine; noun masculine; noun feminine; noun feminine**Transliteration:** towb**Phonetic Spelling:** (tobe)**Definition:** pleasant, agreeable, good

145:10

Strong's	Hebrew	English	Morphology
3034 [e]	יְדוּךְ yō-w-dū-kā	Shall praise You	V-Hifil-Imperf-3mp 2ms
3068 [e]	יְהוָה Yah-weh	*[HaShem]*	N-proper-ms
3605 [e]	כָּל- kāl-	all	N-msc
4639 [e]	מַעֲשֵׂיךָ ma-`ă-sé-kā;	Your works	N-mpc 2ms
2623 [e]	וְיְהוֹסֵיֶיךָ wa-ḥă-sî-de-kā,	and Your saints	Conj-w N-mpc 2ms
1288 [e]	יְבָרֵךְכָּה: yə-bā-ră-kū-kāh.	shall bless You	V-Piel-Imperf-3mp 2ms

yadah: to throw, cast**Original Word:** יָדָה**Part of Speech:** Verb**Transliteration:** yadah**Phonetic Spelling:** (yaw-daw')**Definition:** to throw, cast

Psalm 145:11

Strong's	Hebrew	English	Morphology
3519 [e]	כְּבוֹד kə-bō-wd	The glory	N-msc
4438 [e]	מַלְכוּתְךָ mal-ḵū-tə-ḵā	of Your kingdom	N-fsc 2ms
559 [e]	יֹאמְרוּ yō-mê-rū;	they shall speak	V-Qal-Imperf-3mp
1369 [e]	וּגְבוּרָתְךָ ū-gə-bū-rā-tə-ḵā	and of Your power	Conj-w N-fsc 2ms
1696 [e]	יְדַבְּרוּ: yə-dab-bê-rū.	talk	V-Piel-Imperf-3mp

kabowd: glorious

Original Word: כְּבוֹד

Part of Speech: Noun Masculine

Transliteration: kabowd

Phonetic Spelling: (kaw-bode')

Definition: glorious

Psalm 145:12

Strong's	Hebrew	English	Morphology
3045 [e]	לְהוֹדִיעַ lə-hō-w-dî-a'	To make known	Prep-l V-Hifil-Inf
1121 [e]	לְבָנֵי lib-nê	to the sons	Prep-l N-mpc
120 [e]	הָאָדָם hā-'ā-dām	of men	Art N-ms
1369 [e]	גְּבוּרָתָיו gə-bū-rō-tāw;	His mighty acts	N-fpc 3ms
3519 [e]	וְכְבוֹד ū-kə-bō-wd,	and the glorious	Conj-w N-msc
1926 [e]	הַדָּר hă-dar	majesty	N-msc
4438 [e]	מִלְכוּתוֹ: mal-ḵū-tōw.	of His kingdom	N-fsc 3ms

yada: to know

Original Word: יָדַע

Part of Speech: Verb

Transliteration: yada

Phonetic Spelling: (yaw-dah')

Definition: to know

Psalm 145:13

Strong's	Hebrew	English	Morphology
4438 [e]	מַלְכוּתְךָ mal-ḵū-tə-ḵā,	Your kingdom [is]	N-fsc 2ms
4438 [e]	מַלְכוּת mal-ḵūṯ	an kingdom	N-fsc
3605 [e]	כָּל- kāl-	-	N-msc
5769 [e]	עַלְמִים 'ō-lā-mîm;	everlasting	N-mp
4475 [e]	וְיִמְשֵׁלְתָּ ū-mem-šel-tə-ḵā,	and Your dominion [endures]	Conj-w N-fsc 2ms
3605 [e]	בְּכָל- bə-ḵāl	throughout all	Prep-b N-msc
1755 [e]	דֹּר dō-wr	-	N-ms
1755 [e]	וְדֹרִים wā-dō-wr.	and generations	Conj-w N-ms

malkuth: royalty, royal power, reign, kingdom

Original Word: מַלְכוּת

Part of Speech: Noun Feminine

Transliteration: malkuth

Phonetic Spelling: (mal-kooth')

Definition: royalty, royal power, reign, kingdom

The acrostic is missing a letter....

<https://jewishlink.news/divrei-torah/14211-why-is-there-no-nun-verse-in-ashrei>

<https://bnaitikvah.org/prayer-lesson-59-ashrei-the-case-of-the-missing-nun/>

Psalm 145:14

Strong's	Hebrew	English	Morphology
5564 [e]	שָׁמַךְ sō-w-mêḵ	Upholds	V-Qal-Prtcpl-ms
3068 [e]	יְהוָה Yah-weh	*[HaShem]*	N-proper-ms
3605 [e]	לְכָל lə-kāl	all	Prep-l N-msc
5307 [e]	הַנִּפְּלִים han-nō-pə-lîm;	who fall	Art V-Qal-Prtcpl-mp
2210 [e]	וַיִּזְרֵף wə-zō-w-qêṣ,	and raises up	Conj-w V-Qal-Prtcpl-ms
3605 [e]	לְכָל lə-kāl	all	Prep-l N-msc
3721 [e]	הַכֹּפְּוּפִים: hak-kə-pū-pîm.	[who are] bowed down	Art V-Qal-QalPassPrtcp l-mp

samak: to lean, lay, rest, support

Original Word: שָׁמַךְ

Part of Speech: Verb

Transliteration: samak

Phonetic Spelling: (saw-mak')

Definition: to lean, lay, rest, support

Psalm 145:15

Strong's	Hebrew	English	Morphology
5869 [e]	עֵינַיִ- 'ê-nê-	The eyes	N-cdc
3605 [e]	כָּל kāl	of all	N-ms
413 [e]	אֵלֶיךָ 'ê-le-ḵā	to You	Prep 2ms
7663 [e]	יִשָּׁבֵרוּ ya-śab-bê-rū;	look expectantly	V-Piel-Imperf-3m p
859 [e]	וְאַתָּה wə-'at-tāh	and You	Conj-w Pro-2ms
5414 [e]	נֹתֵן nō-w-tên-	give	V-Qal-Prtcpl-ms
1992 [e]	לָהֶם lā-hem	them	Prep-l Pro-3mp
853 [e]	אֶת־ 'et-	-	DirObjM
400 [e]	אֲכֻלָּם 'ā-ḵə-lām	their food	N-msc 3mp
6256 [e]	בְּעֵתוֹ bə-'it-tōw.	in due season	Prep-b N-csc 3ms

ayin: an eye

Original Word: אַיִן

Part of Speech: Noun

Transliteration: ayin

Phonetic Spelling: (ah'-yin)

Definition: an eye

Psalm 145:16

Strong's	Hebrew	English	Morphology
6605 [e]	פִּתַּח pō-w-tî-ah	You open	V-Qal-Prtcpl-ms
853 [e]	אֶת־ 'et-	-	DirObjM
3027 [e]	יָדְךָ yā-de-kā;	Your hand	N-fsc 2ms
7646 [e]	וּמְשַׁבֵּעַ ū-maś-bî-a'	and satisfy	Conj-w V-Hifil-Prtcpl-ms
3605 [e]	לְכָל־ lə-kāl	of every	Prep-l N-msc
2416 [e]	חַי ḥay	living thing	Adj-ms
7522 [e]	רְצוֹן rā-šō-wn.	the desire	N-ms

pathach: appear**Original Word:** פִּתַּח**Part of Speech:** Verb**Transliteration:** pathach**Phonetic Spelling:** (paw-thakh')**Definition:** to open

Psalm 145:17

Strong's	Hebrew	English	Morphology
6662 [e]	צַדִּיק ṣad-dîq	Righteous	Adj-ms
3068 [e]	יְהוָה Yah-weh	*[HaShem]* [is]	N-proper-ms
3605 [e]	בְּכָל־ bə-kāl	in all	Prep-b N-msc
1870 [e]	דַּרְכָּיו də-rā-kāw;	His ways	N-cpc 3ms
2623 [e]	וְחַסְדֵּי wə-ḥā-sîd,	and Merciful	Conj-w Adj-ms
3605 [e]	בְּכָל־ bə-kāl	in all	Prep-b N-msc
4639 [e]	מַעֲשָׂיו: ma-`ă-sāw.	His works	N-mpc 3ms

tsaddiq: just, righteous**Original Word:** צַדִּיק**Part of Speech:** Adjective**Transliteration:** tsaddiq**Phonetic Spelling:** (tsad-deek')**Definition:** just, righteous

Psalm 145:18

Strong's	Hebrew	English	Morphology
7138 [e]	קָרוֹב qā-rō-wḅ	Near	Adj-ms
3068 [e]	יְהוָה Yah-weh	*[HaShem]* [is]	N-proper-ms
3605 [e]	לְכֹל lə-kāl	to all	Prep-l N-msc
7121 [e]	קֹרְאִיו qō-rə-'āw;	who call upon Him	V-Qal-Prtcpl-mpc 3ms
3605 [e]	לְכֹל lə-kāl	to all	Prep-l N-ms
834 [e]	אֲשֶׁר 'ă-šer	who	Pro-r
7121 [e]	יְקַרְאֵהוּ yiq-rā-'u-hū	call upon Him	V-Qal-Imperf-3mp 3ms
571 [e]	בְּאֵמֶת: Be-'ē-meṭ.	in truth	Prep-b N-fs

qarob: near**Original Word:** קָרוֹב**Part of Speech:** Adjective**Transliteration:** qarob**Phonetic Spelling:** (kaw-robe')**Definition:** near

145:19

Strong's	Hebrew	English	Morphology
7522 [e]	רצון־ rə-ṣō-wn-	The desire	N-msc
3373 [e]	יִרְאוּ yə-rê-'āw	of those who fear Him	Adj-mpc 3ms
6213 [e]	יַעֲשֶׂה ya-'ă-śeh;	He will fulfill	V-Qal-Imperf-3ms
853 [e]	וְאֵת־ wə-'eṭ-	and also	Conj-w DirObjM
7775 [e]	שִׁעֲרָם šaw-'ā-tām	their cry	N-fsc 3mp
8085 [e]	יִשְׁמַע yiš-ma',	He will hear	V-Qal-Imperf-3ms
3467 [e]	וַיִּשְׁעֵם wə-yō-wō-šî-'êṃ.	and save them	Conj-w V-Hifil-ConjImperf- 3ms 3mp

ratson: goodwill, favor, acceptance, will

Original Word: רצון

Part of Speech: Noun Masculine

Transliteration: ratson

Phonetic Spelling: (raw-tsone')

Definition: goodwill, favor, acceptance, will

Psalm 145:20

Strong's	Hebrew	English	Morphology
8104 [e]	שׁוּמַר šō-w-mêr	Preserves	V-Qal-Prtcpl-ms
3068 [e]	יְהוָה Yah-weh	Yahweh	N-proper-ms
853 [e]	אֶת־ 'eṭ-	-	DirObjM
3605 [e]	כָּל־ kāl-	all	N-msc
157 [e]	אֲהַבֵּי 'ō-hă-bāw;	who ove Him	V-Qal-Prtcpl-mpc 3ms
853 [e]	וְאֶת־ wə-'êṭ	but	Conj-w DirObjM
3605 [e]	כָּל־ kāl-	all	N-msc
7563 [e]	הַרְשָׁעִים hā-rə-šā-'îm	the wicked	Art Adj-mp
8045 [e]	יִשְׁמַד׃ yaś-mîḏ.	He will destroy	V-Hifil-Imperf-3ms

shamar: to keep, watch, preserve**Original Word:** שׁוּמַר**Part of Speech:** Verb**Transliteration:** shamar**Phonetic Spelling:** (shaw-mar')**Definition:** to keep, watch, preserve

Psalm 145:21

Strong's	Hebrew	English	Morphology
8416 [e]	תְּהִלָּתֹךְ tə-hil-laṭ	The praise	N-fsc
3068 [e]	יְהוָה Yah-weh	of <i>*[HaShem]*</i>	N-proper-ms
1696 [e]	יְדַבֵּר yə-dab-ber-	shall speak	V-Piel-Imperf-3ms
6310 [e]	פִּי pî	My mouth	N-msc 1cs
1288 [e]	וַיְבָרֶךְ wî-bā-rêḵ	and shall bless	Conj-w V-Piel-ConjImperf- 3ms
3605 [e]	כָּל־ kāl-	all	N-msc
1320 [e]	בָּשָׂר bā-sār	flesh	N-ms
8034 [e]	שֵׁם šêm	name	N-msc
6944 [e]	קִדְשׁוֹ qā-də-šōw,	His holy	N-msc 3ms
5769 [e]	לְעוֹלָם lə-`ō-w-lām	Forever	Prep-l N-ms
5703 [e]	וְעַד wā-`ed.	and ever	Conj-w N-ms

tehillah: praise, song of praise

Original Word: תְּהִלָּה

Part of Speech: Noun Feminine

Transliteration: tehillah

Phonetic Spelling: (teh-hil-law')

Definition: praise, song of praise

Psalm 115:18

Strong's	Hebrew	English	Morphology
587 [e]	וַאֲנַחְנוּ wa-'ă-naḥ-nū	But we	Conj-w Pro-1cp
1288 [e]	יְבַרֵךְ nə-bā-rêḵ	will bless	V-Piel-Imperf-1cp
3050 [e]	יְיָ yāh,	*[ADONAI]*	N-proper-ms
6258 [e]	מֵעַתָּה mê-'at-tāh	from this time forth	Prep-m Adv
5704 [e]	וְעַד wə-'aḏ-	and	Conj-w Prep
5769 [e]	עוֹלָם 'ō-w-lām,	forevermore	N-ms
1984 [e]	הַלְלֵוּ hal-lū-	Praise	V-Piel-Imp-mp
3050 [e]	יְיָ yāh.	*[ADONAI]*	N-proper-ms

Additional Resources:

Hebrew Alphabet & more from Omniglot

<https://omniglot.com/writing/hebrew.htm>

About Hebrew Language Root Words from Judaism 101

<https://www.jewfaq.org/root.htm>

Common Siddur Words from JTEach

<https://jteach.org/project/common-siddur-words/>

Common Prayer Words from MyJewishLearning

<https://www.myjewishlearning.com/article/common-prayer-words/>

Psalm 145 / Ashrei at Sefaria

<https://www.sefaria.org/Psalms.145?lang=bi>

<https://www.sefaria.org/sheets/398850?lang=bi>

Tefillah Toolkit: Ashrei / Melodies (for weekday afternoon) at Hadar

<https://www.hadar.org/torah-resource/ashrei>

Hadar.org Tefillah & Music Weekday Minchah Ashrei

<https://www.hadar.org/tefillah-section/w-mi-1>

Hadar has many other audio clips – go exploring!

* Bible Hub

<https://biblehub.com/>

* Strong's Exhaustive Concordance of the Bible online at Bible Hub

<https://biblehub.com/strongs.htm>

A Comprehensive Etymological Dictionary of the Hebrew Language by Ernest Klein (1987) at Archive.org

<https://ia803002.us.archive.org/3/items/AComprehensiveEtymologicalDictionaryOfTheHebrewLanguageErnestKlein1987OCR/a%20comprehensive%20etymological%20dictionary%20of%20the%20hebrew%20language%20ernest%20klein%201987%20OCR.pdf>

About this booklet:

The Hebrew text analysis in this booklet comes mainly from *Bible Hub*, with information about each word of the acrostic linked from *Strong's*. For those unfamiliar with using a concordance, it is a type of reference book that has, as its main function, listings of every occurrence of a specific word in the scriptures. *Strong's* is also well known for its inclusion of Hebrew (and Greek) etymology.

If users of this booklet have suggestions for additional sources, corrections to errors of fact, or constructive criticisms regarding the text; those remarks can be sent to Rebekah Tanner, foxgull@foxgull.com

About the "Siddur as an Instrument of Resilience" Series:

Inspiration for this work originated with the online ScholarStream presentations of May, 2022 provided by the Rabbinical Assembly entitled "Liturgy of Resilience." In particular, "*I Shall Not Fear*": *Liturgy, Emotional Honesty, and Resilience* presented by Rabbi Jan Uhrbach.

Find it here: <https://www.youtube.com/watch?v=4Yz5XEHWYo4>

That inspiration was then reinforced by reading the Pew Research Center document entitled "Jewish Americans in 2020."

Find it here:

<https://www.pewresearch.org/religion/2021/05/11/jewish-americans-in-2020/>

These brief studies about significant / frequently used words found in the Jewish prayer book (Siddur) are not intended to be especially religious – although any spiritual benefit one might derive from them would be a lovely additional outcome. It might be that understanding some core liturgical vocabulary could enrich individuals' experiences during worship services. The hope is that as people learn some basic liturgical vocabulary they will feel empowered in their own prayer life, rather than feeling like audience members at a performance mostly provided by the Cantor.

These booklets are intended to be the scaffolding around which small peer-to-peer groups of interested adults will develop their own word studies based upon a select group of Hebrew words. It is just as simple as that. This research is freely offered as a place to begin – may the learning journeys that result be a source of joy to all who utilize the "Siddur as an Instrument of Resilience."

Acknowledgements:

This project would not have been conceived without the inspiration of Rabbi Jan Uhrbach, founding director of the Block / Kolker Center for Spiritual Arts at the Jewish Theological Seminary in New York City.

It then would not have come to fruition without the encouragement of the Temple Adath Yeshurun community in Syracuse, NY. Particular thanks to Board Member and Chair of the Programming Committee, Lauren Beth Thirer and to Cantor Esa Jaffe.

About the author:

Rebekah Tanner has masters degrees in Library Science, and Museum Studies, and an Advanced Certificate in Interdisciplinary Trauma Studies. In addition to her extensive formal education she is an autodactic with interests in learning about a diverse body of information from archaeology to etymology, meteorology to thanatology and more; fine craft, Asian Studies, poetry, local history and genealogy – the list goes on.... Throughout her life she has also enjoyed sharing what she has been learning with others.

As a young woman, while working as a public librarian in New York City during the era of Ronald Regan's presidency, Rebekah watched in horror as the lives of several colleagues and acquaintances were devastated, and sometimes ended, by the unaddressed AIDS epidemic. The first time she saw Keith Haring's now famous "SILENCE = DEATH" graphic, she was made to recall Rabbi Meir Kahane's phrase "Never Again" and began to make connections about how society actively works to marginalize certain groups of individuals.

Having parents of differing races / ethnicities / religions from one another, and being a Lesbian who was still very much in the process of coming out in the 1980's, this intersectionality made a profound impression upon her.

Already deeply interested in the ways that the peoples of the world expressed their cultures, this became a major force behind the direction of her career and personal political involvements over the years.

Rebekah retired from librarianship earlier than she might have, in order to have the flexibility needed to be the primary caregiver to her life-partner who became disabled about 15 years ago. In those days, there was no Affordable Care Act and LGBTQIA+ persons did not have easy legal mechanisms by which they could have their families recognized. The sense that society picked and chose who was entitled to the privileges of certain basic rights was strongly reinforced for her at that time. Then, with the 2018 terror at the Tree of Life Synagogue in Pittsburgh, PA, Rebekah

felt a renewed need to use the blessings of her life experience to speak up, speak out, and work to reverse the trends toward hatred that she saw, and still sees, occurring throughout the United States and the world.

It was this fear of Anti-semitism, in particular, that brought her back, after an almost 50 year absence, into activity with the Jewish community. She is now attending shul, participating at her local Jewish Community Center and creating this series of booklets. It is her hope that by learning a few basic words, and by feeling empowered in their own prayer lives, Jews, and others, will find the strength to build a future world without hatred or fear. May we use our voices in service of "tikkun olam" – repairing the world.

