

Samuel Field Y Adult Center
Prayer During The Temple Periods

The Role That Psalms (Tehillim) Played During The Temple Periods

Historical Timeline

- Exodus From Egypt-end of the 1200's BCE
- King Saul-1029-1007 BCE
- King David-1000-967 BCE
- King Solomon-970-928 BCE
- First Temple Built-965 BCE
- First Temple Destroyed-586 BCE
- Permission to Rebuild the Temple-538 BCE
- Purim Story
- Inauguration Of The Second Temple-516 BCE
- Macabee Revolt-167 BCE
- Destruction Of Second Temple-70 CE

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Introduction To The Book Of Psalms

Nachum Sarna, On The Book Of Psalms, Schocken, 1993.

In The Law and the Prophets, G-d reaches out to man. The initiative is His. The message is His. He communicates, we receive. Our G-d-given free will allows us to be receptive, to be accepting, to turn a deaf ear, to reject. In the Psalms, human beings reach out to G-d. The initiative is human. The language is human. We make an effort to communicate. He receives; He chooses to respond or not, according to His inscrutable wisdom. He gives His assent or withholds it.

In the Psalms, the human soul extends itself beyond its confining, sheltering, impermanent house of clay. It strives for contact with the Ultimate Source of all life. It gropes for an experience of the divine presence. The biblical Psalms are essentially a record of the human quest for G-d.

The Psalm Of The Day In The Time Of The Temple

MISHNAH . The following are the Psalms that were chanted in the temple. On the first day of the week they used to say: (Chapter 24) the earth is the lord's and the fullness thereof, the world and they that dwell therein. On the second day they used to say: (Chapter 48) great is the Lord and highly to be praised, in the city of our G-d. On the third day they used to say: (Chapter 22) G-d stands in the congregation of G-d, in the midst of the judges He judges. On the fourth day they used to say: (Chapter 94) O Lord, You G-d to whom vengeance belongs, You G-d to whom vengeance belongs, shine forth. On the fifth day they used to say: (Chapter 81) sing aloud unto G-d our strength, shout unto the G-d of Jacob. On the sixth day they used to say: (Chapter 93) the Lord reigns, He is clothed in majesty, the Lord is clothed, He has girded himself with strength. On Sabbath they used to say: (Chapter 92), a Psalm, a song for the Sabbath day: A Psalm, a song for the time to come, for the day that will be all Sabbath and rest for everlasting life.

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Psalm For The First Day Of The Week

Psalms Chapter 24

1. A Psalm of David. The whole world and what is in it belong to G-d, the earth and those who dwell in it.
2. For G-d He has founded the earth upon the seas, and established it upon the rivers.
3. Who shall ascend the mountain of the Lord? Who shall stand in His holy place?
4. He who has clean hands, and a pure heart; who has not taken My name in vain, nor sworn deceitfully.
5. He shall receive a blessing from the Lord, and righteousness from the G-d of his salvation.
6. This is the generation of those who seek Him, who seek Your face, O Lord of Jacob.
7. Gates of the Temple, swing open! Be lifted up, everlasting doors! So that the King of glory may enter.
8. Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.
9. Gates of the Temple, swing open! Lift up the everlasting doors! So that the King of glory may enter.
10. Who is this King of glory? The Lord of hosts, He is the King of glory. G-d has spoken.

Psalm For The Third Day Of The Week

Psalms Chapter 82

1. A Psalm of Asaph. G-d stands in the heavenly council; He judges among the judges.
2. How long will you judge unjustly, and show favor to the wicked? G-d has spoken
.
3. Do justice to the poor and the orphan; vindicate the afflicted and needy.
4. Save the poor and needy; rescue them from the hand of the wicked.
5. The judges on earth do not know, nor will they understand; they walk in darkness; all the foundations of the earth are shaken.
6. G-d had once declared: You are angels; and all of you are sons of the most High.
7. Nevertheless, you shall die like men, and fall like any mortal prince.
8. Arise, O G-d, judge the earth; for all nations are subject to Your control.

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Psalm For The Sabbath

Psalms Chapter 92

1. A Psalm Song for the Sabbath day.
2. It is a good thing to give thanks to the Lord, and to sing praises to Your name, O most high!
3. To declare Your loving kindness in the morning, and Your faithfulness every night,
4. Upon an instrument of ten strings, and upon the harp, to the melody of the lyre.
5. For you, Lord, have made me glad through Your work; I will sing of Your handiwork - creation- with joy.
6. O Lord, how great are Your works! And how deep are Your thoughts!
7. A stupid man does not know; nor can a fool understand this.
8. Evil may sprout like grass, and when it appears that all the evil doers flourish; but they will be destroyed forever;
9. But you, O Lord, will be honored forever.
10. For, behold, Your enemies, O Lord, for, behold, Your enemies shall perish; all the evil doers shall be scattered.
11. As if I were a wild ox You raise up my horn in triumph; I shall be annointed with fresh oil.
12. My eye has seen the downfall of my enemies, and my ears have heard the doom of the wicked who rise up against me.
13. The righteous flourish like the palm tree; he grows like a cedar in Lebanon.
14. Those who are planted in the house of the Lord shall flourish in the courts of our G-d.
15. They shall still bring forth fruit in old age; they shall be fat and flourishing;
16. To declare that the Lord is upright; He is my rock, and there is no unrighteousness in Him.

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Psalms In Preparation For Prayer

Psalms Chapter 145

1. David's Song of Praise. I will extol You, my G-d, O king; and I will bless Your name for ever and ever.
2. Every day I will bless you; and I will praise Your name for ever and ever.
3. Great is the Lord, and greatly to be praised; and His greatness cannot be understood.
4. One generation shall praise Your works to another, and shall recall Your mighty acts.
5. I will speak of the glorious splendor of Your majesty, and of Your wondrous works.
6. And men shall speak of the might of Your awesome acts; and I will declare Your greatness.
7. They shall utter the fame of Your great goodness, and shall sing of Your righteousness.
8. The Lord is gracious, and full of compassion; slow to anger, and full of abundant loving kindness.
9. The Lord is good to all; and His compassion is extended to all His works.
10. All Your creations shall praise You, O Lord; and Your pious ones shall bless You.
11. They shall speak of the glory of Your kingdom, and talk of Your power;
12. To make known to the sons of men His mighty acts, and the glorious majesty of His kingdom.
13. Your kingdom is an everlasting kingdom, and Your dominion endures throughout all generations.
14. The Lord provides support for all who fall, and raises up all those who are subjugated.
15. The eyes of all wait upon You; and You give them their food in due season.
16. You open Your hand, and satisfy the desire of every living thing.
17. The Lord is righteous in all His ways, and gracious in all His works.
18. The Lord is near to all those who call upon Him, to all who call upon Him in truth.
19. He will fulfill the desire of those who fear Him; He also will hear their cry, and will save them.
20. The Lord preserves all those who love Him; but all the wicked He will destroy.
21. My mouth shall speak the praise of the Lord; and let all creatures bless His holy name for ever and ever.

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Psalms In Preparation For Prayer

Psalms Chapter 148

1. Hallelujah! Praise the Lord from the heavens; praise Him in the highest of heights.
2. Praise Him, all His angels; praise Him, all His hosts.
3. Praise Him, sun and moon; praise Him, all you stars of light.
4. Praise Him, heavens of heavens, and you waters that are above the heavens.
5. Let them praise the name of the Lord; for He commanded, and they were created.
6. And He established them for ever and ever; He has made a decree which shall not be overturned.
7. Praise the Lord from the earth, creatures of the sea, and all the depths;
8. Fire, and hail; snow, and vapors; stormy wind doing the All Powerful's bidding;
9. The mountains, and all hills; all fruit trees, and all cedars;
10. Wild animals and all domesticated ones; those that creep, and birds that fly;
11. Kings of the earth, and all their subjects; leaders, and all judges of the earth;
12. Young men and young women; old men, and children;
13. Let them praise the name of the Lord; for His name alone is exalted; His glory is above the earth and heaven.
14. He also raises the status of His people, therefore the pious ones praise Him, for the children of Israel are the people closest to Him. Hallelujah! (Praise the Lord!)

Psalms Chapter 150

1. Hallelujah! Praise G-d in His sanctuary! Praise Him in the heavens firmament of His power!
2. Praise Him for His mighty acts! Praise Him in accordance with His exceeding greatness!
3. Praise Him with the sound of the Shofar! Praise Him with the harp and the lyre!
4. Praise Him with the tambourine and dance! Praise Him with stringed instruments and the pipe!
5. Praise Him with sounding cymbals! Praise him with loud clashing cymbals!
6. Let every thing that breathes praise the Lord! Hallelujah!

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Psalms That Are Part Of Hallel-The Song Of Great Praise

Psalms Chapter 113

1. Hallelujah! Praise, O you servants of the Lord, praise the name of the Lord.
 2. Blessed be the name of the Lord from this time forth and for evermore.
 3. From sunrise to sunset the Lord's name is to be praised.
 4. The Lord is high above all nations, and His glory above the heavens.
 5. Who is like the Lord our G-d, who dwells on high,
 6. Who looks far down to behold the things that are on heaven, and on the earth!
 7. He raises up the poor from the dust, and lifts the needy from the ash heap,
 8. And He looks forward to placing the Jewish People among the nobility, with the honored of His people.
 9. He gives the barren woman a home by making her a joyful mother of children.
- Hallelujah!

Psalms Chapter 115

1. Not for our benefit, O Lord, not for us, but in the interest of Your name, give glory, on account of Your loving kindness, and for Your forthrightness.
2. Why should the nations say, Where is the G-d of the Jews?
3. Is not our G-d in the heavens; Can He not do whatever He pleases.
4. Their idols are silver and gold, the work of men's hands.
5. The idols have mouths, but they cannot speak; they have eyes, but they can not see;
6. They have ears, but they cannot hear; they have noses, but they can not smell;
7. They have hands, but they cannot feel; they have feet, but they can not walk; and with their throats, they cannot speak.
8. May they who make the idols become like them, and so too every one who trusts in them!
9. O Israel, trust in the Lord; He is the source of their help and their protection.
10. O house of Aaron, trust in the Lord; He is the source of their help and their protection.
11. You who fear the Lord, trust in the Lord; He is the source of their help and their protection.
12. The Lord has been mindful of us; He will bless us; He will bless the house of Israel; He will bless the house of Aaron.
13. He will bless those who fear the Lord, both small and great.
14. May the Lord increase you more and more, you and your children.
15. May you be blessed of the Lord who made heaven and earth.
16. The heavens are the heavens of the Lord; but He has given the earth to the children of men.
17. The dead cannot praise the Lord, nor can any who go down into Hell.
18. But we will bless the Lord from this time forth and for evermore. Hallelujah!

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Psalms That Are Part Of Hallel-The Song Of Great Praise

Psalms Chapter 116

1. I love the Lord, because He has heard my voice and my supplications.
2. Because He has inclined His ear to me, therefore I will call upon Him as long as I live.
3. The cords of death surrounded me, and the pains of Hell seized me. I found trouble and sorrow.
4. Then I called upon the name of the Lord; O Lord, I beseech you, save my soul.
5. Gracious is the Lord, and righteous; our God is merciful.
6. The Lord preserves the simple; I was brought low, and He saved me.
7. Return to your rest, O my soul; for the Lord has dealt bountifully with you.
8. For You have saved my soul from death, my eyes from tears, and my feet from falling.
9. I will walk before the Lord in the land of the living.
10. I kept faith, even when I said, I am greatly afflicted;
11. I said in my haste, All men are false.
12. How shall I repay the Lord for all his benefits toward me?
13. I will raise the cup of salvation, and call upon the name of the Lord.
14. I will redeem my vows to the Lord now in the presence of all His people.
15. Precious in the sight of the Lord is the death of His pious ones.
16. O Lord, truly I am your servant; I am your servant, the son of your maidservant; You have freed my bonds.
17. I will offer to You the sacrifice of thanksgiving, and will call upon the name of the Lord.
18. I will redeem my vows to the Lord now in the presence of all His people,
19. In the courts of the Lord's house, in the midst of you, O Jerusalem. Hallelujah!

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Psalms That Are Part Of Hallel-The Song Of Great Praise

Psalms Chapter 118

1. O give thanks to the Lord; for He is good; because His loving kindness endures for ever.
2. Let Israel now say, that His loving kindness endures for ever.
3. Let the house of Aaron now say, that His loving kindness endures for ever.
4. Let now those who fear the Lord say, that His loving kindness endures for ever.
5. In distress I called upon the Lord; the Lord answered me, and set me free.
6. The Lord is on my side; I will not fear; what can man do to me?
7. The Lord takes my part with those who help me; therefore I shall watch those who hate me receive their due.
8. It is better to take refuge in the Lord than to put confidence in man.
9. It is better to take refuge in the Lord than to put confidence in princes.
10. All nations surround me; but in the name of the Lord I will destroy them.
11. They surround me; indeed, they surround me; but in the name of the Lord I will destroy them.
12. They surround me like bees; they will be overcome quickly as is a burning bush; for in the name of the Lord I will destroy them.
13. My enemies pushed me hard so that I might fall; but the Lord helped me.
14. The Lord is my strength and song, and He has become my salvation.
15. The voice of rejoicing and salvation will be heard in the tents of the righteous; the right hand of the Lord fights for me.
16. The right hand of the Lord is exalted; the right hand of the Lord acts bravely.
17. I shall not die, but live, and shall let all know of the great deeds of the Lord.
18. The Lord has chastised me severely; but He has not given me over to death.
19. Open to me the gates of righteousness; I will go into them, and I will praise the Lord;
20. This is the gate of the Lord, into which the righteous shall enter.
21. I will shower You with words of thanks; for You have answered me, and You have become my salvation.
22. The stone which the builders rejected (a metaphor for the Jewish People) has risen to become the corner stone of the world.
23. This is the Lord's doing; it is marvelous in our eyes.
24. This is the day which the Lord has caused to occur; we will rejoice and be glad in it.
25. Save us, we beseech You, O Lord! O Lord, we beseech You, please send us prosperity!
26. Blessed is he who comes in the name of the Lord; we have blessed you from the house of the Lord.
27. G-d is the Lord, who has shown us light; let us look forward to binding sacrifices in a building that will never again be destroyed.
28. You are my God, and I will praise You; You are my God, I will exalt You.
29. O give thanks to the Lord; for He is good; for His loving kindness endures for ever.

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Psalms Recited In Times Of Trouble

Psalms Chapter 121

1. A Song of Maalot. I will lift up my eyes to the mountains. From where will my help arrive?
2. My help comes from the Lord, who made heaven and earth.
3. He will not let your foot stumble; He who watches you will not slumber.
4. Behold, He who guards the Jewish People shall neither slumber nor sleep.
5. The Lord is your keeper; the Lord is your shade upon your right hand.
6. The sun shall not strike you by day, nor the moon by night.
7. The Lord shall preserve you from all evil; He shall preserve your soul.
8. The Lord shall preserve your goings out and your comings in from this time forth, and for evermore.

Psalms Chapter 130

1. A Song of Maalot. Out of the depths have I cried to you, O Lord.
2. Lord, hear my voice; let Your ears be attentive to the voice of my supplications.
3. If You, Lord, should consider all my iniquities, O Lord, who could stand?
4. But there is forgiveness with You, and for that we hold You in awe.
5. I wait for the Lord, my soul waits, and in His word I place my hope.
6. My soul waits for the Lord with more expectation than do night watchmen waiting for the morning to arrive.
7. Let Israel hope in the Lord; for from the Lord we can expect loving kindness, and with Him we look forward to bountiful redemption.
8. And He shall redeem Israel from all his iniquities.

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Psalms Recited Before The Grace After Meals

Psalms Chapter 126

1. A Song of Maalot. When the Lord brought back the captives of Zion, we were like men who dream.
2. Then our mouths were filled with laughter, and our tongues with singing; then they said among the nations, The Lord has done great things for them.
3. The Lord has done great things for us; we are glad.
4. Bring back our captives, O Lord, like the streams in the Negev.
5. So that those who sow in tears, shall reap in joy.
6. He who goes forth weeping, bearing the seed for sowing, may he come back with shouts of joy, bringing his sheaves with him.

Psalms Chapter 137

1. By the rivers of Babylon, there we sat down; we also wept, when we remembered Zion.
2. We hung our lyres on the willows in its midst.
3. For there those who carried us away captive required of us to sing songs; and those who tormented us required of us mirth, saying, Sing us one of the songs of Zion.
4. How shall we sing the Lord's song in a foreign land?
5. If I forget you, O Jerusalem, let my right hand lose all function.
6. If I do not remember you, O Jerusalem, let my tongue cleave to the roof of my mouth; if I do not set Jerusalem above my highest joy.
7. Remember, O Lord, against the Edomites, the day of Jerusalem; they said, Raze it, raze it, to its foundation.
8. O daughter of Babylon, you are to be destroyed! Happy shall He be, who repays you for what you have done to us!
9. Happy shall He be, who takes your little ones and dashes them against the rock!

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Perhaps The Most Well Known Psalm

Psalms Chapter 23

1. A Psalm of David. The Lord is my shepherd; I shall not want.
2. He makes me lie down in green pastures; He leads me beside still waters.
3. He restores my soul; He leads me in the paths of righteousness for his name's sake.
4. Even though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff comfort me.
5. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over.
6. Surely goodness and loving kindness shall follow me all the days of my life; and I will dwell in the house of the Lord forever.

Psalm Recited Beginning A Month Before The Jewish New Year

Psalms Chapter 27

1. A Psalm of David. The Lord is my light and my salvation. Whom shall I fear? The Lord is the strength of my life. Of whom shall I be afraid? 2. When the wicked, my enemies and my adversaries, came upon me to eat up my flesh, they stumbled and fell.
3. Though a host should encamp against me, my heart shall not fear; though war should rise against me, even then I will be confident.
4. One thing have I desired of the Lord, that I will seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple.
5. For in the time of trouble He shall hide me in His pavilion; under the cover of His tent shall He hide me; He shall set me up upon a rock.
6. And now shall my head be lifted up above my enemies around me; therefore I will offer in his tent sacrifices of joy; I will sing, I will make music to the Lord.
7. Hear, O Lord, when I cry with my voice; be gracious to me, and answer me.
8. My heart recalls that You said: Seek my face; And so, Your face, O Lord, will I seek!
9. Hide not Your face from me; push not Your servant away in anger; You have been my help; do not abandon me, nor forsake me, O God of my salvation.
10. For my father and my mother have forsaken me, but the Lord will take me up.
11. Teach me Your way, O Lord, and lead me on a level path, because of my enemies.
12. Do not give me up to the will of my enemies; for false witnesses have risen up against me, and they breathe out violence.
13. Let me believe that I shall see the goodness of the Lord in the land of the living.
14. Wait on the Lord; have a heart of courage, and He shall strengthen your heart; and wait on the Lord.

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A Psalm Read Responsively

Psalms Chapter 136

1. O give thanks to the Lord; for he is good; For his loving kindness endures for ever.
2. O give thanks to the God of gods; For his loving kindness endures for ever.
3. O give thanks to the Lord of lords; For his loving kindness endures for ever.
4. To him who alone does great wonders; For his loving kindness endures for ever.
5. To him who by understanding made the heavens; For his loving kindness endures for ever.
6. To him who stretched out the earth above the waters; For his loving kindness endures for ever.
7. To him who made great lights; For his loving kindness endures for ever;
8. The sun to rule by day; For his loving kindness endures for ever;
9. The moon and the stars to rule by night; For his loving kindness endures for ever.
10. To him who struck Egypt in their firstborn; For his loving kindness endures for ever;
11. And brought out Israel from among them; For his loving kindness endures for ever;
12. With a strong hand, and with a stretched out arm; For his loving kindness endures for ever.
13. To him who parted the Red Sea; For his loving kindness endures for ever;
14. And made Israel pass through the midst of it; For his loving kindness endures for ever;
15. And overthrew Pharaoh and his army in the Red Sea; For his loving kindness endures for ever;
16. To him who led his people through the wilderness; For his loving kindness endures for ever;
17. To him who struck great kings; For his loving kindness endures for ever;
18. And slew great kings; For his loving kindness endures for ever;
19. Sihon king of the Amorites; For his loving kindness endures for ever;
20. And Og the king of Bashan; For his loving kindness endures for ever;
21. And gave their land for a heritage; For his loving kindness endures for ever;
22. A heritage to Israel his servant; For his loving kindness endures for ever.
23. Who remembered us in our low estate; For his loving kindness endures for ever;
24. And has redeemed us from our enemies; For his loving kindness endures for ever.
25. Who gives bread to all flesh; For his loving kindness endures for ever.
26. O give thanks to the God of heaven; For his loving kindness endures for ever.

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