

BS'D



Sivan 23rd - Tehillim, Megilat Esther and a prayer

Before Shabbat

1. Light two (2) candles for Esther and Mordechai
2. Give three (3) coins to charity. The coins should be held with both hands at the same time when placing in the charity box
3. Give Tzedaka (Charity) **Before Shabbat!** in the amounts of 72 (Gematria Chesed), best per person. Some give in the amount of 298 (Gematria Rachamim – Mercy). The donations should go to poor Torah students

On Shabbat

4. Make sure you have all three meals with bread and Birkat Hamazon. And also Melave Malka after Shabbat
5. Increase in prayers, Simcha (Joy) and Torah learning
6. Read chapters **22, 83, 130, 142** of Tehilm – Find text below
7. Read chapters **35,79,94** of Tehilm – Find text below
8. Read chapter 8 from the Megila of Esther – Find text below
9. Pray from the heart with your words about the problems of the world and everyone (Not yourself) – Ask from Hashem
10. Recite the short prayer – Find text below
11. Take on yourself a good decision to add a Mitzvah to your daily schedule

May Hashem accept our Teshuvah (Repentance), hear our prayers and bless us!

Shabbat Shalom

Rabbi Alon Anava

Tehillim 22

1. To the chief Musician, according to Ayeleth HaShahar, a Psalm of David.
2. My God, my God, why have you forsaken me? Why are you so far from helping me, from the words of my loud complaint?
3. O my God, I cry in the daytime, but you do not hear; and in the night, and I have no rest.
4. But you are holy, O you who are enthroned on the praises of Israel.
5. Our fathers trusted in you; they trusted, and you saved them.
6. They cried to you, and were saved; they trusted in you, and were not disappointed.
7. But I am a worm, and not a man; scorned by men, and despised by the people.
8. All those who see me mock me; they move the lip, they shake their head, saying,
9. He trusted on the Lord that he would save him; let him save him, seeing he delights in him.
10. But you are he who took me out of the womb; you made me hope when I was upon my mother's breasts.
11. I was cast upon you from the womb; you are my God from my mother's belly.
12. Do not be far from me; for trouble is near; for there is none to help. 13. Many bulls surround me; strong bulls of Bashan surround me.
14. They open wide their mouths at me, like a ravening and a roaring lion.
15. I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted in the midst of my bowels.
16. My strength is dried up like a potsherd; and my tongue cleaves to my jaws; and you lay me down in the dust of death.
17. For dogs surround me; the assembly of the wicked encircle me; they seize my hands and my feet like a lion.
18. I can count all my bones; they look and stare at me.
19. They divide my garments among them, and cast lots for my clothing.
20. But you, O Lord, be not far from me; O my strength, hasten to my help.

21. Save my soul from the sword; my only one from the power of the dog.
22. Save me from the lion's mouth; for you have answered me from the horns of the wild oxen.
23. I will declare your name to my brothers; in the midst of the congregation will I praise you.
24. You who fear the Lord, praise him; all you the seed of Jacob, glorify him; and fear him, all you the seed of Israel.
25. For he has not despised nor loathed the affliction of the afflicted; nor has he hidden his face from him; but when he cried to him, he heard.
26. My praise shall be of you in the great congregation; I will pay my vows before those who fear him.
27. The humble shall eat and be satisfied; those who seek him shall praise the Lord. May your heart live for ever!
28. All the ends of the world shall remember and turn to the Lord; and all the families of the nations shall worship before you.
29. For the kingdom is the Lord's; and he is ruler over the nations.
30. All the fat ones of the earth shall eat and worship; all those who go down to the dust, and he who cannot keep alive his own soul, shall bow before him.
31. Their seed shall serve him; it shall be told of the Lord to the coming generation.
32. They shall come, and shall declare his righteousness to a people that shall be born, that he has done this.

Tehillim 83

1. A Song Psalm of Asaph.
2. Do not keep silent, O God; do not hold your peace and be still, O God.
3. For, behold, your enemies make a tumult; and those who hate you have lifted up the head.
4. They have taken crafty counsel against your people, and consulted against your hidden ones.

5. They have said, Come, and let us cut them off from being a nation; that the name of Israel may no longer be remembered.
6. For they conspire together with one accord; they make an alliance against you:.
7. The tents of Edom, and the Ishmaelites; of Moab, and the Hagarites;.
8. Gebal, and Ammon, and Amalek; the Philistines with the inhabitants of Tyre;.
9. Assyria also has joined them; they are the strong arm of the children of Lot. Selah.
10. Do to them as you did to the Midianites; as you did to Sisera, as you did to Jabin at the brook of Kishon;.
11. Who perished at Ein-Dor; they became like dung on the earth.
12. Make their nobles like Oreb, and like Zeeb; and all their princes like Zebah, and Zalmunna;.
13. Who said, Let us take possession for ourselves of the pastures of God.
14. O my God, make them like whirling tumbleweed, like chaff before the wind.
15. As the fire burns a wood, and as the flame sets the mountains on fire;.
16. So pursue them with your tempest, and terrify them with your storm.
17. Fill their faces with shame; that they may seek your name, O Lord.
18. Let them be put to shame and dismayed for ever; and let them be put to shame, and perish,.
19. That men may know that you alone, whose name is the Lord, are the most high over all the earth.

Tehillim 130

1. A Song of Maalot. Out of the depths I have called 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 mark iniquities, O Lord, who could stand? 4. But there is forgiveness with you, that you may be feared!

5. I wait for the Lord, my soul waits, and in his word I hope!
6. My soul waits for the Lord more than those who watch for the morning, watch for the morning!
7. Let Israel hope in the Lord; for with the Lord there is loving kindness, and with him is bountiful redemption!
8. And he shall redeem Israel from all his iniquities!

Tehillim 142

1. A Maskil of David; A Prayer when he was in the cave.
2. I cry to the Lord with my voice; with my voice I make my supplication to the Lord.
3. I pour out my complaint before him; I declare my trouble before him.
4. When my spirit is faint inside me, you know my path. In the path where I walk they have secretly laid a snare for me.
5. I look on my right hand, and behold, but there is no man who knows me; no refuge remains to me; no man cares for my soul.
6. I cry to you, O Lord; I say, You are my refuge and my portion in the land of the living.
7. Attend to my cry; for I am brought very low; save me from my persecutors; for they are too strong for me.
8. Bring my soul out of prison, that I may give thanks to your name; the righteous shall surround me; for you shall deal bountifully with me.

Tehillim 35

1. A Psalm of David. Contend, O Lord, with those who contend with me; fight against those who fight against me.
2. Take hold of shield and buckler, and stand up for my help.
3. Draw out also the spear and javelin against those who persecute me; say to my soul, I am your salvation.

4. Let those who seek after my soul be confounded and put to shame, let those who scheme evil against me be turned back and brought to confusion.
5. Let them be as chaff before the wind; and let the angel of the Lord chase them.
6. Let their way be dark and slippery; and let the angel of the Lord pursue them.
7. For without cause they hid for me their net; without cause they dug a pit for my soul.
8. Let destruction come upon him unawares; and let his net that he hid catch himself; into ruin let him fall.
9. And my soul shall be joyful in the Lord; it shall rejoice in his salvation.
10. All my bones shall say, Lord, who is like to you, who rescues the poor from him who is too strong for him; the poor and needy from him who robs him.
11. False witnesses rise up; they ask me of things that I know not.
12. They repay me evil for good; a bereavement to my soul.
13. But as for me, when they were sick, my clothing was sackcloth; I afflicted my soul with fasting; and as for my prayer may it return to my own bosom.
14. I behaved as though he had been my friend or brother; I bowed down heavily, as one who mourns for his mother.
15. But when I stumbled they rejoiced, and gathered themselves together; Wretches whom I knew not tear me in pieces without ceasing.
16. Like profane men, scornful mockers, they gnashed at me with their teeth.
17. Lord, how long will you look on? Rescue my soul from their destructions, my only one from the lions.
18. I will give you thanks in the great congregation; I will praise you among a great many people.
19. Let not those who are my enemies wrongfully rejoice over me; nor let those who hate me without cause wink their eye. 20. For they do not speak peace; but they plot deceitful schemes against those who are quiet in the land.
21. They opened their mouth wide against me, and said, Aha, aha! Our eye has seen it!
22. This you have seen, O Lord; do not be silent; O Lord, do not be far from me.
23. Bestir yourself, and awake to my judgment, to my cause, my God and my Lord.
24. Judge me, O Lord my God, according to your righteousness; and do not let them rejoice over me.

25. Do not let them say in their hearts, Aha, we have our heart's desire! Do not let them say, We have swallowed him up!

26. Let those who rejoice at my calamity be ashamed and brought to confusion; let those who magnify themselves against me be clothed with shame and dishonor.

27. Let those who favor my righteous cause shout for joy, and be glad; let them say continually, Let the Lord be magnified, who delights in the prosperity of his servant.

28. And my tongue shall speak of your righteousness and of your praise all the day long.

Tehillim 79

1. A Psalm of Asaph. O God, nations have come into your inheritance; your holy temple have they defiled; they have laid Jerusalem on heaps.

2. The dead bodies of your servants have they given to be food to the birds of the sky, the flesh of your pious ones to the beasts of the earth.

3. Their blood have they shed like water around Jerusalem; and there was none to bury them.

4. We have become a taunt to our neighbors, a scorn and derision to those who are around us.

5. How long, Lord? Will you be angry for ever? Shall your jealousy burn like fire?.

6. Pour out your wrath on the nations that have not known you, and on the kingdoms that have not called upon your name.

7. For they have devoured Jacob, and laid waste his dwelling place.

8. O do not remember against us our former iniquities; let your tender mercies speedily come to meet us; for we are brought very low.

9. Help us, O God of our salvation, for the glory of your name; and save us, and forgive our sins, for your name's sake.

10. Why should the nations say, Where is their God? let the revenging of the blood of your servants which is shed be made manifest among the nations, and before our eyes.

11. Let the groans of the prisoner come before you; according to the greatness of your power preserve those who are appointed to die;.

12. And render to our neighbors sevenfold into their bosom their insult, with which they have insulted you, O Lord.

13. So we your people and sheep of your pasture will give you thanks for ever; we will tell your praise to all generations.

Tehillim 94

1. O Lord God, to whom vengeance belongs; O God, to whom vengeance belongs, shine forth.

2. Lift up yourself, you judge of the earth; render to the arrogant their reward.

3. Lord, how long shall the wicked, how long shall the wicked triumph? 4. How long shall they utter and speak hard things? And all the evil doers boast themselves? 5. They crush your people, O Lord, and afflict your heritage.

6. They slay the widow and the stranger, and murder the orphan.

7. Yet they say, The Lord shall not see, nor shall the God of Jacob regard it.

8. Understand, you stupid among the people; and you fools, when will you be wise? 9. He who planted the ear, shall he not hear? He who formed the eye, shall he not see?

10. He who chastises the nations, shall he not chastise? He who teaches man knowledge, 11. The Lord, knows the thoughts of man, that they are vanity.

12. Happy is the man whom you chasten, O Lord, and whom you teach from your Torah; 13. That you may give him rest from the days of adversity, until the pit is dug for the wicked.

14. For the Lord will not cast off his people, nor will he forsake his inheritance.

15. But judgment shall return to righteousness; and all the upright in heart shall follow it.

16. Who will rise up for me against the evil doers? Who will stand up for me against the evil doers? 17. Unless the Lord had been my help, my soul would soon had dwelt in silence.

18. When I said, My foot slips; your loving kindness, O Lord, held me up.

19. When the cares of my heart are many your comforts delight my soul.

20. Shall the seat of iniquity, which frames mischief by law, have fellowship with you?

21. They gather themselves together against the soul of the righteous, and condemn the innocent blood.

22. But the Lord has become my fortress; and my God, the rock of my refuge.

23. And he shall bring upon them their own iniquity, and shall cut them off in their own wickedness; the Lord our God shall cut them off.

Megilat Esther - Chapter 8

(1) On that day did the king Ahasuerus give the house of Haman the Jews' enemy unto Esther the queen. And Mordecai came before the king; for Esther had told what he was unto her. (2) And the king took off his ring, which he had taken from Haman, and gave it unto Mordecai. And Esther set Mordecai over the house of Haman. (3) And Esther spoke yet again before the king, and fell down at his feet, and besought him with tears to remove the evil of Haman the Agagite, and his device that he had devised against the Jews. (4) Then the king held out to Esther the golden sceptre. So Esther arose, and stood before the king. (5) And she said: 'If it please the king, and if I have found favour in his sight, and the thing seem right before the king, and I be pleasing in his eyes, let it be written to reverse the letters devised by Haman the son of Hammedatha the Agagite, which he wrote to destroy the Jews that are in all the king's provinces; (6) for how can I endure to see the evil that shall come unto my people? or how can I endure to see the destruction of my kindred?' (7) Then the king Ahasuerus said unto Esther the queen and to Mordecai the Jew: 'Behold, I have given Esther the house of Haman, and him they have hanged upon the gallows, because he laid his hand upon the Jews. (8) Write ye also concerning the Jews, as it liketh you, in the king's name, and seal it with the king's ring; for the writing which is written in the king's name, and sealed with the king's ring, may no man reverse.' (9) Then were the king's scribes called at that time, **in the third month, which is the month Sivan, on the three and twentieth day thereof;** and it was written according to all that Mordecai commanded concerning the Jews, even to the satraps, and the governors and princes of the provinces which are from India unto Ethiopia, a hundred twenty and seven provinces, unto every province according to the writing thereof, and unto every people after their language, and to the Jews according to their writing, and according to their language. (10) And they wrote in the name of king Ahasuerus, and sealed it with the king's ring, and sent letters by posts on horseback, riding on swift steeds that were used in the king's service, bred of the stud; (11) that the king had granted the Jews that were in every city to gather themselves together, and to stand for their life, to destroy, and to slay, and to cause to perish, all the forces of the

people and province that would assault them, their little ones and women, and to take the spoil of them for a prey, (12) upon one day in all the provinces of king Ahasuerus, namely, upon the thirteenth day of the twelfth month, which is the month Adar. (13) The copy of the writing, to be given out for a decree in every province, was to be published unto all the peoples, and that the Jews should be ready against that day to avenge themselves on their enemies. (14) So the posts that rode upon swift steeds that were used in the king's service went out, being hastened and pressed on by the king's commandment; and the decree was given out in Shushan the castle. (15) And Mordecai went forth from the presence of the king in royal apparel of blue and white, and with a great crown of gold, and with a robe of fine linen and purple; and the city of Shushan shouted and was glad. (16) **The Jews had light and gladness, and joy and honour.** (17) And in every province, and in every city, whithersoever the king's commandment and his decree came, the Jews had gladness and joy, a feast and a good day. And many from among the peoples of the land became Jews; for the fear of the Jews was fallen upon them.

Prayer to recite when you are done reading

O Lord, my Rock and my Redeemer. From you I am asking mercy!

The same way you performed miracles and wonders to our forefathers and all previous generations, please bestow your mercy on me the same way, to me and all of your nations that are scattered all over the world and in all 4 corners of the earth, and bestow your mercy on all of us, to transform all evil to good, annul all harsh decrees concerning us, tear up the evil [parts] of our sentence both spiritual and physical, both to myself and others and from now on it should be only goodness and kindness to our body, soul and belongings

Amen!

Blessings from Rabbi Alon Anava