

פסנְחָן דִזִמְרָה

P'SUKEI D'ZIMRAH — VERSES OF PRAISE

ברוך שָׁאָמֵר
Baruch She-amar

ברוך שָׁאָמֵר וַתֵּיחַת הָעוֹלָם,
 ברוך הוּא,
 ברוך עֹשֶׂה בְּרָאשִׁית,
 ברוך אָוֹמֵר וְעֹשֶׂת,
 ברוך גָּזָעָה וּמִקְיָם,
 ברוך מְרֻחָם עַל הָאָדָם,
 ברוך מְפַתֵּח עַל הַבְּרִית,
 ברוך מְשֻׁלָּם שְׁכָר טוֹב לִירָאִין.
 ברוך תְּבוּדָה וְקִים לְנִצָּת.
 ברוך פּוֹדָה וּמְאִיל, ברוך שְׁמוֹ.
 בְּשִׁבְחוֹת וּבְזִמְרוֹת נְגַדֵּל
 וּנְשִׁבְחוֹת אֲנָשָׁרָה וּנְשִׁבְיר
 שְׁמַך וּנְמַלְיכָה, מֶלֶכְנָה אֶלְקָנָה
 יְהִיד, מֵי הָעוֹלָם, מֶלֶךְ מִשְׁבָּח
 וּמִפְאָה, עָזָן עד שְׁמוֹ הַגָּדוֹל.
 ברוך אֱתָה, ייְהוָה
 מֶלֶךְ מְהֻלָּל בְּתִשְׁבָחוֹת

BLESSED is the One who spoke and the world came to be. Blessed is the One! Blessed is the One who continually authors creation. Blessed is the One whose word is deed; blessed is the One who decrees and fulfills. Blessed is the One who is compassionate towards the world; blessed is the One who is compassionate towards all creatures. Blessed is the One who rewards the reverent; blessed is the One who exists for all time, ever-enduring. Blessed is the One who redeems and saves; blessed is God's Name! With songs of praise, we extol You and proclaim Your Sovereignty, for You are the Source of life in the universe. One God, Life of the Universe, praised and glorious Ruler, Your Name is Eternal.

Blessed are You, Adonai, Sovereign who is glorified through praise.

ברוך אֱתָה, ייְהוָה מֶלֶךְ מְהֻלָּל בְּתִשְׁבָחוֹת

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Baruch atah, Adonai, Melech m'kul baushbachot.

ברוך שָׁאָמֵר Baruch She-amar . . . Blessed is the One who spoke . . . The introductory benediction that precedes the recitation of psalms is itself an ecstatic hymn of praise to God. It is first found in *Seder Rav Amram*, about 860 C.E.

MIZMOR shir l'yon HaShabbat.

Tov l'hodot l'Adonai
ul'zameir l'shimcha elyon.

L'hagid babokeir chasdecha,
ve-emunat'cha baleilot.

Alei asor vaalei navel,
alei higayon b'chinor.

Ki simachtanu Adonai b'fo-olecha
b'masei yadetcha aranein.

Mah gadlu maasecha Adonai,
im'od amk'u imachsh'vetcha.

Ish baar lo yeida
uchisil lo yavin et zot.

Tzaddik katanar yifrach
k'erez ba'yaron yisgeh.

Sh'ulim b'veit Adonai,
b'chitzrot Eloheinu yafridu.

Od y'nuyun b'seivah,
d'shemim v'rannanim yih'yu.

L'hagid ki yashar Adonai
tzuri v'lo avlatah bo.

בָּרוּךְ שִׁיר לַיּוֹם הַשְׁבָתָה
טוֹב לְחִזּוֹת לֵי
וְלִזְפּוֹר לְשִׁמְךָ עֶלְיוֹן.

לְהַגִּיד בְּפָנָיךְ מִשְׁמָךְ
וְאַמְנוֹנָתְךָ בְּגִלְלֹות
עַלְיָצָרְךָ נְעַלְיָנְכָל,
עַלְיָתְךָ בְּכָבָר.

כִּי שְׁמַרְתָּנוּ יְהִי בְּפָנָיכָל
בְּמַעֲשָׂיו יְהִי אָנוּן.
מִתְּחַדְּלָנוּ מַעֲשָׂיו יְהִי
מִאָדָעָךְ מִתְּחַשְּׁבָנָךְ.
אִישׁ בָּקָר לֹא יְהִי
וְקָסִיל לְאִיבָּין אָוֹתָיוֹת.

צַדִּיק פָּתָחָר יְפֻרָח
כְּאָנוּ בְּלָבָנוּ יְשַׁחַת.
שְׁטוֹלִים בְּבֵית יְהִי
פָּתָחרֹת אֱלֹהִינוּ יְפֻרָח.
עוֹד יְנַבּוּ בְּשִׁיבָה,
דְּשִׁנִּים וּדְצִנְעִים יְחִיה.
לְהַגִּיד בְּרִיאָשׁוּר יְהִי
צְנִיר וְלֹא צְוָלָתוֹה בְּ.

A PSALM, a song for Shabbat:

It is good to praise Adonai; to sing hymns to Your name, O Most High,
to proclaim Your steadfast love at daybreak, Your faithfulness each night
with a ten-stringed harp, with voice and lyre together.
You have gladdened me by Your deeds, Adonai; I shout for joy at Your handiwork.
How great are Your works, Adonai, how very subtle Your designs!
A brute cannot know, a fool cannot understand this:

The righteous bloom like a date-palm; they thrive like a cedar in Lebanon;
planted in the house of Adonai, they flourish in the courts of our God.
In old age they still produce fruit; they are full of sap and freshness,
attesting that Adonai is upright, my Rock, in whom there is no wrong.