



FOUNDATIONS OF JEWISH LITURGY

SHIR HAMAALOT (INTRO TO GRACE AFTER MEALS)

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On days when תחנון is omitted (such as שבת and יום טוב, see full list on page 145):

שִׁיר הַמַּעֲלוֹת, בְּשׁוּב יְהוָה אֶת־שִׁיבַת צִיּוֹן, הָיִינוּ כְּחֹלְמִים: אִזּוּ יִמְלֵא שְׂחֹק
פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה, אִזּוּ יֵאמְרוּ בְּגוֹיִם הַגְּדִיל יְהוָה לַעֲשׂוֹת עִם־אֱלֹהִים: הַגְּדִיל
יְהוָה לַעֲשׂוֹת עִמָּנוּ, הָיִינוּ שְׂמֵחִים: שׁוּבָה יְהוָה אֶת־שְׁבִיתָנוּ, כַּאֲפִיקִים
בְּנֶגֶב: הַזְרְעִים בְּדִמְעָה בְּרִנָּה יִקְצְרוּ: הַלֹּךְ יֵלֵךְ וּבֹכֶה נִשְׂא מִשְׁךְ־הַזֶּרַע,
בֹּא־יבֹא בְרִנָּה נִשְׂא אֶלְמֹתָיו:

שִׁיר הַמַּעֲלוֹת A song of ascents. When the LORD brought back the exiles of Zion we were like people who dream. Then were our mouths filled with laughter, and our tongues with songs of joy. Then was it said among the nations, "The LORD has done great things for them." The LORD did do great things for us and we rejoiced. Bring back our exiles, LORD, like streams in a dry land. May those who sowed in tears, reap in joy. May one who goes out weeping, carrying a bag of seed, come back with songs of joy, carrying his sheaves.