Psalms for this Time of Crisis in Israel

These very dark days have brought us, both as individuals and as a community, to a wide range of emotions. In times such as these, we have turned to the Book of Psalms again and again because we can recognize -- as in a distant mirror — so many of those emotions in those who have long preceded us and whose words







and thoughts still resonate. Praying these ancient words enables us to give voice to the depths of our own pain and helps us feel less alone in what we experience today.

We offer to our colleagues seven psalms as suggestions for a liturgical response to our individual and collective emotions, including grief, fear, rage (even at God), desperation, shock at the incomprehensibility of human evil, faith and doubt, yearning, and hope. Each psalm is preceded by a brief superscription of our own, indicating

why it is especially appropriate for the present circumstances. Some may want to select from these for use in services or communal gatherings. For those who wish to recite as a unit, we have put them in a recommended sequence.

Following these psalms are prayers for Israel, for the Israel Defense Forces, for the redemption of captives, and a general prayer for our people in distress.

Shalom al Yisrael.

COMPILED BY RABBIS ROB SCHEINBERG, GORDON TUCKER AND JAN UHRBACH

Psalm 142: The experience of captivity

- 1. A maskil of David, while he was in the cave. A prayer.
- 2. I cry aloud to Adonai; I appeal to Adonai loudly for mercy.
- 3. I pour out my complaint before God; I lay my trouble before God
- 4. when my spirit fails within me. You know my course; they have laid a trap in the path I walk.
- 5. Look at my right and see— I have no friend; there is nowhere I can flee, no one cares about me.
- 6. So I cry to You, Adonai; I say, "You are my refuge, all I have in the land of the living."
- 7. Listen to my cry, for I have been brought very low; save me from my pursuers, for they are too strong for me.
- 8. Free me from prison, that I may praise Your name. The righteous shall glory in me for Your gracious dealings with me. (JPS 1985, Sefaria, adapted)

- מַשְׂבִּיל לְדָוִד בִּהְיוֹתוֹ בַמְעָרָה תְפִּלָּה:
- קוֹלִי אֶל־יְהֹוָה אֶזְעָק קוֹלִי אֶל־יְהֹוָה אֶתְחַנָּן:
 - . אֵשְׁפֹּדְ לִפָנֵיו שִׁיחִי צַרָתִי לִפַנֵיו אַגִּיד:
- 4. בְּהִתְעַפֵּף עָלַי רוּחִי וְאַתָּה יְדַעְתָּ נְתִיבָתִי בְּאֹרַח־זוּ אֲהַלֵּדְ טָמְנוּ פַח לִי:
 - 5. הַבֵּיט יָמִין וּרְאֵה וְאֵין־לִי מַכִּיר אָבַד מְנוֹס מִמֶּנִּי אֵין דּוֹרֵשׁ לְנַפְּשִׁי:
 - 6. זָעַקְתִּי אֱלֶידְ יְהֹוָה אָמַרְתִּי אַתָּה מַחְסִי חֶלְקִי בְּאֶרֶץ הַחַיִּים:
 - 7. הַקְשִׁיבָה אֶל־רִנָּתִי כִּי־דַלּוֹתִי מְאֹד הַצִּילֵנִי מֵרֹדְפַי כִּי אָמְצוּ מִמֶּנִי:
- 8. הוֹצִיאָה מִמַּסְגֵּר נַפִּשִׁי לְהוֹדוֹת אֱת־שָׁמֶךְ בִּי יַכְתִּרוּ צַדְּיקִים כִּי תָגָמֹל עַלַי:

Psalm 6: The weariness of grief

- 1. For the leader; with instrumental music on the sheminith. A psalm of David.
- 2. Adonai, do not rebuke me in anger; in Your fury, do not cause me suffering.
- 3. Have compassion for me, for I am forlorn. Heal me, for my body is in turmoil,
- 4. my very soul is in terrible turmoil— and You, Adonai? How long?
- 5. Return, O God, strengthen me; save me, for the sake of Your compassion.
- 6. The dead do not invoke You; who will acknowledge You in the netherworld?
- 7. I am worn out from sighing, each night I toss and turn; my bed is covered with my tears.
- 8. My eyes have become weak because of my anger, my vision distorted by my troubles.
- 9. Stay away from me, all you sinners, for God has heard my weeping cry.
- 10. Adonai has heard my plea; Adonai has taken to heart my prayer.
- 11. May my enemies feel great shame and confusion, may they repent and be quieted. (Weekday Lev Shalem, Rabbinical Assembly forthcoming)

- לַמְנַצֵּחַ בּּנְגִינוֹת עַל־הַשָּׁמִינִית מִּזְמוֹר לְדָוִד:
- . ה' אַל־בְּאַפְּדְ תוֹכִיחֵנִי וְאַל־בַּחֲמְתְדְּ תְיַסְרֵנִי:
- .. חָנֵנִי ה' כִּי אֻמְלַל־אָנִי רְפָאֵנִי ה' כִּי נִבְהֲלוּ עֲצְמָי:
- י. וְנַפְשִׁי נִבְהֲלָה מְאֹד (ואת) [וְאַתָּה] ה' עַד־מֶתִי:
 - : שׁוּבָה ה' חַלְּצָה נַפְשִׁי הוֹשִׁיעֵנִי לְמַעַן חַסְדֶּדְ
 - . כִּי אֵין בַּמָּוֶת זִכְרֵךְ בִּשְׁאוֹל מִי יוֹדֶה־לָּךְ:
- יָגַעְתִּי בְּאַנְחָתִי אַשְּׁחֶה בְּכָל־לַיְלָה מִטָּתִי בְּדִמְעָתִי עַרְשִּׁי אַמְּסֶה:
 - צּיִ עִשְׂשָׁה מִכַּעַס עֵינִי עָתְקָה בְּּכְל־צוֹרְרָי:
 - ?. סוּרוּ מִמֶּנִּי כָּל־פַּעֲלֵי אָוֶן כִּי־שָׁמַע ה' קוֹל בִּכְיִי:
 - 10. שָׁמַע ה' תְּחִנְּתִי ה' תְּפִלָּתִי יִקְּח:
 - 11. יַבשוּ וִיִּבָּהַלוּ מִאֹד כָּל־אֹיָבָי יָשָׁבוּ יֵבשׁוּ רָגַע:

Psalm 120: Treachery of deceit; overtures answered by war

1. A song of ascents.

- 2. In my distress I call to ADONAI; may God answer me.
- 3. ADONAI, save me from lying lips and deceitful tongues.
- 4. What profit, what good, will a deceitful tongue do you—
- 5. warriors' arrows sharpened with burning coals?
- 6. How sorrowful for me that I live in Meshekh that I dwell among the tents of Kedar;
- 7. that I have been so long among those who hate peace.
- 8. I am for peace, but when I speak, they are for war. (Lev Shalem for Shabbat and Festivals, Rabbinical Assembly)

- **שִׁיר הַמַּעֵלוֹת** אֱל־ה' בַּצָּרָתָה לִּי קָרָאתִי וַיַּעֲנֵנִי:
 - -2 ה' הַצִּילָה נַפָּשִׁי מִשְּׁפַת־שֶׁקֵר מְלַשׁוֹן רְמִיָּה:
 - -3 מַה־יָּתֵּן לִדְּ וּמַה־יִּסִיף לָדְּ לָשׁוֹן רְמִיָּה:
 - י חָצֵי גָבּוֹר שָׁנוּנִים עָם גַּחֶלֵי רְתַמִים:
- אוֹיַה־לִי כִּי־גַרְתִּי מֵשֶׁךְ שָׁכַנְתִּי עִם־אָהֶלֵי קָדָר:
 - -6 רַבַּת שַׁכְנַה־לַּהּ נַפְשִׁי עִם שוֹנֵא שַׁלוֹם:
 - אַנִי־שַׁלוֹם וָכִי אַדַבֶּר הָמַה לַמִּלְחַמַה:

Psalm 125: Our need for divine protection and the defeat of evil

- 1. A song of ascents. Those who trust in ADONAI are like Mount Zion that cannot be moved, enduring forever.
- 2. Jerusalem, hills enfold it, God enfolds God's people now and forever.
- 3. The scepter of the wicked shall never rest upon the land allotted to the righteous, that the righteous not set their hand to wrongdoing.
- 4. ADONAI, be good to those who are good, to the upright in heart.
- them go the way of evildoers. May it be well with Israel! (JPS 1985, Sefaria, adapted)

- שִׁיר הַמַּעֵלוֹת הַבּטָחִים בַּה' כָּהַר־צִיּוֹן לא־יִמּוֹט לְעוֹלַם יֵשֶׁב:
- יָרוּשַׁלֶם הַרִים סָבִיב לָהּ וָה' סַבִיב לְעַמוֹ מֵעֲתַּה וְעַד־עוֹלֶם:
 - פִּי לֹאׁ יַנוּחַ שֶׁבֶּט הַרָשַׁע עַל גּוֹרֵל הַצַּדְּיקִים
 - לִמַעַן לֹא־יִשָּׁלְחוּ הַצַּדִּיקִים בְּעַוְלַתָּה יְדֵיהֵם:
 - היטיבה ה' לטובים ולישרים בלבותם:
- 5. But those who in their crookedness act corruptly, let ADONAl make וְהַפַּטִים עֲקַלְקַלּוֹתָם יוֹלִיכֵם ה' אֶת־פּעֲלֵי הָאָוֶן שָׁלוֹם עַל־יִשִּׂרָאֵל:

Psalm 121: A prayer for protection

- 1. A Song of Ascents lift my eyes to the mountains; from where will my help come?
- 2. My help is from ADONAI, who made the heavens and the earth.
- 3. ADONAI will not let your foot slip, Your guardian does not slumber;
- for the guardian of Israel neither sleeps nor slumbers.
- 5. ADONAl is your protector; ADONAl is the shield on your right hand.
- 6. The sun will not strike you down by day nor the moon by night.
- 7. ADONAI will protect you from every evil and watch over You.
- 8. ADONAI will watch over your coming and your going from this time forth, and ever and ever

(Lev Shalem for Shabbat and Festivals, Rabbinical Assembly)

- יירים מאַין יָבא עַזְרִי: אָל־הֶהָרִים מֱאַין יָבא עַזְרִי: אָל־הֶהָרִים מֶאַין
 - עַזְרִי מֵעָם ה' עֹשֶׂה שָׁמַיִם וָאָרֵץ:
 - אַל־יִתֵּן לַמוֹט רַגְלָדְּ אַל־יַנוֹם שׁמְרַדְּ:
 - הְנָה לֹא־יַנוּם וְלֹא יִישַׁן שׁוֹמֵר יִשְׂרָאֵל:
 - ה' שֹׁמְרֶדְּ ה' צִלְּדְּ עַל־יַד יִמִינֵדְּ:
 - יוֹמֵם הַשָּׁמֵשׁ לֹאֹ־יַכְּכָּה וְיֵרֶחַ בַּלַּיִלָה:
 - ה' יִשִּׁמַרְדְּ מִכָּל־רָע יִשִׁמֹר אֱת־נַפִּשֵׁדְּ:
 - ה׳ יִשִּׁמֶר־צֵאתָדְ וּבוֹאֶדְ מֵעַתַּה וְעַד־עוֹלָם:

1. Shir lama · alot.

Esa einai el heharim, mei-ayin yavo ezri.

- 2. Ezri mei-im Adonai oseh shamayim va-aretz.
- 3. Al yiten lamot raglekha, al yanum shomrekha.
- 4. Hineih lo yanum v'lo yishan shomer yisrael.
- 5. Adonai shomrekha, Adonai tzilkha al yad y'minekha.
- 6. Yomam ha-shemesh lo yakekah v'yarei ah ba-lailah.
- 7. Adonai yishmorkha mikol-ra, yishmor et nafsheikha.
- 8. Adonai yishmor tzeit'kha uvo ekha mei-atah v'ad olam

Psalm 23: Walking through the darkest valley

- **1. A psalm of David** ADONAl is my shepherd; I shall not want.
- 2. God lays me down in green pastures, leads me to still waters,
- 3. renews my life, guides me in right paths—for that is God's way.
- 4. Were I to walk through a valley as dark as death, I would fear no evil, for You are with me;
- 5. Your rod and Your staff, they would comfort me.
- 6. You would spread a table for me in full view of my besiegers; You anoint my head with oil, my cup overflows.
- 7. Only goodness and steadfast love shall pursue me all the days of my life, and I shall dwell in the house of ADONAI, in the fullness of time. (Lev Shalem for Shabbat and Festivals, Rabbinical Assembly)
 - 1. Mizmor l'David. Adonai ro·i lo ehsar.
 - 2. Binot desheh yarbitzeini, al mei m'nuhot y'nahaleini.
 - 3. Nafshi y'shoveiv, yanheini v'maglei tzedek l'ma an sh'mo. Gam ki eileikh b'gei tzalmavet lo ira ra ki atah imadi.

 - 5. Ta·arokh l'fanai shulhan neged tzor'rai, dishanta va-shemen roshi, kosi r'vayah.

Psalm 122: Reaching for hope

1. A song of Ascents, of David

How delighted I was when they said to me, "Let us go up to the house of ADONAI."

- 2. Our feet stand at your gates, O Jerusalem—
- 3. Jerusalem rebuilt, a city knit together,
- 4. where the tribes once made their pilgrimage, the tribes of ADONAI testimony by the people Israel of their gratitude to ADONAI.
- 5. There were found the seats of judges, the thrones of the house of David.
- 6. Seek the peace of Jerusalem;
 - may those who love you be tranquil.
- 7. May there be peace within your ramparts, tranquility in your palaces.
- 8. For the sake of my family and friends
 - I pray for the peace I seek for you.
- 9. For the sake of the house of ADONAI I seek your welfare. (Lev Shalem for Shabbat and Festivals, Rabbinical Assembly)

- מימור לדוד ה' רעי לא אַחַסר:
- בּנְאוֹת דָּשֵׁא יַרְבִּיצֵנִי עַל־מֵי מִנְחוֹת יְנַהַלֵנִי:
- נָפָשָׁי יִשׁוֹבֶב יַנְחֵנִי בִמְעִגְּלֵי־צֵדֶק לְמַעַן שִׁמוֹ:
- גַם כִּי־אֶלֶךְ בָּגֵיא צַלְמָוֶת לֹא־אִירָא רַע כִּי־אַתַּה עְמַדִי
 - יִּשְׁבָטִדְּ וּמִשִּׁעַנְתֵּדְ הָמַה יְנַחֲמִנִי:
- תַּעֵרֹךְ לְפַנֵי שִׁלְחַן נָגֶד צֹרָרֵי דְּשַּׁנְתַּ בַשֵּׁמֵן רֹאשִׁי כּוֹסִי רְוַיָה:
- אַד טוֹב וַחֶסֶד יָרִדְּפוּנִי כָּל־יִמֵי חַיַּי וְשַׁבְתִּי בְּבֵית־ה' לְאֹרֶךְ יַמִים:

- - 4. Shivt'kha u-mishantekha heimah y'nahamuni.
- 6. Akh tov va-hesed yird'funi kol y'mei hayai, v'shavti b'veit Adonai l'orekh yamim.
 - שִׁיר הַמַּעֵלוֹת לְדַוִד שַׁמַחְתִּי בִּאֹמְרִים לִי בֵּית ה' נֵלֵדְ:
 - עמדות היו רגלינו בּשְערִידְ ירוּשֵׁלְם: .2
 - יִרוּשָׁלִם הַבְּנוּיָה כָּעִיר שֵׁחֻבְּרָה־לָּה יַחְדָּוּ
 - שָּׁשֶׁם עַלוּ שָׁבָטִים שָׁבָטֵי־יָהּ עֲדוּת לִיִשְׂרָאֵל לְהֹדוֹת לְשֵׁם ה׳:
 - כִּי שַׁמַה יַשָּׁבוּ כַסָאוֹת לַמְשָׁפַּט כַּסְאוֹת לָבֵית דַּוָד:
 - שַׁאַלוּ שָׁלוֹם יִרוּשָׁלִם יִשְׁלַיוּ אֹהַבַּיִדְ:
 - יָהִי־שָׁלוֹם בָּחֵילֵךְ שַׁלְוָה בְּאַרְמִנוֹתַיִּדְ: .7
 - ּלְמַעַן אַחַי וָרַעִי אֲדַבְּרָה־נָּא שָׁלוֹם בַּדְּ
 - לְמַעַן בֵּית־ה' אֱלהינוּ אֲבַקשׁה טוֹב לַדְ:

Prayer for Israel

Avinu she-ba-shamayim, stronghold and redeemer of the people Israel: Bless the State of Israel, [that it may be] the beginning of our redemption. Shield it with Your love; spread over it the shelter of Your peace. Guide its leaders and advisors with Your light and Your truth. Help them with Your good counsel. Strengthen the hands of those who defend our holy land. Deliver them; crown their efforts with triumph. Bless the land with peace and its inhabitants with lasting joy. And let us say: Amen.

(Lev Shalem for Shabbat and Festivals, Rabbinical Assembly)

אָבְינוּ שֶׁבַּשָּׁמִיִם צוּר יִשְּׁרָאֵל וגוֹאֲלוֹ בָּרֵךְ אֶת־מִדִינַת יִשְׂרָאֵל [שֶׁתּהֵא] רֵאשִׁית צמִיחַת גּאֻלְּתֵנוּ. הָגֵן עָלֶיהָ בּאֶבְרַת חַסְדֶּךְ וּפְּרְשׁ עָלֶיהָ סֻכַּת שׁלוֹמֵךְ. וּשְׁלַח אוֹרךְ וַאֲמִתּךְ לֹרָאשֶׁיהָ שָּׁרֶיהָ ויוֹעֲצֶיהָ. ותַקּנֵם בּעֵצָה טוֹבָה מִלפָנֵיךְ. חַזֵּק אֶת־יִדִי מִגְנֵי אֱרֶץ קְדְשֵׁנוּ והַנְחִילֵם אֱלֹהֵינוּ ישׁוּעָה וַעֲטֶרֶת נִצְחוֹן תּעַטּרֵם ונָתַתֵּ שָׁלוֹם בְּאֵרֶץ ושִׁמְחַת עוֹלָם ליוֹשׁבֶיהָ ונֹאמַר אָמֵן

Avinu she-ba-shamayim, tzur yisrael v'go·alo, bareikh et m'dinat yisrael [she-t'hei] reishit tz'miḥat ge'ulateinu. Hagen aleha b'evrat ḥasdekha u-f'ros aleha sukkat sh'lomekha, u-sh'laḥ or'kha va-amit'kha l'rasheha sareha v'yo·atzeha, v'takneim b'eitzah tovah milfanekha. Ḥazeik et y'dei m'ginei eretz kodsheinu, v'hanḥileim eloheinu y'shu·ah, va-ateret nitzaḥon t'atreim. V'natata shalom ba-aretz v'simḥat olam l'yosh'veha, v'nomar: amen.

Prayer for the Israeli Defense Forces

May the one who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel, and Leah bless the soldiers of the armed forces and security forces of the army of Israel who on the ground, in the air and at sea protect the Land. May God grant that they defeat the enemies who rise up against us. May God protect our soldiers from all harm and danger, from all injury and illness, and may God afford blessing and success to all their missions. Regarding them, may the words of the Torah prove true: For Adonai Your God, who goes before You, shall join you to battle your foes and aid you to be victorious. And let us say, Amen (Weekday Lev Shalem, Rabbinical Assembly forthcoming)

מי שְׁבֵּרַדְּ אֲבוֹתֵינוּ אַבְרָהָם יִצְחַק וְיַצֲקֹב, וְאִמּוֹתֵינוּ שָׂרָה רְבְּקָה רְחֵל וְלֵאָה, הוּא יְבְרֵךְ אֶת חַיָּלֵי צְבָא הַהֲגָנָה לְיִשְׂרָאֵל וְאַנְשֵׁי הַבִּפְּחוֹן, הָעוֹמְדִים עַל מִשְׁמֵר אַרְצֵנוּ בַּיַּבָּשָׁה בָּאֲוִיר וּבִּיָּכְּטְ הֹי אֶת אוֹיְבֵינוּ הַקָּמִים עָלֵינוּ נִגְּפִים לִפְנֵיהֶם.
 הַקְּדוֹשׁ בָּרוּךְ הוּא יִשְׁמֹר וְיַצִּיל אֶת חַיָּלֵינוּ מִכָּל צָרָה וְצוּקָה וֹמְכָּל נָגַע וּמַחֲלָה, וְיִשְׁלַח בְּרָכָה וְהַצְלָחָה בְּכָל מַעֲשֵׂי יְדֵיהֶם.
 וְיִקִיּם בְּהֶם הַכְּתוּב: כִּי ה' אֱלֹהֵיכֶם הַהֹלֵךְ עִמְּכֶם לְהִלְּחֵם לָכֵם עִם אֹיִבֵיכֶם, לְהוֹשִׁיעַ אֶתְכֵם. וְנֹאמֵר אֲמֵן
 לְכֵם עִם אֹיְבֵיכֶם, לְהוֹשִׁיעַ אֶתְכָם. וָנֹאמֵר אֲמֵן

Prayer for those who are missing or captive

Prayer for the Welfare and the Return of Israel's Captured and Missing from Among our Family

God of Israel, our Rock and our Redeemer, God of Mercy, of Compassion, we pray, we plead that You return these precious and beloved people the captured and the missing, who have cruelly and heartlessly been torn from their homes and carried off to our enemy's territory.

We are terrified contemplating their fate, horrified at the thought of the sufferings of the missing and captured, who are not yet within our power to reach. And so we plead before You: Source of Mercy, be at their side, support them, protect them, and quickly bring them back to the embrace of their families and all who love them as You have declared: "...Behold, I will restore the captives of Jacob's tents, and have mercy on their dwelling places..." (Jeremiah 30:18)

We beseech you, ADONAI, quickly fulfill Your word: "Here, I am with you, I will watch over you wherever you go and will bring you back to this land, indeed I will not leave you until I have done what I have said for you."

(Masorti Israel and the Rabbinical Assembly in Israel)

תְּפִּלָּה לִשְׁלֹמָם וְלַחֲזָרָתָם שֶׁל הַנֶּעֶדָרִים וְהַשְּׁבוּיִים בֵּין אַחֵינוּ וְאַחַיוֹתִינוּ

אֶלֹהֵי יִשְׂרָאֵל, צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ, אֵל רַחוּם וְחַנּוּן, בִּתְפִּלָּה וּבְתַחֲנוּנִים אָנוּ פּוֹנִים אֵלֶיךּ לְהַחֲזִיר בְּשָׁלוֹם לְבָתֵּיהֶם אֶת יַקִּירֵי עַמְךּ הַשְּׁבוּיִים וְהַנֶּעְדָּרוֹת שֶׁנֶּעֶקְרוּ בְּיָד זְדוֹנִית מִבְּתֵּיהֶם וְנֵחְטְפוּ אֶל אֶרֶץ אוֹיֵב.

חֲרֵדִים אָנוּ לְגוֹרָלֶם וּמְבֹעָתִים מֵהַמַּחֲשָׁבָה עַל מָה שֶׁעוֹבֵר עַל
הַנֶּעֶדְרִים וְהַנֶּעֶדָרוֹת, הַשְּׁבוּיִים וְהַשְּׁבוּיוֹת שֶׁלְּנוּ אַדְּ יָדִינוּ
קָצְרְוּ מִלְּהוֹשִׁיעַ וְעַל כֵּן נוֹשְׂאִים אָנוּ תְּחָנָתֵנוּ לְפָנֶיך:
אַב הָרַחֲמִים, הֱיֵה נָא בְּעֶזְרָם וְהָגֵן בַּעֲדָם וַהֲשִׁיבֵם בִּמְהֵרָה לְחֵיק
מִשְׁפְּחוֹתֵיהֶם וְיַקִּירֵיהֶן כְּמוֹ שֶׁאָמֵרְתָּ: "הִנְנִי שָׁב שְׁבוּת אָהֲלֵי יַעֲקוֹב
וּמִשְׁפְּחוֹתֵיהֶם וְיַקִּירִיהֶן כְּמוֹ שֶׁאָמֵרְתָּ: "הִנְנִי שָׁב שְׁבוּת אָהֲלֵי יַעֲקוֹב
וּמִשְׁכְּּחוֹת לִיח).

אָנָּא ה' קַיֵּם בִּמְהֵרָה אֶת מַאֲמֵר הַכָּתוּב: וְהִנֵּה אָנֹכִי עִמֶּךְ וּשְׁמַרְתִּיךְ בְּכֹל אֲשֶׁר־תֵּלֵךְ וַהֲשָׁבֹתִיךְ אֶל־הָאֲדָמָה ״הַזּאת כִּי לֹא אֶעֶזָּבְךְ עַד אֲשֶׁר אִם־עָשִׂיתִי אֵת אֲשֶׁר־דִּבַּּרְתִּי לָךְ״. (בראשית כח:טו) ״וְשָׁבוּ בָנִים לִגְבוּלָם אָמֵן כֵּן יְהִי רָצוֹן.

A prayer for Israel at a time of anguish

This prayer holds the personal and collective anguish of this moment: those of us in immediate peril, those of us who are wounded, those of us clinging to phones waiting to hear from beloved soldiers, those of us desperate for news of someone missing or in captivity, those of us in mourning, those of us huddling in shelters, and all of us sharing in this pain.

For all our family of the House of Israel, fellow Jews who face anguish and captivity, whether on sea or on land:

May the Divine have compassion upon them, and bring them from distress to relief, from darkness to light, from subjugation to redemption, now, speedily, soon, and let us say: Amen

Aḥeinu kol beit yisrael,
ha-n'tunim b'tzarah u-vashivyah,
ha-omdim bein ba-yam u-vein ba-yabashah,
ha-makom y'raḥeim aleihem,
v'yotzi·eim mi-tzarah lirvaḥah,
u-mei·afeilah l'orah,
u-mi-shibud lig'ullah,
hashta ba-agala u-vizman kariv,
v'nomar amen.

אַחִינוּ כָּל בֵּית יִשְׂרָאֵל
הַנְּתוּנִים בַּצָּרָה וּבַשִּבְיָה
הָעוֹמְדִים בֵּין בַּיָם וּבֵין בַּיַּבָּשָׁה
הַמְּקוֹם יְרַחֵם עֲלֵיהֶם
וְיוֹצִיאֵם מִצְּרָה לִרְוְחָה
וּמֵאֲפֵלָה לְאוֹרָה
וּמִשִּׁעְבּוּד לִנְאֻלָּה
הְשִׁעְבּוּד לִנְאֻלָּה
וְשִׁתְא בַּעֲגָלָא וּבִזְמֵן קָרִיב
וְאָמָרוּ אָמֵן