

# Psalms for this Time of Crisis in Israel

exploring  
judaism



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

1. מִשְׁפִּיל לְדָוִד בְּהֵיאוֹתוֹ בְּמַעְרָה תְּפִלָּה:
2. קוֹלִי אֶל־ה' אֲזַעֲקֶךָ קוֹלִי אֶל־יְהוָה אֲתַחֲנֹן:
3. אֲשַׁפֵּךְ לִפְנֵי לַפָּנִי שִׁיחֵי צָרָתִי לִפְנֵי אֲנִיד:
4. בְּהִתְעַטֵּף עָלַי רוּחִי וְאַתָּה יָדַעְתָּ נְתִיבָתִי בְּאֶרְחֵי אֶהְלֵךְ טָמְנוּ פֶחַ לִי:
5. הַבֵּיט יְמִין וּרְאֵה וְאִי־לִי מִכִּיר אֲבַד מְנוּס מִמֶּנִּי אֵין דּוֹרֵשׁ לְנַפְשִׁי:
6. זַעֲקוֹתַי אֵלֶיךָ ה' אֲמַרְתִּי אַתָּה מַחְסֵי חֶלְקִי בְּאֶרֶץ הַחַיִּים:
7. הִקְשִׁיבָה אֶל־רִנָּתִי כִּי־דַלּוֹתִי מְאֹד הִצִּילֵנִי מִרְדְּפֵי כִּי אֲמָצוּ מִמֶּנִּי:
8. הוֹצִיאָה מִמִּסְגַּר נַפְשִׁי לְהוֹדוֹת אֶת־שִׁמְךָ בִּי יִכְתְּרוּ צַדִּיקִים כִּי תִגְמַל עָלַי:

## 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)

1. לְמַנְצַחַּ בְּנִגְיֹנוֹת עַל־הַשְּׁמִינִית מִזְמוֹר לְדָוִד:
2. ה' אֶל־בְּאֶפְדָּךְ תּוֹכִיחֵנִי וְאֶל־בְּחִמָּתְךָ תִּיַסְרֵנִי:
3. חָנְנֵי ה' כִּי אִמְלִל־אֲנִי רַפְּאֵי ה' כִּי נִבְהָלוּ עַצְמוֹ:
4. וְנַפְשִׁי נִבְהָלָה מְאֹד (וְאֵת) [וְאֵתָה] ה' עַד־מָתִי:
5. שׁוּבָה ה' חֲלֹצָה נַפְשִׁי הוֹשִׁיעֵנִי לְמַעַן חֲסִדְּךָ:
6. כִּי אֵין בְּמִוֹת זְכָרְךָ בְּשָׂאוֹל מִי יוֹדֵה־לָּךְ:
7. יִגְעָתִי בְּאִנְחָתִי אֲשַׁחַּה בְּכָל־לַיְלָה מִטָּתִי בְּדַמְעָתִי עַרְשִׁי אֲמַסָּה:
8. עֲשֻׁשָׁה מִכַּעַס עֵינַי עָתֵקָה בְּכָל־צוּרְרֵי:
9. סוּרוּ מִמּוֹנֵי כָל־פְּעֻלֵי אֲוֹן כִּי־שָׁמַע ה' קוֹל בְּכִי:
10. שָׁמַע ה' תַּחֲנֻנֹתַי ה' תִּפְלְתִי יִקַּח:
11. יִבְשׂוּ וַיִּבְהָלוּ מְאֹד כָּל־אֵיבֵי יֹשְׁבוּ יִבְשׂוּ רְגַע:

## Psalm 120: Treachery of deceit; overtures answered by war

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

(Lev Shalem for Shabbat and Festivals, Rabbinical Assembly)

1. **שִׁיר הַמַּעֲלֹת** אֶל־ה' בְּצָרָתָה לִי קְרָאתִי וַיַּעֲנֵנִי:
2. ה' הֲצִילָה נַפְשִׁי מִשִּׁפְּת־שָׁקֶר מִלְּשׁוֹן רַמְיָה:
3. מִהֲיִתֶן לְךָ וּמִה־יִסְיֹף לְךָ לְשׁוֹן רַמְיָה:
4. חֲצִי גִבּוֹר שְׁנוּנִים עִם גַּחְלֵי רִתְּמִים:
5. אוֹיְה־לִי כִּי־גִרְתִּי מִשָּׁךְ שִׁכְנָתִי עִם־אֲהֲלֵי קֶדָר:
6. רַבַּת שִׁכְנָה־לָּהּ נַפְשִׁי עִם שׁוֹנֵא שְׁלוֹם:
7. אֲנִי־שְׁלוֹם וְכִי אֲדַבֵּר הִמָּה לְמַלְחָמָה:

## 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
4. the righteous, that the righteous not set their hand to wrongdoing.
5. ADONAI, be good to those who are good, to the upright in heart.
6. But those who in their crookedness act corruptly, let ADONAI make them go the way of evildoers. May it be well with Israel!

(JPS 1985, Sefaria, adapted)

1. שִׁיר הַמַּעֲלוֹת הַבְּטָחִים בַּה' כְּהַר-צִיּוֹן לֹא-יִמוּט לְעוֹלָם יֵשֵׁב:
2. יְרוּשָׁלַם הָרִים סָבִיב לָהּ וְהוּא סָבִיב לַעֲמוֹ מִעַתָּה וְעַד-עוֹלָם:
3. כִּי לֹא יִנוּחַ שֵׁבֶט הָרָשָׁע עַל גּוֹרֵל הַצְּדִיקִים
4. לְמַעַן לֹא-יִשְׁלְחוּ הַצְּדִיקִים בְּעוֹלָתָהּ יְדֵיהֶם:
5. הִיטִיבָהּ ה' לְטוֹבִים וְלִישָׁרִים בְּלִבּוֹתָם:
6. וְהַמַּטִּים עֲקֻלְקֻלוֹתָם יוֹלִיכֵם ה' אֶת-פְּעֻלֵי הָאָוֶן שְׁלוֹם עַל-יִשְׂרָאֵל:

## Psalm 121: A prayer for protection

1. **A Song of Ascents**I 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;
4. for the guardian of Israel neither sleeps nor slumbers.
5. ADONAI is your protector; ADONAI 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)

1. שִׁיר לַמַּעֲלוֹת אֲשָׁא עֵינַי אֶל-הַהָרִים מֵאֵין יָבֵא עֲזָרִי:
2. עֲזָרִי מֵעַם ה' עֲשֵׂה שְׂמִים וְאָרֶץ:
3. אֶל-יִתֵּן לְמוֹט רַגְלִי אֶל-יְנוּם שֹׁמְרִי:
4. הִנֵּה לֹא-יְנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:
5. ה' שֹׁמְרִי ה' צִלְּךָ עַל-יַד יְמִינֶךָ:
6. יוֹמָם הַשֶּׁמֶשׁ לֹא-יִכְפֹּה וַיָּרַח בַּלַּיְלָה:
7. ה' יִשְׁמְרֶךָ מִכָּל-רָע יִשְׁמֹר אֶת-נַפְשְׁךָ:
8. ה' יִשְׁמֹר-צֵאתְךָ וּבואְךָ מִעַתָּה 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

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| 1. A psalm of David ADONAI is my shepherd; I shall not want.   | מִזְמוֹר לְדָוִד ה' רָעִי לֹא אֶחְסָר: .1  |
| 2. God lays me down in green pastures, leads me to still waters,   | בְּנֵאוֹת דְּשָׂא יַרְבִּיצָנִי עַל-מֵי מְנוּחֹת יַנְהַלְנִי: .2                             |
| 3. renews my life, guides me in right paths— for that is God's way.  | נַפְשִׁי יִשׁוּבָב יִנְחֵנִי בְּמַעְגְלֵי-צְדָק לְמַעַן שְׁמוֹ: .3                           |
| 4. Were I to walk through a valley as dark as death,<br>I would fear no evil, for You are with me;   | גַּם כִּי-אֵלֶּךְ בְּגֵיא צְלֻמוֹת לֹא-אִירָא רָע כִּי-אַתָּה עִמָּדִי .4                    |
| 5. Your rod and Your staff, they would comfort me.   | שִׁבְטְךָ וּמִשְׁעַנְתְּךָ הֵמָּה יִנְחַמְנִי: .5  |
| 6. You would spread a table for me in full view of my besiegers;<br>You anoint my head with oil, my cup overflows.                                 | תַּעֲרֹךְ לִפְנֵי שְׁלַחֹן נֹגֵד צַרְרֵי דְשַׁנְתָּ בְשִׁמֹן רֹאשִׁי כּוֹסֵי רוּיָה: .6      |
| 7. Only goodness and steadfast love shall pursue me<br>all the days of my life, and I shall dwell in the house of ADONAI, in the fullness of time. | אֵךְ טוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל-יְמֵי חַיִּי וְשִׁבְתִּי בְּבֵית-ה' לְאָרְךָ יָמִים: .7 |

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.
4. Gam ki eileikh b'gei tzalmavet lo ira ra ki atah imadi.
5. Shivt'kha u-mishantekha heimah y'nahamuni.
6. Ta-arokh l'fanai shulhan neged tzor'rai, dishanta va-shemen roshi, kosi r'vayah.
7. Akh tov va-hesed yird'funi kol y'mei hayai, v'shavti b'veit Adonai l'orekh yamim.

## Psalm 122: Reaching for hope

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|---|--|
| 1. A song of Ascents, of David<br>How delighted I was when they said to me,<br>“Let us go up to the house of ADONAI.”                   | שִׁיר הַמַּעֲלוֹת לְדָוִד שְׂמַחְתִּי בְּאִמְרֵים לִי בַּיִת ה' נִלְדָּךְ: .1    |
| 2. Our feet stand at your gates, O Jerusalem—   | עַמְדוֹת הָיוּ רַגְלֵינוּ בְּשַׁעְרֶיךָ יְרוּשָׁלַם: .2                          |
| 3. Jerusalem rebuilt, a city knit together,   | יְרוּשָׁלַם הַבְּנוּיָה כְּעִיר שְׁחַבְרָה-לָהּ יַחְדָּו: .3                     |
| 4. where the tribes once made their pilgrimage, the tribes of ADONAI —<br>testimony by the people Israel of their gratitude to ADONAI . | שָׁשָׂם עָלוּ שְׁבֻטִים שְׁבֻטֵי-יָהּ עֵדוּת לְיִשְׂרָאֵל לְהַדוֹת לְשֵׁם ה': .4 |
| 5. There were found the seats of judges, the thrones of the house of David.   | כִּי שָׁמָּה יָשְׁבוּ כְּסֵאוֹת לְמִשְׁפָּט כְּסֵאוֹת לְבַיִת דָּוִד: .5         |
| 6. Seek the peace of Jerusalem;<br>may those who love you be tranquil.  | שְׁאַלּוּ שְׁלוֹם יְרוּשָׁלַם יְשָׁלֵנוּ אֱהַבְיָךְ: .6                          |
| 7. May there be peace within your ramparts, tranquility in your palaces.  | יְהִי-שְׁלוֹם בְּחִילְךָ שְׁלוֹה בְּאַרְמְנוֹתֶיךָ: .7                           |
| 8. For the sake of my family and friends<br>I pray for the peace I seek for you.  | לְמַעַן אַחֵי וְרַעֲי אֲדַבְרָה-נָא שְׁלוֹם בְּךָ: .8                            |
| 9. For the sake of the house of ADONAI I seek your welfare.<br>(Lev Shalem for Shabbat and Festivals, Rabbinical Assembly)              | לְמַעַן בַּיִת-ה' אֱלֹהֵינוּ אֲבַקֶּשֶׁה טוֹב לְךָ: .9                           |
6. Sha·alu sh'lom yerushalayim yishlayu ohavayikh.
  7. Y'hi shalom b'h|.eilekh shalvah b'arm'notayikh.
  8. L'ma·an ah|.ai v'rei·ai adabrah na shalom bakh.
  9. L'ma·an beit Adonai eloheinuavakshah tov lakh.

## 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)

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'lah 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'hanhileim  
eloheinu y'shu-ah, va-ateret nitzahon 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. (Deuteronomy 20:4)  
And let us say, Amen

(Weekday Lev Shalem, Rabbinical Assembly forthcoming)

## תפלה לשלום מדינת ישראל

אָבִינוּ שֶׁבַשְׁמַיִם צוּר יִשְׂרָאֵל וּגּוֹאֲלוֹ בְּרַךְ אֶת־מְדִינַת  
יִשְׂרָאֵל [שְׁתֵּהא] רֵאשִׁית צְמִיחַת גְּאֻלְתָּנוּ. הֲגִן עָלֶיךָ  
בְּאַבְרַת חֶסֶדְךָ וּפְרֵשׁ עָלֶיךָ סֶכֶת שְׁלוֹמְךָ. וּשְׁלַח אוֹרְךָ  
וְאִמְתְּךָ לְרֵאשִׁיּוֹת שְׂרָיָה וְיוֹעֲצֵיָהּ. וּתְקַנֵּם בְּעֵצָה טוֹבָה  
מִלְפָּנֶיךָ. חֲזֵק אֶת־יְדֵי מַגְנֵי אֶרֶץ קִדְשֵׁנוּ וְהַנְּחִילֵם  
אֱלֹהֵינוּ יְשׁוּעָה וְעִטְרַת נִצְחוֹן תַּעֲטֹרֵם וְנִתַּתְּ שְׁלוֹם  
בְּאֶרֶץ וּשְׂמֵחַת עוֹלָם לְיוֹשְׁבֵיהָ וְנֹאמַר אָמֵן

מִי שֶׁבְּרַךְ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב, וְאִמּוֹתֵינוּ שָׂרָה  
רֵבֶקָה רָחֵל וְלֵאָה, הוּא יְבָרַךְ אֶת חַיְלֵי צְבָא הַהֲגָנָה לְיִשְׂרָאֵל  
וְאֲנָשֵׁי הַבְּטָחוֹן, הָעוֹמְדִים עַל מְשֻׁמֵּר אֶרְצֵנוּ בִּיבֻשָׁה בְּאִוִיר  
וּבַיָּם. יִתֵּן ה' אֶת אוֹיְבֵינוּ הַקָּמִים עָלֵינוּ נִגְפִים לְפָנֵינוּ.  
הַקְּדוֹשׁ בְּרוּךְ הוּא יִשְׁמֹר וְיַצִּיל אֶת חַיְלֵינוּ מִכָּל צָרָה וְצוּקָה  
וּמִכָּל נֶגַע וּמַחֲלָה, וְיִשְׁלַח בְּרַכָּה וְהַצְלָחָה בְּכָל מַעֲשֵׂי יְדֵיהֶם.  
וְיִקְיַם בָּהֶם הַפְּתוּב: כִּי ה' אֱלֹהֵיכֶם הֵהָלִיךְ עִמָּכֶם לְהִלָּחֵם  
לְכֶם עִם אִיְבֵיכֶם, לְהוֹשִׁיעַ אֶתְכֶם. (דב' כ:ד) וְנֹאמַר אָמֵן

## 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 promised you." (Genesis 28:15)

(Masorti Israel and the Rabbinical Assembly in Israel)

### תפלה לשלום ולחזרתם של הנעדרים והשבויים בין אחינו ואחיותינו

אלהי ישראל, צור ישראל וגואלו, אל רחום וחנון, בתפלה ובתחנונים אנו פונים אליך להחזיר בשלום לבתיהם את יקירי עמך השבויים והנעדרות שנעקרו ביד זדונית מבתיהם ונחטפו אל ארץ אויב.

חרדים אנו לגורלם ומבעתים מהמחשבה על מה שעובר על הנעדרים והנעדרות, השבויים והשבויים שלנו אך ידינו קצרו מלהושיע ועל כן נושאים אנו תחנונים לפניך:  
אב הרחמים, היה נא בעזרם והגן בעדם והשיבם במהרה לחיק משפחותיהם ויקריהן כמו שאמרת: "הנני שב שבות אהלי יעקוב ומשפנתיו ארחם" (ירמיהו ל:יח).

אנא ה' קים במהרה את מאמר הכתוב:  
והנה אנכי עמך ושמרתך בכל אשר תלך והשבתיך אל-האדמה  
"הזאת כי לא אעזבך עד אשר אם-עשיתי את אשר-ברתי לך".  
(בראשית כח:טו) ושובו בנים לגבולם  
אמן כן יהי רצון.

## A prayer for Israel at a time of anguish

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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.

אֲחֵינוּ כָּל בֵּית יִשְׂרָאֵל  
הַנְּתוּנִים בְּצָרָה וּבַשְּׂבִיָּה  
הַעוֹמְדִים בֵּין בַּיָּם וּבֵין בַּיַּבֶּשֶׁה  
הַמְּקוֹם יְרַחֵם עֲלֵיהֶם  
וְיוֹצִיאֵם מִצָּרָה לְרוּחָה  
וּמֵאֶפֶלָה לְאוֹרָה  
וּמִשִּׁבּוּד לְגִאּלָה  
הַשְּׂתָא בְּעִגְלָא וּבִזְמַן קָרִיב  
וְאָמְרוּ אָמֵן

## A prayer for all the victims

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We pray for all those in Israel, Gaza and everywhere, Jews and Palestinians and people of all religions, nationalities and races, who are victims of violence they did not choose and hatred they do not harbor. May the Merciful One comfort and heal the wounded, bereaved, displaced or traumatized, and keep them safe from further harm. May the memories of the dead be for a blessing. May perpetrators of hate-filled violence and destruction be vanquished, and may the Blessed Holy One grant courage, strength and success to all who love kindness, practice compassion, strive for understanding, defend freedom, and yearn for a shared and lasting peace.