

45 אַשְׁרִי

- 1__ אַשְׁרִי יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְלְלוּךָ סֵלָה.
- 2__ אַשְׁרִי הָעַם שְׂכֻכָּה לוֹ, אַשְׁרִי הָעַם שֶׁיֵּי אֱלֹהָיו.
- 3__ תִּהְיֶה לְדוֹד
- 4__ אַרְוַמְמָךְ אֱלֹהֵי הַמֶּלֶךְ, וְאַבְרָכָה שְׁמֶךְ לְעוֹלָם וָעֶד.
- 5__ בְּכָל יוֹם אַבְרָכְךָ, וְאַהֲלִלָה שְׁמֶךְ לְעוֹלָם וָעֶד.
- 6__ גָּדוֹל יְיָ וּמְהֵלָל מְאֹד, וְלִגְדֶלְתוֹ אֵין חֶקֶר.
- 7__ דוֹר לְדוֹר יִשְׁבַּח מַעֲשֶׂיךָ, וְגִבּוֹרֹתֶיךָ יִגִּידוּ.
- 8__ הִדֵּר כְּבוֹד הוֹדָךְ, וְדַבְּרִי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.
- 9__ וַעֲזֹז נִזְרָאוֹתֶיךָ יֵאמְרוּ, וּגְדֹלְתְּךָ אֲסַפְּרָנָה.
- 10__ זָכַר רַב טוֹבְךָ יִבְיָעוּ, וְצִדְקֹתֶךָ יִרְנְנוּ.
- 11__ חֲנוּן וְרַחוּם יְיָ, אֲרָךְ אַפִּים וּגְדֹל חֶסֶד.
- 12__ טוֹב יְיָ לְכָל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

NOTES AND ASSIGNMENTS

- 13__ יוֹדוּךָ יְיָ כָּל מַעֲשֵׂיךָ, וַחֲסִידֶיךָ יְבָרְכוּכָה.
- 14__ כְּבוֹד מַלְכוּתְךָ יֵאמְרוּ, וּגְבוּרַתְךָ יִדְבָּרוּ.
- 15__ לְהוֹדִיעַ לְבָנֵי הָאָדָם גְּבוּרָתוֹ, וְכְבוֹד הַדָּר מַלְכוּתוֹ.
- 16__ מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים, וּמִמְשַׁלְתְּךָ בְּכָל דָּר וָדָר.
- 17__ סוּמְךָ יְיָ לְכָל הַנִּפְלִים, וְזוֹקֶף לְכָל הַכַּפּוּפִים.
- 18__ עֵינֵי כָל אֱלֹהִים יִשְׁבְּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכָלָם בְּעֵתוֹ.
- 19__ פּוֹתֵחַ אֶת יַדְּךָ, וּמִשְׁבִּיעַ לְכָל חַי רָצוֹן.
- 20__ צַדִּיק יְיָ בְּכָל דְּרָכָיו, וַחֲסִיד בְּכָל מַעֲשָׂיו.
- 21__ קָרוֹב יְיָ לְכָל קֹרְאָיו, לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאַמֶּת.
- 22__ רָצוֹן יִרְאֵיו יַעֲשֶׂה, וְאֶת שְׁוַעְתָּם יִשְׁמַע וְיוֹשִׁיעֵם.
- 23__ שׁוֹמֵר יְיָ אֶת כָּל אֲהֲבָיו, וְאֶת כָּל הַרְשָׁעִים יִשְׁמִיד.
- 24__ תִּהְיֶה לְךָ יְיָ יַדְבָּר פִּי, וַיְבָרֶךְ כָּל בָּשָׂר שֵׁם קֹדֶשׁוֹ לְעוֹלָם וָעֶד
- 25__ וְאַנְחֵנוּ נִבְרַךְ יְיָ, מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ

Happy are those that dwell in Your house; they shall praise you forever.
 Happy are the people who are so favored; happy are the people whose God is Adonai.
 A Psalm of David (Psalm 145)
 I glorify You, my God, my sovereign; I praise you throughout all time.
 Every day do I praise You, exalting Your glory forever.
 Great is Adonai, and praiseworthy; God's greatness exceeds definition.
 One generation lauds Your works to another; acclaiming Your mighty deeds.
 They tell of Your wonders and Your awesome power.
 They recall Your goodness; they sing of Your faithfulness.
 Adonai is gracious and compassionate; patient, and abounding in love.
 Adonai is good to all; God's compassion embraces all.
 Recounting Your glorious sovereignty, telling tales of Your might.
 And everyone will know of your power, the awesome radiance of Your dominion.
 Your sovereignty is everlasting; Your dominion endures for all generations.
 Adonai supports all who stumble, and uplifts all who are bowed down.
 The eyes of all look hopefully to You, and You provide their food in due time.
 You open Your hand; Your favor sustains all the living.
 Adonai is just in all His ways, and loving in all His deeds.
 Adonai is near to all who call, to all who call to God with integrity.
 God fulfills the desire of those who are faithful; God hears their cry and delivers them.
 Adonai preserves all who love Him, while marking the wicked for destruction.
 My mouth shall praise Adonai; let all flesh praise God's name throughout all time
 We shall praise Adonai now and always. Halleluyah!

READING

CHANTING

 Teacher

 Date

 Teacher

 Date

 Parent

 Date

 Parent

 Date

WHERE FOUND

Ashrei is recited on Shabbat Evening, during Kabbalat Shabbat (welcoming the Shabat) and Shabbat morning, during the Pesukei D'Zimra (Verses of Praise). The selection is the closing of Psalm 92, the Psalm of Shabbat.

MAJOR THEMES

Good people should blossom and be strong

Good people live in God's presence (courtyards)

KEY WORDS-

אַשְׁרֵי

Happy

תְּהִלָּה

Psalms

חַנּוּן

Merciful

סוּמָךְ

Supports

הַנִּפְּלִים

The fallen

DISCUSSION STARTER:

Who are righteous, good people?

What do righteous people do?

What does it mean that righteous, good people will blossom like a date palm tree?

What does it mean that righteous people will be strong like a cedar tree?

What would you hope for?

Think about getting old. What would you hope for when you are old? What type of world would you want?

NOTES AND ASSIGNMENTS

