

Contemplative Mincha

1. Psalms 133:1

תהילים קל"ג:א'

How good and how pleasant it is when
we sit together.

הֲנֵה מֵה־טוֹב וּמֵה־נְעִים שְׁבֵת אַחִים
גַּם־יַחַד:

Hinei mah tov u'mah nayim, shevet achim gam yachad.

2. Ashrei

אשרי

Joyous are those who dwell in Your
house, they forever praise You.

אֲשֶׁר־יֹשְׁבֵי בֵּיתְךָ. עוֹד יִהְלֹךְ סֶלְהָ:

Ahsrei yosh'vei veitekha, od y'hal'lukha selah.

3. Ozi v'Zimrat Yah

אז ישיר

God is my strength and my song, and
will be my salvation.

עֲזִי וְזִמְרַת יְהוָה. וַיְהִי לִי לִישׁוּעָה.

Ozi v'zimrat Yah, va-yihi li lishuah.

4. Yihyu L'ratzon

עמידה, אלוהי נצור

May the words of my mouth and the
meditations of my heart be acceptable
to You, Adonai, my rock and my
redeemer.

יְהִיו לְרָצוֹן אֲמָרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ. ה'
צוּרִי וְגֹאֲלִי:

Yihyu l'ratzon inrei fi v'hegyon libi l'fanekha, Adonai tzuri v'go-ali.

5. Psalms 16:8

תהילים ט"ז:ח'

I am ever mindful of the LORD's
presence; He is at my right hand; I
shall never be shaken.

שִׁוִּיתִי ה' לְנֶגְדִי תָמִיד כִּי מִיְמִינֵי בַל־אֲמוּט:

Shiviti (ki) Hashem l'negdi tamid.

6. Psalms 23

תהילים כ"ג

(1) A psalm of David. The LORD is my shepherd; I lack nothing. (2) He makes me lie down in green pastures; He leads me to water in places of repose; (3) He renews my life; He guides me in right paths as befits His name. (4) Though I walk through a valley of deepest darkness, I fear no harm, for You are with me; Your rod and Your staff—they comfort me. (5) You spread a table for me in full view of my enemies; You anoint my head with oil; my drink is abundant. (6) Only goodness and steadfast love shall pursue me all the days of my life, and I shall dwell in the house of the LORD for many long years.

(א) מִזְמוֹר לְדָוִד ה' רֹעִי לֹא אֶחְסָר: (ב)
בְּנֵאוֹת דֶּשֶׁא יִרְבִּיצֵנִי עַל־מֵי מְנוּחֹת יְנַהֲלֵנִי:
(ג) נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן
שְׁמוֹ: (ד) גַּם כִּי־אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא־אֵירָא
רָע כִּי־אֲתֶה עִמָּדִי שִׁבְטְךָ וּמִשְׁעַנְתְּךָ
הִמָּה יְנַחֲמֵנִי: (ה) תַּעֲרֹךְ לְפָנָי | שִׁלְחָן נֶגֶד
צִרְרֵי דִשְׁנֵת בְּשֶׁמֶן רֹאשִׁי כּוֹסֵי רוּיָה: (ו) אֶךְ
| טוֹב וְחֶסֶד יִרְדְּפוּנִי כָל־יְמֵי חַיִּי וְשִׁבְתִּי
בְּבֵית־ה' לְאָרְךְ יָמַי:

Mizmor le'David. Adonai ro'ee lo ekhsar.

Bin'ot desheh yar'bitzeni al-mei menukhot ye'nahaleni.

Nafshi yeshoveiv yan'kheini b'ma'aglei tzedek l'ma'an shemo.

Gam ki-eilekh b'geih tzalmavet lo-irah ra ki-Atah imadi.

Shivt'kha umish'antekha heimah yenachamuni

Ta'arokh l'fanai shulchan neged tzorarai, di-shanta va'shemen roshi, kosi revayah.

Akh tov va'chesed yir-d'funi kol-yemei cha'yai, v'shavti b'vait-Adonai l'orekh yamim.