

Contemplative Mincha

1. Psalms 133:1

תהילים קל"ג:א'

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

הִנֵּה מֵה־טוֹב וּמֵה־נְעִים שֹׁבֵת 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 סֶלֶה:

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

3. V'taher Libeinu

עמידה

Purify our hearts to serve You in truth.
V'taher libeinu l'ovdekha b'emet.

וְטַהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת.

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.

יְהִי לְרָצוֹן אֲמָרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ. ה'
צוּרִי וְגוֹאֲלִי:

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

5. Psalms 27:4

תהילים כ"ז:ד'

One thing I ask of God, only that do I
seek: to live in the house of God all the
days of my life, to gaze upon the beauty
of God, to frequent Your temple.

אֶחָת | שְׁאַלְתִּי מֵאֵת־יְהוָה אֹתָהּ אֲבַקֵּשׁ
שְׁבִתִּי בְּבֵית־יְהוָה כָּל־יְמֵי חַיִּי לְחַזוֹת
בְּנֹעַם־יְהוָה וּלְבַקֵּר בְּהֵיכָלוֹ:

*Achat she'alti me'eit Adonai otah avakesh: shivti b'veit Adonai kol-yamei
chayeikha, lachazot b'noam-Adonai ul'vaker b'heichalo.*

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 דְּשָׁא יִרְבִּיצֵנִי עַל־מֵי מְנוּחֹת יְנַהֲלֵנִי:
(ג) נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן
שְׁמוֹ: (ד) גַּם כִּי־אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא־אֵירָא
רָע כִּי־אֲתָה עִמָּדִי שִׁבְטְךָ וּמִשְׁעַנְתְּךָ
הִמָּה יְנַחֲמֵנִי: (ה) תַּעֲרֹךְ לְפָנַי | שִׁלְחָן נֶגֶד
צִרְרֵי דְשָׁנְתְּ 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.