

## 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 יִהְיֶה לְלוֹךְ סֵלָה:

*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 imrei fi v'hegyon libi l'fanekha, Adonai tzuri v'go-ali.*

### 5. Modeh / Modah Ani

מודה אני

I am thankful before You, living and  
eternal Spirit that restored within me  
my *neshamah* with compassion. Great  
is your faithfulness.

מוֹדָה [מוֹדָה] אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם,  
שֶׁחָזַרְתָּ בִּי נְשַׁמְתִּי בְחַמְלָה, רַבָּה  
אֲמוּנָתְךָ:

*Modeh / Modah ani l'fanekha melekh chai v'kayam . . .*

## 6. Psalms 23

(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.

## תהילים כ"ג

(א) מִזְמוֹר לְדָוִד ה' רֹעִי לֹא אֶחְסָר: (ב)  
בְּנֵאֻת דָּשָׂא יִרְבִּיצֵנִי עַל־מֵי מְנוּחֹת יִנְהַלֵּנִי:  
(ג) נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן  
שְׁמוֹ: (ד) גַּם כִּי־אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא־אֵירָא  
רָע כִּי־אֲתָה עִמָּדִי שִׁבְטְךָ וּמִשְׁעֶנֶתְךָ  
הִמָּה יִנְחֵמֵנִי: (ה) תַּעֲרֹךְ לְפָנָי אֶשְׁלַח־נֶגֶד  
צַרְרֵי דִשְׁנֹתַי בְּשִׁמֹן רֹאשִׁי כֹּסֵי רוּחַ: (ו) אֶךְ  
אֶטֹב וְחֶסֶד יִרְדְּפוּנִי כָל־יְמֵי חַיִּי וְשִׁבְתִּי  
בְּבֵית־ה' לְאָרְךְ יָמַי: