

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 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 בֵיתְךָ. עוֹד יִהְלֹךְ סֵלָה:

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

3. Mah Tov

מֵה־טוֹב

How good are your tents Jacob, your
dwelling places, Israel.

מֵה־טוֹבוֹ אֱהַלְיָךְ יַעֲקֹב מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל:

Mah tovu ohalekha Yaakov, mishkinotekha Yisrael.

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. Sanctuary Song

Exodus 25:8

O Lord prepare me to be a sanctuary,
pure and holy, tried and true
In Thanksgiving I'll be a living sanctuary for you.

וְעָשׂוּ לִי מִקְדָּשׁ וְשָׁכַנְתִּי בְּתוֹכָם:
וְאַנְחֵנוּ נִבְרָךְ יְהוָה מֵעַתָּה וְעַד־עוֹלָם הַלְלִיָּהּ

V'asu li mikdash v'shachanti b'tocham

V'anachnu n'varekh Yah, mei'ata v'ad olam (We shall praise God now & always.)

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)
בְּנֵאוֹת דְּשָׂא יִרְבִּיצֵנִי עַל־מֵי מְנוּחֹת יִנְהַלֵּנִי:
(ג) נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן
שְׁמוֹ: (ד) גַּם כִּי־אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא־אִירָא
רֹעַ כִּי־אֲתֶה עִמָּדִי שִׁבְטְךָ וּמִשְׁעַנְתְּךָ
הִמָּה יִנְחַמְנִי: (ה) תַּעֲרֹךְ לְפָנַי אֶשְׁלַח־נֶגֶד
צַרְרֵי דְשִׁנְתְּךָ בְּשִׁמְן רֹאשִׁי כוֹסֵי רוּיָה: (ו) אֶךְ
אֶטֹב וְחֶסֶד יִרְדְּפוּנִי כָל־יְמֵי חַיִּי וְשִׁבְתִּי
בְּבֵית־ה' לְאָרְךָ יָמִים: