

# PRAYER AND SOLIDARITY

Supporting our brothers and sisters in the Land of Israel

## Tehilim – Psalms 122

א שִׁיר הַמַּעֲלוֹת לְדָוִד  
 ב שְׂמַחְתִּי בְּאֲמַרְיִם לִי בַּיִת  
 ג יְיָ נִלְהֶה  
 ד עַמֻּדוֹת הָיוּ רִגְלֵינוּ, בְּשַׁעְרֶיךָ  
 ה יְרוּשָׁלַם.  
 ו יְרוּשָׁלַם הַכְּנוּיָהּ, כְּעִיר  
 ז שְׂחַבְרָה לָהּ יַחְדָּו.  
 ח שְׁשֵׁם עָלוּ שְׂבָמִים שְׂבָמֵי  
 ט יְהִי, עֲדוֹת לְיִשְׂרָאֵל לְהַרְדוּת  
 י לְשֵׁם יְיָ.  
 יא בִּי שְׂמָה יֵשְׁבוּ כְּסֵאוֹת  
 יב לְמִשְׁפָּט, כְּסֵאוֹת לְבַיִת דָּוִד.  
 יג שְׂאֵלוֹ שְׁלוֹם יְרוּשָׁלַם,  
 יד יִשְׁלְיוּ אֶתְחִבֶּךָ.  
 טו יְהִי שְׁלוֹם בְּחִילֶךָ, שְׁלוֹה  
 טז בְּאֲרָמְנוֹתֶיךָ.  
 יז לְמַעַן אַחֲי וְרַעֲי, אֲדַבְּרָה נָא  
 יח שְׁלוֹם בְּךָ.  
 יט לְמַעַן בַּיִת יְיָ-לְהִינֵנוּ,  
 כ אֲבַקֶּשֶׁה מִזֶּבֶךְ לְךָ.

### TRANSLATION

A song of ascents for David. I rejoiced when they said to me, “We are going to the House of the L-rd.” Our feet were standing inside your gates, O Jerusalem. Jerusalem built like a city knit together. Where the tribes would make pilgrimage, the tribes of G-d—as was enjoined upon Israel—to praise the name of the L-rd. There the thrones of judgment stood, thrones of the house of David. Pray for the well-being of Jerusalem; may those who love you rest in serenity. May there be well-being within your ramparts, peace in your palaces. For the sake of my kin and friends, let me speak of peace in your midst. For the sake of the house of the L-rd our G-d, I will request your good.

### TRANSLITERATION

*Shir ham'alot leDavid: Samachti b'omrim li, beit adonai nelech. Om'dot hayu ragleynu bish'arayich Yerushalayim. Yerushalayim habenu'yah k'ir she'chub'rah lah yachdav. She'sham alu shevatim shivtei Yah eidut l'Yisrael l'hodot l'shem Adonai. Ki shamah yashvu kisa'ot l'mishpat, kisa'ot l'veit David. Sha'alu shalom Yerushalayim, yishlayu o'havayich. Yehi shalom b'cheylech, shalvah b'ar'menotayich. L'ma'an achai v're'ai adab'rah na shalom bach. L'ma'an beit Adonai Eloheinu avak'sha tov lach.*

## Tehilim – Psalms 20

א לְמִנְצַח מִזְמוֹר לְדָוִד  
 ב יַעֲנֶךָ יְיָ בְּיוֹם צָרָה, יִשְׁנָבֶךָ  
 ג שֵׁם אֱ-לֹהֵי יַעֲקֹב.  
 ד יִשְׁלַח עֲזָרְךָ מִקִּדְשׁ, וּמִצִּיּוֹן  
 ה יִסְעָדֶךָ.  
 ו יִזְכֹּר כָּל מִנְחָתְךָ, וְעוֹלֹתֶיךָ  
 ז יִרְשָׁנָה סֵלָה.  
 ח יָתֵן לְךָ כָּל־בְּרָכָךָ וְכָל־עֲצָתְךָ  
 ט יִמְלֹא.  
 י נִרְנְנָה בְּיִשׁוּעָתְךָ וּבְשֵׁם  
 יא אֱ-לֹהֵינוּ נִדְגַל, וּמְלֹא יְיָ כָּל־  
 יב מִשְׂאֵלוֹתֶיךָ.  
 יג עֲתָה יִרְעֵתִי כִּי הוֹשִׁיעַ יְיָ  
 יד מִשִּׁיחוֹ, יַעֲנֵהוּ מִשְׁמֵי קִדְשׁוֹ  
 טו בְּנִבְרוֹת יִשְׁעֵי יָמֵינוּ.  
 טז אֱלֹהֵי בְּרָכָב וְאֱלֹהֵי כַּפּוּסִים,  
 יז וְאֲנַחְנוּ בְּשֵׁם יְיָ אֱ-לֹהֵינוּ  
 יח נִזְכִּיר.  
 יט הַמָּה כָּרְעוּ וּנְפְלוּ, וְאֲנַחְנוּ  
 כ קָמְנוּ וְנִתְעוֹדֵד.  
 כא יְיָ הוֹשִׁיעָה, תִּמְלֹךְ יַעֲנֵנוּ  
 כב בְּיוֹם קְרָאֵנוּ.

### TRANSLATION

For the conductor, a psalm of David. May the L-ord answer you in time of trouble, the name of Jacob's G-d keep you safe. May He send you help from the sanctuary, and sustain you from Zion. May He recall all your grain offerings, and accept with favor your burnt offerings. Selah. May He grant you heart's desire, and fulfill your every plan. Let us sing gladly for your rescue, and in our G-d's name our banner raise. May the L-rd fulfill all your requests. Now I know that the L-rd saved His anointed, will answer him from His holy heavens with the mighty victories of His right arm. They with chariots, they with horses, but we call on the name of the L-rd our G-d. They have tumbled and lie fallen, but we rally and gather strength. O L-rd, grant victory; may the King answer us when we call.

### TRANSLITERATION

*Lam'natze'ach mizmor leDavid. Ya'an'cha Adonai b'yom tzarah, y'sagev'cha shem Elohei Ya'akov. Yishlach ez'recha mikodesh, u'mitsiyon yis'adeka. Yizkor kol min'cho'techa, v'olat'cha y'dash'neh, selah. Yitten lecha chilvavecha, v'chol atzat'cha y'ma'leh. N'ranenah b'yishu'atecha u'veshem Eloheinu nid'gol, y'ma'leh Adonai kol mish'alotecha. Atah yada'ti ki hoshi'a Adonai meshicho, ya'anehu mi'sh'mei kodesho bi'gvurot yesha ye'mino. Eleh barechev v'eleh basusim, va'anachnu b'shem Adonai Eloheinu nazkir. Hemah kar'u v'na'falu, va'anachnu kamnu vanit'odad. Adonai hoshi'ah, ha'melekh ya'aneinu b'yom kar'einu.*



# From a talk by the Rebbe

28 Nissan 5750 - April 23, 1990\*

**THE** Torah tells us, “The voice is the voice of Jacob, but the hands are the hands of Esau.” (Genesis 27:22). Our Rabbis have taught that “the voice of Jacob,” the heartfelt prayers and Torah study of the Jewish people, can nullify the designs of “the hands of Esau,” the violent plans of our foes.

There is a popular adage, “Think good, and things will be good.” This implies that our positive thoughts influence the actual course of events and assure that, in fact, the ultimate outcome will be good.

## TORAH STUDY

The Torah has promised, “If you walk in My statutes”—interpreted by our Sages to mean, “If you labor in Torah study”—“. . . I will grant peace in the land. You will sleep without fear” (Leviticus 26:3, 6).

Devoting oneself to Torah study with an absolute commitment will uproot and nullify any and all possible negative influences. Therefore, each individual should increase in the study of Torah, fusing the teachings of Torah law with the teachings of Chassidus.

---

\* Context: On April 23, 1990, Mr. Elyakim Rubenstein, an aide to Prime Minister Yitzchak Shamir, called Rabbi Binyomin Klein, from the Rebbe’s secretariat, with a brief message. Israeli intelligence just received reports that the PLO had issued orders to strike Jewish targets around the world. Rubenstein asked that this information be relayed to the Rebbe. Rabbi Klein relayed this information to the Rebbe, and about an hour later, the Rebbe addressed the news in public.

The following summary of the talk was published by Sichos in English and is reprinted here with permission (and minor edits).

## PRAYER

We should increase in the realm of prayer. Everyone should recite at least three additional chapters of Psalms including the final psalm, Psalm 150, which concludes, “Let every being that has a soul praise the Lrd. Halleluyah.” This verse emphasizes how every person thanks and praises G-d for the blessings and good that He has granted and will continue to grant.

## CHARITY

We should also act with our hands, giving generously to charity. In earlier generations, the response to the present situation would be to declare communal fasts. In keeping with the approach of “thinking good,” such fasts are not appropriate. Nevertheless, it is appropriate to “redeem” the fasts through an increase in charity. Therefore, it is proper that each person donate the value of three meals to charity, preferably, to be given to people who study Torah or to institutions involved in spreading Torah wherever possible.

**These points should be publicized so that they reach each and every Jew, man, woman, and child. No one should be frightened or cause others to fear, but everyone should appreciate the need to increase, in a spirit of happiness and security, their Torah study, prayer, and gifts to charity. Everyone should also think of additional activities that he or she can carry out, following the above guidelines.**

**Surely, if we “think good, things will be good,” and we will merit the ultimate good, the coming of Mashiach.**