

Choose One mitzvah for Bondi PRAYERS

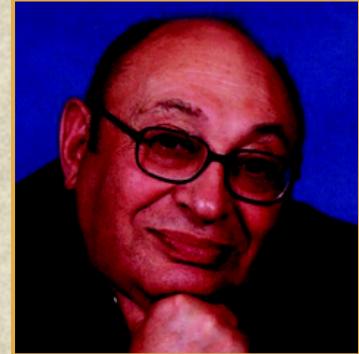


One of the suggested Mitzvahs is 'Prayer for Healing.'

Recite a daily prayer asking for the complete material and spiritual recovery of those injured in the Bondi attack, or others who are unwell.

In honour of Alex Kleytman, who was killed while shielding his wife from gunfire.

If a loved one or relative is suffering - even in a distant place, offer this prayer (Psalms - Tehillim - chapter 20) on their behalf.



PSALMS (TEHILLIM) CHAPTER 20

For the Conductor, a psalm by David. May the L-rd answer you on the day of distress; may the Name of the G-d of Jacob fortify you. May He send your help from the Sanctuary, and support you from Zion. May He remember all your offerings, and always accept favourably your sacrifices. May He grant you your heart's desire, and fulfil your every counsel. We will rejoice in your deliverance, and raise our banners in the name of our G-d; may the L-rd fulfil all your wishes. Now I know that the L-rd has delivered His anointed one, answering him from His holy heavens with the mighty saving power of His right hand. Some [rely] upon chariots and some upon horses, but we [rely upon and] invoke the Name of the L-rd our G-d. They bend and fall, but we rise and stand firm. L-rd, deliver us; may the King answer us on the day we call.

למנצח מזמור לדוד: ינבר ה'
בַּיּוֹם צָרָה יִשְׁגַּבְתָּ שְׁם אֱלֹהִי
יעַקְבָּה יִשְׁלַח־עֹזָר מִקְדָּשׁ וּמִצְּיוֹן
יִסְעַדְתָּ יִזְכֵּר פָּלָמָנָחָתָךְ וְעוֹלָתֶךְ
יִדְשָׁנָה סָלָה: יִתְרָלוּ כְּלַבְבָּשׁ
וְכְלַעֲצָתָךְ יִמְלָא: נְרֻבָּנָה
בִּשְׁעוּתָךְ וּבְשִׁמְאָלָה־לְהַיָּנוּ נְדָגָל
יִמְלָא ה' כָּל־מִשְׁאָלוֹתֶיךָ: עַתָּה
יִדְעָתִי כִּי הַוְשִׁיעָה ה' מִשְׁיחָו יַעֲבֹהוּ
מִשְׁמֵי קָדְשׁוּ בְּגִבְרֹות יִשְׁעָ יִמְנָנוּ
אֱלֹהִים בְּרַכְבָּה וְאֱלֹהִים בְּסָסִים
וְאֶנְחָנוּ בְּשֵׁמָה אֱלֹהִינוּ נְזִפִּים:
הַמָּה כְּרָעוּ וַנִּפְלֹא וְאֶנְחָנוּ קָמָנוּ
וְגַתְעָזָד: ה' הַוְשִׁיעָה הַמֶּלֶךְ
יַעֲנָנוּ בְּיוֹם־קָרְאָנוּ: