

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.

לְמַנְצֵחַ מִזְמוֹר לְדָוִד: יְעֹנֶה ה'
בְּיוֹם צָרָה יִשְׁגָּבֶךָ שֵׁם אֱלֹהֵי
יַעֲקֹב: יִשְׁלַח-עֲזָרְךָ מִקֹּדֶשׁ וּמִצִּיּוֹן
יִסְעָדֶךָ: יִזְכֹּר כָּל-מִנְחֹתֶךָ וְעוֹלֹתֶיךָ
יִדְשְׁנָה סֵלָה: יִתְּן-לְךָ כָּל־בָּבֶרֶךְ
וְכָל-עֲצָתְךָ יִמְלֵא: נִרְנְנָה
בִּישׁוּעָתְךָ וּבִשְׁמִי-אֱלֹהֵינוּ נִדְגַל
יִמְלֵא ה' כָּל-מִשְׁאֲלוֹתֶיךָ: עֲתָה
יִדְעֵתִי כִי הוֹשִׁיעַ ה' מִשִּׁיחוֹ יַעֲנֵהוּ
מִשְׁמִי קִדְּשׁוּ בְּגִבּוֹרוֹת יֵשַׁע יְמִינוּ:
אֱלֹהֵי בָרֶכֶב וְאֱלֹהֵי בְּסוּסִים
וְאֲנַחְנוּ בְּשִׁמְה' אֱלֹהֵינוּ נִזְכִּיר:
הִמָּה כָּרְעוּ וְנָפְלוּ וְאֲנַחְנוּ קָמְנוּ
וְנִתְעוֹדֵד: ה' הוֹשִׁיעָה הַמֶּלֶךְ
יַעֲנֵנוּ בְּיוֹם-קִרְאָנוּ: