



ב"ה
Project: Sermon Resource for Shluchim
Distribution Date: July 25, 2007/ י' מנחם אב תשס"ז
Parsha: Vaetchanan / ואתחנן

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1. Jews throughout constantly pray Israel. Most of these prayers are from Tehillim.



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2. Someone asked me, "What was so special about Tehillim that we turn to it every time we have *tzaros*?"



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3. First of all, most of the Siddur is from Tehillim.



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4. Q: Jews have prayed three times a day since the patriarchs- Talmud. The *Siddur* was written by the Men of the Great Assembly so what did Jews pray until then?



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5. Imagine Yom Kippur without a *Machzor*.
 What did those Jews who were not in Jerusalem do all day?



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6. The answer is Tehillim.
 Tehillim is the original Jewish prayer book. It includes prayers for every occasion. (See full sermon)
 King David recorded these prayers for all times.

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7. Midrash: Psalms preceded David
 Jacob never slept while living with Laban. Instead:

- Rabbi Joshua ben Levi: He recited the *Shir Hama'alot*.
- Rabbi Shmuel ben Nahman: He recited the entire Tehillim.



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8. This means that the Tehillim was our *Siddur* a thousand years before the *Siddur* was composed.



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9. The *Siddur* isn't meant to replace the Tehillim.
 The *Siddur* only provides prayers for specific occasions.
 For a spontaneous prayer one must still turn to the Tehillim.



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10. The more Tehillim you say the better.
 Even *Hallel* which is now part of the Siddur can still be said repeatedly.

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11. A story:
 The Yetzer Hora sends customers to disturb an old Jew from saying Tehillim (see full sermon).



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12. The lesson:
 The Baal Shem Tov instituted that Jews say "their chapter of Tehillim".
 I suggest that we recite a chapter of Tehillim for each family member, as a spiritual kiss.



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