



פסוקי דזמרה
PESSUKEI D'ZIMRAH

Hold the two front tzitzis for the brachah of בְּרוּךְ שָׂאֵמַר. At the end of the brachah, before letting go of the tzitzis, pass them over the eyes and kiss them.

Saying any words—other than words of davening—is forbidden from this point until after Shmoneh Esreh on page 195. (Regarding answering amen, Kedushah and so on, see the chart on inside back cover)

Stand and remain standing until יהי קבֹוד on page 111.

The Rebbe would say לְשֵׁם יְחִוּד quietly.

לְשֵׁם יְחִוּד קוֹדֵשׁא בְּרוּךְ הוּא וְשְׁכִינָתָהּ לְיַחְדָּא שֵׁם י"ה בּו"ה בְּיַחְדָּא שְׁלִים
בְּשֵׁם כָּל יִשְׂרָאֵל:

Hashem is
blessed and
praised

בְּרוּךְ שָׂאֵמַר וְהָיָה הָעוֹלָם, בְּרוּךְ הוּא,
בְּרוּךְ אוֹמֵר וְעוֹשֶׂה, בְּרוּךְ גּוֹזֵר
וּמְקַיֵּם*, בְּרוּךְ עוֹשֶׂה בְּרֵאשִׁית, בְּרוּךְ מְרַחֵם

בְּיַחְדָּא שְׁלִים
בְּשֵׁם כָּל יִשְׂרָאֵל

Our neshamos come from Hashem's Shechinah. Therefore, when we connect Hashem's Shechinah with His Name (by doing mitzvos), our neshamos become connected to His Name as well.

תנא פרק מא, ובשיעורים

I will now daven in order to unite Hashem, Who is blessed, together with His Shechinah;

לְשֵׁם יְחִוּד קוֹדֵשׁא
בְּרוּךְ הוּא וְשְׁכִינָתָהּ

in order to unite the name Yud Kay with Vav Kay.

לְיַחְדָּא שֵׁם י"ה בּו"ה

By uniting Yud Kay and Vav Kay, I arrange Hashem's name in perfect unity, and I do this in the name of all B'nei Yisrael.

בְּיַחְדָּא שְׁלִים בְּשֵׁם
כָּל יִשְׂרָאֵל:

Blessed is Hashem Who created the world through speech; Hashem spoke, and the world came into being.

בְּרוּךְ שָׂאֵמַר וְהָיָה הָעוֹלָם

He is blessed.

בְּרוּךְ הוּא

Blessed is Hashem, Who says what He will do, and does it.

בְּרוּךְ אוֹמֵר וְעוֹשֶׂה

Blessed is Hashem, Who makes decrees and fulfills them.

בְּרוּךְ גּוֹזֵר וּמְקַיֵּם

Blessed is Hashem, Who creates the world.

בְּרוּךְ עוֹשֶׂה בְּרֵאשִׁית

בְּרוּךְ שָׂאֵמַר
וְהָיָה הָעוֹלָם

It can take a person a lot of time and hard work to create something, but Hashem simply uses His speech (the Asarah Ma'amaros) to create the entire world.

לקו"ת שה"ש מא, ד

עַל הָאָרֶץ, בְּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת, בְּרוּךְ
 מְשַׁלֵּם שָׂכָר טוֹב לַיִרְאַיִו, בְּרוּךְ חַי לְעַד
 וְקַיָּם לְנֶצַח, בְּרוּךְ פּוֹדֶה וּמַצִּיל, בְּרוּךְ
 שְׁמוֹ. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 הָאֵל, אָב הַרַחֲמָן, הַמְהַלֵּל בְּפִה עַמּוֹ,
 מְשַׁבַּח וּמְפָאֵר בְּלִשׁוֹן חֲסִידָיו וְעַבְדָּיו,

Blessed is Hashem, Who has mercy on the earth. בְּרוּךְ מְרַחֵם עַל הָאָרֶץ

Blessed is Hashem, Who has mercy on the creations of the earth. בְּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת

Blessed is Hashem, Who gives good rewards to those who fear Him. בְּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב לַיִרְאַיִו

Blessed is Hashem, Who lives and exists forever and ever. בְּרוּךְ חַי לְעַד וְקַיָּם לְנֶצַח

Blessed is Hashem, Who redeems and saves. בְּרוּךְ פּוֹדֶה וּמַצִּיל

Hashem's name is blessed. בְּרוּךְ שְׁמוֹ

Blessed are You, Hashem, our God, King of the world, בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

the caring God; the merciful Father. הָאֵל, אָב הַרַחֲמָן

Although Hashem can be strict, He is also caring and merciful, like a father to his child.

Hashem is praised by the mouth of His nation. B'nei Yisrael praise Hashem in their tefillos. הַמְהַלֵּל בְּפִה עַמּוֹ

He is praised and glorified מְשַׁבַּח וּמְפָאֵר

וּבְשִׁירֵי דָוִד עֲבָדֶיךָ. נְהַלְלֶיךָ יי אֱלֹהֵינוּ,
 בְּשִׁבְחוֹת וּבְזִמְרוֹת, נְגִדְלֶיךָ וְנִשְׁבַּחְךָ
 וְנִפְאָרְךָ, וְנַמְלִיכֶךָ וְנִזְכִּיר שְׁמֶךָ מִלְּבָנוּ
 אֱלֹהֵינוּ. יְחִיד, חַי הָעוֹלָמִים מְלֶכֶךָ. מְשַׁבַּח
 וּמְפָאֵר עַד עַד שְׁמוֹ הַגָּדוֹל. בָּרוּךְ אַתָּה
 יי, מְלֶכֶךָ מְהֻלָּל בְּתִשְׁבְּחוֹת:

through the praises which come from בְּלִשׁוֹן חֲסִידָיו וְעַבְדָּיו
 the tongue of B'nei Yisrael, who are
 His dedicated ones and His servants,

and with the songs of Your servant וּבְשִׁירֵי דָוִד עֲבָדֶיךָ.
 Dovid Hamelech in Tehillim.

We will praise You, Hashem, נְהַלְלֶיךָ יי אֱלֹהֵינוּ
 our God, with praises and songs בְּשִׁבְחוֹת וּבְזִמְרוֹת
 in Pessukei D'zimrah.

We will make Your name great, we will נְגִדְלֶיךָ וְנִשְׁבַּחְךָ
 praise You, glorify You, and call You King. וְנִפְאָרְךָ וְנַמְלִיכֶךָ

We will mention Your name, וְנִזְכִּיר שְׁמֶךָ מִלְּבָנוּ אֱלֹהֵינוּ.
 Hashem, our King and our God.

Hashem, You are the King; You are the יְחִיד, חַי הָעוֹלָמִים מְלֶכֶךָ.
 only God and the life of all the worlds.

Your great name is praised and מְשַׁבַּח וּמְפָאֵר עַד
 glorified forever and ever. עַד שְׁמוֹ הַגָּדוֹל.

Blessed are You, Hashem, בָּרוּךְ אַתָּה יי

the King Who is praised with מְלֶכֶךָ מְהֻלָּל בְּתִשְׁבְּחוֹת:
 B'nei Yisrael's praises.