



# TEHILLIM

*Psalms for the  
protection of our  
IDF soldiers*



**BROTHERS אחים  
FOR LIFE לחיים**



King David embodies the quintessential leader of Israel. Simultaneously humble, ambitious, faithful, and challenged, the trials he went through and his responses shaped him into a leader for the Jewish people across time and place.

From the clamor of battlefields to the stillest hours of the night, the Psalms, King David's songs and prayers, cover the gamut of emotion – from fear and despair to jubilation and praise. Even after millennia, these heartfelt words that were composed to unify the young Jewish nation give us strength and solace, and allow us to harmonize our voices in prayer, especially during times of national adversity.

In response to the current crisis and with a desire to increase the impact and accessibility of the Psalms, poet/rapper Ari Lesser has undertaken to translate these poetic prayers into a modern meter that captures their timeless essence with a new rhythm. We hope they open new pathways to an ancient wellspring.

*We warmly invite you to join us in reciting these songs for the protection of our soldiers and all of Am Yisrael.*

Ari Lesser's rhymed word art can be found here:

<https://music.apple.com/us/artist/ari-lesser/455126030>

The full historic collection of the Hebrew psalms of King David can be found here:

<https://www.sefaria.org/Psalms>

Thank you to Brothers for Life for making this Tehillim Project possible.



**BROTHERS אָחִים  
FOR LIFE לְחַיִּים**

## A Song of Elevations

When the captives of Zion are finally redeemed

שִׁיר הַמַּעֲלוֹת בְּשׁוּב ה' אֶת שִׁיבַת צִיּוֹן

By G☆d, it will seem like we woke from a dream

הֵייוֹנוּ כַחֲלָמִים

After it's over, we'll be laughing

אִז יִמְלֵא שְׁחוֹק פִּינוּ

Our mouth full of joy our tongue shall sing

וּלְשׁוֹנוֹנוּ רִנָּה

Every nation will tell the good news

אִז יֹאמְרוּ בְּגוֹיִם

Saying, "G☆d has done great things for these Jews"

הַגְּדִיל יְהוָה לַעֲשׂוֹת עִם אֱלֹהֵינוּ

G☆d has done such great things for us

הַגְּדִיל ה' לַעֲשׂוֹת עִמָּנוּ

So let us be just completely joyous

הֵייוֹנוּ שְׂמֵחִים

O G☆d, may our captives now be redeemed

שׁוּבָה ה' אֶת שְׁבוּתֵנוּ

To run through the Negev like free-flowing streams

כַּאֲפִיקִים בְּנֶגֶב

Those who sow the field as they weep

הַזֹּרְעִים בְּדַמְעָה

Will sing with joy on the day they reap

בְּרֵנָה יִקְצֹר

A man goes walking, crying in need

הַלּוֹךְ יֵלֵךְ וּבֹכֵה

Carrying only a small bag of seed

נֶשֶׂא מִשַּׁךְ הַזֶּרַע

But surely, he will return, before long

בֹּא יָבֹא בְרֵנָה

With loads of food, and a joyful song

נֶשֶׂא אֲלֻמָּתָיו

# A Song of Elevations

To the mountains I lift my eyes

שיר למעלות אשא עיני אל ההרים

From where will my help arise?

מאין יבא עזרי:

Ad-nai on You I do rely

עזרי מעם ה'

The Maker of the earth and sky

עשה שמים וארץ

You won't let me loose my feet

אל יתן למוט רגלך

My Guardian, You never sleep

אל ינום שמרך

Behold, You are not a sleeper

הנה לא ינום

There's no nap for Israel's Keeper

ולא יישן שומר ישראל

Ad-nai, You watch I cannot hide

ה' שמרך

You're like a shadow at my side

ה' צלך על יד ימינך

None will harm me in the light

יומם השמש לא יככה

Of day, nor by the moon at night

זירח בלילה:

Ad-nai, You keep me safe and strong

ה' ישמרך מכל רע

And guard my soul from all that's wrong

ישמר את נפשך

Hashem You're always watching me

ה' ישמר צאתך ובואך

Come and go eternally

מעתה ועד עולם

# A Song of Elevations

From the depth, I call to You

שיר המעלות ממעמקים קראתיך ה'

HaShem, my G♁d, please listen to

אדני שמעה

My voice, allow Your ears to be

בקולי תהיינה אזניך קשבות

Attentive to the sound of my plea

לקול תחנוני

If You clung to the crimes of man

אם עונות תשמר יה

O, my G♁d, then who could stand?

א-דני מי יעמד

But since forgiveness is so dear

כי עמך הסליחה

To You, therefore You are revered

למען תורא

My hope's HaShem, the hope of my soul

קויתי ה' קותה נפש

The word of G♁d is my only goal

ולדברו הוחלת

For HaShem, my soul is yearning

נפשי לא-דן

Like night watchmen yearn for morning

משמרים לבקר

Like night watchmen yearn for dawn

שמרים לבקר

For HaShem, all Israel longs

יחל ישראל אל ה'

Because kindness is with HaShem

כי עם ה' החסד

And abundant redemption

והרבה עמו פדות

By G♁d, Israel will be redeemed

והוא יפדה את ישראל מכל עונותי

And all its mistakes will be wiped clean.

# Prayer for Chayalim and Hostages

HaShem, Our G-d, O Holy One  
Grant us mercy and compassion  
In the merit of our ancestors  
Please defend us from oppressors

Bless Your people with protection  
From enemies in all directions  
Do not let them do us wrong  
Keep Israel safe, secure, and strong

Turn Your face and lend Your hand  
To all those dwelling in Your land  
From Lebanon down to Egypt  
And our soldiers in the Gaza Strip

Save them from dangers all around  
And bring each one back safe & sound  
Let all the hostages be found  
The captives trapped down underground

Bring them from darkness into light  
Let the righteous win this fight  
With ease let them achieve their goal  
All should return completely whole

Blessed are You, HaShem, O Lord  
Our Sword and Shield in times of war  
Rock and Redeemer of Israel  
Who will allow us to prevail





## Ari Lesser

Ari Lesser is a singer, songwriter, rapper, and spoken word artist from Cleveland, Ohio. He graduated with a Bachelor's in Political Science from the University of Oregon and spent time in Israel studying at Yeshiva in Tzfat and Jerusalem. He has performed around the world

and written hundreds of songs on a wide range of subjects. Ari's repertoire is expansive, touching on everything from modern politics, to ancient Jewish mysticism. He can step into character and rap from the perspectives of hundreds of different personalities living and dead, real and fictional, human and animal. He has also created rhymed translations of dozens of Psalms and other traditional prayers, bringing their powerful timeless message back into the realm of song. Ari's performance gives life to words in a way that is inspirational, accurate, educational, and very entertaining for English speaking audiences of all ages and backgrounds.

### Social Media Links

 @ariblessor

 /arilesser

 /ariblessor

 /in/ariblessor

 /AriLesserMusic

 /ariblessor



## **אחים לחיים FOR LIFE**

"Brothers for Life is a non-profit organization created and run by injured Israeli veterans which gives critical help to fellow injured Israeli combat veterans who have risked their lives for the safety of the Jewish state and her people. Due to the large number of newly injured soldiers, we are in the midst of an emergency campaign.

Thank you for giving generously.

[www.brothersforlife.com](http://www.brothersforlife.com)

