

# אֲשֶׁרִי

Warm-up  
for Prayer

P'sukei  
D'zimra

Call to  
Prayer

What we  
believe.

Shema &  
Blessings

What we  
ask for.

Amidah

Concluding  
Prayers

Aleinu...

Opening  
Blessing

Closing  
Blessing

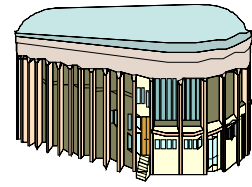
Psalms

אֲשֶׁרִי is the first word and the name of the prayer that includes all of Psalm 145. The Talmud states that whoever recites Psalm 145 three times a day is to be praised. אֲשֶׁרִי is recited three times a day, in order to meet this goal. It is said first as part of our morning warm-up service, פְּסוּקֵי דְזִמְרָא. It is recited also at the end of the תּוֹרָה service (on שַׁבָּת), and at the beginning of the afternoon service.

אֲשֶׁרִי means "happy." The first two lines of the אֲשֶׁרִי are not from Psalm 145. They were added to indicate our joy at reciting the psalm. The prayer begins, "Happy is the one who dwells in Your house." "Your house" is the synagogue, where we recite אֲשֶׁרִי three times. The word אֲשֶׁרִי even appears three times in the first two lines.

אַשְׁרֵי

אַשְׁרֵי  
Happy



אַשְׁרֵי  
Happy

יֹשְׁבֵי

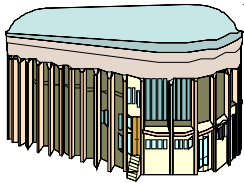
are they  
who dwell in

יֹשְׁבֵי

are they  
who dwell in

בֵּיתְךָ

Your house



בֵּיתְךָ

Your house

עוֹד

may they continue

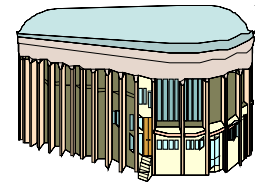


עוֹד

may they continue

יְהַלְלוּךָ

to praise You



יְהַלְלוּךָ

to praise You

אַשְׁרֵי יֹשְׁבֵי בֵּיתְךָ, עוֹד יְהַלְלוּךָ סְלָה:



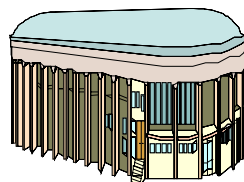
אַשְׁרֵי יֹשְׁבֵי בֵּיתְךָ, עוֹד יְהַלְלוּךָ סְלָה:

Happy are those who dwell in Your house.

May they continue to praise You, Selah.

תְּהִלָּה לְדָוִד.

A Psalm of David.



תְּהִלָּה לְדָוִד.

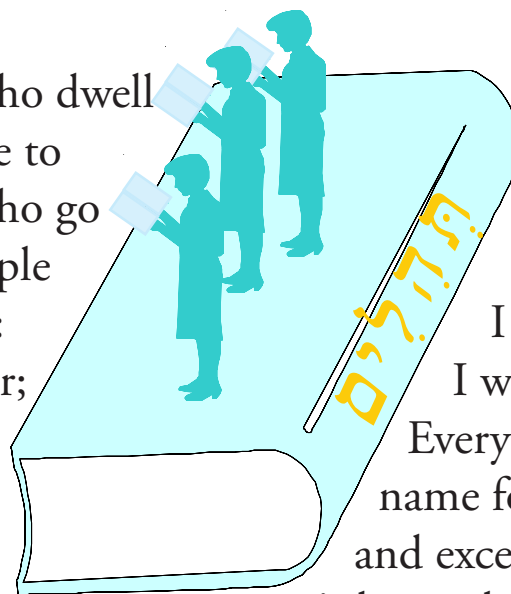
A Psalm of David.

Psalm 145 is in the form of an acrostic. The first letter of each line forms the Hebrew alphabet, beginning with א and ending with ת. Like all psalms, Psalm 145 is a poem praising God. By including all letters of the Hebrew alphabet, we are guided to speak our praise using every possible sound.

Here are the first few lines of the אֲשֶׁרִי.  
The entire prayer can be found on pages 6 and 7.

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְיוּ לְךָ סֵלָה.  
אֲשֶׁרִי הָעַם שֹׁכֵךְ לָךְ, אֲשֶׁרִי הָעַם שִׁי אֱלֹהֶיךָ.  
תְּהִלָּה לְדָוִד.  
אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ, וְאֶבְרַכְּךָ שִׁמְךָ לְעוֹלָם וָעֶד.  
בְּכֹל יוֹם אֶבְרַכְּךָ, וְאֶהְלֵלְךָ שִׁמְךָ לְעוֹלָם וָעֶד.  
גְּדוֹל יְיָ וּמְהֻלָּל מְאֹד, וְלִגְדֻלָּתוֹ אֵין חֶקֶר.

Happy are they who dwell  
may they continue to  
Happy are they who go  
happy are the people  
A Psalm of David:  
my God and Ruler;  
forever and ever.  
I will hail Your  
Great is Adonai  
God's greatness



in Your house;  
praise You.  
on this path;  
with Adonai as God.  
I will exalt you,  
I will bless Your name  
Every day I shall praise You;  
name forever and ever.  
and exceedingly praised;  
is beyond measure...

# אֲשֶׁרִי

Key Phrases:

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ סְלָה:  
Happy are they who dwell in Your house.  
May they continue to praise You.

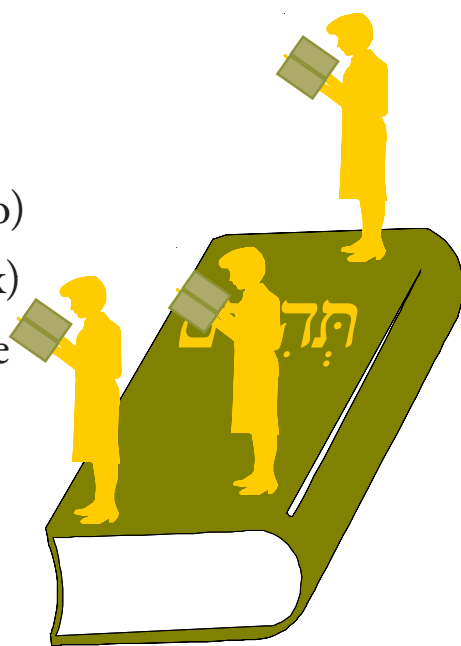
תְּהִלָּה לְדָוִד.

A psalm of praise by David.



Key Words

לְ...?	by (attributed to)
ךָ...?	your, you (suffix)
אֲשֶׁרִי	happy, fortunate
בֵּית	house
בֵּיתְךָ	your house
הִלֵּל	praise (root)
יְהַלְלוּךָ	praise you
יָשַׁב	dwell, sit (root)
יוֹשְׁבֵי	they who dwell in
עוֹד	continue
תְּהִלָּה	praise, psalm

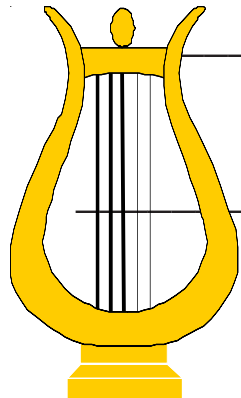


# הלל

The Book of Psalms contains 150 poems of praise. The Hebrew word for psalms, תְּהִלִּים, means "praises." These poems are traditionally considered to have been written by King David. Psalm 145 even begins with the words תְּהִלָּה לְדָוִד - "a psalm of praise by David." The word תְּהִלָּה comes from the root הלל, praise. This root also gives us the word הַלְלוּיָהּ, which means "praise God."



הלל תְּהִלָּה  
לְ  
תְּהִלָּה לְדָוִד  
אֲשֶׁר יָשָׁב  
יּוֹשְׁבֵי  
אֲשֶׁר יּוֹשְׁבֵי  
בֵּיתָּךְ בֵּיתָּךְ  
אֲשֶׁר יּוֹשְׁבֵי בֵּיתָּךְ



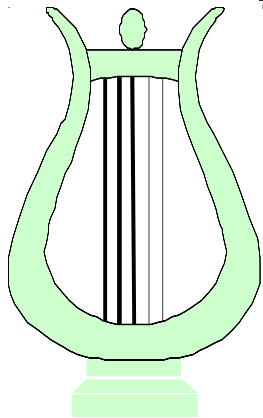
הלל הַלְלוּ  
עוֹד  
עוֹד הַלְלוּ  
אֲשֶׁר יּוֹשְׁבֵי בֵּיתָּךְ, עוֹד הַלְלוּ

# יוֹשְׁבֵי בֵיתְךָ

חֲזוֹן אֲשֶׁרִי is often recited responsively, with the singing one line and the congregation the next.

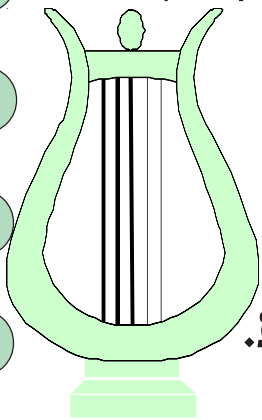
(Lines three and four are grouped together.)

1. אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְלֵלוּךָ סֶלָה.
2. אֲשֶׁרִי הָעַם שָׁכָכָה לּוֹ, אֲשֶׁרִי הָעַם שִׁי אֱלֹהֵיוּ.
3. תְּהִלָּה לְדָוִד.
4. אַרְוַמְמָךְ אֱלוֹהֵי הַמֶּלֶךְ, וְאַבְרָכָה שְׁמֶךָ לְעוֹלָם וָעֶד.
5. בְּכָל יוֹם אַבְרָכְךָ, וְאַהֲלֵלָה שְׁמֶךָ לְעוֹלָם וָעֶד.
6. גָּדוֹל יְיָ וּמְהֵלֵל מְאֹד, וְלִגְדֹלְתוֹ אֵין חֶקֶר.
7. דוֹר לְדוֹר יִשְׁבַח מַעֲשֵׂיךָ, וּגְבוּרֹתֶיךָ יִגִּידוּ.
8. הַדָּר כְּבוֹד הוֹדָךָ, וְדַבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.
9. וְעִזּוֹז נוֹרְאוֹתֶיךָ יֹאמְרוּ, וּגְדֹלְתְךָ אֲסַפְּרָנָה.
10. זָכַר רַב טוֹבְךָ יִבְיַעוּ, וְצַדִּיקְתְךָ יִרְנְנוּ.
11. חֲנוּן וְרַחוּם יְיָ, אֶרְךָ אַפִּים וּגְדֹל חֶסֶד.
12. טוֹב יְיָ לְכֹל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיוּ.



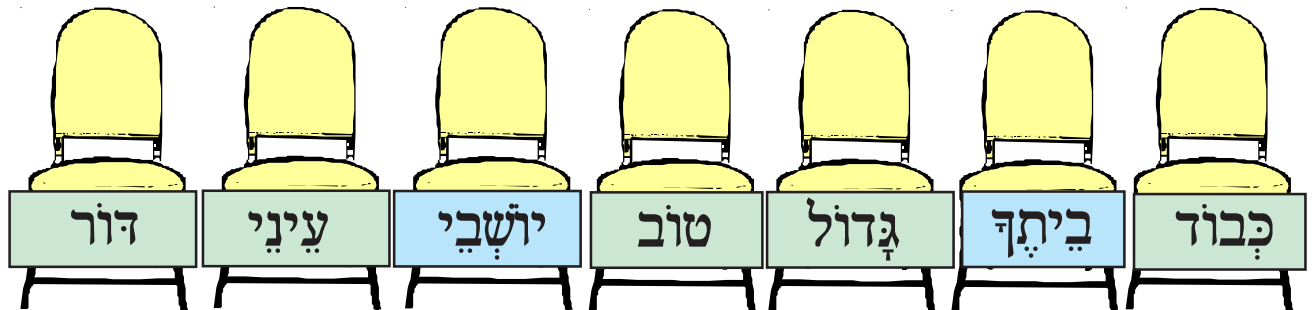
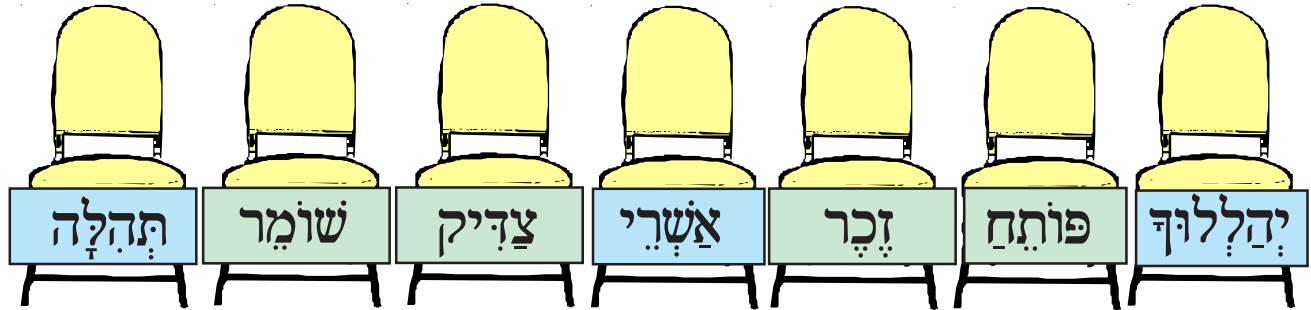
# עוד יהלולך

- 13. יודוך יי כל מעשיך, וחסידך יברכוכה.
- 14. כבוד מלכותך יאמרו, וגבורתך ידברו.
- 15. להודיע לבני האדם גבורתך, וכבוד הדר מלכותך.
- 16. מלכותך מלכות כל-עולמים, וממשלתך בכל-דור ודור.
- 17. סומך יי לכל-הנפלים, וזוקף לכל-הכפופים.
- 18. עיני כל אליך ישברו, ואתה נותן להם את-אכלם בעתו.
- 19. פותח את-ידך, ומשביע לכל-חי רצון.
- 20. צדיק יי בכל-דרכיו, וחסיד בכל-מעשיו.
- 21. קרוב יי לכל-קראיו, לכל אשר יקראהו באמת.
- 22. רצון יראיו יעשה, ואת-שועתם ישמע ויושיעם.
- 23. שומר יי את-כל-אהביו, ואת כל-הרשעים ישמיד.
- 24. תהלת יי ידבר-פי, ויברך כל-בשר שם קדשו לעולם ועד.
- 25. ואנחנו נברך יה, מעתה ועד עולם, הללויה.



The אֲשֶׁרִי acrostic begins on the fourth line of the prayer, with the word אַרְוֹמְמָךְ. Trace the acrostic by following the alphabet from line to line on pages 6 and 7. Can you figure out which letter is missing? (The answer and reason are below.)

On each chair in the sanctuary is a Hebrew word from אֲשֶׁרִי. Locate this word in the prayer, and write its line number on the seat back. Translate the words in blue onto the blanks.



The letter missing in the אֲשֶׁרִי acrostic is נ. Why? נ is the first letter of the word נוֹפֵל, "to fall."

When you have completed this chapter, and have all your אֲשֶׁרִי reading lines checked off, your teacher will give you a sticker!

I have mastered  
אֲשֶׁרִי