

# תהילים Tehillim



## NETANEL ILAN

## נתנאל אילן

*Compiled by Miri Sklar Kwalwasser*

The following are the verses from Psalms-Tehillim 119 that correspond to Nathaniel's name. They describe a deep love of Hashem's Torah and Mitzvot and a desire to live as a true example of these virtues, which appropriately describe Nathaniel's essence as a son, soldier and hero of Israel who continues to fight for his life after being shot by a Palestinian Arab terrorist.

Let's recite these verses on Nathaniel's behalf. We are filled with hope that he merits a full recovery so that he could continue to fulfill his dream of spreading the light of Torah and the truth of Hashem's ways.

These psalms are able to be used by anyone - regardless of your level of knowledge of Hebrew or your personal level of observance. Here are a few ideas on how you can use this resource to deepen the power of these prayers for healing and hope.

- Give out individual sentences for children to learn
- Divide up sections among a group of friends or family and read simultaneously as you welcome Shabbat or after your festive meal
- Invite friends to select sections to read over Shabbat, completing the whole set in different locations but united in the power of brachot.
- Pick a single psalm or line and repeat it daily
- Read one line each day until you complete the whole set.

כי מציון תצא תורה - From Zion will come forth the Torah

## NETANEL

## נתנאל

## נ

Your words are a lamp for my foot, and light for my path.

I swore and I fulfilled, to keep the judgments of Your righteousness.

I have been exceedingly humbled; O Lord, sustain me according to Your word.

The freewill offerings of my mouth accept now, O Lord, and teach me Your judgments.

My soul is constantly in my hand, and I have not forgotten Your Torah.

The wicked laid a snare for me, but I did not stray from Your precepts.

I inherited Your testimonies forever, for they are the joy of my heart.

I have inclined my heart to perform Your statutes forever on their paths.

נִרְלָגְלִי דְבָרְךָ וְאוֹר לְנִתְיָבְתִּי:

נִשְׁבַּעְתִּי וְאֶקְיָמָה לְשֹׁמֵר מִשְׁפָּטֶי צְדָקָךָ:

נִעֲנִיתִי עַד־מָאֹד יְהוָה חַיְנִי כְדָבָרְךָ:

נִדְבֹת פִּי רָצָה־נָא יְהוָה וּמִשְׁפָּטֶיךָ לַמִּדְנִי:

נִפְשִׁי בְכַפִּי תַמְיֵד וְתוֹרָתְךָ לֹא שָׁכַחַתִּי:

נִתְּנָה רָשָׁעִים פֶּחַ לִי וּמִפְקוּדֶיךָ לֹא תָעִיתִי:

נִחַלְתִּי עֲדוּתֶיךָ לְעוֹלָם כִּי־שִׁשְׁוֹן לִבִּי הֵמָּה:

נָטִיתִי לִבִּי לַעֲשׂוֹת חֻקֶּיךָ לְעוֹלָם עֲקֵב:

## ת

May my song of prayer draw near before You, O Lord; according to Your word, enable me to understand.

May my supplication come before You; according to Your word, save me.

My lips will utter praise when You teach me Your statutes.

My tongue will proclaim Your word, for all Your commandments are righteous.

May Your hand be [ready] to help me, for I have chosen Your precepts.

I yearned for Your salvation, O Lord, and Your Torah is my occupation.

May my soul live and praise You, and may Your judgments help me.

I went astray like a lost lamb; seek Your servant, for I did not forget Your commandments.

תִּקְרַב רִנָּתִי לִפְנֵיךָ יְהוָה כְּדָבָרְךָ הַבִּינֵנִי:

תִּבֹּא תַחֲנֻנָּתִי לִפְנֵיךָ כְּאִמְרָתְךָ הַצִּילֵנִי:

תִּבְעֶנָה שְׁפָתַי תְּהַלֶּה פִּי תִלְמַדְנִי חֻקֶּיךָ:

תַּעֲן־לְשׁוֹנִי אִמְרָתְךָ כִּי כָל־מִצְוֹתֶיךָ צְדָק:

תְּהִי־יָדְךָ לְעֲזָרְנִי כִּי פְקוּדֶיךָ בַּחֲרָתִּי:

תִּאֲבֹתִי לִישׁוּעָתְךָ יְהוָה וְתוֹרָתְךָ שְׁעִשְׁעִי:

תַּחֲי־נַפְשִׁי וְתִהְלֶלְךָ וּמִשְׁפָּטְךָ יַעֲזָרְנִי:

תַּעֲלִיתִי כֶּשֶׁה אֲבִד בְּקֶשׁ עֲבָדְךָ כִּי מִצְוֹתֶיךָ לֹא שָׁכַחְתִּי:

## נ

Your words are a lamp for my foot, and light for my path.

I swore and I fulfilled, to keep the judgments of Your righteousness.

I have been exceedingly humbled; O Lord, sustain me according to Your word.

The freewill offerings of my mouth accept now, O Lord, and teach me Your judgments.

My soul is constantly in my hand, and I have not forgotten Your Torah.

The wicked laid a snare for me, but I did not stray from Your precepts.

I inherited Your testimonies forever, for they are the joy of my heart.

I have inclined my heart to perform Your statutes forever on their paths.

Praiseworthy are those whose way is perfect, who walk with the law of the Lord.

Praiseworthy are those who keep His testimonies; who seek Him wholeheartedly.

Not only have they committed no injustice, they walked in His ways.

You commanded Your precepts, to keep diligently.

My prayers are that my ways should be established, to keep Your statutes.

Then I shall not be ashamed when I look at all Your commandments.

I shall thank You with an upright heart when I learn the judgments of Your righteousness.

I shall keep Your statutes; do not forsake me utterly.

Forever, O Lord, Your word stands in the heavens.

Your faith is to every generation; You established the earth and it endures.

For Your judgments they stand today, for all are Your servants.

Were not Your Torah my occupation, then I would have perished in my affliction.

I shall never forget Your precepts for through them You have sustained me.

I am Yours; save me for I sought Your precepts.

Concerning me: the wicked hoped to destroy me; I shall ponder Your testimonies.

Of every finite thing I have seen the end; Your commandments are very broad.

נִרְ-לְרַגְלִי דְבָרְךָ וְאוֹר לְנִתְיָבְתִּי:

נִשְׁבַּעְתִּי וְאִקְיָמָה לְשֹׁמֵר מִשְׁפָּטֶי צְדָקָךָ:

נִעֲנִיתִי עַד־מְאֹד יְהוָה חֲנִינִי כְדָבָרְךָ:

נִדְבּוֹת פִּי רָצָה־נָא יְהוָה וּמִשְׁפָּטֶיךָ לַמִּדְנִי:

נִפְשִׁי בְכַפִּי תַמְיִד וְתוֹרָתְךָ לֹא נִשְׁכַּחַת:

נִתְּנֹו רְשָׁעִים פֶּחַ לִי וּמִפְקוּדֶיךָ לֹא תַעֲזִיבִי:

נִחַלְתִּי עֲדוּתֶיךָ לְעוֹלָם כִּי־שִׁשְׁוֹן לְבִי הִמָּה:

נִטִּיתִי לְבִי לַעֲשׂוֹת חֻקֶּיךָ לְעוֹלָם עֲקֹב:

## א

אֲשֶׁר־י תַמְיִמֵי־דֶרֶךְ הָהֵלָלִים בְּתוֹרַת יְהוָה:

אֲשֶׁר־י נִצְרִי עֲדוּתִיו בְּכָל־לֵב יִדְרָשׁוּהוּ:

אִפֹּי לֹא־פָעֲלוּ עוֹלָה בְּדַרְכֵּיו הִלְכוּ:

אֵתָה צִוִּיתָה פְּקוּדֶיךָ לְשֹׁמֵר מְאֹד:

אֲחֵלִי יִכְנוּ דִרְכִּי לְשֹׁמֵר חֻקֶּיךָ:

אֲזִי לֹא־אֲבוֹשׁ בְּהִבִּיטִי אֶל־כָּל־מִצְוֹתֶיךָ:

אֲוֹדֶךָ בִּישָׁר לִבִּי בְלִמְדִי מִשְׁפָּטֶי צְדָקָךָ:

אֶת־חֻקֶּיךָ אֲשֹׁמֵר אֶל־תַּעֲזֹבֵנִי עַד־מְאֹד:

## ל

לְעוֹלָם יְהוָה דְּבָרְךָ נִצָּב בַּשָּׁמַיִם:

לְדֹר וָדֹר אֲמוֹנָתְךָ כּוֹנֶנֶת אֶרֶץ וְתַעֲמִיד:

לְמִשְׁפָּטֶיךָ עֲמִידוֹ הַיּוֹם כִּי הִכָּל עֲבָדֶיךָ:

לוֹלִי תוֹרָתְךָ שֶׁעֲשִׂיעִי אֲזִי אֲבָדְתִּי בְּעֵינַי:

לְעוֹלָם לֹא־אֲשַׁכַּח פְּקוּדֶיךָ כִּי־בָם חִיִּיתִנִּי:

לִךְ־אֲנִי הוֹשִׁיעֵנִי כִּי פְקוּדֶיךָ דִרְשָׁתִּי:

לִי קוֹו רְשָׁעִים לְאֲבֹדֵנִי עֲדוּתֶיךָ אֲתַבּוֹן:

לְכָל תַּכְלָה רְאִיתִי קֶץ רַחֲבָה מִצִּוְתְּךָ מְאֹד:

ILAN

אילן

א

Praiseworthy are those whose way is perfect, who walk with the law of the Lord.

Praiseworthy are those who keep His testimonies; who seek Him wholeheartedly.

Not only have they committed no injustice, they walked in His ways.

You commanded Your precepts, to keep diligently.

My prayers are that my ways should be established, to keep Your statutes.

Then I shall not be ashamed when I look at all Your commandments.

I shall thank You with an upright heart when I learn the judgments of Your righteousness.

I shall keep Your statutes; do not forsake me utterly.

אֲשֶׁר־יִתְמִימֵי־דֶרֶךְ הַהֲלָלִים בְּתוֹרַת יְהוָה:

אֲשֶׁר־יִצְרִי עֲדוֹתָיו בְּכָל־לֵב יִדְרְשׁוּהוּ:

אֵף לֹא־פָעֲלוּ עוֹלָה בְּדַרְכָּיו הַלְכוּ:

אֵתָה צִוִּיתָה פְּקוּדֶיךָ לִשְׁמֹר מְאֹד:

אֲחִלִּי יִכְנוּ דְרָכֵי לִשְׁמֹר חֲקֶיךָ:

אֲזֵ לֹא־אֲבֹשׁ בְּהִבִּטִּי אֶל־כָּל־מִצְוֹתֶיךָ:

אֲדוֹרֶךְ בְּנֶשֶׁר לִבִּי בְלִמְדֵי מִשְׁפָּטֶי צִדְקֶךָ:

אֶת־חֲקֶיךָ אֲשֹׁמֵר אֶל־תַּעֲזֹבֵנִי עַד־מָאֹד:

,

Those who fear You will see me and rejoice for I hoped for Your word.

I know, O Lord, that Your judgments are just, and in faith You afflicted me.

May Your kindness be [upon me] now to comfort me, as Your word to Your servant.

May Your mercy come upon me so that I shall live, for Your Torah is my occupation.

May the willful sinners be shamed for they condemned me falsely; I shall converse about Your precepts.

May those who fear You and those who know Your testimonies return to me.

May my heart be perfect in Your statutes in order that I not be shamed.

יִרְאֶיךָ יִרְאוּנִי וְיִשְׂמְחוּ כִּי לְדַבְרְךָ יִחְלֹתִי:

יִדְעֵתִי יְהוָה כִּי־צָדֵק מִשְׁפָּטֶיךָ וְאַמּוֹנָה עֲנִיתֵנִי:

יְהִי־נָא חֶסֶדְךָ לְנַחֲמֵנִי כְּאִמְרָתְךָ לְעַבְדְּךָ:

יִבְאֹנִי רַחֲמֶיךָ וְאַחִיָּה כִּי תוֹרָתְךָ שִׁעֲשָׁעִי:

יִבְשׂוּ זַדִּים כִּי־נִשְׁקַר עוֹתוּנֵי אֹנִי אֲשִׁיחַ בְּפִקּוּדֶיךָ:

יִשׁוּבוּ־לִי יִרְאֶיךָ וְיִדְעֵי (כְּתִיב וְיִדְעוּ) עֲדוֹתֶיךָ:

יְהִי־לִבִּי תָמִים בְּחֲקֶיךָ לִמְעַן לֹא אֲבֹשׁ:

# ל

Forever, O Lord, Your word stands in the heavens.

Your faith is to every generation; You established the earth and it endures.

For Your judgments they stand today, for all are Your servants.

Were not Your Torah my occupation, then I would have perished in my affliction.

I shall never forget Your precepts for through them You have sustained me.

I am Yours; save me for I sought Your precepts.

Concerning me: the wicked hoped to destroy me; I shall ponder Your testimonies.

Of every finite thing I have seen the end; Your commandments are very broad.

לְעוֹלָם יְהוָה דְּבָרְךָ נִצָּב בַּשָּׁמַיִם:  
לְדֹר וָדֹר אֱמוּנָתְךָ כּוֹנֶנֶת אֶרֶץ וַתַּעֲמֵד:  
לְמִשְׁפָּטֶיךָ עָמְדוּ הַיּוֹם כִּי הִכָּל עֲבָדֶיךָ:  
לִוְלֵי תוֹרָתְךָ שָׁעֲשָׁעִי אֲזִי אֲבִדְתִּי בְּעִנְיִי:  
לְעוֹלָם לֹא־אֲשַׁכַּח פְּקוּדֶיךָ כִּי־בָם חַיִּיתֵנִי:  
לְךָ־אֲנִי הוֹשִׁיעֵנִי כִּי פְקוּדֶיךָ דִּרְשָׁתִּי:  
לִי קוֹו רְשָׁעִים לֹא־בִדְנִי עֲדוֹתֶיךָ אֶתְבוֹנוּ:  
לְכָל תִּכְלָה רְאִיתִי קֶץ רַחֲבָה מִצִּוְתֶךָ מֵאֵד:

# נ

Your words are a lamp for my foot, and light for my path.

I swore and I fulfilled, to keep the judgments of Your righteousness.

I have been exceedingly humbled; O Lord, sustain me according to Your word.

The freewill offerings of my mouth accept now, O Lord, and teach me Your judgments.

My soul is constantly in my hand, and I have not forgotten Your Torah.

The wicked laid a snare for me, but I did not stray from Your precepts.

I inherited Your testimonies forever, for they are the joy of my heart.

I have inclined my heart to perform Your statutes forever on their paths.

נֶר־לְרַגְלִי דְבָרְךָ וְאוֹר לְנִתְיָבוֹתִי:  
נִשְׁבַּעְתִּי וְאֶקְיָמָה לְשֹׁמֵר מִשְׁפָּטֶי צְדָקָה:  
נִעְנִיתִי עַד־מָאֵד יְהוָה חֲנִינִי כַדְבָּרְךָ:  
נִדְּבֹת כִּי רָצָה־נָא יְהוָה וּמִשְׁפָּטֶיךָ לִמְדֵנִי:  
נִפְשִׁי בְּכַפִּי תַמְיֵד וְתוֹרָתְךָ לֹא שָׁכַחַת:  
נִתְּנֹו רְשָׁעִים פֶּחַ לִי וּמִפְקוּדֶיךָ לֹא תַעִיתִי:  
נִחַלְתִּי עֲדוֹתֶיךָ לְעוֹלָם כִּי־שִׁשְׁוֹן לִבִּי הֵמָּה:  
נִטִּיתִי לִבִּי לַעֲשׂוֹת חֻקֶּיךָ לְעוֹלָם עֲקֹב:



*Friends and family speak about the power of Netanel's smile.*



**Spread Netanel's smile and add yours too!**  
**Share this bracha along with an act of kindness to 10 people.**

**Prayer for Joy** Rabbi Natan of Breslov

Oh Hashem my God and God of my forefathers, that bestows upon us abundant mercy and great kindness. And for whom we have merited the great and wondrous joy, that we are deserving to create happiness and joy and to rejoice in you Hashem our Lord, every time that we merit to arise and do a mitzvah.

For every mitzvah and good deed is our pleasure, and we merit to be immersed in you and a part of you Hashem through the work of every mitzvah and good deed. And we should merit to extract all the holy sparks, to complete the world through the hands of Your holy presence, and have mercy on us, be there to assist us, that we should merit to rise up from exile through the hands of the good deeds in great joy. And your kingdom shall be revealed throughout all of the world and you will welcome all into your kingdom, to guard over them for eternity.

**תפילה על השמחה** רבי נתן מברסלב

ה' אלקי ואלקי אבותי שתתננו ברחמיך הרבים ובחסדיך הגדולים, ותתננו שפע של כל המצוות בשמחה גדולה ועצומה מאד, באשר ראוי לשמח ולשוש ולגיל בך ה' אלקינו, בכל עת שאנו זוכים לקיים ולעשות איזה מצוה, אשר כל מצוה ומצוה היא אהודתך, ואנו זוכים להתדבק בך ולהכליל בך ה' אלקינו על ידי עשיית כל מצוה ומצוה.

ונזכה להעלות כל ניצוצות הקדושה לשרשם, להשלים על ידם קומת השכינה. ונתרחם עלינו, ותהיה בעזרנו, שנוזכה להעלות השכינה מהגלות על ידי עשיית המצוות בשמחה גדולה, וניתגלה מלכותך על כל באי עולם. ויקבלו כלם את על מלכותך, ותמלא עליהם מיהרה לעולם ועד.

THE  
IsraelForever  
FOUNDATION

*Let's fill the world with* **#Smiles4Netanel!**

israelforever.org

May it be Your Will, HASHEM my G-d and G-d of my forefathers, that You should send speedily a full recovery from Heaven, a healing of the soul and a healing of the body, to the patient

**NETANEL ILAN BEN SHAINA TZIPORA**

among the other patients of Israel.

יהי רצון מלפניך ה' אלהי ואלהי אבותי,  
 שתשלח מהרה רפואה שלמה מן השמים,  
 רפואת הנפש ורפואת הגוף לחולה

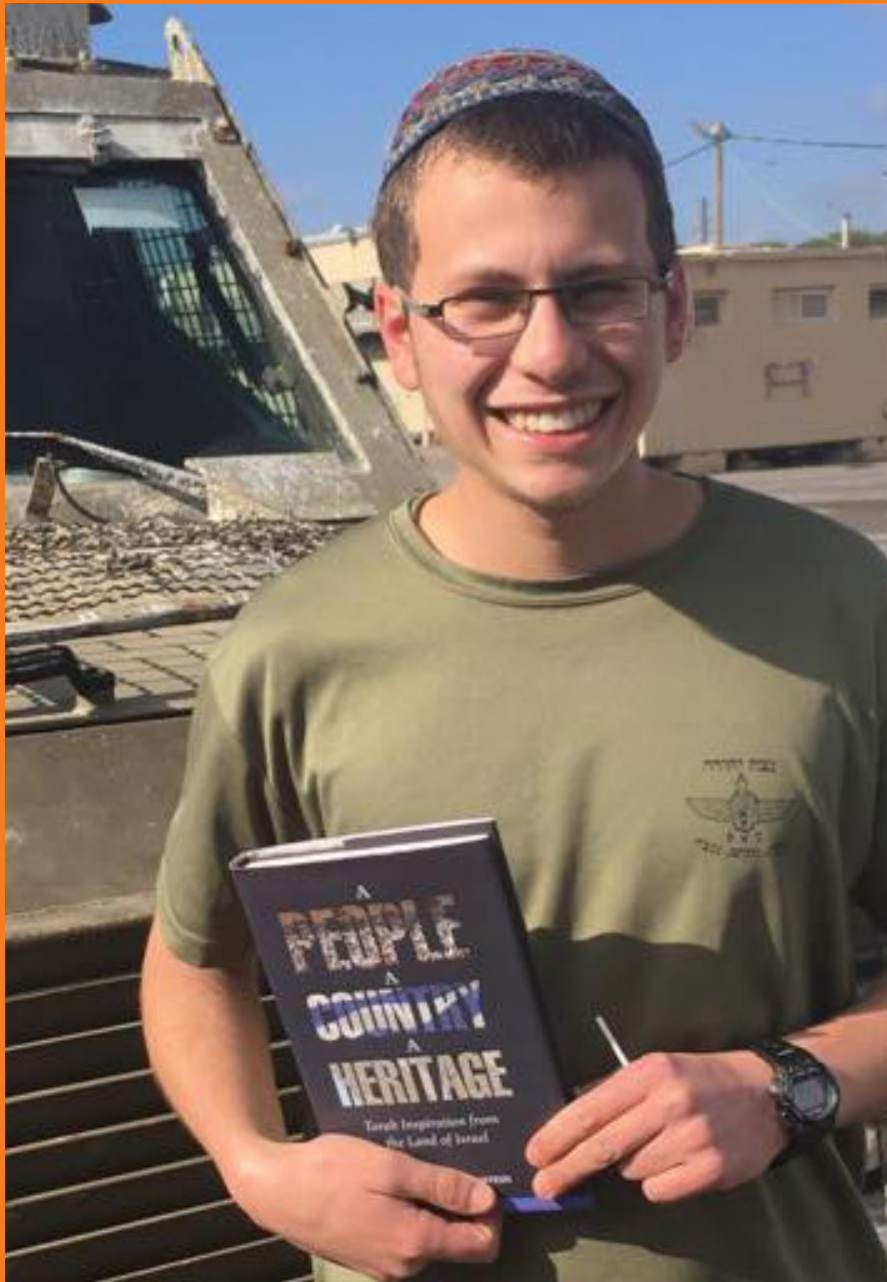
**נתנאל אילן בן שיינע ציפורה**

בתוך שאר חולי ישראל.

NETANEL ILAN BEN SHAYNA TZIPORA

## נתנאל אילן בן שיינע צפורה

נִפְשִׁי אֹוִיתִידָּ בְּלִילָה אֶף רוּחִי בְּקֶרְבִּי אֶשְׁחַדְּךָ כִּי כְּאֶשֶׁר  
מִשְׁפָּטִידָּ לְאֶרֶץ צֶדֶק לְמַדּוֹ יִשְׁבִּי תִבֵּל : [ישעיה כו: ט]



אֹוִידָּהּ הִ' כְּצִדְקוֹ וְאַצְמֶרֶה שֶׁם-הִ' עֲלֵיוֹן : [תהילים ז: יח]

אֶמְצָא מִסְתָּעוּת : [תהילים ט: ג]

אֶלִידָּהּ הִ' אֶקְרָא וְאֶל הִ' אֶתְחַנֵּן : [תהילים ל: ט]