# PSALMS/TEHILIM

## Value of Saying Tehilim

The main value of saying <u>tehilim</u> is not in saying the <u>tehilim</u> themselves, but in the prayer said AFTER saying the <u>tehilim</u> (for someone to get well, for employment, etc.). The saying of <u>tehilim</u> strengthens the prayer enormously.

## Concluding Tehilim with Yehi Ratzon of Refa'einu

If you say *Psalms/tehilim* for a sick person, you should conclude with the *yehi ratzon* that is sometimes added in *shemoneh esrei* in *refa'einu*.

## **Tehilim Additions to Regular Prayers**

Rabbis may have their congregations add Psalms/tehilim or other prayers to standard services.

## When To Say Tehilim

Both genders may say <u>tehilim</u> at night without restriction on which <u>tehilim</u> may be said; they may be said all night (or day).

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