



PSALM 20

**For someone who
needs a boost**

THIS CHAPTER was composed by King David when he sent off the army of the Jewish Nation, led by his general, Yoav. As they went to war against their enemies, David stood in Jerusalem and prayed for them. This chapter is customarily said as a prayer for those who find themselves in any kind of trouble, distress, or illness.

1 **A song** composed by King David for the choirmaster in the Holy Temple.

2 King David tells the Jewish Nation: **God should answer your prayers on the day of your difficulty; may the name of the God of Jacob strengthen you.** **3** May God send your help from the Sanctuary of the Temple, and support you from Zion (Jerusalem). **4** May He remember all your flour-offerings, and always accept your burnt-offerings favorably. **5** May He give you what your heart desires; may He fulfill all of your advice—may the advice you give people be good, and may all your ideas be successful. **6** God, we will sing with joy in Your salvation. In the name of our God, we will raise flags of victory. May God fulfill all of your needs—everything you ask for. **7** When all of these good things happen, every Jewish person will say, “Now I know that God has saved His anointed one, King David. He has answered him from His holy heavens,

א לַמְּנִצָּה מְזִמּוֹר לְדוֹד:

ב יַעֲנֶנְךָ יְהוָה בְּיוֹם צָרָה,
 יִשְׁגְּבֶנְךָ שֵׁם | אֱלֹהֵי יַעֲקֹב:
 ג יִשְׁלַח עֲזָרְךָ מִקֹּדֶשׁ,
 וּמִצִּיּוֹן יִסְעֶדְךָ:
 ד יִזְכֹּר כָּל־מִנְחֹתֶיךָ,
 וְעוֹלֹתֶיךָ יִדְשֶׁנָּה־סֵלָה:
 ה יִתֵּן־לְךָ כָּל־בָּבֶרְךָ,
 וְכָל־עֲצָתְךָ יִמְלֵא:
 ו נִרְנְנָה | בִּישׁוּעָתְךָ
 וּבְשֵׁם־אֱלֹהֵינוּ נִדְגַל,
 יִמְלֵא יְהוָה כָּל־מִשְׁאֲלוֹתֶיךָ:
 ז עֲתָה יִדְעָתִי,
 כִּי הוֹשִׁיעַ | יְהוָה מִשִּׁיחוֹ,

with the mighty saving powers of His right hand.” **8** Some rely on chariots to win wars, and others rely on horses, but we, the Jewish Nation, rely only on God. We call out in the name of the Lord, our God, for help. **9** Our enemies bend over and fall down, but we rise and stand strong. **10** Save us, God. May the King of the universe answer us on the day we call out to Him.



יֵעֲנֶהוּ מִשְׁמֵי קִדְשׁוֹ,
 בְּגִבּוֹרוֹת יֵשַׁע יְמִינוֹ:
 ה אֱלֹהֵי בְרָכָב וְאֱלֹהֵי בַסּוּסִים,
 וְאֲנַחֲנוּ | בְּשֵׁם־יְהוָה
 אֱלֹהֵינוּ נִזְכִּיר:
 ט הֵמָּה כָּרְעוּ וְנָפְלוּ,
 וְאֲנַחֲנוּ קָמְנוּ וְנִתְעוֹדַד:
 י יְהוָה הוֹשִׁיעָה,
 הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם־קִרְאָנוּ:

