

## Complete Text of Ashrei

*The Talmud teaches that one who recites Ashrei three times daily is guaranteed a place in the World to Come.*

BY MJL

The core of this prayer is [Psalm 145](#), and it is recited three times daily in the traditional Jewish liturgy.

[For a video tutorial on how to say Ashrei, click here.](#)

אַשְׁרֵי יוֹשְׁבֵי בֵּיתְךָ, עוֹד יְהַלְלוּךָ סֵלָה

*Ashrei yoshvei veitekha, ode yehalelukha selah*

Happy are those who dwell in Your house, may they always praise You, selah!

אַשְׁרֵי הָעַם שֶׁכָּכָה לּוֹ, אַשְׁרֵי הָעַם שִׁיהוּהוּ אֱלֹהֵי

*Ashrei ha'am shekakhah lo, ashrei ha'am she'Adonai elohav*

Happy is the people for whom it is so, happy is the people for whom Adonai is their God

תְּהִלָּה לְדָוִד

*Tehilah le'david*

A psalm of David

אֲרוֹמְמָה אֱלֹהֵי הַמֶּלֶךְ, וְאֶבְרַכְךָ שְׁמֶךָ לְעוֹלָם וָעֶד

*Aromimkha elohai hamelekh, v'ahvarkha shimkha le-olam va'ed*

I will exalt my God, the sovereign, I will bless Your name forever and ever

בְּכָל יוֹם אֶבְרַכְךָ, וְאֶהַלְלָה שְׁמֶךָ לְעוֹלָם וָעֶד

*B'khol yom avarkheka, v'ahalelah shimkha le-olam va'ed*

Every day I will bless You, I will praise Your name forever and ever

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד, וְלֹגְדֻלָּתוֹ אֵין חֶקֶר

*Gadol Adonai u'mehulal me'od, v'ligdulato ein kheiker*

The Lord is great and highly praised, and there is not limit to God's enormity

דוֹר לְדוֹר יִשְׁבַּח מַעֲשֵׂיךָ, וּגְבוּרָתִיךָ יִגִּידוּ

*Dor l'dor yishabakh ma'asekha, u'gevurotekha yagidu*

Each generation shall praise your deeds to the next, telling of your greatness

הַדָּר כְּבוֹד הַדָּדָךְ, וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה

*Hadar kevod hodekha, v'divrei niflotekha asikha*

The splendid honor of your glory, and I will tell of your amazing deeds

וְעִזּוֹ נוֹרְאוֹתֶיךָ יֹאמְרוּ, וּגְדוּלָתְךָ אֲסַפְּרָנָה

*Ve'ezuz norotekha yomeiru, u'gedulatekha asaprena*

And they will speak of your awesome strength, and I will tell of your enormity

זָכַר רַב טוֹבָךָ יִבְיָעוּ, וְצִדְקָתְךָ יִבְרָנּוּ

*Zekher rav tuvkhah yabiyu, v'tzidkatkha y'raneinu*

They will share a reminder of your great goodness, and they will sing of your righteousness

תִּנְנוּן בְּרַחֲמֵי יְהוָה, אֶרְךָ אַפַּיִם וּגְדֹל חֶסֶד

*Khanun v'rakhum Adonai, erekh apayim u'gdahl khaled*

The Lord is gracious and merciful, slow to anger and abounding in loving-kindness

טוֹב יְהוָה לְכֹל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו

*Tov Adonai lakhol, v'rakhamav al kol ma'asav*

The Lord is good to all, and God's mercy is bestowed on all things God has made

יִדְוֶה יְהוָה כָּל מַעֲשָׂיךָ, וְחִסְדֶּיךָ יִבְרַכְכֶּנָּה

*Yodukha Adonai kol ma'asekha, v'khasidekha y'varkhukha*

All God's creatures will give thanks to Adonai, and Your righteous ones shall bless You

כבוד מלכותך יאמרו, וגבורתך ידברו

*Kevod malkhut'kha yomeiru, u'gevurat'kha y'dabeiru*

They will tell of the glory of Your sovereignty, and speak of your greatness

להודיע לבני האדם גבורתך, וכבוד הדר מלכותך

*L'hodiya livnei ha-adam gevurotav, u'khevod hadar malkhuto*

In order to announce to all people God's greatness, and the honor and glory of God's sovereignty

מלכותך מלכות כל עלמים, וממשלתך בכל דור ודור

*Malkhutekha malkhut kol olamim, umemshaltekha b'khol dor vador*

Your kingdom shall last for ever and ever, and Your rule shall extend into each and every generation

סוף יהיה לכל הנפלים, וזוקף לכל הכפופים

*Someikh Adonai l'khol ha-noftim, v'zokeif l'khol ha-kefufim*

Adonai supports those who are fallen, and straightens those who are bent

עיני כל אליך ישברו, ואתה נוטת להם את אצלם בעתו

*Einei khol eilecha yisabeiru, v'ata notein lahem et okhlam b'ito*

Every eye shall turn expectantly to You, for You give them food in the proper time

פותח את נדך, ומשביע לכל מי רצון

*Potei-akh et yadekha, umasbiya l'khol khai ratzon*

Open Your hands, and satiate all living creatures

צדיק יהיה בכל דרכיו, וחסיד בכל מעשיו

*Tzadik Adonai b'khol d'rakhav, v'khasid b'khol ma'asav*

The Lord is righteous in all ways, and virtuous in all deeds

קרוב יהיה לכל קראיו, לכל אשר יקראהו באמת

*Karov Adonai l'khol kor'av, l'khol asher yikra'uhu ve'emet*

The Lord is close to all who call upon God, to all who call to God with sincerity

רְצוֹן יִרְאִי עֲשֵׂה, וְאֵת שְׁנֵעֲתָם יִשְׁמַע וַיּוֹשִׁיעֵם

*R'tzon y'rei'av ya'aseh, v'et shavatam yishma v'yoshi'em*

God will do the will of those who fear God, God will hear their cry and save them

שׁוֹמֵר יְהוָה אֵת כָּל אֲהַבָּיו, וְאֵת כָּל הַרְשָׁעִים יִשְׁמִיד

*Shomer Adonai et kol ohavav, v'et kol ha'r'sha'im yashmid*

The Lord guards all those who love God, and destroys all who are wicked

תְּהִלַּת יְהוָה יִדְבַּר פִּי, וַיְבָרֵךְ כָּל בָּשָׂר שֵׁם קִדְשׁוֹ לְעוֹלָם וָעֶד

*Tehilat Adonai yidaber pi, vivareikh kol basar sheim kodsho l'olam va'ed*

May the praise of God fill my mouth, and may all life bless God's name forever and ever

וְאַנְחֵנוּ נְבָרֵךְ יְיָ, מִעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ

*V'anakhnu nevareikh ya, mei'ata v'ad olam, halleluyah!*

And we bless God, from now and for always, Hallelujah!