

מענין אמירת תהלים

Finding Yourself in Tehillim

THE TEACHING

The last Torah of Tinyana. How should we say Tehillim (תהלים)? The Rebbe told one of his followers that the main thing is to say all the psalms about oneself: “למצא את עצמו בתוך כל מזמור ומזמור”, “to find oneself in each and every psalm.”

First humility, then strength and pride in who we are: “כי כך צריכין להתנהג בעבודת השם”, “for this is how one must conduct oneself in serving Hashem.”

MAIN POINTS

- The man asked: how? All the wars Dovid HaMelech asked Hashem to save him from, a person should read as his own war: the war with the evil inclination (יצר הרע) and its forces. And the same with the other psalms.
- What about the verses where Dovid praises himself, like “שמרה נפשי כי חסיד אני” (תהלים פו:ב), “guard my soul, for I am devout”? Those too, say about yourself.
- Judge yourself favourably (לכף זכות) and find in yourself some merit, some good point (נקודה טובה). In that good point, you are a חסיד.
- About King Yehoshafat it is written “ויגבה לבו בדרך ה'” (Divrei HaYamim II 17), “his heart was lifted up in the ways of Hashem.” In Hashem's service it is right to lift the heart a little.
- Every morning we first make ourselves small, “מה אנו מה חיינו”, “what are we, what is our life?” Then we say “אכל אנחנו עמך בני בריתך”, “but we are Your people, children of Your covenant”, the children of Avraham, Yitzchak and Yaakov.
- He points us to Torah I:282, on the verse “אזמרה לאלקי בעודי” (תהלים קמו:ב), “I will sing to my Elokim while I still exist.”

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

Tehillim is not someone else's diary. Open it and look for yourself in it: your battles are written there, and so are your good points. Say it about yourself.

<https://breslovai.com/tinyana/125/>

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