

# PSALMS/TEHILIM

## Value of Saying Tehilim

The main value of saying tehilim is not in saying the tehilim themselves, but in the prayer said AFTER saying the tehilim (for someone to get well, for employment, etc.). The saying of tehilim 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 tehilim at night without restriction on which tehilim may be said; they may be said all night (or day).