



תִּקּוּן חַצוֹת

Tikkun Chatzot — The Midnight Prayer · Transliteration

Leiluy Nishmat (For the elevation of the soul of) Chaya Bat Rivka Doudou. May it be God's will that her soul be bound in the bond of eternal life and ascend ever higher in Gan Eden. Amen.

Introduction

Tikkun Chatzot is the midnight prayer: a short vigil kept after halachic midnight, mourning the destruction of the Temple and the exile of the Shechinah, and asking for the rebuilding of Jerusalem.

It has two halves. Tikkun Rachel is the lament — the confession, Psalm 137 by the rivers of Babylon, Psalm 79, and the closing chapters of Eichah. Tikkun Leah is the consolation that follows it, psalms of longing and of trust that the return will come.

Rebbe Nachman of Breslov taught that rising at midnight is among the most powerful things a person can do, and returned to it again and again as the foundation of a life of prayer.

Where a passage is marked, it is left out on the days when tachanun is not said. On those days Tikkun Rachel is omitted and only Tikkun Leah is recited.



תקון רחל

Tikkun Rachel

The lament

Ana Adonay Elohenou VElohé avotenou tavo lefanecha tefilatenou veal tit'alam malkenou mitechinenou, sheén anachnu 'azé fanim ukshé 'éref lomar lefanecha Adonay Elohenou VElohé avotenou tsadikim anachnou veló chatanou, aval chatanou, avinou, pasha'nou, anachnou vaavotenou veanshé betenou:

The Confession

Ashamnou,
bagadnou,
gazalnou.
dibarnou dofi velashón hará
éevinou,
vehirsha'nou,
zadnou,
Chamasnou,
tafnou shéker umirmá,
ya'atsnou etsot ra'ot.
kizavnou,

ka'asnou,
latsnou,
lotsatsnou,
maradnou,
marinou devarecha,
niatsnou,
niafnou
nishba'nou lashav velashéker,
sararnou,
avinou,
pasha'nou,

pagamnou beot berit ködesh,
tsararnou,
tsi'arnou,
kishinou 'óref,
rasha'nou,
shikarnou,
shichatnou,
ti'avnou,
ta'inou
veti'atanou,

vesarnou mimitsvotcha Umimishpatecha hatovim veló shava lanou. Veatá tsadik 'al kol habá 'alenou ki emet 'asita vaanachnou hirsha'nou:

Ma nomar lefanecha Yoshev marom, umá nesaper lefanecha shochén shechakim, halö hanistarot vehaniglot atà Yodea' atá yodea razé 'olam veta'aloumot sitré kol chay. Atà chofès kol chadre Vaten. Roé chelayot valev Ein davar ne'elam mimecha véén nistar minégued 'enecha.

Yehi ratsón milefanecha Adonay Elohenou velohé avoténou shetimchol lanou et kol chatotenou, outchaper lanou et kol 'avonotenou, vetimchol vetislach lechol pesha'enou.

Psalm 137 • קלז

Al naharot bavel, sham yasháhnou gam bachínou bezoch'rênou et Tsión Al aravim betocha talínou kinorotênou Ki sham sheelounou shovênou divré shir vetolalênou simchá, shírou lánou mishir Tsión Ech nashir et shir Adonai



al admat nechar Im eshcachêch Yeroushaláyim, tishkach yemini Tidbak leshoni lechiki im lo ezkerêchi, im lo aalê et Yeroushaláyim al rosh simchati Zechor Adonai livnê edom et yom Yeroushaláyim, haomerim árou árou ad hayessod ba Bat bavel hashedouda, ashrê sheyeshalem lach et guemoulech shegamalt lánou Ashrê sheyochez venipêts et olaláyich el hassála

Psalm 79 · טז

Mizmor leassaf, Elohim báou goyim benachalatêcha, timeoú et hechal kodshêcha, sámou et Yeroushaláyim leiym Natenou et nivlat avadêcha maachal leof hashamaáyim, bessar chassidêcha lechaito árets Shafechoú damam kamáyim, sevivot Yeroushaláyim veen kover Hayínou cherpá lish'chenênou, láag vakéles lisvivotênou Ad ma Adonai teenaf lanétsach, tiv'ar kemo esh kin'atêcha Shefoch chamatechá el hagoyim asher lo yedaoúcha, veal mamlachot asher beshimchá lo karáou Ki achal et Yaacov, veet navêhou heshámou Al tizcor lánou avonot rishonim, maher yekademoúnou rachamêcha, ki dalônuo meod OZRênou Elohé yish'enou al devar kevod shemêcha, vehatsilenou vechaper al chatotênou lemáan shemêcha Láma yomerou hagoyim ayê Elohehem, yivada bagoyim leenênou nikmat dam avadêcha hashafouch Tavo lefanêcha enkat assir, kegódel zeroachá, hoter benê temouta Vehashev lish'chenênou shiv'atáyim el chekam, cherpatam asher cherefoúcha Adonai Vaanáchnou amechá vetson mar'itêcha nodê lechá leolam, ledor vador nessaper tehilatêcha

Eichah

Zechor Adonai me haya lanou habita ouré et cherpatenou. Nachalatenou nééfcha lezarim batenou lenochrim. Yetomim ayinou veen av imotenou kealmanot. Memenou bechesef shatinou etsenou bimchir yavo-ou. Al tsavarenou nirdafnou yaganou velo ounach lanou. Mitsrayim natanou yad ashour lisboa lachem. Avotenou chatou veenam vaanachnou avonotéém savalnou. Avadim mashélou vanou porek ein miyadam. Benafshénou navi lachménou mipéné cherev amidbar. Orénou ketanour nichmarou mipéné zalafot raav. Nashim betsion inou betoulot bearé yehouda. Sarim beyadam nitlou péné zekenim lo neéédarou. Bachourim techon nasaou ounearim baets kashalou. Zekenim mishaar shavatou bachourim mineginatam. Shavat mesos libenou nééfach lééével mecholénou.

Nafela ateret roshénou hoy lanou ki chatanou. Al zé aya davé libenou al élé chashehou énéenou. Al ár Tsion shéshamem shoualim iléchou vo. Ata Adonai leolam téshév kisacha ledor vador. Lama lanetsach tishkachénou taazvenou leorech yamim. Ashivenou Adonai elecha vénashouva chadesh yamenou kekedem. Ki Im maos meastanou katsafta alenou ad meod. Ashivenou Adonai elecha venashouva yamenou kekedem.

Abét mishamayim ouré mizévoul kodshecha vetifartecha ayé kinatecha ougvourotecha Amon méécha vérachamécha elay itapakou. Ki ata Avinou ki Avraham lo yedaanou veisrael lo yakiranou ata Adonai avinou



goalénou méol shemécha. Lama tatéenou Adonai midérachacha takshiv libénou miyiratecha shouv lémaan avadecha shivté nachalatecha. Lamitsar yareshou am kodshecha tsarenou bosséssou mikdashecha.

Veata adonai avinou ata achomer veata yotserenou oumaassé Yadecha koulanou. Al tiktsouf Adonai al médico véal laad tizkor avon ene abet na amecha choulanou. Aré kodshecha Ayóu midbar Tsion midbar ayata Yeroushaláyim shémama. Bet kodshénou vétifartenou Asher illeloucha avotenou ata lisréfat esh vechol machamadenou aya lechorba. Aal élé titapak Adonai téchéshé outanenou ad meod.

Al chomotayich yeroushalayim ifkadi shomerim Kol ayom vechol alayla tamid lo yecheshou amazkirim et Adonai al domi lachem. Veal titanou domi lo ad yechonen vead yasim et yerushalayim tehila baarets. Nishba Adonai bimino ouvizroua ouzo im eten et deganech od maachal leoyvayich veim ishtou véné nechar tiroshech asher yagaat bo. Ki measfav yochelou-ou veilelou et Adonai oumkabetsav yishtou-ou bechatsrot kodshi. Ata takoum terachem Tsion ki et lechanéna ki va moed. Ki ratsou avadecha et avanea véét afara yéchonenou. Boné yeroushalayim Adonai nidché israel yechanes.



תקון לאה

Tikkun Leah

The consolation

Psalm 42 · חב

Lamnatsêach maskil livnê Côrach Keaial taarog al afikê máyim, ken nafshi taarog elêcha Elohim Tsamea nafshi lelohim leel chai, matai avo veerae penê Elohim Haíta li dim'ati léchem iomam valaila, beemor elai col haiom aie Elohêcha Êle ezkera veesh'pechá alai nafshi, ki eevor bassach edadem ad bet Elohim, becol riná vetodá hamon chogueg Ma tishtochachi nafshi vatehemi alai, hochíli lelohim ki od odênu ieshuót panav Elohai alai nafshi tishtochach, al ken ezcorchá meérets Iarden vechermonim mehar mits'ar Tehom el tehom core lecol tsinorêcha, col mishbarêcha vegalêcha alai aváru Iomam ietsave Adonai chasdo uvalaila shiro imi, tefila leel chaiai Omera leel sal'i, láma shechachtáni, láma coder elech beláchats oiev Berétsach beatsmotai cherfuni tsorerai, beomram elai col haiom aie Elohêcha Ma tishtochachi nafshi uma tehemi alai, hochili lelohim ki od odênu ieshuót panai velohai

Psalm 43 · חג

Shofteni Elohim verivá rivi migoi lo chassid, meish mirma veavla tefaletêni Ki ata Elohe mauzi, lama zenachtáni, láma coder et'halech beláchats oiev Shelach orechá vaamitechá hema ianchúni, ieviúni el har codshechá veel mishkenotêcha Veavôa el mizbach Elohim el El simchat guili, veodechá vechinor, Elohim Elohai Ma tishtochachi nafshi uma tehemi alai, hochílim lelohim ki od odênu ieshuót panai velohai

On the days when tachanun is not said, skip Psalm 20.

Psalm 20 · כ

Lamnatsêach mizmor ledavid Iaanchá Adonai beiom tsara, iessaguevchá shem Elohe Iaacov Yishlach ezrechá micódesh, umitsión yis'adêcha Yizcor col minchotêcha, veolatechá iedashene sêla Yiten lecha chilvavêcha, vechol atsatechá iemalê Neranena bishuatêcha, uvshem Elohênu nidgol, iemale Adonai col mish'alotêcha Ata iadáti, ki hoshía Adonai meshichó, iaanêhu mishemê codsho, bigvurot iêsha iemino Ele varéchev veele vassussim, vaanáchnu beshem Adonai Elohênu nazkir Hêma careu venafálu, vaanáchnu camnu vanit'odad Adonai hoshía, hamélech iaanênu veiom cor'ênu



Psalm 24 · ד

Ledavid mizmor, ladonai haárets umeloá, tevel veioshevê vá Ki hu al iamim iessadá, veal neharot iechonenêha Mi iaalê vehar Adonai, umi iacúm bimcom codshó Neki chapáyim uvar levav, asher ló nassá lashav nafshí veló nishbá lemirmá Yissá verachá meet Adonai, uts'dacá meelohê yish'ó Zé dor doreshav, mevakeshê fanêcha Iaacóv, sêla Seú shearim rashechém vehinasseú pitchê olam, veiavó mélech hacavód Mi zé mélech hacavód, Adonai izúz veguibór, Adonai guibor milchamá Seú shearim rashechém uss'ú pitchê olam veiavo mélech hacavod Mi hu zé mélech hacavód, Adonai tsevaót hú melech hacavód, sêla

Psalm 67 · ו

Lamnatsêach binguinót mizmor shir Elohim iechonênu vivarechênu, iaer panav itánu, sêla Ladáat baárets darkêcha, bechol goyim ieshuatêcha Iodúcha amim Elohim, iodúcha amim culam Yismechú viranenú leumim, ki tishpot amim mishor, uleumim baárets tanchem sêla Iodúcha amim Elohim, iodúcha amim culam Érets natena ievulá, ievarechênu Elohim Elohênu Ievarechênu Elohim, veyireú oto col afsê árets

Psalm 111 · קיא

Haleluiá, ode Adonai bechol levav, bessod iesharim veeda Guedolim maassê Adonai, derushim lechol cheftsehem Hod vehadar paolo, vetsidcato omédet laad Zécher assa lenifleotav, chanun verachum Adonai Téref natan lireav, yizcor leolam berito Côach maassav higuíd leamo, latet lahem nachalat goyim Maassê iadav emét umishpat, neemanim col picudav Semuchim laad leolam, assuyim beemét veiashar Pedut shalach leamo, tsivá leolam berito, cadosh venorá shemó Reshit chochmá yir'at Adonai, séchel tov lechol ossehem, tehilato omédet laad

Noa tanoua eretz kashikor vehitnodeda kamelouna vechavad alea pishea venafela velo tossif kum. Vehaya bayom aou yifkod Adonai al tseva amarom bamarom veal malchei Aadama al aadama.

Psalm 51 · נא

Lamnatsêach mizmor ledavid Bevo elav Natan hanavi, caasher ba el Bat Sháva Choneni Elohim kechasdêcha, kerov rachamêcha meche feshaaí Hérev cabessení meavoní, umechatati tiharêni Ki feshaaí ani eda, vechatati negdi tamid Lechá levadechá chatáti, vehara beenêcha assíti, lemáan tits'dac bedavrêcha, tizke veshoftêcha Hen beavon cholalti, uvchet iechematni imi Hen emét chafáts'ta vatuchot, uvsatum chochma todiêni Techateêni veezov veet'har, techabessení umishéleg albin Tashmiêni sasson vessimchá, taguêl na atsamot dikíta Haster panêcha mechatatai, vechol avonotai meche Lev tahor bera li Elohim, verúach nachon chadesh bekirbi Al tashlichêni



milefanêcha, verúach codshechá al ticach mimêni Hashíva li session yish'êcha, verúach nediva tismechêni
Alamedá fosh'im derachêcha, vechataim elêcha iashúvu Hatsilêni midamim, Elohim Elohê teshuati, teranen
leshoni tsidcatêcha Adonai sefatai tiftach, ufi iaguid tehilatêcha Ki lo tachpots záchach veetêna, olá lo tirtse Zivchê
Elohim rúach nishbára, lev nishbar venidkê Elohim lo tivze Hetiva virtsonechá et Tsiôn, tivné chomót
Ierushalayim Az tachpóts zivchê tsédec olá vechalil, az iaalu al mizbachachá farim

On the days when tachanun is not said, skip the verse below.

Ad ana bichyia vetsion oumisped biroushalayim

Takum terachem Tsion tivné chomot yerushalayim

Psalm 126 · קנו

Shir hamaalot, beshuv Adonai et shivat Tsiôn hayínu kecholemim Az yimalê sechoc pínu ulshonênu rina, az
iomeru vagoyim higdil Adonai laassot im êle Higdil Adonai laassot imánu, hayínu semechim Shuva Adonai et
shevitênu caafikim banéguev Hazoreim bedim'a, berina yic'tsôru Haloch ielech uvacho nosse méshech hazára, bo
iavo verina, nosse alumotav