

B”H

Refuah Related

- One should finish Tehillim for the sick by saying the right Pasukim (paragraphs) from chapter 119 ghzg dbin sigh ghd ldggdfx ghzg vofm ghd nzmd ov ghd xi k pdfxon & of that his/her mother (eg. Av ben Tova)
- Also, the letters from the Pasukim that spell “tear the evil decree of the satan” (the letters are Koof-Reish- Ayin Sin-Tet-Nun sofit).

Alcoholic	16
Arm trouble	143,144
Difficulty in falling asleep/insomnia	4, 54,130
For a sick child	9
For headache	3
For heart trouble	141
For paralyzed person	89
For Refuah/Sickness/Crises recovery from illness	6,13,20,22,23,30,32,38,41,51,86,88,91,102,103,121,130,142,143
Sick legs	142

General

For Peace/Shalom	46, 60,120,133
For Success/Hazlacha	24, 57, 58,112
When starting something new or spiritual growth	1

Parnassa Related

For Parnassa/Livelihood	23,31,34,36,55,62,65,67,75,85,104,112,121,127,128,136,144,145,147
For someone who does not have a job/unemployed	41
Hazlacha/ Success in Business	63,114
To get back something Stolen	16

When business is poor 37

For Teshuva

10 days of Teshuva (from Rosh Hashana-Yom Kippur) 10,130
A deep request from G-d, for Guidance/Siyata Dishmaya/Help 16, 19,139
For a favorable judgment from G-d 7, 35, 93
On Rosh Chodesh (new Jewish month) 104

Personal Growth

Against Lashon Hara/Evil speech 12, 52, 55,120,140
Against Pride 75
For comfort 108,116,39,56,23
For Serenity 23,27,54,94
Jealousy 49
Lonely or Fearful 91, 27
Lucky/Mazal 108
Not to be influenced(by negative friends/environment) 92
Strength 112
The fight the Ezer Hara/evil inclination within us 17, 37, 59
To find favor in your friends eyes 85, 25
To get people to like you 111
To take away Hatred & Pride 137,138
When I am feeling to do wrong 15, 19
When I am worried in general 46, 85
When you are afraid to be alone 61
When you need a favor from a friend 65

Family Life Cycle

A parent Praying on behalf of their child/ren	1,72,100,108
For a family Simcha/Happy occasion	96
For healthy childbirth-Leida Briya	4,5,8,20,35,57,93,108,142
For one's sons success in learning Torah	19
Love between a husband & wife	45,133,139
On the day of a wedding	19
Parent – child relationships	27,34,78,112,110,127,144
Pregnancy	20
The time/or the day circumcision	12
To find one's spouse	32,38,70,71,72,82,121,124
To have children/barren women	102,103,128
When a baby is born	20,139

For the Jewish People

Against flood	24
Dangerous situation	26
Fear	14,73,145
For someone in prison	56
Getting rid of enemies	6,7,10,11,18,44,58,125,144
Help in Troublesome times	16,20,25,26,38,54,81,85,86,87,102,130,142
When the Jewish people are in a difficult situation	43,73,79,80,83
When the land of Israel is in trouble/danger	83,130,142

Travel Related

Luck when sent on a mission	83
Protect a person who goes out late at night	121
Travel by boat	124
When traveling on a journey there is also a special prayer that is said when traveling called “Tefilat HaDerech” found in prayer books	17,34,50,91

Thank You Ha-Shem/G-d

Thank you G-D	9,18,21,57,59,81,95,100,108,116,138
Thanking Ha-shem for a miracle	18
Thanking G-D for being saved/rescued	124
When everything is great	95,100,107,115,138

Cemetery/Yortzait

In a house of mourning	49
On the Yortzait or when visitin a cemetery	16,17,33,72,91,104,130
Select letters from this psalms according to the person’s name who passed away & read the related paragraphs	19 *this psalms has the entire Hebrew alphabet
To pray on behallve of the Zehut/Merit of our avot, to awaken the merits of our ancestors	16
When putting up a tomb stone in the cemetery	1