

Pesukei D'Zimra

Morning Blessings

3 blessings – body, soul, Torah (mind), 63-64 **STAND**

15 blessings – universalize the particular **STAND**
meditation and early morning Shema p.66-67 **SIT**

psalm 30 – A song for the dedication of sacred
space **SIT**

Mourner's Kaddish if minyan

Pesukei D'Zimra - Verses of song

Barukh SheAmar Opening blessing **STAND**

Numerous selections from Psalms **SIT**

Psalm 19 p.87

Psalm 34 p.88

*Psalm 136 – Hallel HaGadol, "God's love
endures forever" **STAND***

Ashrei and the last 5 psalms in the Book of Psalms
SIT

*Ashrei – Psalm 145 with special introductory
and closing verses ,p.96*

Psalms 146-150, p.97-100

Conclusion

*David's prayer from I Chronicles, p.101 **STAND***

*Selection from Nehemiah – summary of
Abraham to Exodus, p. 101 **STAND***

*Song at the Sea, p.102 **STAND***

*Nishmat kol Hai, meditation and prayer,
p.104-105 **SIT***

Ba'al Shacharit , the leader of the morning service takes
over

Shokhen Ad, conclusion of closing prayer, p.105

Final blessing of Pesukei D'zimra, p. 106 **STAND**