

אלקי נצוד - 121

Save my Soul from praying deceitfully, by saying one thing and meaning another and I should be silent as dust if I'm cursed.

עשה שלום במדומיו - 122

I am nothing before you but, please answer my requests so others will see that Hashem listens to those who follow his Torah.

יהי רצון מלפניך - 123

We ask for the quick return of the Holiness of the Bais HaMikdash which together with the Torah will raise us to ultimate heights.

תתנו - 124

Falling on our face demonstrates our fear and devotion having regret for transgressing Hashem's command by nullifying our own desires.

תתנו - 125

Falling to ones face (Nefilas Apayim) symbolically represents a punishment by death that brings atonement and closure to one's sin.

תתנו - 126

Tachanun is comprised of a prayer from Tehillim. King David finds himself bed-ridden. He sees this illness as a sign to repent for his sin with Bas Sheva.

Basics of Tachanun - 127

Hashem's anger burned and he was ready to Destroy the Jewish nation Moshe sat forty days, fell before Hashem and stood saving Yisrael.

קל אך אפים - 131

Two versions; the first we ask to be redeemed from our exile and be saved; after which we ask for success over all of our enemies and their decrees.

ויהי בנסע - 132

We follow the Holy Ark as in the desert where Hashem removed from our path snakes, scorpions and all of our enemies, changing all of nature at will.

ברוך שמה - 133

Taking the Torah out in Public opens up the Heavenly Gates so our Prayers are accepted with compassion as we depend only on Hashem for Sustenance-Life - Health and Peace.

גדלו ליהודה אתי - 134

All must seek to raise themselves to be close to Hashem according to his Ability, as we cry out to be saved from all evil especially the Yetzer Hara.

וזאת התורה אשר שם - 135

Hashem trusted Moshe that he would give over the Torah to the Jewish People without any changes due to the level of greatness he had achieved.

יהי רצון מלפני אבינו שבשמים, לכונן את בית חינינו - 136

One should (put) as great an effort into spiritual matters as he does in acquiring material objects.