

**19 - וזקה כפופים**

Let go the burden of worries and pressure; stand straight up with renewed confidence and happiness.

**20 - רוקע הארץ על המים**

Most of the world is water; yet we must be in awe of the miracle that the dry land is not swallowed by water.

**21 - שעשעה לי כל צרכי**

Your needs have all been decreed; don't kill yourself. Now do your business with peace and a joyous heart.

**22 - המבין מצעדיו גבר**

The creator gives us the ability to walk and move our bodies this is a miracle enjoy every moment!

**23 - אזור ישראל בגבורה**

Tying a belt symbolizes conquering of our evil inclination.

**24 - עומד ישראל בתפארה**

The crown of a Jew is the mitzvos he performs. These protect him from evil.

**25 - הנותן ליעקב כח**

We have faith that we have been given the strength to overcome any difficulty.

**26 - המעביר שנה מעיני**

Attaching ourselves to Torah and mitzvos will prevent us from falling into error and being influenced in the wrong way!