



Daily Gratitude Tehillim

Uniting to thank Hashem for all our blessings



Round 29: April 24 - Sept. 22, 2023

www.DailyGratitudeTehillim.com



~April 2023~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
23	Round 29!	2 25	3 26	4 27	5 28	6 29
7 30						
~May~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
	8 1	9 2	10 3	11 4	12 5	13 6
14 7	15 8	16 9	17 10	18 11	19 12	20 13
21 14	22 15	23 16	24 17	25 18	26 19	27 20
28 21	29 22	30 23	31 24	32 25	33 26	34 27
35 28	36 29	37 30	38 31			
~June~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
				39 1	40 2	41 3
42 4	43 5	44 6	45 7	46 8	47 9	48 10
49 11	50 12	51 13	52 14	53 15	54 16	55 17
56 18	57 19	58 20	59 21	60 22	61 23	62 24
63 25	64 26	65 27	66 28	67 29	68 30	
~July~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
						69 1
70 2	71 3	72 4	73 5	74 6	75 7	76 8
77 9	78 10	79 11	80 12	81 13	82 14	83 15
84 16	85 17	86 18	87 19	88 20	89 21	90 22
91 23	92 24	93 25	94 26	95 27	96 28	97 29
98 30	99 31					
~August~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
		100 1	101 2	102 3	103 4	104 5
105 6	106 7	107 8	108 9	109 10	110 11	111 12
112 13	113 14	114 15	115 16	116 17	117 18	118 19
119**20	119**21	119**22	120 23	121 24	122 25	123 26
124 28	125 28	126 29	127 30	128 31		
~September~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
					129 1	130 2
131 3	132 4	133 5	134 6	135 7	136 8	137 9
138 10	139 11	140 12	141 13	142 14	143 15	144 16
145 17	146 18	147 19	148 20	149 21	Psalm 150!	Round 30!
24	25	26	27	28	29	30

From the comfort of your own home, join people from all around the world saying one psalm a day, in gratitude for all the blessings Hashem gives us. We recommend thinking of 5 new things that you want to thank Hashem for before reciting your psalm for the day.

**** Psalm 119**

Aug. 20: Aleph - Chet verses 1 - 64
 Aug. 21: Tet - Samech verses 65 - 120
 Aug. 22: Ayin - Tav verses 121 - 176

The TzemaCh Tzedek said, "If you only knew the power of verses of Tehillim and their effect in the highest Heavens, you would recite them constantly. Know that the chapters of Tehillim shatter all barriers, they ascend higher and higher with no interference.; they prostrate themselves in supplication before the Master of all worlds, and they effect and accomplish with kindness and compassion."

If you miss a day or 2 or 3 (or more) of the psalms, it's OKAY. Either catch up or start again with the current psalm of the day.



This is a NO PRESSURE Tehillim Group. Say what you can, when you can.
 Every one of our psalms helps us reach out to Hashem in unity and in gratitude.