

Daily Gratitude Tehillim Group

Uniting to thank Hashem for all our blessings



Round 23

www.DailyGratitudeTehillim.com

Oct. 24, 2020 - March 25, 2021

| ~October 2020~ | | | | | | | | | | | | | |
|----------------|--|--------|--|---------|--|------------|--|-----------|--|-------------|--|----------|--|
| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Shabbat | |
| 18 | | 19 | | 20 | | 21 | | 22 | | 23 | | Psalm 1! | |
| 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | 8 | |
| 25 | | 26 | | 27 | | 28 | | 29 | | 30 | | 31 | |
| ~November~ | | | | | | | | | | | | | |
| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Shabbat | |
| 9 | | 10 | | 11 | | 12 | | 13 | | 14 | | 15 | |
| 16 | | 17 | | 18 | | 19 | | 20 | | 21 | | 22 | |
| 23 | | 24 | | 25 | | 26 | | 27 | | 28 | | 29 | |
| 30 | | 31 | | 32 | | 33 | | 34 | | 35 | | 36 | |
| 37 | | 38 | | | | | | | | | | | |
| 29 | | 30 | | | | | | | | | | | |
| ~December~ | | | | | | | | | | | | | |
| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Shabbat | |
| | | | | 39 | | 40 | | 41 | | 42 | | 43 | |
| 44 | | 45 | | 46 | | 47 | | 48 | | CHANUKAH 11 | | 50 | |
| 51 | | 52 | | 53 | | 54 | | 55 | | 56 | | 57 | |
| 58 | | 59 | | 60 | | 61 | | 62 | | 63 | | 64 | |
| 65 | | 66 | | 67 | | 68 | | 69 | | | | | |
| 27 | | 28 | | 29 | | 30 | | 31 | | | | | |
| ~January 2021~ | | | | | | | | | | | | | |
| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Shabbat | |
| | | | | | | | | | | 70 | | 71 | |
| 72 | | 73 | | 74 | | 75 | | 76 | | 77 | | 78 | |
| 79 | | 80 | | 81 | | 82 | | 83 | | 84 | | 85 | |
| 86 | | 87 | | 88 | | 89 | | 90 | | 91 | | 92 | |
| 93 | | 94 | | 95 | | 96 | | 97 | | 98 | | 99 | |
| 100 | | | | | | | | | | | | | |
| 31 | | | | | | | | | | | | | |
| ~February~ | | | | | | | | | | | | | |
| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Shabbat | |
| | | 101 | | 102 | | 103 | | 104 | | 105 | | 106 | |
| 107 | | 108 | | 109 | | 110 | | 111 | | 112 | | 113 | |
| 114 | | 115 | | 116 | | 117 | | 118 | | 119 **19 | | 119 **20 | |
| 119 **21 | | 120 | | 121 | | 122 | | 123 | | PURIM 26 | | 125 | |
| 126 | | | | | | | | | | | | | |
| 28 | | | | | | | | | | | | | |
| ~March~ | | | | | | | | | | | | | |
| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Shabbat | |
| | | 127 | | 128 | | 129 | | 130 | | 131 | | 132 | |
| 133 | | 134 | | 135 | | 136 | | 137 | | 138 | | 139 | |
| 140 | | 141 | | 142 | | 143 | | 144 | | 145 | | 146 | |
| 147 | | 148 | | 149 | | Psalm 150! | | Round 24! | | | | | |
| PESACH 28 | | 29 | | 30 | | 31 | | | | | | | |

From the comfort of your own home, join a sisterhood of women from all around the world saying one psalm a day, in gratitude to Hashem for all the blessings He continually showers upon us.

Suggestion: Before saying your daily tehillim, take a moment to thank Hashem for 5 new things. Gratitude creates a positive attitude and enables you to serve Hashem b'simcha!



Join our group: coachlaurie18@gmail.com

**** Psalm 119**

Feb. 19: Aleph - Chet verses 1 - 64

Feb. 20: Tet - Samech verses 65 - 120

Feb. 21: 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.