

Daily Gratitude Tehillim Group

Uniting to thank Hashem for all our blessings



Round 19

www.DailyGratitudeTehillim.com

February 24 - July 25, 2019



~February 2019 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
Psalm 1! 24	2 25	3 26	4 27	5 28		
~March~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
					6 1	7 2
8 3	9 4	10 5	11 6	12 7	13 8	14 9
15 10	16 11	17 12	18 13	19 14	20 15	21 16
22 17	23 18	24 19	25 20	26 21	27 22	28 23
29 24	30 25	31 26	32 27	33 28	34 29	35 30
36 31						
~April~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
	37 1	38 2	39 3	40 4	41 5	42 6
43 7	44 8	45 9	46 10	47 11	48 12	49 13
50 14	51 15	52 16	53 17	54 18	55 19	56 20
57 21	58 22	59 23	60 24	61 25	62 26	63 27
64 28	65 29	66 30				
~May~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
			67 1	68 2	69 3	70 4
71 5	72 6	73 7	74 8	75 9	76 10	77 11
78 12	79 13	80 14	81 15	82 16	83 17	84 18
85 19	86 20	87 21	88 22	89 23	90 24	91 25
92 26	93 27	94 28	95 29	96 30	97 31	
~June~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
						98 1
99 2	100 3	101 4	102 5	103 6	104 7	105 8
106 9	107 10	108 11	109 12	110 13	111 14	112 15
113 16	114 17	115 18	116 19	117 20	118 21	119 **22
119 **23	119 **24	120 25	121 26	122 27	123 28	124 29
125 30						
~July~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
	126 1	127 2	128 3	129 4	130 5	131 6
132 7	133 8	134 9	135 10	136 11	137 12	138 13
139 14	140 15	141 16	142 17	143 18	144 19	145 20
146 21	147 22	148 23	149 24	Psalm 150! 25	Round 20 26	

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.

Additional Resources

www.Aneinu.com- 2x a day Tehillim phone conference + shiurim

www.KavanahKards.com- Kavanah cards for your prayers

www.NerEchad.com- Sisterhood of women lighting candles + more



Join our group: coachlaurie18@gmail.com

** Psalm 119

June 22: Aleph - Chet verses 1 - 64

June 23: Tet - Samech verses 65 - 120

June 24: 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, no worries. Either catch up or start again with the current psalm of the day.
Every one of our psalms helps us reach out to Hashem in unity and in gratitude.