

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!