

**אלקי נצוד - 121**

Save my Soul from praying deceitfully, by saying one thing and meaning another and I should be silent as dust if I'm cursed.

**עשה למען שמך - 122**

I am nothing before you but, please answer my requests so others will see that Hashem listens to those who follow his Torah.

**תחנון - 123**

Falling on one's face demonstrates our willingness to Die for the Honor of Hashem rather than transgress G-d's Commandments.

**תחנון - 124**

Falling on our face demonstrates our fear and devotion having regret for transgressing Hashem's command by nullifying our own desires.

**תחנון - 125**

Falling to ones face (Nefilas Apayim) symbolically represents a punishment by death that brings atonement and closure to one's sin.

**תחנון - 126**

Tachanun is comprised of a prayer from Tehillim. King David finds himself bed-ridden. He sees this illness as a sign to repent for his sin with Bas Sheva.

**Basics of Tachanun - 127**

Hashem's anger burned and he was ready to Destroy the Jewish nation Moshe sat forty days, fell before Hashem and stood saving Yisrael.