



Weekday Amidah

A Simplified Reading Guide



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Opening Statement

אֲדֹנָי שִׁפְתֵי תִפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ

"O Lord, open my lips and my mouth will declare your praise."

Avot ("Fathers")

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵנוּ,

avoteinu veilohei eloheinu *Adonai *atah *barukh
our fathers & God of our God O Lord you blessed

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,

Ya'akov veilohei Yitzchak elohei Avraham elohei
Jacob & God of Isaac God of Abraham God of

הָאֵל הַגָּדוֹל, הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן,

elyon el ve'ha'nora ha'gibbor ha'gadol ha'el
Most High God and the revered the mighty the great God

גּוֹמֵל חֲסָדִים שׁוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסֵי אֲבוֹת,

avot chasdei ve'zokher ha'kol ve'koneh tovim chasadim gomel
fathers graces & remembers all & Creator of good mercies bestows

וּמְבִים גּוֹאֵל לְבָנָי בְּנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.

be'ahavah shemo lema'an veneyhem leevnei go'el u'meveem
in love his name for sake of to their descendants a Redeemer & brings

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

u'magen u'moshi'a ozeir melek
& Shield & Savior O Helper O king

בְּרוּךְ אַתָּה יְהוָה מֶגֶן אַבְרָהָם.

Avraham magen *Adonai *atah *barukh
Abraham shield of O Lord you blessed



“Blessed are You, O Lord our God and God of our fathers, the God of Abraham, the God of Isaac and the God of Jacob, the great, mighty and revered God, the Most High God who bestows lovingkindnesses, the Creator of all, who recalls the good deeds of the fathers and who brings a Redeemer to their children's children for his name's sake, in love. O king, helper, savior and shield. Blessed are You, O Lord, the shield of Abraham.”

Gevurot (“Mighty Deeds”)

אַתָּה גִּבּוּר לְעוֹלָם אֲדֹנָי, מַחְיֵה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.

le'hoshi'a rav a'tah metim me'chaiyeh Adonai le'olam gibbur a'tah
to save great ,are you the dead Reviver of O Lord, forever mighty You are

מְכַלֵּל חַיִּים בְּחֶסֶד, מַחְיֵה מֵתִים בְּרַחֲמִים רַבִּים,

ra'bim be'rachamim metim me'chaiyei be'chesed chiyim me'khal'kel
great in mercies the dead you revive in love the living you sustain

סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,

asurim u'ma'tir cholim ve'rofei nofelim somekh
the prisoners & set free sick ones & you heal the falling you uphold

וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר. מִי כְמוֹד בַּעַל גְּבוּרוֹת

ge'vurot ba'al khamokha mi afar lishnei emunato u'mekaiyem
mighty deeds master of is like you Who dust for sleeping his faith & sustain

וּמִי דוֹמֶה לָךְ, מֶלֶךְ מָמִית וּמַחְיֵה וּמַצְמִיחַ יְשׁוּעָה.

yeshuah u'matzmi'ach u'mechaiyeh mei'mit melek lakh domeh u'mi
salvation &who brings & revives who kills a king to you compares & who

וְנֶאֱמָן אַתָּה לְהַחְיֹת מֵתִים. בָּרוּךְ אַתָּה יְהוָה, מַחְיֵה הַמֵּתִים.

ha'metim me'chaiyeh Adonai atah barukh mei'tim le'hachayot atah ve'ne'e'man
the dead who revives O LORD you Blessed are the dead to revive You & faithful



“ You, O Lord, are mighty forever, You are the Reviver of the dead, You are greatly able to save. * You sustain the living in love, You revive the dead with great mercies, You support the falling, heal the sick, set free the prisoners and sustain faith for those who sleep in the dust. Who is like You, O Master of mighty deeds? Who compares to You -- a king who puts to death and restores to life, and brings forth salvation? And You are faithful to revive the dead. Blessed are You, O Lord, who revives the dead.”



Kedushat HaShem

(the holiness of the Name)

3

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקְדוּשִׁים בְּכָל יוֹם יְהַלְלוּךָ סֵלָה.

selah ye'haleluka yom be'khol u'kedoshim kadosh ve'shimkha kadosh a'tah
selah they praise you day all & your holy ones holy & your name holy You are

בָּרוּךְ אַתָּה יְהוָה, הָאֵל הַקָּדוֹשׁ.

ha'kadosh ha'el Adonai atah barukh
the holy the God O LORD you blessed are

“ You are holy and your Name is holy, and your holy ones praise You every day. Blessed are You, Adonai, the God Who is holy.”



קְדוּשַׁת הַשֵּׁם:

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקְדוּשִׁים בְּכָל יוֹם יְהַלְלוּךָ סֵלָה.

בָּרוּךְ אַתָּה יְהוָה, הָאֵל הַקָּדוֹשׁ.



Da'at ("Knowledge and Insight")

4

אַתָּה חוֹנֵן לְאָדָם יָדַעַת וּמְלַמֵּד לְאִנוֹשׁ בִּינָה.

binah le'enosh u'mela'med da'at le'adam cho-nein a'tah
understanding to mortal man and teach of knowledge to a man show grace You

חַנּוּנוֹ מֵאַתָּה יָדָעָה בִּינָה וְהַשְׂכִּיל.

ve'has'kel binah de'ah me'it-kha choneinu
& intelligence of insight a mind from you is be gracious

בָּרוּךְ אַתָּה יְהוָה חוֹנֵן הַדָּעַת.

ha'da'at cho-nein Adonai a'tah barukh
knowledge who favor is O LORD you blessed are

“ You show favor to a man of knowledge, and You teach understanding to a mortal man.
Be gracious to us; for from you is a mind of insight and intelligence.
Blessed are You, Adonai, Who favors us with knowledge.”



Teshuvah ("Returning to God")

5

הַשִּׁיבֵנוּ אֲבִינוּ לְתוֹרָתְךָ וְקַרְבֵּנוּ מִלְּפָנֶיךָ לְעִבּוּדְךָ.

le'avoda'tekha malkeinu vekareveinu le'toratekha avi'nu hashiveinu
to serve you our King & draw us near to your Torah our Father return us

וְהַחְזִירֵנוּ בְּתִשְׁבּוּבָה שְׁלֵמָה לְפָנֶיךָ.

lefaneikha sheleimah bitshuvah ve'hacha'zireinu
to your presence complete in repentance restore us

בָּרוּךְ אַתָּה יְהוָה הָרוֹצֶה בְּתִשְׁבּוּבָה.

bitshuvah ha'rotzeh Adonai a'tah barukh
repentance who desires O LORD you blessed are

“ Return us, our Father, to Your Torah; draw us near our King to serve You.
Restore us to Your presence in complete repentance.
Blessed are You, O Lord, Who desires repentance.”



Selichah ("Forgiveness")

6

סִלַּח לָנוּ אֲבִינוּ כִּי חָטָאנוּ, מְחַל לָנוּ מֶלְכֵנוּ,
malkeinu lanu mechal chatanu ki avinu lanu selach
our King us pardon we have sinned for our Father us forgive

כִּי פָשַׁעְנוּ, כִּי מוֹחֵל וְסוֹלֵחַ אַתָּה.
a'tah ve'solel'ach mocheil ki pashanu ki
You and forgive you pardon for we rebelled for

בָּרוּךְ אַתָּה יְהוָה חֲנוּן הַמְרַבֶּה לְסִלּוֹת.
lislo'ach ha'marbeh chanun Adonai a'tah barukh
forgives abundantly who gracious LORD you blessed are

“ *Forgive us, our Father, for we have sinned; pardon us, our King,
for we have rebelled; for You are a pardoner and a forgiver.
Blessed are you, Lord, the gracious One who abundantly forgives.* ”



Geulah ("Redemption")

7

רְאֵה בְּעֵינֵינוּ, וְרִיבָה רִיבֵנוּ, וְגַאֲלֵנוּ מִהֲרָה לְמַעַן שְׁמֶךָ,
shemekha le'ma'an me'heirah u'ge'aleinu riveinu ve'rivah ve'aneinu re'eh
your Name for sake of quickly & redeem us our cause & champion our affliction behold

כִּי גּוֹאֵל חָזָק אַתָּה. בָּרוּךְ אַתָּה יְהוָה גּוֹאֵל יִשְׂרָאֵל.
yisrael go'el Adonai a'tah barukh a'tah chazak go'el ki
Israel Redeemer of LORD you blessed are you are strong Redeemer for

“ *Behold our affliction and champion our cause, and redeem us speedily for
the sake of Thy Name. For you are a strong Redeemer. Blessed are You,
Lord, Redeemer of Israel.* ”



Refuah ("Healing")

רְפְּאוּנוּ יְהוָה וְנִרְפָּא, הוֹשִׁיעֵנוּ וְנִשְׁעָה, כִּי תִהְלֹתֵנוּ אַתָּה,
 atah tehillateinu ki ve'ni'va'shei'ah hoshi'einu ve'neirafei Adonai refa'einu
 you are our praise for & we are saved save us & we are healed O Lord heal us

וְהַעֲלֵה רְפוּאָה שְׁלֵמָה לְכֹל מַכּוֹתֵינוּ,
 mak'koteinu lekhol shleimah refuah ve'ha'aleih
 our plagues for all complete healing & raise up

כִּי אֵל מֶלֶךְ רּוֹפֵא נְאֻמָּן וְרַחֲמָן אַתָּה.
 atah ve'rachaman ne'eman rofei me'lekh el ki
 you are & merciful faithful healer king O God for

בְּרוּךְ אַתָּה יְהוָה רּוֹפֵא חוֹלֵי עַמּוֹ יִשְׂרָאֵל.
 yisrael a'mo cholei rofei Adonai a'tah barukh
 of Israel people of the sick the healer of LORD you blessed are

“ Heal us, O Lord, and we shall be healed; save us, and we will be saved, for you are our praise. Bring complete healing for all our sicknesses, for O God, for You are our faithful and compassionate Healer and King. Blessed are you, Lord, the Healer of the sick of his people Israel.”

“Heal me O Lord and I shall be healed...”

רְפְּאוּנוּ	יְהוָה	וְנִרְפָּא	הוֹשִׁיעֵנוּ	וְנִשְׁעָה	כִּי	תִהְלֹתֵנוּ	אַתָּה
re-fa-ei'-nee	Adonai	ve-ci'-ra-fei'	ho-shee-ei'-nee	ve-ee-va-shei'-ah	kee'	te-hee-la-tee'	a'-tah
heal me!	O LORD	and I shall be healed	save me!	and I shall be saved	for	my praise	you [are]

"Heal me, O LORD, and I shall be healed, save me and I shall be saved; for you are my praise." (Jer. 17:14)

רְפְּאוּנוּ יְהוָה וְנִרְפָּא הוֹשִׁיעֵנוּ וְנִשְׁעָה
 כִּי תִהְלֹתֵנוּ אַתָּה



Birkat Hashanim ("Blessing the years")

בִּרְכֵךְ עָלֵינוּ יְהוָה אֱלֹהֵינוּ אֶת הַשָּׁנָה הַזֹּאת
 ha'zot ha'shanah et eloheinu Adonai aleinu bareikh
 this the year () our God Lord upon us bless

וְאֶת כָּל מִינֵי תְבוּאָתָהּ לְטוֹבָה, וְתֵן בְּרָכָה עַל פְּנֵי הָאֲדָמָה,
 ha'adamah penei al berakhah ve'tein le'tovah tevuatah minei kol ve'et
 the earth face of on blessing & give for goodness crops kinds of all and

9

וְשַׂבְּעֵנוּ מִטּוֹבָךְ, וּבִרְכֵךְ שְׁנָתֵנוּ כְּשָׁנִים הַטּוֹבוֹת.
 ha'tovot kashanim shnateinu u'vareikh mi'tuvekha ve'sabeinu
 that were good as the years our year &bless from your good &satisfy us

בָּרוּךְ אַתָּה יְהוָה, מְבָרֵךְ הַשָּׁנִים.
 ha'shanim mei'vareikh Adonai a'tah barukh
 the years who blesses LORD you blessed are

“ Bless for us, Adonai our God, this year and its crops. Grant us a blessing on the earth. Satisfy us from Thy bounty and bless our year like other good years. Blessed are You, O Lord, Who blesses the years.”

Kibbutz Galuyot ("Ingathering of Exiles")

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵירוּתֵנוּ, וְשֵׂא נֵס לְקַבֵּץ גְּלוּיֹתֵינוּ,
 ga'luyoteinu le'kabeitz neis vesa le'cheiruteinu gadol be'shofar teka
 our exiles to gather banner &set for our freedom great the shofar sound

10

וּקְבָצֵנוּ יַחַד מֵאַרְבַּע כְּנָפֹת הָאָרֶץ.
 ha'aretz kanfot mei'arba yachad vekabtzeinu
 the earth corners of from four together &gather us

בָּרוּךְ אַתָּה יְהוָה, מְקַבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל.
 yisrael a'mo nidchei mei'kabeitz Adonai a'tah barukh
 Israel his people scattered who gathers LORD you blessed are



“ Sound the great shofar for our freedom and raise a banner to gather our exiles and unite us together from the four corners of the earth. Blessed are You, LORD, who regathers the scattered of His people Israel.”

Birkat HaDin (“Blessing for Justice”)

הָשִׁיבָה שׁוֹפְטֵינוּ כְּבָרָאשׁוֹנָה, וְיִוְעָצֵינוּ כְּבַתְחִלָּה,

ke'vatchilah ve'yo'a'tzeinu ke'varish'onah shofteinu hashivah
as there once were & counselors as in early times our judges bring back

וְהַסֵּר מִלִּפְנֵינוּ יָגוֹן וְאִנְחָה, וּמִלּוֹךְ עָלֵינוּ אַתָּה

a'tah aleinu u'melokh ve'anachah yagon mimeni ve'chaser
you over us and rule and sigh grief from us & remove

יְהוָה לְבַדְּךָ בְּחַסֵּד וּבְרַחֲמִים וְצַדִּיקָנוּ בְּמִשְׁפָּט.

ba'mishpat ve'tzadekeinu u'verachamim be'chesed le'vadkha Adonai
in judgment & righteousness & with mercy with grace you alone LORD

בָּרוּךְ אַתָּה יְהוָה, מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.

u'mishpat tzedakah oheiv melek Adonai a'tah barukh
& justice righteousness who loves King LORD you blessed are

“ Restore our judges as at the early times, and counselors as there once were. Remove our grief and sighs: we want You, Adonai, to rule over us with kindness and compassion and in righteousness and in justice. Blessed are You, Lord, the King Who loves righteousness and justice.”



Birkat HaMinim ("Against Heretics")

וְלִמְלָשִׁינִים אֵל תְּהִי תִקְוָה, וְכָל הָרָשָׁעָה כְּרָגַע

ke'rega ha'rishah ve'khol tikvah te'hi al ve'la'malshinim
as an instant the wicked & let all hope to be let not & for slanderers

תֵּאבֵד, וְכָל אִיבִיד מְהֵרָה יִכָּרְתוּ, וְהַזֵּדִים מְהֵרָה

mei'heirah ve'ha'zeidim yika'reitu mei'heirah oy'vekha ve'khol to'veid
quickly & the evil ones be cut down quickly your enemies & all be doomed

תַּעֲקַר וְתִשְׁבֵּר וְתִמְגַּר וְתִכְנֹיעַ בְּמֵהֵרָה בְּיָמֵינוּ.

veya'meinu bim'heirah ve'takhni'a u'temageir ut'shaveir te'akeir
& in our days quickly & humble & destroy & break uproot

בָּרוּךְ אַתָּה יְהוָה, שׁוֹבֵר אִיבִים וּמְכַנְּיעַ זֵדִים.

zei'dim u'makhni'a oy'yevim shaveir Adonai a'tah ba'rukh
proud ones & humbles enemies who breaks LORD you blessed are

12

“ And for slanderers [sectarians] let there be no hope, and may all the evil in an instant be destroyed and all Thy enemies be cut down swiftly; and the evil ones uproot and break and destroy and humble soon in our days. Blessed art You, LORD, who breaks down enemies and humbles the proud.”

בְּרַכַּת הַמִּינִים:

וְלִמְלָשִׁינִים אֵל תְּהִי תִקְוָה, וְכָל הָרָשָׁעָה כְּרָגַע

תֵּאבֵד, וְכָל אִיבִיד מְהֵרָה יִכָּרְתוּ, וְהַזֵּדִים מְהֵרָה

תַּעֲקַר וְתִשְׁבֵּר וְתִמְגַּר וְתִכְנֹיעַ בְּמֵהֵרָה בְּיָמֵינוּ.

בָּרוּךְ אַתָּה יְהוָה, שׁוֹבֵר אִיבִים וּמְכַנְּיעַ זֵדִים.



Tzaddikim ("Righteous Ones")

13

עַל הַצְּדִיקִים וְעַל הַחֲסִידִים וְעַל זִקְנֵי עַמְּךָ

amkha ziknei ve'al ha'chasidim ve'al ha'tzadikim al
your people elders and upon the pious and upon the righteous upon

בֵּית יִשְׂרָאֵל, וְעַל פְּלִיטַת סוֹפְרֵיהֶם, וְעַל גֵּרֵי

gerei ve'al sofrehem p'leitat ve'al yisrael beit
converts and upon scholars remnant and upon Israel house of

הַצֶּדֶק, וְעָלֵינוּ יְהוָה רַחֲמֶיךָ יְהוָה אֱלֹהֵינוּ.

eloheinu Adonai rachamekha ye'he'mu ve'aleinu ha'tzedek
our God LORD your mercies may it arise & upon us the righteous

וְתֵן שָׂכָר טוֹב לְכָל הַבוֹטְחִים בְּשִׁמְךָ בְּאֵמֶת,

be'e'met be'shimkha ha'botchim le'khol tov sakhar ve'tein
in truth in your name who trust to all good reward and give

וְשִׁים חֶלְקֵנוּ עִמָּהֶם לְעוֹלָם, וְלֹא נִבּוֹשׁ כִּי בָךְ בָּטַחְנוּ.

ba'tachnu ve'kha ki neivosh ve'lo le'olam ima'hem chelkeinu ve'sim
we trust in you for be ashamed & not forever with them our portion & set

בָּרוּךְ אַתָּה יְהוָה, מְשַׁעַן וּמִבְטָח לַצְּדִיקִים.

la'tzadikim u'mivtach mish'an Adonai a'tah ba'rukh
the righteous and assures who supports LORD you blessed are

“ Upon the righteous, upon the pious, upon the elders of your people of the house of Israel, upon the remnant of their scholars, upon the righteous converts, and upon ourselves, may Your compassion arise, O Lord our God, and give good reward to all who sincerely believe in your Name. Include us with them forever, and let us not be ashamed, for we put our trust in You. Blessed are You, Lord, the stronghold and assurance of the righteous.”





Binyan Yerushalayim ("Rebuilding Jersualem")

וְלִירוּשָׁלַיִם עִירְךָ בְּרַחֲמִים תָּשׁוּב, וְתִשְׁכֹּן בְּתוֹכָהּ

be'tokhah ve'tishkon ta'shuv be'rachamim irkha ve'li'rushalaiim
within and rest return in mercy your city and to Jerusalem

כַּאֲשֶׁר דִּבַּרְתָּ, וּבִנֵּה אוֹתָהּ בְּקֶרֶב בְּיָמֵינוּ

be'yameinu be'karov otah uvneih dibarta ka'asher
and in our days soon it rebuild you said just as

בְּנִין עוֹלָם, וְכִסֵּא דָוִד מְהֵרָה לְתוֹכָהּ תִּכְיֶן.

takhin le'tokhah me'heirah david ve'kisei olam binyan
establish within it speedily David & throne forever structure

בָּרוּךְ אַתָּה יְהוָה, בּוֹנֵה יְרוּשָׁלַיִם.

yerushalaiyim bo'neh Adonai a'tah ba'rukh
Jerusalem builder of LORD you blessed are

“ Return in compassion to Your city, Jerusalem, and rest within it as You have said. Rebuild it speedily, and in our days, a structure forever. And may You establish the throne of David within Jerusalem speedily.

Blessed are You, Lord, the Builder of Jerusalem.”

בְּנִין יְרוּשָׁלַיִם:

וְלִירוּשָׁלַיִם עִירְךָ בְּרַחֲמִים תָּשׁוּב, וְתִשְׁכֹּן בְּתוֹכָהּ

כַּאֲשֶׁר דִּבַּרְתָּ, וּבִנֵּה אוֹתָהּ בְּקֶרֶב בְּיָמֵינוּ

בְּנִין עוֹלָם, וְכִסֵּא דָוִד מְהֵרָה לְתוֹכָהּ תִּכְיֶן.

בָּרוּךְ אַתָּה יְהוָה, בּוֹנֵה יְרוּשָׁלַיִם.



Malkhut bet David ("Kingdom of David")

את צֶמַח דָּוִד עֲבֹדָה מְהֵרָה תְצַמֵּחַ,
tatz'mi'ach me'heirah av'dekha david tzemach et
sprout speedily your servant David the branch ()

15

וְקַרְנּוֹ תָרוּם בִּישׁוּעָתְךָ,
bishu'a' tekha ta'rum ve'karno
with your Salvation be exalted & his horn

כִּי לִישׁוּעָתְךָ קִוִּינוּ כָּל הַיּוֹם.
haiyom kol kivinu li'shu'atkha ki
the day all we wait in your salvation for

בָּרוּךְ אַתָּה יְהוָה, מְצַמֵּחַ קֶרֶן יְשׁוּעָה.
yeshuah keren matz'mi'ach Adonai a'tah ba'rukh
salvation the horn of who produces LORD you blessed are

“ May the Branch of David Thy servant flourish speedily and may his horn be exalted in Your salvation. For in your salvation do we hope all the day. Blessed are You, Lord, Who produces the Horn of Salvation.”



מַלְכוּת בֵּית דָּוִד:

את צֶמַח דָּוִד עֲבֹדָה מְהֵרָה תְצַמֵּחַ,
וְקַרְנּוֹ תָרוּם בִּישׁוּעָתְךָ,
כִּי לִישׁוּעָתְךָ קִוִּינוּ כָּל הַיּוֹם.
בָּרוּךְ אַתָּה יְהוָה, מְצַמֵּחַ קֶרֶן יְשׁוּעָה.



Kabbalat Tefillah (“Acceptance of Prayer”)

שְׁמַע קוֹלֵנוּ יְהוָה אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ
aleinu ve'racheim chus eloheinu Adonai koleinu shema'
upon us & mercy pity our God Lord our voice hear

16

וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ,
tefillateinu et u'veratzon be'rachamim ve'kabeil
our prayer () & in favor in mercy & accept

כִּי אֵל שׁוֹמֵעַ תְּפִלּוֹת וְתַחֲנוּנִים אַתָּה.
a'tah ve'tachanunim tefillot shomei'a el ki
are you and supplications prayers who hears God for

וּמִלְפָּנֶיךָ מִלְכֵנוּ רֵיקָם אַל תְּשִׁיבֵנוּ,
teshiveinu al reikam malkeinu u'milfanekha
turn us away do not empty our King & from you

כִּי אַתָּה שׁוֹמֵעַ תְּפִלַּת עַמְּךָ יִשְׂרָאֵל בְּרַחֲמִים.
be'rachamim yisrael amkha tefillat shomei'a a'tah ki
in mercy Israel your people prayer of hear you for

בָּרוּךְ אַתָּה יְהוָה, שׁוֹמֵעַ תְּפִלָּה.
tefillah shomei'a Adonai a'tah ba'rukh
prayer who hears LORD you blessed are

“Hear our voice, O Lord our God, and have pity and mercy upon us and accept in mercy and in favor our prayer, for You are a God Who hears prayers and supplications. Do not turn us away from before You empty, for in mercy You hear the prayer of Your people Israel. Blessed are You, Lord, Who hears prayer.”



Avodah ("Service of Worship")

17

רְצֵה יְהוָה אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל וּבִתְפִלָּתָם.
u'vitfillatam yisrael be'amkha eloheinu Adonai retzei
& receive their prayer Israel your people our God Lord accept

וְהָשִׁב אֶת הָעֲבוֹדָה לְדָבִיר בֵּיתְךָ.
beitkha lidvir ha'avodah et ve'hasheiv
your house to most holy the service () restore

וְאֲשִׁי יִשְׂרָאֵל וּתְפִלָּתָם בְּאַהֲבָה תִּקְבֹּל בְּרָצוֹן
be'ratzon teka'bel be'ahavah u'tefillatam yisrael ve'i'shei
in favor accept in love & their prayers Israel & sacrifices

וְתִהְיֶה לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.
amekha yisrael avodat tamid le'ratzon u'tehi
your people Israel the service always please and may it

וּתְחַיֶּינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.
be'rachamim le'tzi'yon be'shuvkha eineinu ve'te'chezeinah
in mercy to Zion you return our eyes & behold

בָּרוּךְ אַתָּה יְהוָה, הַמְחַזִּיר שְׁכִינָתוֹ לְצִיּוֹן.
le'tziyon shekhinato ha'ma'chazir Adonai a'tah ba'rukh
to Zion His Presences who restores LORD you blessed are

“ Accept Your people, O Lord our God, and receive their prayer. Restore the most holy service of Your house and accept in love the offerings and prayers of Israel. May it please You always to want to accept the service of Your people Israel. May our eyes see You return to Zion in mercy. Blessed are You, O Lord, Who restores His Presence to Zion.”



Hoda'ah: Thankgiving to the Lord

מוֹדִים * אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא יְהוָה * אֱלֹהֵינוּ
eloheynu Adonai hu sha'atah lakh a'nachnu modim
our God the Lord are for you you we we thank

וְאֵלֵהֶי אֲבוֹתֵינוּ לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ,
chayeinu tzur va'ed le'olam avoteinu veilohei
our lives Rock of and ever forever our fathers and God of

מִגֵּן יִשְׁעֵנוּ אַתָּה הוּא לְדוֹר וָדוֹר. נוֹדָה לָךְ
le'kha nodeh va'dor le'dor hu a'tah yisheinu magen
you we will thank for every generation are you our salvation shield

וְנִסְפֹּר תְהִלָּתְךָ עַל חַיֵּינוּ הַמְסוּרִים בְּיָדְךָ, וְעַל
ve'al beyadekha ha'mesurim chayeinu al tehilatekha u'nesapeir
and for into your hands are entrusted our lives for your praise and retell

נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נִסֶּיךָ שֶׁבְּכָל יוֹם
yohm she'bekhol niseikha ve'al lakh ha'pekodot nishmoteinu
that every day your miracles and for to you are accounted our souls

עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שֶׁבְּכָל עֵת,
eit shebekhol vetovotekha nifleoteykha ve'al imanu
that are at all times and favors your wonders and for with us

עָרֵב וּבֹקֶר וְצַהֲרָיִם. הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ,
rachameykha khalu lo ki ha'tov ve'tza'horayim va'voker erev
your mercies exhausted not for O Good & afternoon & morning evening

וְהַמְּרַחֵם כִּי לֹא תָמוּ חַסְדֶּיךָ, מֵעוֹלָם קִיֵּינוּ לָךְ.
lakh kivinu mei'olam chasdeykha tamu lo ki ve'ham'rachem
in you we hope forever your love ended not for &compassions

* Traditional Jews bow at the word "modim"
and straighten up when the name "Adonai" is said.



[conclusion]

וְעַל כָּלֵם יִתְבָּרַךְ וַיִּתְרוֹמַם שְׁמֶךָ מְלִכֵּנוּ

malk^einu shimk^ha veyit'romam yitbarakh kulam ve'al
our King your name & exalted is blessed all this & for

תָּמִיד לְעוֹלָם וָעֶד. וְכָל הַחַיִּים יוֹדִים פְּלָה,

selah yoduk^ha ha'chayim ve'khol va'ed le'olam tamim
forever will praise you the living and all and ever forever always

וַיְהַלְלוּ אֶת שְׁמֶךָ בְּאֵמֶת, הָאֵל יִשׁוּעָתֵנוּ וְעִזְרָתֵנוּ פְּלָה.

selah ve'ezrateinu yeshuateinu ha'el be'emet shimk^ha et vi'hallelu
forever and our help our salvation the God of in truth your name & praise

בָּרוּךְ אַתָּה יְהוָה, הַטוֹב שְׁמֶךָ וְלָךְ נָאֶה לְהוֹדוֹת.

le'hodot na'eh lek^ha shimk^ha ha'tov Adonai a'tah baruk^h
to give thanks it is right & to you your name the Good O Lord are You Blessed

“ We thank You, for it is You alone Who is Adonai our God and the God of our fathers, forever and ever. You are the Rock and Shield of our salvation, You alone, from generation to generation. We thank You and tell of Your praise, for our lives are in Your hands and our souls are trusting in You. Every day Your miracles are with us: Your wonders and favors are at all times, evening, morning, and afternoon. O Good One, Your compassions are never exhausted and Your kindnesses are continual. We put our hope in You.

For all these things we bless and exalt Your Name our King forever and evermore. And all the living shall confess You forever and praise Your Name in truth, O God of our salvation and our help forever! Blessed are You, Adonai, “The Good One” is Your Name, and to You it is right to give thanks.”





Sim Shalom: Asking God for Peace

שִׁים שְׁלוֹם, טוֹבָה, וּבְרָכָה, חֵן, וְחֶסֶד וְרַחֲמִים
ve'rachamim va'chesed chen uvrachah tovah shalom sim
& mercies kindness grace & blessing goodness peace grant

עָלֵינוּ יְעַל כָּל יִשְׂרָאֵל עֲמָךְ.
amekha yisrael kol ve'al aleinu
your people Israel all & upon upon us

בְּרַכָּנוּ אֲבִינוּ, כָּלָנוּ כְּאַחַד בְּאֹר פָּנֶיךָ,
panekha be'ohr ke'echad kulanu avinu barekheinu
your face with the light as one all of us our Father Bless us

כִּי בְּאֹר פָּנֶיךָ נָתַתָּ לָנוּ,
lanu natata panekha ve'ohr kee
to us you gave your face with the light for

יְהוָה אֱלֹהֵינוּ, תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,
chesed ve'ahavat chaiyim torat eloheinu Adonai
& the love of kindness the Torah of life our God Lord

וּצְדָקָה, וּבְרָכָה, וְרַחֲמִים, וְחַיִּים, וְשָׁלוֹם.
ve'shalom ve'chayim ve'rachamim uvrachah u'tzdakah
& peace & life & mercies & blessing & righteousness

יָטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמָּךְ יִשְׂרָאֵל,
yisrael amekha et le'vareikh be'einekha ve'tov
Israel your people to bless in your eyes & good

בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.
bishlomekhah sha'ah uv'khol eit be'khol
with your peace hour & in every times at all

בָּרוּךְ אַתָּה יְהוָה, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.
ba'shalom yisrael amo et ha'mevarekh Adonai a'tah barukh
with peace Israel his people who blesses O Lord you Blessed are



Oseh Shalom:

עֲשֵׂה שָׁלוֹם בְּמִרְמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,

aleinu shalom ya'aseh hu bimromav shalom oseh
for us peace will make he in his high places peace He makes

וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.

amen ve'imru yisrael kol ve'al
Amen and say ye Israel all and for

Closing Appeal:

יְהִיו לְרָצוֹן אִמְרֵי־פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ יְהוָה צוּרִי וְגֹאֲלִי

ve'goa'li tzuri Adonai lefanekha libi ve'hegeyon imrei-fi leratzon yehi
& my Redeemer my Rock O Lord before You my heart & meditation my words accepted Let be

“ Grant peace, goodness, blessing, grace, kindness, and compassion upon us and upon all of Your people Israel. Bless us, our Father, all of us as one, with the light of Your face, for with the light of Your face You gave to us, Adonai our God, the Torah of life and love of kindness, righteousness, blessing, compassion, life, and peace. And may it be good in Your eyes to bless Your people Israel at every time and at every hour with Your peace. Blessed art You, Lord, Who blesses His people Israel with peace.

May He who makes peace in His high places make peace for us, and for all Israel. And say ye, Amen.

Let the words of my mouth, and the meditation of my heart, be acceptable unto Thee, O LORD, my Strength and my Redeemer.”

