

# Weekday Evening Prayers

## תפילות מעריב

### Kavannah (Spiritual Focusing) Exercises

#### PRAYERFUL THOUGHTS

Prayer is the bridge that carries us to God.<sup>1</sup>

When people sit and words of Torah are spoken, the Divine Presence rests among them.<sup>2</sup>

May I make of my life an act of reverence, a prayer that is its own answer.<sup>3</sup>

#### PSALM 121

שִׁיר לַמַּעְלוֹת, אֲשָׁא עֵינַי אֶל־הַהָרִים, מֵאֵין יָבֹא עֲזָרִי:  
עֲזָרִי מֵעַם יְהוָה, עֲשֵׂה שָׁמַיִם וָאָרֶץ:  
אֶל־יִתֵּן לַמּוֹט רַגְלֶךָ, אֶל־יָנוּם שֹׁמְרֶךָ:  
הֲנִיחַ לֹא יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:  
יְהוָה שֹׁמְרֶךָ, יְהוָה צִלְּךָ עַל־יַד יְמִינֶךָ:  
יּוֹמָם הַשֶּׁמֶשׁ לֹא־יַכְכָּה, וַיְרִיחַ בַּלַּיְלָה:  
יְהוָה יִשְׁמְרֶךָ מִכָּל־רָע, יִשְׁמַר אֶת־נַפְשְׁךָ:  
יְהוָה יִשְׁמַר־צִאתְךָ וּבואְךָ מֵעַתָּה וְעַד־עוֹלָם:

Shir lama'alot: Esa aynai el-heharim, me'ayin yavo ez'ri?

Ez'ri me'im Adonai, oseh shamayim va'aretz.

Al-yiten lamot rag'lecha, al-yanum Shom'recha.

Hineh lo yanum v'lo yishan Shomer Yis'ra'el.

Adonai shom'recha, Adonai tzil'cha al-yad y'minecha.

Yomam hashemesh lo-yakekah, v'yare'ach bala'y'lah.

Adonai yish'mor'cha mikol-ra, yish'mor et-naf'shecha.

Adonai yish'mor-tzet'cha uvo'echa me'atah v'ad-olam.

1. Hassidic Saying

2. Chananya ben Teradion, Pirke Avot 3.3

3. Rabbi Chaim Stern, *Gates of Prayer*, p.215

A Song of Ascents:

I lift up my eyes to the mountains; from where will my help come?  
 My help comes from the Lord, Maker of heaven and of earth.  
 God will not let your foot slip; your Guardian will not slumber.  
 Behold, the Guardian of Israel neither slumbers nor sleeps!  
 The Lord is your guardian; the Lord is your protection at your right hand.  
 The sun will not strike you by day, nor the moon by night.  
 The Lord will guard you from all harm; God protects your soul.  
 The Lord will guard you both coming and going,  
 From this time forth and forever.

#### OUR PLACE IN GOD'S CREATION<sup>4</sup>

לִיהוָה הָאָרֶץ וּמְלוֹאָהָ, תֵבֵל וַיִּשְׁבִּי בָהּ:  
 כִּי הוּא עַל-יָמִים יִסְדָּהּ, וְעַל-נְהַרֹת יִכּוֹנְנֶנָּה:  
 מִיַּעֲלֶה בְהַר יְהוָה, וּמִי־יָקוּם בְּמִקְוֹם קֹדֶשׁ:  
 נָקִי כַפַּיִם וְיָדָיו לֵבָב, אֲשֶׁר לֹא-נָשָׂא לִשְׂוֹא נַפְשִׁי,  
 וְלֹא נִשְׁבַּע לְמַרְמָה:  
 יִשָּׂא בְרָכָה מֵאֵת יְהוָה, וַצַּדִּיקָה מֵאֱלֹהֵי יִשְׁעוֹ:  
 זֶה דֹר דֹּר שָׁאוּ, מִבְּקִשֵׁי פְנֵיהֶּ, יַעֲקֹב, סֵלָה:

Ladonai ha'aretz um'lo'ah, tevel v'yosh'vay vah.  
 Ki Hu al'yamim y'sadah, v'al-n'harot y'chon'neha.  
 Mi-ya'aleh v'har Adonai, umi-yakum bim'kom kod'sho?  
 Naki chapayim uvar levav, asher lo'nasa lashav nafshi,  
 V'lo nish'ba l'mir'mah.  
 Yisa v'racha me'et Adonai, utz'dakah me-Elohay yish'o.  
 Zeh dor dor'shav, m'vak'shay panecha, Ya'akov. Selah!

The earth is the Lord's and all its fullness, the world and all who live here. For God founded it upon the seas and established it over the floods. Who shall ascend the mountain of the Lord? Who shall stand in that holy place? One who has clean hands and a pure heart, who does not take God's Name in vain, and does not swear deceitfully. Such is one who will receive a blessing from the Lord, justice from the God of our salvation. Such, O Jacob, is the generation of those who seek the Lord. Selah!

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4. Psalm 24.1-6

## PSALM 23

מְזִמּוֹר לְדָוִד: יי רְעִי לֹא אֶחָסֵר: בְּנֵאוֹת דְּשָׂא יִרְבִּיצְנִי  
 עַל־מֵי מְנַחֹת יִנְחֵלְנִי: נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְנֵי לֵי־צַדִּיק  
 לְמַעַן שְׁמוֹ: גַּם כִּי־אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא־אִירָא רָע  
 כִּי־אַתָּה עֲמַדִּי שְׂבִמְךָ וּמִשְׁעֲנֵתְךָ הִמָּה יִנְחַמְנִי:  
 תַּעֲרֹךְ לְפָנַי | שְׁלַחַן נֶגֶד צַרְרֵי דִשְׁנֵתָ בְּשֶׁמֶן רֹאשִׁי  
 כּוֹסֵי רוּיָה: אֵךְ טוֹב וְחָסֵד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי  
 וְשִׁבְתִּי בְּבֵית־יְיָ לְאָרְךָ יָמִים:

Miz'mor l'David: Adonai Ro'i, lo ech'sar. Bin'ot deshe yar'bitzeni, al-may  
 m'nuchot y'nachaleni. Naf'shi y'shovev, yan'cheni v'ma'g'lay-tzedek  
 l'ma'an Sh'mo. Gam ki-elech b'gay tzal'mavet, lo-ira ra ki-Atah imadi,  
 shiv't'cha umish'an'techa hemah y'nachamuni. Ta'aroch l'fanai shul'chan  
 neged tzor'rai, dishan'ta vashemen roshi, kosi r'vayah. Ach tov vachased  
 yir'd'funi kol-y'may chayai, v'shav'ti b'vayt-Adonai l'orech yamim.

A Psalm of David: The Lord is my shepherd; I shall not want.  
 God makes me lie down in green pastures – leads me beside  
 still waters. God restores my soul and leads me in the paths  
 of righteousness for Sake of the Holy Name. Yea, though I walk  
 through the valley of the shadow of death, I will fear no evil;  
 for You are with me; Your rod and Your staff comfort me.  
 You prepare a table before me in the presence of my enemies;  
 You anoint my head with oil; my cup runneth over.  
 Surely goodness and loving kindness shall follow me all the  
 days of my life; and I will dwell in the house of the Lord forever.

THE HOLINESS OF THIS GATHERING<sup>5</sup>

May the rest and quiet of this hour of worship refresh our inner  
 life and renew in us the sense of Your Holy Presence. Open our  
 eyes that we behold truth and beauty in the words of the inspired  
 teachers of Your Will. Animate our thoughts and endeavors with  
 the power of Your Divine Purposes, so that whatever our hands  
 find to do, we may do with all our might. Fill our hearts with  
 peace and serenity, that we may hear the voice of Your Spirit and  
 be moved to build our lives on the abiding foundations of Your Torah.

5. Slightly adapted from *The Union Prayer Book*, p.58

## READER'S KADDISH (CHATZI KADDISH)

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֲלָמָא דִּי בְּרָא בְּרַעוּתָהּ.  
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית  
יִשְׂרָאֵל. בְּעֲגָלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן:

Yit'gadal v'yit'kadash Sh'meh Rabba b'al'ma di v'ra chir'uteh,  
v'yam'lich Mal'chuteh b'cha'yay'chon uv'yomay'chon uv'chayay  
d'chol Bayt Yis'ra'el, ba'agalah uviz'man kariv, v'im'ru Amen.

May God's great Name be extolled and hallowed in this world  
created by Divine Will. May God's kingdom soon prevail, in our  
own day, our own lives, and the life of all Israel, and let us say: Amen.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִי וְלְעָלְמֵי עָלְמַיָּא:

Y'he Sh'meh Rabba m'varach l'alam ul'al'may al'maya.

Let God's great Name be blessed always and forever.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה.  
וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא לְעָלְמָא מִן כָּל בְּרַבְתָּא  
וְשִׁירְתָּא, תְּשַׁבַּחְתָּא וְנַחֲמָתָא, דְּאִמְרוּן בְּעֲלָמָא, וְאָמְרוּ אָמֵן:

Yit'barach v'yish'tabach v'yit'pa'ar v'yit'romam v'yit'nase' v'yih'hadar  
v'yit'aleh v'yit'halal Sh'meh d'kud'sha, b'rich Hu, l'ela min kol bir'chata  
v'shirata tush'b'chata v'nechemata da'amiran b'al'ma, v'im'ru Amen.

Let the Name of the Holy One of Blessing be praised, glorified, honored,  
exalted, lifted up, adored, revered, and proclaimed even though the  
Eternal is beyond all the blessings, songs, adorations, and exaltations  
that could ever be uttered in all the world, and let us say: Amen.

## The Shema and Its Blessings

Bar'chu

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ:  
בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Bar'chu et Adonai ham'vorach.

*Baruch Adonai ham'vorach l'olam va'ed.*

Praise the Lord Who deserves all praise.

*We praise the Lord Who deserves all praise now and forever.*

## Ma'ariv Aravim: Our Creator

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְרוֹ מְעַרֵב עַרְבִים,  
 בְּחֶכְמָה פּוֹתַח שְׁעָרִים, וּבְתַבּוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת  
 הַיּוֹמִים, וּמְסַדֵּר אֶת הַכּוֹכָבִים, בְּמִשְׁמְרוֹתֵיהֶם בְּרִקְוֵעַ בְּרִצּוֹנוֹ.  
 בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר.  
 וּמַעְבִּיר יוֹם וּמַבְיֵא לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ  
 צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד וּמְלוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.  
 בְּרוּךְ אַתָּה יְיָ הַמְעַרֵב עַרְבִים, מְחַיֶּה הַבַּל, עוֹשֶׂה מַעֲשֵׂה בְּרֵאשִׁית.

Baruch Atah Adonai, Elohaynu Melech ha'olam, Asher bid'varo ma'ariv aravim,  
 b'choch'mah pote'ach sh'arim, uvit'vunah m'shaneh itim, umachalif et haz'manim,  
 um'sadder et hakochovim b'mish'm'rotay'hem baraki'a kir'tzono. Bore' yom  
 va'la'y'lah, golel or mip'nay choshech, v'chosech mip'nay or. Uma'avir yom umevi  
 la'y'lah umav'dil bayn yom uvayn la'y'lah, Adonai Tz'va'ot Sh'mo. El chai v'kayam,  
 tamid yim'loch alaynu l'olam va'ed. Baruch Atah Adonai, hama'ariv aravim,  
 m'chayeh hakol, oseh ma'aseh v'resheet.

We praise You, O Holy One of Blessing, Source of all the world, Who brings  
 on the evening twilight. In wisdom You open the gates of heaven, and, with  
 understanding, You set the hours, align the seasons, and arrange the stars  
 in their paths. You create light and darkness, rolling away the light for the  
 darkness and the darkness for the light. You cause the day to pass and  
 bring on the night, separating between day and night. The Lord of Hosts  
 is Your Name. O Living and Eternal God, rule over us continually, forever  
 and ever. Blessed are You, O Lord, Who brings on the evening twilight,  
 gives life to all, and continues the work of creation.

## Ahavat Olam: The Love We Share with God

אֲהַבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֲהַבְתָּ, תּוֹרָה וּמִצְוֹת, חֻקִּים  
 וּמִשְׁפָּטִים, אוֹתָנוּ לְמַדְתָּ. עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשִׂבְבָנוּ  
 וּבְקוֹמָנוּ נִשְׁיַח בְּחֻקְךָ, וְנִשְׁמַח בְּדַבְרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ  
 לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאֶרֶץ יְמִינוּ, וּבָהֶם נִהְנֶה יוֹמָם  
 וְלַיְלָה, וְאֲהַבְתָּךְ אֵל תְּסִיר מִמֶּנּוּ לְעוֹלָמִים.  
 בְּרוּךְ אַתָּה יְיָ שְׁחָלַק מִחֶכְמָתוֹ לִירְאָיו.

Ahavat olam Bayt Yis'ra'el am'cha ahav'ta. Torah umitz'vot chukim umish'patim otanu limad'ta. Al ken Adonai Elohaynu b'shoch'venu uv'kumenu nasi'ach b'chukecha, v'nis'mach b'divray Toratecha uv'mitz'votecha l'olam va'ed. Ki hem cha'yaynu v'orech yamay'nu, uvahem neh'geh yomam vala'y'lah, v'ahavat'cha al tasir mimenu l'olamim. Baruch Atah Adonai, she'cholek mechoch'mato li're'av.

With Eternal Love do You love Your people Israel, teaching us Torah and mitzvot, and laws and precepts. Therefore, O Lord our God, when we lie down and when we rise up, we shall meditate on your laws and rejoice in the words of Your Torah and mitzvot forever. They are the life and the length of our days; we will think about them both day and night. May Your Love never leave us. We praise You, O Lord, Who gives special wisdom to those who are reverent.

Shema<sup>6</sup>

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:  
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Sh'ma Yis'ra'el, Adonai Elohaynu, Adonai Echad.

Baruch Shem K'vod Mal'chuto l'olam va'ed.

*Hear, O Israel, the Lord is our God, the Lord is One.*

*Blessed be the Name of God's glorious kingdom forever and ever.*

YOU SHALL LOVE<sup>7</sup>

וְאַהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשֶׁךָ, וּבְכָל-מְאֹדְךָ.  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם, עַל-לִבְבְּךָ:  
וְשָׁנַנְתָּם לְבְנֶיךָ, וְדַבַּרְתָּ בָּם בְּשַׁבְּתֶךָ בְּבֵיתְךָ, וּבְלִקְוֹתֶיךָ בַּדֶּרֶךְ  
וּבְשַׂכְבְּךָ, וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטַמְּפַת  
בֵּין עֵינֶיךָ, וּכְתַבְתָּם עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

V'ahav'ta et Adonai Elohecha b'chol l'av'cha uv'chol naf'sh'cha  
uv'chol m'odecha. V'hayu had'varim ha'eleh asher Anochi  
m'tzav'cha hayom al l'avvecha. V'shinan'tam l'vanecha v'dibbar'ta  
bam b'shiv't'cha b'vay'techa uv'lech't'cha vaderech uv'shoch'b'cha  
uv'kumecha. Uk'shar'tam l'ot al-yadecha v'hayu l'totafot bayn  
aynecha, uch'tavtam al m'zuzot baytecha uvish'arecha.

6. Deuteronomy 6.4

7. Deuteronomy 6.5-9

You shall love the Lord your God with all your mind, with all your strength, and with all your being. All these words, which I command you this day, shall be upon your heart. You shall teach them diligently to your children and speak of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. You shall bind them as a sign on your hand, and they shall be for frontlets above your eyes. You shall write them on the doorposts of your house and on your gates.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים  
 לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ  
 מִצְרַיִם, לְהִיּוֹת לָכֶם לֵאלֹהִים, אֲנִי יְיָ אֱלֹהֵיכֶם: [אֱמֶת]

L'ma'an tiz'k'ru va'asitem et kol mitzvotai vi'h'yitem k'doshim  
 lelohay'chem. Ani Adonai Elohay'chem Asher hotzeti et'chem me'erezt  
 Mitz'rayim l'hiyot lachem lelohim. Ani Adonai Elohay'chem. [Emet.]

You should remember and do all my commandments, and be holy unto your God. I am the Lord, your God, Who brought you up out of the land of Egypt to be your God. I am the Lord, your God. [Truth]

### Ge'ulah: The Power That Saves Us<sup>8</sup>

There is truth in the words that God speaks to us,  
 Truth and a tradition of seeking the holy.

*There is wisdom in hearkening to these words,  
 Glory in speaking them to others.*

The Eternal is present in our lives,  
 Instilling faith and giving life.

*God is our refuge and our strength,  
 A very present help in time of trouble.*

When we are suffering, God dwells within,  
 Giving us strength when we have none.

*And when we are delivered, God appears to all,  
 Bringing us forth from pain and despair.*

In Egypt, we were slaves; we do remember.  
 In Egypt, we suffered and waited for God.

*In Egypt, God heard us, and God set us free,  
 From Egypt, God freed us, and we could breathe free.*

In Sinai and now, we treasure our freedom;

*May we find God and feel God and sing freedom's song.*

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8. Rabbi David E. Ostrich

MI CHAMOCHA<sup>9</sup>

מִי כְמוֹכָה בְּאֵלִים יְיָ, מִי כְמוֹכָה נְאֻדָר בְּקֹדֶשׁ,  
 נוֹרָא תְהִילָת, עֲשֵׂה פֶלְא:  
 מַלְכוּתְךָ רָאוּ בְנֶיךָ, בּוֹקֵעַ יָם לְפָנַי מֹשֶׁה,  
 זֶה אֱלֹהֵי עַנּוּ וְאָמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:

**Mi chamocha ba'elim Adonai, mi kamocha ne'dar bakodesh, nora t'hilot oseh fele'.**

**Mal'chut'cha ra'u vanecha, boke'a yam lif'nay Mosheh,**

**"Zeh Eli!" anu v'am'ru, "Adonai yimloch l'olam va'ed!"**

Who is like You, O Lord, among the mighty?! Who is like You, glorious in holiness, awesome in praises, working wonders? Your children saw Your might at the splitting of the sea. "This is my God," they sang; "The Lord will rule forever and ever!"

בְּרוּךְ אַתָּה יְיָ, שׁוֹמְרֵנוּ גּוֹאֲלֵנוּ וְצוּר יִשְׁעֵנוּ.

**Baruch Atah Adonai, Shom'renu, Go'alenu, v'Tzur yish'enu.**

Blessed is the Lord, Who protects us, Who helps us when we are in difficulty, and Who is our eternal and everlasting hope.

Hashkivaynu: For a Peaceful Night

אֵל מֶלֶךְ נְאֻמָּן

**EI Melech ne'eman,**

O God Who is mighty and faithful, we pray for Your shelter of peace. May it cover us with warmth and safety. When the night winds blow and we feel lonely, may You kindle the light within that warms our souls and guides our way.

Let there be love and understanding among us;<sup>10</sup> let peace and friendship be our shelter from life's storms. Eternal God, help us to walk with good companions, to live with hope in our hearts and eternity in our thoughts, that we may lie down in peace and rise up to find our hearts waiting to do Your will.

בְּרוּךְ אַתָּה יְיָ, שׁוֹמֵר עַמּוֹ יִשְׂרָאֵל לְעֶד.

**Baruch Atah Adonai, Shomer amo Yis'ra'el la'ad.**

We praise You, O Lord, Who guards Your People Israel.

9. Exodus 15

10. Rabbi Chaim Stern, adapted from Rabbi Elazar (2nd Century) in Berachot 16b; found in *Gates of Prayer* (CCAR, 1975), p.151



## Tefilah/ Amidah: Our Main Prayer

אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

Adonai, s'fatai tif'tach ufi yaggid t'hilatecha.

Eternal God, open my lips that my mouth may declare Your glory.

## Avot Ve'imahot: God of Our Ancestors

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם,  
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רֵבֶקָה, אֱלֹהֵי רָחֵל,  
וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים  
טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמָּהוֹת, וּמֵבִיא גְּאֻלָּה  
לְבָנֵי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה: מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:  
בָּרוּךְ אַתָּה יְיָ, מֶגֶן אַבְרָהָם וְעֲזֵרַת שָׂרָה:

Baruch Atah Adonai, Elohaynu velohay avotaynu v'imotaynu, Elohay Avraham,  
Elohay Yitzchak, velohay Ya'akov, Elohay Sarah, Elohay Rivkah, Elohay Rachel,  
velohay Le'ah. Ha'el hagadol hagibbor v'hanorah, El elyon, gomel chasadim tovim,  
v'koneh hakol, v'zocher chasday avot v'imahot, umevi g'ulah liv'nay v'nayhem  
l'ma'an Sh'mo b'ahavah. Melech, Ozer, umoshi'a umagen. Baruch Atah Adonai,  
Magen Avraham v'Ezrat Sarah.

Blessed are You, O Lord our God, God of our fathers and mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebecca, God of Rachel, and God of Leah. You are great and mighty and awesome; truly God supreme. You help those who are good and show concern for us all. You remember the good deeds of our ancestors and, with great love, will take care of us forever. You are our Ruler, Helper, Savior, and Protector. Blessed are You, O Lord, Shield of Abraham and Helper of Sarah.

## Gevurot: God's Is The Energy of Life

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי, מְחִיָּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ: מְבַלְבֵּל  
חַיִּים בְּחָסֵד, מְחִיָּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא  
חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אַמּוּנָתוֹ לְיֹשְׁנֵי עֵפֶר, מִי כְמוֹךָ בַּעַל  
גְּבוּרוֹת וּמִי דוֹמָה לָךְ, מֶלֶךְ מַמְיֵת וּמְחִיָּה וּמְצַמִּיחַ יְשׁוּעָה: וְנֶאֱמַן  
אַתָּה לְהַחְיֹת הַכֹּל. בָּרוּךְ אַתָּה יְיָ, נֹמֵעַ בְּתוֹכְנוּ חַיֵּי עוֹלָם:

Atah gibor l'olam Adonai, m'chayeh hakol Atah, rav l'hoshi'a. M'chalkel chayim b'chesed, m'chayeh hakol b'rachamim rabim, Somech nof'lim v'rofe' cholim, umatir asurim, um'kayem emunato lishenay afar. Mi chamocha ba'al g'vurot, umi domeh lach, Melech memit um'chayeh umatz'mi'ach y'shu'ah. V'ne'eman Atah l'hachayot hakol. Baruch Atah Adonai, note'a b'tochaynu cha'yay olam.

You are mighty forever, O Lord; You give life to all and great salvation. With lovingkindness You sustain the living; with overwhelming compassion You give life to all. You lift up the fallen, heal the sick, free the captive, and are faithful to those who sleep in the dust. Who is like You, O Master of might, and who can be compared to You, O Ruler Who brings about life and death and salvation? You are faithful in giving life to all. We praise You, O Lord, Who plants within us eternal life.

Kedushat Hashem: The Holiness of God

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשֵׁים בְּכָל יוֹם יְהִלְלוּךָ, סֵלָה.  
בְּרוּךְ אַתָּה יי, הָאֵל הַקָּדוֹשׁ.

Atah kadosh, v'shim'chah kadosh, uk'doshim b'chol yom y'hallelu'cha, Selah. Baruch Atah Adonai, ha'El hakadosh.

You are holy, Your Name is holy, and those who are holy declare Your holiness every day. Blessed are You, O Lord, the holy God.

The Middle Thirteen Blessings

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם, חוֹנֵן הַדַּעַת.

Baruch Atah Adonai, Elohaynu Melech ha'olam, chonen hada'at.

O Holy One of Blessing, Whose Presence fills the world, You graciously give us knowledge.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם, הַרוֹצֵה בַתְּשׁוּבָה.

Baruch Atah Adonai, Elohaynu Melech ha'olam, harotzeh bit'shuvah.

O Holy One of Blessing, Whose Presence fills the world, You invite us to repent.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם, חַנוּן הַמְּרַבֵּה לְסִלָּה.

Baruch Atah Adonai, Elohaynu Melech ha'olam, chanun hamar'beh lis'lo'ach.

O Holy One of Blessing, Whose Presence fills the world, You love to forgive.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, גּוֹאֵל יִשְׂרָאֵל.

**Baruch Atah Adonai, Elohaynu Melech ha'olam, go'el Yisra'el.**

O Holy One of Blessing, Whose Presence fills the world, You are the Savior of Israel.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, רוֹפֵא הַחֹלִים.

**Baruch Atah Adonai, Elohaynu Melech ha'olam, rofe' hacholim.**

O Holy One of Blessing, Whose Presence fills all the world, You heal the sick.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מְבָרֵךְ הַשָּׂנִים.

**Baruch Atah Adonai, Elohaynu Melech ha'olam, m'varech hashanim.**

O Holy One of Blessing, Whose Presence fills all the world,  
You bless the annual harvests.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹדֵה עֲשׂוּקִים.

**Baruch Atah Adonai, Elohaynu Melech ha'olam, podah ashukim.**

O Holy One of Blessing, Whose Presence fills the world,  
You redeem the oppressed.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אוֹהֵב צְדָקָה וּמִשְׁפָּט.

**Baruch Atah Adonai, Elohaynu Melech ha'olam, ohev tz'dakah umish'pat.**

O Holy One of Blessing, Whose Presence fills the world,  
You love righteousness and justice.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְשַׁבֵּית רֵשַׁע מִן הָאָרֶץ.

**Baruch Atah Adonai, Elohaynu Melech ha'olam, hamash'bit resha min ha'aretz.**

O Holy One of Blessing, Whose Presence fills the world,  
You work to remove evil from the earth.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מִשְׁעָן וּמִבְטָח לְצַדִּיקִים.

**Baruch Atah Adonai, Elohaynu Melech ha'olam, mish'an umiv'tach latzaddikim.**

O Holy One of Blessing, Whose Presence fills the world,  
You are the support and the fortress of the righteous.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹנֵה יְרוּשָׁלַיִם.

**Baruch Atah Adonai, Elohaynu Melech ha'olam, boneh Yerushalayim.**

O Holy One of Blessing, Whose Presence fills the world, You build Jerusalem.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מִצְמִיחַ קֶרֶן יְשׁוּעָה.

Baruch Atah Adonai, Elohaynu Melech ha'olam, matz'mi'ach keren y'shu'ah.

O Holy One of Blessing, Whose Presence fills the world,  
You cause salvation to sprout and blossom.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שׁוֹמֵעַ תְּפִלָּה.

Baruch Atah Adonai, Elohaynu Melech ha'olam, shome'a t'filah.

O Holy One of Blessing, Whose Presence fills all the world, You hear our prayers.

## קָרוֹב לְכֹל קְרָאִיו

Avodah: May Our Prayers Be Acceptable

רְצֵה יְיָ אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל, וּתְפִלָּתָם בְּאַהֲבָה  
תִּקְבַּל, וּתְהִי לְרִצּוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.  
אֵל קָרוֹב לְכֹל-קְרָאִיו, פְּנֵה אֶל עַבְדֶּיךָ וְחַנּוּנֵנוּ שְׂפוּךְ  
רוּחְךָ עָלֵינוּ, וּתְחַיֶּנֶה עֵינֵינוּ בְּשׁוֹבְךָ לְצִיּוֹן בְּרַחֲמִים.  
בְּרוּךְ אַתָּה יְיָ, הַמְּחַזֵּיר שְׂכִינָתוֹ לְצִיּוֹן וּלְכֹל-מְקוֹם.

R'tzeh Adonai Elohaynu b'amcha Yis'ra'el, ut'filatam b'ahavah t'kabel,  
ut'hi l'ratzon tamid avodat Yisra'el amecha. El karov l'chol-kor'av,  
p'neh el avadecha v'chonenu; sh'foch ruchacha alenu, v'techezenah  
aynaynu b'shuv'cha l'tziyon b'rachamim. Baruch Atah Adonai,  
hamachazir Sh'chinato l'tziyon ul'chol makom.

Be gracious, O Eternal One, to Your people Israel, and accept their prayers with love and grace. May our worship always be acceptable to You. O God Who is near to all who seek You, turn to Your servants and smile upon us with kindness; pour out Your Spirit upon us, and let our eyes behold Your compassionate Presence in our midst and in the midst of our people in Zion. Blessed are You, O Eternal One, Whose Presence can rest upon Zion and every place.

Hoda'ah: Thanks<sup>11</sup>

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאִתָּה הוּא,

Modim anachnu lach,

We thank You, O Lord our God, God of our mothers and fathers in every generation. You are the Rock of our lives, the Shield of our salvation.

בְּטוֹבְךָ הָאֵין-סוֹפִי, אֲנִי מְבוֹרָכִים וּמְחַנְנִים בְּבְרָכוֹת  
רַבּוֹת; בְּכָל-יוֹם אֲנַחְנוּ מְקַבְּלִים מוֹבּוֹת וְנִסִּים.

B'tuv'cha ha'ayn sofi, anu m'vorachim um'chunanim biv'rachot rabbot;

b'chol yom anachnu m'kablim tovot v'nisim.

In Your never-ending Goodness, we are graced and blessed abundantly; every day do we receive blessings and miracles. May You never withhold from us the great and holy flow of Your blessings.

וְנִהְיֶה אֲנַחְנוּ יְדֶיךָ בְּעוֹלָם לְהַבִּיא בְּרָכוֹת-הַשָּׁמַיִם לְכָל-הָאָרֶץ.  
בְּרוּךְ אַתָּה יי, הַטּוֹב שְׂמֵךְ וּלְךָ נָאֶה לְהוֹדוֹת.

V'nih'yeh yadecha ba'olam l'havi b'rachot hashamayim l'chol ha'aretz.

Baruch Atah Adonai, hatov Shimcha ul'cha na'eh l'hodot.

And, may we be Your hands in the world, bringing the blessings of heaven to all the earth. We praise You, O Lord, Whose Name is good and to Whom it is fitting for us to give thanks.

Birkat Hashalom: The Blessing of Peace

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תָּשִׂים לְעוֹלָם, כִּי אַתָּה הוּא  
מְלֶכֶךְ אֲדוֹן לְכָל הַשָּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמָּךְ יִשְׂרָאֵל  
בְּכָל עֵת וּבְכָל שָׁעָה בְּשִׁלּוֹמְךָ. בְּרוּךְ אַתָּה יי, עוֹשֵׂה הַשָּׁלוֹם.

Shalom rav al Yis'ra'el am'cha v'al-kol-ha'amim tasim l'olam,

ki Atah Hu Melech Adon lechol hashalom, v'tov b'aynecha

l'varech et am'cha Yis'ra'el v'et-kol-ha'amim b'chol ayt uv'chol

sha'ah bish'lomecha. Baruch Atah Adonai, Oseh hashalom.

May abundant and everlasting peace be Your blessing to Your peoples, for You are the Source and Master of Peace, and it is pleasing for You to bless Your peoples at every hour and every moment with Your peace. Blessed are You, O Eternal One, the Source of peace.

11. Hebrew adaptation of Modim Anachnu Lach by Rabbi David E. Ostrich

## Silent Prayer

O God, keep my tongue from evil and my lips from speaking guile. Be my support when grief silences my voice and my comfort when woe bends my spirit. Implant humility in my soul, and strengthen my heart with perfect faith in You. Help me to be strong in temptation and trial and to be patient and forgiving when others wrong me. Guide me by the light of Your counsel, that I may ever find strength in You, my Rock and my Redeemer. Amen.<sup>12</sup>

The Lord is near to all who call – to all who call out in truth.<sup>13</sup>

Where is God? Wherever we open our hearts.

The purpose of prayer is to leave us alone with God.

But there is no room for God in those who are full of themselves.

How can we know if our prayers are answered?

When you rise from your prayers a better person,

then surely your prayers have been answered.

Rabbi Tarfon says, “The day is short and the work is great, the workers are sluggish and the reward is great, and the Master of the house is waiting.”

He also used to say, “It is not your responsibility to finish the work, but neither are you at liberty to abstain from it.”<sup>14</sup>

There is something higher than modernity, and that is eternity.<sup>15</sup>

יְהִי לְרָצוֹן אֱמִרֵי פִי וְהֶגְיוֹן לִבִּי לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

Yi'h'yu l'ratzon im'ray fi v'heg'yon libi l'fanecha Adonai, Tzuri v'Go'ali.

May the words of my mouth and the meditations of my heart

be acceptable to You, O Lord, my Rock and my Redeemer.<sup>16</sup>

12. Slightly adapted from *Union Prayer Book*, p.140; based on a prayer of Mar ben Ravina (c.400 CE), found in the Babylonian Talmud, Berachot 14b and 17a

13. Concatenation compiled by Rabbi David E. Ostrich from Psalm 145, Reb Mendel of Kotzk, Rabbi Leo Baeck, The Baal Shem Tov, and George Meredith

14. Pirke Avot 2.15–16

15. Solomon Schechter

16. Psalm 19.15

## Concluding Prayers

Alaynu

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
שְׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת  
הָאֲדָמָה, שְׁלֹא שָׂם חֵלְקֵנוּ בָהֶם, וְגִרְלָנוּ כְּכֹל הַמוֹנֵם:  
וְאֶנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,  
לְפָנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.

Alaynu l'shabe'ach la'Adon hakol, latet g'dulah l'Yotzer b'resheet,  
shelo asanu k'go'yay ha'aratzot, v'lo saman u k'mish'p'chot  
ha'adamah, shelo sam chel'kenu kahem, v'goralenu k'chol hamonam.  
Va'anachnu kor'im umish'tachavim umodim  
lifnay Melech mal'chay ham'lachim, Hakadosh Baruch Hu,

It is our duty to praise the Lord of all, to give greatness to the One Who forms creation, Who did not make us like the other nations of the earth, and Who did not place us with the other families of the world; Who did not make our portion like theirs, nor give us a destiny like theirs. We bend the knee and reverently bow before the King of the kings of kings, the Holy One of Blessing,

שֶׁהוּא נוֹמֵה שָׁמַיִם וְיִסַּד אֶרֶץ, וּמוֹשָׁב יָקָרוּ בְּשָׁמַיִם מִמַּעַל,  
וּשְׁכִינַת עֵזוֹ בְּגִבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין עוֹד. אֶמֶת מִלְּכֵנוּ  
אֶפֶס זוּלָּתוֹ, כְּפִתּוֹב בְּתוֹרָתוֹ: וַיִּדְעַת הַיּוֹם וַהֲשִׁבַת אֶל לְבַבְךָ,  
כִּי יי הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל, וְעַל הָאֶרֶץ מִתַּחַת, אֵין עוֹד:

Shehu noteh shamayim v'yosed aretz, umoshav y'karo bashamayim  
mima'al, ush'chinat uzo b'gov'hay m'romim, Hu Elohaynu ayn od.  
Emet Mal'kenu efes zulato, kakatuv b'Torato: v'yada'ta hayom  
va'hashevota el l'vavecha, ki Adonai Hu ha'Elohim bashamayim  
mima'l v'al ha'aretz mitachat, ayn od.

Who spread out the heavens and established the earth, dwelling in the heavens above; God's might is present in the loftiest heights; the Lord is our God, and there is none other. The Lord is truly our God, and there is nothing beside God, as it is written in the Torah, "Know this day and take it to heart: the Lord is the God of both heavens above and earth beneath. There is none else."<sup>17</sup>

17. Deuteronomy 4.39; some mystics would read the final words of this passage as  
"There is nothing else (beside God)."

Tikkun Olam: For a Perfect World<sup>18</sup>

May the time not be distant, O God, when Your Name shall be worshipped in all the earth, when unbelief shall disappear and error be no more. Fervently we pray that the day may come when all people shall invoke Your Name, when corruption and evil shall give way to purity and goodness, when superstition shall no longer enslave the mind, nor idolatry blind the eye, when all who dwell on earth shall know that to You alone every knee must bend and every tongue give homage. O may all, created in Your image, recognize that they are brothers and sisters, so that, one in spirit and one in fellowship, they may be forever united before You. Then shall Your kingdom be established on earth and the word of Your ancient prophet be fulfilled: The Lord shall reign forever and ever.

וְנִאֶמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ.  
בַּיּוֹם הַהוּא יְהוָה יֶחָד, וְשִׁמוֹ אֶחָד:

V'ne'emar v'hayah Adonai l'Melech al kol ha'aretz.

Bayom hahu yi'h'yeh Adonai Echad ush'mo Echad.

It is written: the Lord's Influence shall hold sway over all the earth. On that day the Lord shall be One and God's Name shall be One.<sup>19</sup>

Before the Kaddish: The Meaning of Life and Death<sup>20</sup>

יְהוָה נָתַן, וַיִּהְיֶה לְקַח, יְהִי שֵׁם יְהוָה מְבֹרָךְ:

Adonai natan, vadonai lakach, y'hi Shem Adonai m'vorach.

"The Lord gives, the Lord takes away, blessed be the Name of the Lord."<sup>21</sup>

We now recall our beloved who have answered the summons that sounds for all. We are sojourners on earth, and our times are in God's hands.

We loose our hold upon life when our time is come as the leaf falls from the bough when its day is done. The deeds of the righteous enrich our lives as the fallen leaf enriches the soil beneath. The dust returns to the earth; the spirit lives on with God eternally. Like the stars by day, our beloved dead are not seen by mortal eyes, but they shine on – in endless time and love. Let us be thankful for the love that continues forever – that is stronger than death and that spans the gulf of the grave. Blessed be the Name of the Lord.

18. Slightly adapted from the *Union Prayer Book*, (CCAR, 1940)

19. Zechariah 14.9

20. *Union Prayer Book* (CCAR, 1940), p.75, slightly adapted

21. Job 1.21b



## Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֲלָמָא דִּי בְּרָא בְּרַעֲוִיתָהּ.  
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית  
יִשְׂרָאֵל. בְּעֲנָלָא וּבְזַמַּן קָרִיב וְאָמְרוּ אָמֵן:

Yit'gadal v'yit'kadash Sh'meh Rabba b'al'ma di v'ra chir'uteh, v'yam'lich mal'chuteh  
b'cha'yay'chon uv'yomay'chon uv'chayay d'chol Bayt Yis'ra'el, ba'agalah uviz'man  
kariv, v'im'ru Amen.

Let the Great Name of God be extolled and hallowed in this world created  
by Divine Will. May God's kingdom soon prevail, in our own day, our own  
lives, and the life of all Israel, and let us say: Amen.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֲלְמַיָּא:

Y'he Sh'meh Rabba m'varach l'alam ul'al'may al'maya.

Let God's great Name be blessed forever and ever and ever.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה  
וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא לְעֵלְא מִן כָּל בְּרַכְתָּא  
וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאָמִירָן בְּעֲלָמָא, וְאָמְרוּ אָמֵן:

Yit'barach v'yish'tabach v'yit'pa'ar v'yit'romam v'yit'nase' v'yih'hadar v'yit'aleh  
v'yit'halal Sh'meh d'kud'sha, b'rich Hu, l'ela min kol bir'chata v'shirata tush'b'chata  
v'nechemata da'amiran b'al'ma, v'im'ru Amen.

Let the Name of the Holy One of Blessing be praised, glorified, honored,  
exalted, lifted up, adored, revered, and proclaimed even though the Eternal is  
far above all the blessings, songs, adorations, and exaltations that can be uttered  
in the world, and let us say: Amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Y'he sh'lama rabba min sh'maya v'chayim alaynu v'al kol Yis'ra'el, v'im'ru Amen.

May abundant peace and life from heaven be upon us and all Israel,  
and let us say: Amen.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,  
וְאָמְרוּ אָמֵן:

Oseh shalom bim'romav Hu ya'aseh shalom alaynu v'al kol Yis'ra'el, v'im'ru Amen.

May the Source of peace in the high places bless us and all  
Israel with peace, and let us say: Amen.

LIFE: A FINITE FLAME<sup>22</sup>

The light of life is a finite flame. Like the candles of the Sabbath, life is kindled, it burns, it glows, it gives off beauty and rays of warmth. But soon it fades; its substance is consumed, and it is no more. In light, we see and can be seen. The moments of flame dance, and our lives are full. But, as night follows day, shadows follow the flames and blur our view. We fail to see and can no longer be seen. Yet we do not despair, for our fate is more than memory. With our lives, we give life. We are links in the eternal chain of darkness and death, of light and life.

WHEN GOD IS WITH US<sup>23</sup>

בְּיָדוֹ אֶפְקִיד רִיחִי, בְּעֵת אִישָׁן וְאֶעֱרָה.  
וְעִם רִיחִי גְוִיָּתִי, יְיָ לִי וְלֹא אִירָא.

**B'yado af'kid ruchi, b'et ishan v'a'irah.**

**V'im ruchi g'vi'yati, Adonai li v'lo ira.**

Into God's hand do I entrust my soul, both when I sleep and when I wake.  
And with my soul also my spirit; when God is with me, there is no fear.

THE OBJECT OF PRAYER<sup>24</sup>

The object of prayer is not to get what we want, but what God wants; not to change God, but our own hearts. It is like the pull of a rope from a small boat upon a great ship at anchor; it is not the ship that moves but the little boat.

זְכוּרֹן לְבָרְכָה

22. *A Book of Common Service* (Institute for Creative Judaism, Cincinnati, 1976), pp.7-8

23. Last verse of *Adon Olam*

24. Sherwood Eddy, in "I Have Seen God Do It"