

PART ONE



AMIDAH: The Amidah is the central prayer of Hebrew liturgy and one of its oldest, dating back to the time of Ezra and the Great Assembly. The word Amidah translates to "standing," as the prayer is recited while standing. It is also called *Shemoneh Esrei*, meaning "eighteen," since it originally consisted of eighteen blessings. An additional blessing against heretics was introduced after 100 CE but is not included here. In Judaism, the Amidah is traditionally prayed three times a day. However, due to its length, it is often recited at the conclusion of Shabbat to mark the start of the new week. At the beginning of the prayer, it is customary to take three steps forward, and at the end, three steps back, reflecting the practice of the Patriarchs.

TALLIT

The prayer shawl

While holding the Tallit in your hand say:

Barukh Atah YHWH, Eloheinu Melech haOlam, Asher kidshanu b'mitzvotav v'tzivanu lit' atayf batzitzit.

Praised are You YHWH, our Elohim King of the Universe, Who sanctified us with Mitzvot, and commands us to wrap ourselves in tzitzit.

THE SHEMA

The declaration of Yisra'el

Face Yerushalem and say:

Shema Yisra'el YHWH Eloheinu, YHWH Echad!

(Softly) Barukh sheim k'vod mal'khuto l'olam va'ed!

Hear, O Yisra'el: YHWH is our Elohim, the Eternal YHWH alone! (Devarim (Deuteronomy) 6:4).
Praised is YHWH's glorious majesty forever and ever!

KADDISH

The exaltation

Adonai, s'fatai tifach, ufee yageed, t'hilatekah.

Sovereign Elohim open my lips that my mouth may declare Your praise.

Yitgadal v'yitkadash sh'meih rab, Amein.

B'alma di-v'ra khir'utayh, v'yamleekh mal'khutayh b'cha-yaykhon uv'yomaykhon uv'cha-yay d'khol bayit Yisra'el, ba'agala uviz' man kareev, vim'ru Amein.

Y'hay sh'meih raba m'vorach l'olam ul'al'may al'ma-ya.

Yitbarakh v'yishtabach v'yitpa'ar v'yitronmam v'yitnasay v'yithadar v'yit'aleh v'yithalal sh'meih d'kud'sha, b'reekh hu, L'ayla min kol bir'khata v'sheerata tush'b'chata v'nechemata da'ameern b'alma v'imru. Amein.

PART TWO



Let the esteem of Elohim be extolled, Amein.

Let Elohim's great name be exalted in the world Whose creation Elohim willed. May Elohim rule in our own day, in our own lives, and in the life of all Yisra'el, and let us say Amein.

Let Elohim's great name be praise forever and ever. Beyond all praises, songs and adorations that we can utter is the Set-Apart One, the Blessed One, Whom we praise, honor and exalt. And let us say Amein.

Barukh YHWH ham vorakh l'olam va'ed!

Praised be YHWH to Whom our praise is due, now and forever!

1. AVOT V'IMHOT

The Elohim of our fathers

It is customary to bend the knees and bow while standing at both the start and end of the first blessing when saying "Barukh Atah YHWH" literally "Praise be YHWH."

Barukh Atah YHWH, Eloheinu vaylohay avoteinu v'imoteinu.

Elohay Avraham, Elohay Yitzchak, Vayloay Ya'akov. Elohay Sarah, Elohay Rivkah, Elohay Lay'ah Vaylohay Rachel.

Ha'El haGodol, haGibor v'haNora El Elyon.

Gomayl chasadim tovim, v'konay hakol, v'zochayr chas'day avot v'imahot, umayvee g'ulah liv'nay v'nayhem, l'ma'an sh'mo b'ahavah. Melech ozayr umosheea umagayn.

Barukh Atah YHWH, magayn Avraham v'ezrat Sarah.

Praised be our YHWH, the Sovereign of our fathers and our mothers: The Elohim of Avraham, Elohim of Yitzchak, and Elohim of Ya'akov; Elohim of Sarah, Elohim of Rivkah, Elohim of Lay'ah and Elohim of Rachel;

Great, mighty and awesome Elohim, Elohim supreme. Rulers of all the living, Your ways are ways of love.

You remember the faithfulness of our ancestor, and in love bring redemption to their children's children for the sake of Your name. You are Sovereign and our Help, our Redeemer, and Shield.

Praised are You YHWH, Shield of Avraham, Protector of Sarah.

2. G'VUROT

The Elohim Who remembers

Atah gobor l'olam YHWH, m'cha-yay maytim Atah, rav l'hosheea.

M'khakayl cha-yim b'chesaid, m'cha-yay maytim B'rachamim, rabeen.

Somaykh nof'lim, v'rofoy cholim, umateer asurim, um'ka-yaym emunato lishanay afar.

Mee khamokha, ba'al g'vurot, umi domay lakh, Melech maymeet um'chayeh u'matzmeeach yeshuah: V'ne'eman Atah l'hacha-yot maytim.

Barukh Atah YHWH, m'cha-yay hamaytim.

PART THREE



Eternal is your might, O YHWH, Who resurrects the dead. Great is Your power to save! With love You sustain the living, with great compassion, You resurrect the dead.

You send help to the falling and healing to the sick; You bring freedom to the captive and keep faith with those who sleep in the dust. Who is like You Mighty One? Who is like You, source of mercy: In compassion, You sustain the life of your children. And You are faithful to restore the dead to life. We praise You YHWH, Who resurrects the dead.

3. KADUSAH

The Set-Apart Elohim

It is customary to bend the knees and bow when saying “*Kadosh, Kadosh, Kadosh*” literally “Set-Apart, Set-Apart, Set-Apart.”

N’kadaysh et shim’kha ba’olam, k’shaym shemakdeeshim.

Oto bish’may marom, kakatuv al yad n’vee’ekha V’kara zay el-zay v’amar:

Kadosh, Kadosh, Kadosh YHWH Tz’va’ot, m’lo khol ha’aretz k’vodo!

Adeer Adeereinu, YHWH adoneinu, Mah adeer shim’kha b’khol ha’aretz!

Barukh k’vod YHWH mim’komo. Echad hu Eloheinu, hu Aveinu, hu Malkeinu, hu Moshee’aynu; V’hu yashmee’aynu b’rachamav l’aynay kol chai: “Ani YHWH Eloheikhem!” Yimlokh YHWH l’olam, Elohayikh Tziyon, l’dor vador. Halleluyah!

L’dor vador nageed godlekha, ul’naytzach n’tzachim k’dushat’kha nakdeesh. V’shivchakha, Eloheinu, mipeenu lo yamush l’olam va’ed.

Barukh Atah YHWH, ha’El haKadosh.

We sanctify Your name on Earth, even as all things, to the ends of time and space, proclaim Your Set-Apartness; and in the words of the prophet, we say;

Kadosh, Kadosh, Kadosh is YHWH of Hosts; the fullness of the whole Earth is Elohim’s esteem! (Yeshayahu (Isaiah) 6:3).

How majestic is YHWH’s presence in all the earth! Praised is the esteem of YHWH in Heaven and Earth. (Yechezkel (Ezekiel) 3:12).

YHWH alone is our Elohim and our Creator, YHWH is our Ruler and Helper, and in Elohim’s great mercy YHWH reveals Elohim in the sight of all the living: “I am YHWH your Elohim!”

YHWH shall reign forever; your Elohim, O Zion from generation to generation. Halleluyah! (Tehillim (Psalms) 146:10).

To all generations, we will make known Your greatness, and to all eternity proclaim Your Set-Apartness. Your praise O Elohim shall never depart from our lips.

Praised is YHWH, the Set-Apart Elohim.

4. BINAH

Source of wisdom

Atah chonayn l’adam da’at um’lamayd le’enosh binah.

Chonaynu meit’cha day’ah uvinah v’haskayl.

PART FOUR



Barukh Atah YHWH, chonayn hada'at.

By Your grace, we have the power to gain knowledge and to learn wisdom.
Favor us with the knowledge, wisdom, and insight, that comes from You.
We praise You O YHWH, gracious giver of knowledge.

5. TESHUVAH

Source of repentance

Hashivaynu avinu l'toratekha v'karbaynu malkaynu l'avodatekha, v'hachziraynu bit'shuva shlayma l'fenekha.

Barukh Atah YHWH, Harotzeh bitshuvah.

Help us, our Abba, to return to Your instruction; draw us, our King to Your service; and cause us to return to You in perfect repentance.

We praise You O YHWH, Who delights in repentance.

6. SHILICHAH

Source of forgiveness

S'lach lanu avinu ki chatanu, m'chol lanu Mal'keinu ki fasha'nu, ki El tov v'salach Atah.

Barukh Atah YHWH, Chanun hamarbeh lisloach.

Forgive us, our Abba, for we have sinned; pardon us, our King, for we have transgressed; for you are eager to pardon and forgive.

We praise You O YHWH, Who is merciful and always ready to forgive.

7. G'ULAH

Source of redemption

R'ayh na von'aynu, v'reevah reevaynu, umaheir lag'aoleinu gu'lah shlaymah l'ma'an shmekha. Ki El golayl chazak Atah.

Barukh Atah YHWH, Goayl Yisra'el.

Look upon our affliction and help us in our need; O mighty Redeemer and redeem us speedily for Your name's sake.

Praised are you O YHWH, Redeemer of Yisra'el.

8. R'FUAH

Source of health

Rfa'aynu YHWH v'nayrafay, hosheaynu v'nivashay'ah, ki thilateinu Atah v'ha'alayh arukhah umarpay l'khol makoteinu ki El rofay rachaman vne'eman Atah.

Barukh Atah YHWH, Rofayh cholay amo Yisra'el.

PART FIVE



Heal us, YHWH, and we will be healed; Save us, and we will be saved. Grant us a perfect healing to all our infirmities, for You, almighty King, are a faithful and merciful healer. Praised are you YHWH, the Healer of the sick of His people Yisra'el.

9. BIRKAT HASHANIM

Source of wealth

Baraykh aleinu, YHWH Eloheinu, et-hashanah Hazot v'et-kol-minay t'vuatah l'tovah. V'ten b'rakha al p'nay ha'adamah vsab'aynu mituvekha, uvaraykh shanateinu kashanim hatovot. Barukh Atah YHWH, M'varaykh hashanim.

Bless this year for us, O YHWH our Elohim, together with all the varieties of its produce, for our welfare.

Bestow Your blessing on the Earth that all Your children may share its abundance in peace. O satisfy us with Your goodness, and bless our year like the best of years.

Praised are You YHWH, for You bless Earth's seasons from year to year.

10. CHEIRUT

Source of restoration

T'kah b'shofar gadol l'chayruteinu, v'sa nays l'kabaytz galuyoteinu v'kabtzaynu m'hayrah yachad may'arba kan'fot ha'aretz lar'tzaynu. Barukh Atah YHWH, M'kabaytz nid'chay amo Yisra'el.

Sound the great shofar to proclaim our freedom, raise high the banner of liberation to gather our exiles and gather us from the four corners of the Earth.

Praised are You YHWH, Who gathers the dispersed of Your people Yisra'el.

11. MISHPAT

Source of justice

Al shoftay eretz sh'fukh ruchekha, v'hadreekhaym b'mish'p'tay tzidikekha, um'lokh aleinu Atah l'vadekha, b'chesaid uv'rachamim. Barukh Atah YHWH, Melech ohayv tz'dakah umisphat.

Bestow your Spirit upon the rulers of all lands; guide them that they may govern justly.

Then shall love and compassion be enthroned among us.

Praised are You, YHWH, our King Who loves righteousness and justice.

12. AI HATZADIKIM

Source of righteousness

PART SIX



Al ha'tzadikim v'al ha'chasedim v'al gayray hatzedek v'aleinu ye'hemu rach'maykha, YHWH Eloheinu, v'tayn sakhar tov l'khol habot'chim b'shimkha be'emet, v'sim chel'keinu imahem l'olam. Barukh Atah YHWH, Mish'an umiv'tach la'tzadikim.

For the righteous and faithful of all humankind, for all who join themselves to our people, for all who put their trust YHWH our Elohim and for all honest men and women, we ask Your favor. Grant that we may always be numbered among them.

Praised are You YHWH, Staff and Support of the righteous.

13. YERUSHALEM

Restorer of Yerushalem

Sh'khon YHWH Eloheinu b'tokh Yerushalem irekha v'yhi shalombish'arayha, v'shal'va b'layv yosh'vayha, v'torat'kah mitzi'on tetzeh udvarkha mirushalem. Barukh Atah YHWH, Boneh Yerushalem.

Let YHWH our Elohim presence be manifest in Yerushalem Your city. Establish peace in her gates and quietness in the hearts of all who dwell there. Let Your Torah go forth from Zion, Your Word from Yerushalem.

Praised are you YHWH, builder of Yerushalem.

14. YESHUA

Saviour of the World

Et tzemach tzedakah m'hayrah ta'tzmecha v'keren yeshua tarum kin'umeecha ki lishu'atekha kiveinu kol hayom.

Barukh Atah YHWH, Matzmeech keren yeshua.

Speedily let the branch of righteousness blossom and flourish and let the light of deliverance shine forth according to Your Word, for we await all day Your salvation.

Praised are You YHWH, Who causes the light of salvation to dawn for all the world.

15. SHEMA KOLAYNU

Who answers prayer

Shema koleinu YHWH Eloheinu chus v'rachaym aleinu, ut'kabayl b'rachamayn uvratzon et t'filateinu, ki El shomay'a t'filot v'ta'chanunim Atah.

Barukh Atah YHWH, Shomayh tifilah.

Hear our voice, YHWH our Elohim; have compassion upon us and accept our prayer in mercy and with favor, for You are an Elohim Who hears prayer and supplication.

Praised are You YHWH, Who hearken to prayer.

PART SEVEN



16. AVODAH

Who favors His people

R'tzay, YHWH Eloheinu, b'am'kha Yisra'el ut'filatam b'ahavah t'kabayl, ut'hi l'ratzon tamed avodat Yisra'el amekha.

Barukh Atah YHWH, She'ot'kha l'vad'kha b'yir'ah na'avod.

Be favorable YHWH our Elohim, toward Your people Yisra'el and receive their prayers with love. May the worship of Your people Yisra'el always be acceptable to You.

Praised are You YHWH, Whom alone we serve.

17. HODA'AH

Thanksgiving for His unfailing mercies

Modim anachnu lakh, sha'atah hu YHWH Eloheinu vaylohay avoteinu v'imateinu l'olam va'ed. Tzur cha-yaynu, magayn yish'aynu, Atah hu l'dor vador. Nodeh l'kha un'sapayr t'hilatekha, al-cha-yaynu ham'surim v'yadekha, v'al-nishmoteinu hap'kudot lakh, v'al nisekha sheb'khol-yom imanu, v'al-nifl'otekha v'tovotekha sheb'khol-ayt, erev vavoker v'tzohora-yim. Hatov ki lo-khalu rachamekha v'ham'rachaym ki-lo tamu chasadekha, may'olam kiveenu lakh.

V'al kulam yitbarach v'yitromam shim'kha, Malkeinu, tamed l'olam va'ed. V'khol hacha-yim yodukha (selah), veehal'luet shim'kha be'emet, ha'El yeshu ateinu v'ezrateinu (selah):

Barukh Atah YHWH, Hatov shim'kha ul'kha na'ay l'hodot.

We give thanks to You that You are YHWH our Elohim and the Elohim of our fathers forever and ever. Through every generation, you have been the rock of our lives, the shield of our salvation. We are thankful to You and give You praise for our lives that are committed into Your hands, for our souls that are under your direction and for Your miracles that are with us daily, and for Your wonders and Your act of goodness that are with us at all times, evening, morning and noon. O Beneficent One, your mercies never fail; We have hoped for Your eternally.

For all these acts may Your name be praised and exalted O King, always and forever. Let every living thing give thanks to You (a short pause) and praise Your name in truth, O Elohim, our salvation and our help (a short pause).

Praised are You YHWH, Whose Name is the Beneficent One, and to Whom it is fitting to give thanks.

18. SIM SHALOM

For peace

Sim shalom, tovah uv'rakhah, chen, vachesaid, v'rachameen, aleinu v'al kol Yisra'el amekah. Amein.

Peace, happiness, and blessing, favor and love and mercy, may these descend on us, on all Yisra'el and all the world. Amein.

For additional Hebrew prayers, download our book *Siddur Bayit: The Believer's Hebrew Prayer Companion* from our website.