

Introductory *Siddur* For Weekdays

Shacharit / Morning

Mincha / Afternoon

Ma'ariv / Evening

An Introductory Guide to the Daily Prayers of Israel

ENGLISH ONLY

2008

PDF Document

Designed for personal use. Free for printing with no restrictions.

Print instructions:

- 1) *Print 2-sided front and back*
- 2) *Fold in half, like a booklet*
- 3) *Print and fold the 'Cover' file and place it in front
(use cardstock or heavy paper for durability)*
- 3) *Make sure the page numbers are correct*
- 4) *Staple twice in the center*

Compiled and Edited by Cliff Carlson

Spring/Summer 2008, revised 9-9-09

SOURCES

- ❖ Artscroll Complete Siddur
Available at www.artscroll.com.
- ❖ The Bible
- ❖ Weekday Prayers: Shema and Amidah
Was accessed at www.bethimmanuel.org (no longer available).
- ❖ Siddur Beit Hallel
Available at www.torahresource.com.
- ❖ The decision of which prayers to include was largely influenced by a 'White Paper' from *First Fruits of Zion* entitled "Recommended Outline for Set Time Prayers." Available for free PDF download at www.ffoz.org/downloads.

ALEYNU – IT IS OUR DUTY

alternative with emphasis on Yeshua

It is our duty to praise the Master of all, to ascribe greatness to the One Who created from the beginning, that He called us from the nations of the earth, and chose us as His family, a treasured people, and placed our portion in Yeshua. We are Your people whom You redeemed. We therefore bow and worship and give thanks before the King, the King of Kings, the Holy One, blessed is He! On that day the LORD will be One and His name One.⁴¹

⁴¹ Zechariah 14:9

**Welcome to an introductory guide to the
ancient prayers of Israel.**

Perhaps you have heard some information regarding set time prayers or Jewish liturgy. Since prayer liturgy can be overwhelming, the goal of this document is to provide the beginner in these prayers with a basic outline version for the three daily prayer services. I am simply presenting what I feel is an introductory look at the prayers, presented in a way that this should be a very usable and user-friendly beginner's Siddur (prayer book). You are of course welcome to use as few or as many of the included prayers as you like.

The included prayers are not comprehensive; a complete weekday siddur can encompass hundreds of pages. What you have here is meant for beginning Messianic students of the prayers, primarily focused on becoming familiar with the Shema and Amidah liturgies. If you want to go further with the daily prayers, I would recommend purchasing an inexpensive complete Siddur from Artscroll (www.artscroll.com) or the forthcoming Messianic Siddur from Vine of David (www.vineofdavid.org) when it is available.

Always remember – any words you say to God, written or otherwise, should always be spoken with sincerity from your heart! This is called “kavanah” (concentration/intent) and it cannot be taught. As Yeshua warned us; it is not good to say words or perform rituals for show. Anything you do unto the Creator of Heaven should be done with a sincere, reverent, and humble heart.

I hope that more people will come to begin to know and treasure these ancient formulations of prayer and blessing, and that the practice of coming before our King daily in communication (through written prayers or otherwise) will begin to transform our minds and renew our spirits, resulting in good deeds, and that our Heavenly Father will be glorified and further revealed to the world.

**Blessed are you, O LORD our God, King of the
Universe, Who has provided the Way of Salvation in
Messiah Yeshua. Amen.**

HASHKIVEINU

Lay us down to sleep, O LORD our God, in peace, raise us erect, our King, to life; and spread over us the shelter of Your peace. Set us aright with good counsel from before Your Presence, and save us for Your Name's sake. Shield us, remove from us foe, plague, sword, famine, and woe; and remove spiritual impediment from before us and behind us and in the shadow of Your wings shelter us³⁸ – for God Who protects and rescues us are You; for God, the gracious and compassionate King, are You.³⁹ Safeguard our going and coming – for life and for peace from now to eternity.⁴⁰ Bless are You, O LORD, Who protects His people Israel forever. (Amen.)

SHEMONEH ESREI (18 BLESSINGS) / **AMIDAH** (STANDING)

To recite the Amidah at evening, please see pages 13-16

Continue with “Avinu”

AVINU - OUR FATHER

Our Father Who art in heaven, hallowed be Your Name. May your kingdom come, your will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. Lead us not into temptation, deliver us from all evil. For yours is the kingdom, and the power, and the glory for ever. Amen.

OSEH SHALOM

Oseh shalom bimromav, hu ya'aseh shalom aleinu, ve'al kol Yisra'el, ve'imru, imru, Amen.

May He Who makes peace in His heights make peace on all of us, and upon all Israel; now say: Amen.

³⁸ Psalms 17:8

³⁹ Nehemiah 9:31

⁴⁰ Psalms 121:8

Deuteronomy 6:5-9

And you shall love the LORD your God with all your heart, and with all your soul, and with all your might. And these words, which I am commanding you this day, shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your home, and when you walk by the way, and when you lie down, and when you rise up. And you shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. And you shall write them on the doorposts of your house and on your gates.

Leviticus 19:18

(And you shall love your neighbor as yourself; I am the LORD.)

Deuteronomy 11:13-21

And it will be, if you listen carefully to My commandments that I am commanding you today—to love the LORD your God and to serve Him with all of your heart and with all of your soul—then I will send rain to your land at its proper time, the early rain and the late rain, that you may gather in your grain, your wine, and your oil. And I will provide grass in your fields for your livestock, and you will eat and be satisfied. Be careful for yourselves, lest your hearts be deceived, and you turn away and serve other gods and worship them. For the anger of the LORD will flare up against you. He will shut up the heavens, and there will be no rain, and the ground will not yield its produce. And you will quickly perish from the good land that the LORD is giving you. So place these words of Mine upon your heart and soul; bind them as a sign on your hand; and let them be as frontlets between your eyes. You shall teach them to your children, and shall talk of them when you sit in your home, and when you walk by the way, and when you lie down, and when you rise up. And you shall write them upon the doorposts of your house, and on your gates. Do so, in order that your days and the days of your children may be abundant upon the ground that the LORD swore to give to your fathers for as long as the heavens are above the earth.

Numbers 15:37-41

And the LORD spoke to Moses, saying: “Speak to the children of Israel, and tell them to make fringes for themselves upon the corners of their garments throughout their generations. And they shall include a blue cord in the corner fringe. And it will be a fringe for you, and you will see it and remember all the commandments of the LORD, and perform them. Then you will not follow after your own heart and your own eyes, after which you tend to go astray. Do this so that you will remember and perform all of My commandments, and you will be holy for your God. I am the LORD your God, Who took you out from the land of Egypt to be your God. I am the LORD your God.”

SHACHARIT THE MORNING SERVICE

UPON ARISING

upon waking up give thanks that we are able to live another day

I gratefully thank you, living and existing King, for returning my soul within me in compassion. Abundant is your faithfulness!

BLESSING FOR DONNING THE TZITZIT

this blessing is for a tallit katan or any tzitzit you wear; if wearing a large tallit, skip and proceed below

Blessed are You, O LORD our God, King of the universe, Who has sanctified us with His commandments, and commanded us regarding the commandment of tzitzit.¹ May it be the will before You, O LORD my God, and the God of my forefathers, that it should be considered as if I had fulfilled the commandment of tzitzit before You in all its aspects, its details, and its intentions, as well as the 613 commandments that are dependent upon it. Amen, Selah.

BLESSING FOR DONNING THE TALLIT

this blessing is for the large tallit

Bless the LORD, O my soul; O LORD, my God, You are very great; You have donned glory and majesty; donning light as a garment, stretching out the heavens like a curtain.²

unfold the tallit and hold ready to wrap around yourself

Blessed are You, O LORD, our God, King of the universe, Who has sanctified us with His commandments, and commanded us to wrap ourselves in tzitzit.³

MAH TOVU – HOW GOODLY

for entering the synagogue or place of worship

How goodly are your tents, O Jacob, your dwelling places, O Israel!⁴ As for me, through Your abundant kindness I will enter Your house; I will prostrate myself toward Your holy Sanctuary in awe of you.⁵ O LORD, I love the house where You dwell, and the place where Your glory resides.⁶ I shall prostrate myself and bow, I shall kneel before

¹ Numbers 15:37-41

² Psalms 104:1-2

³ Deuteronomy 22:12

⁴ Numbers 24:5

⁵ Psalms 5:8

⁶ Psalms 26:8

MA'ARIV THE EVENING SERVICE

BLESSINGS OF THE SHEMA

He, the Merciful One, is forgiving of iniquity and does not destroy. Frequently He withdraws His anger, not arousing His entire rage.³⁶ LORD, save! May the King answer us on the day we call.³⁷

Blessed are You, O LORD, our God, King of the universe, Who by His word brings on evenings, with wisdom opens gates, with understanding alters periods, changes the seasons, and orders the stars in their heavenly constellations as He wills. He creates day and night, removing light before darkness and darkness before light. He causes day to pass and brings night, and separates between day and between night – The LORD of Hosts is His Name. May the living and enduring God continuously reign over us, for all eternity. Blessed are You, O LORD, Who brings on evenings. (Amen.)

With an eternal love have You loved the House of Israel, Your nation. Torah and commandments, decrees and ordinances have You taught us. Therefore LORD, our God, upon our retiring and arising, we will discuss Your decrees and we will rejoice with the words of Your Torah and with Your commandments for all eternity. For they are our life and the length of our days and about them we will meditate day and night. May You not remove Your love from us forever. Blessed are You, O LORD, Who loves His nation Israel.

THE SHEMA

Deuteronomy 6:4

Shema Yisra'el, Adonai Eloheinu, Adonai echad.

[Baruch shem kevod malchuto le'olam va'ed.]

Hear O Israel, the LORD is our God, the LORD is One.

[Blessed is the Name of His glorious Kingdom now and forever.]

³⁶ Psalms 78:38

³⁷ 20:10

OSEH SHALOM

Oseh shalom bimromav, hu ya'aseh shalom aleinu, ve'al kol Yisra'el, ve'imru, imru, Amen.

May He Who makes peace in His heights make peace on all of us, and upon all Israel; now say: Amen.

ALEYNU – IT IS OUR DUTY

alternative with emphasis on Yeshua

It is our duty to praise the Master of all, to ascribe greatness to the One Who created from the beginning, that He called us from the nations of the earth, and chose us as His family, a treasured people, and placed our portion in Yeshua. We are Your people whom You redeemed. We therefore bow and worship and give thanks before the King, the King of Kings, the Holy One, blessed is He! On that day the LORD will be One and His name One.³⁵

³⁵ Zechariah 14:9

the LORD my Maker.⁷ As for me, may my prayer to You, O LORD, be at a favorable time. God, in the abundance of your kindness, answer me with the truth of Your salvation.⁸

BLESSINGS FOR THE TORAH

Blessed are you, O LORD, our God, King of the universe, Who has sanctified us with His commandments and commanded us to engross ourselves in the words of Torah. Please, O LORD, our God, sweeten the words of Your Torah in our mouth and in the mouths of Your people, the house of Israel. May we and our offspring, and the offspring of Your people the house of Israel – all of us – know Your Name and study Your Torah for its own sake. Blessed are you, LORD, Who teaches Torah to His people Israel.

Blessed are you, O LORD, our God, King of the Universe, Who selected us from all the peoples, and gave us His Torah. Blessed are you, LORD, Giver of the Torah.

The LORD bless you and keep you; the LORD make his face to shine upon you and be gracious to you; the LORD lift up his countenance upon you and give you peace.⁹

BLESSED IS HE WHO SPOKE

Blessed is He Who spoke, and the world came into being, blessed is He. Blessed is He Who maintains creation; blessed is He Who speaks and does; blessed is He Who decrees and fulfills; blessed is He who has mercy on the earth; blessed is He Who has mercy on the creatures; blessed is He Who gives goodly reward to those who fear Him; blessed is He Who lives forever and Who endures to eternity; blessed is He Who redeems and Who rescues; blessed is His Name!

Blessed are You, O LORD, our God, King of the universe, the God, Father Who is merciful, Who is lauded by the mouth of His people, praised and glorified by the tongue of His devout ones and His servants. And through the psalms of David Your servant we shall laud you, LORD, our God, with praises and songs, we shall exalt You, praise You, glorify You, proclaim Your reign, and mention Your Name, our King, our God. O Unique One, Life-giver of the worlds,

⁷ Psalms 95:6

⁸ 69:14

⁹ Numbers 6:24-26

King whose great Name is eternally praised and glorified. Blessed are You, O LORD, the King Who is lauded with praises. Amen.

PSALM 100

A psalm of thanksgiving, call out to the LORD all the earth. Serve the LORD with gladness, come before Him with joyous song. Know that the LORD, He is God; it is He Who made us and we are His people and the sheep of His pasture. Enter His gates with thanksgiving, His courtyards with praise; give thanks to Him, bless His Name. For the LORD is good; His kindness endures forever, and His faithfulness is from generation to generation.

here is a good place for any other Psalms or words of praise

YISHTABACH – MAY YOUR NAME BE PRAISED

May Your Name be praised forever our King, the God, the great and holy King, in heaven and on earth. Because to you it is fitting, O LORD, our God and the God of our forefathers, song and praise, lauding and hymns, power and dominion, triumph, greatness, and strength, praise, and glory, holiness and sovereignty, blessings and thanksgiving to Your great and holy Name; from now to eternity. Blessed are You, O LORD, God, King exalted and lauded through praises, God of thanksgiving, Master of wonders, Creator of all souls, Master of all deeds, Who chooses musical songs of praise, King, God, Life-giver of the world. Amen.

BLESSINGS OF THE SHEMA

Blessed are You, O LORD, our God, King of the Universe, Who forms light and creates darkness, makes peace and creates all.¹⁰

With an abundant love have You loved us, O LORD, our God; with exceedingly great pity have You pitied us. Our Father, our King, for the sake of our forefathers who trusted in You and whom You taught the laws of life, may You be equally gracious to us and teach us.

Our Father, the merciful Father, Who acts mercifully, have mercy upon us, instill in our hearts to understand and become wiser, to listen, learn, teach, safeguard, perform, and fulfill all the words of Your Torah's teaching with love. Enlighten our eyes in your Torah, attach our hearts to Your commandments, and unify our hearts to

¹⁰ Isaiah 45:7

THANKSGIVING

We gratefully thank You, for it is You Who are the LORD, our God and the God of our forefathers forever. Our Rock, the Rock of our lives, Shield of our Salvation are You from generation to generation. We shall thank You and relate Your praise:³² for our lives, which are committed to Your power, and for our souls that are entrusted to You; for Your miracles that are with us every day; and for Your wonders and favors in every season—evening, morning, and afternoon. O Good One, Your compassions were never exhausted. O Compassionate One, Your kindnesses never ended.³³ We have always put our hope in You.

use this place to offer thanks for specific things in your life

For all these, may Your Name be blessed, exalted, and extolled, our King, continually forever and ever. Everything alive will gratefully acknowledge You—Selah! And may they praise Your great Name sincerely, O God of our salvation and help—Selah! Blessed are You, O LORD; Your Name is “The Good One,” and to You, it is fitting to give thanks.

PEACE

Establish abundant peace upon Your people Israel forever, for You are King, Master of all peace. May it be good in Your eyes to bless Your people Israel at every time and every hour with Your peace. Blessed are You, O LORD, Who blesses His people Israel with peace.

May the expressions of my mouth, and the thoughts of my heart find favor before You, O LORD, my Rock and my Redeemer.³⁴

AVINU - OUR FATHER

Our Father Who art in heaven, hallowed be Your Name. May your kingdom come, your will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. Lead us not into temptation, deliver us from all evil. For yours is the kingdom, and the power, and the glory for ever. Amen.

³² Psalms 79:13

³³ Lamentations 3:22

³⁴ Psalms 19:14

RIGHTEOUS

On the righteous, on the devout, on the elders of Your people, the House of Israel, and on their remaining scholars, and on the righteous sojourners and on us, may Your compassions be incited, O LORD our God, and give a good reward to all who sincerely trust in Your Name. Set our portion with them forever, and we will not be ashamed, for we trust in You. Blessed are You O LORD, stronghold and security for the righteous.

BUILDING OF JERUSALEM

Return to Jerusalem, Your city, and dwell in her midst as You have spoken. May You build it soon and in our days as an eternal building, and prepare the throne of David within it quickly. Blessed are You O LORD, Builder of Jerusalem.

KINGSHIP OF THE HOUSE OF DAVID

Cause the Branch of David to flourish quickly, and raise his horn in Your salvation, for we hope for Your salvation all day. Blessed are You O LORD, Who makes the horn of salvation to flourish.

RECEIVING PRAYER

Hear our voice, O LORD our God, take pity and show compassion to us, and receive our prayer with compassion and favor, for You are a God Who hears prayers and supplications. Our King, do not turn us away with nothing, for You compassionately hear the prayer of Your people Israel. Blessed are You O LORD, Who hears prayer.

TEMPLE SERVICE

Be favorable, O LORD our God, toward Israel Your people, turn to their prayer and restore the service to the Holy of Holies of Your House. And the fire offerings of Israel and their prayers may You speedily accept with love and favor, and may the service of Your people Israel be continually favorable to You. May our eyes behold Your return to Zion in compassion. Blessed are You, O LORD, Who restores His Dwelling Presence to Zion.

love and fear Your Name,¹¹ and may we not feel inner shame for ever. Because we have trusted in Your great and awesome holy Name, may we exult and rejoice in Your salvation.

grasp the tzitzit in your left hand and hold throughout the Shema

Brings us in peacefulness from the four corners of the earth and lead us with upright pride to our land. For You effect salvation, O God; You have chosen us from among every people and tongue. And You have brought us close to Your great Name forever in truth, to offer praiseful thanks to You, and proclaim Your Oneness with love. Blessed are You, O LORD, Who chooses His people Israel with love.

THE SHEMA

Deuteronomy 6:4

Shema Yisra'el, Adonai Eloheinu, Adonai echad.

[Baruch shem kevod malchuto le'olam va'ed.]

Hear O Israel, the LORD is our God, the LORD is One.

[Blessed is the Name of His glorious Kingdom now and forever.]

Deuteronomy 6:5-9

And you shall love the LORD your God with all your heart, and with all your soul, and with all your might. And these words, which I am commanding you this day, shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your home, and when you walk by the way, and when you lie down, and when you rise up. And you shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. And you shall write them on the doorposts of your house and on your gates.

Leviticus 19:18

(And you shall love your neighbor as yourself; I am the LORD.)

Deuteronomy 11:13-21

And it will be, if you listen carefully to My commandments that I am commanding you today—to love the LORD your God and to serve Him with all of your heart and with all of your soul—then I will send rain to your land at its proper time, the early rain and the late rain, that you may gather in your grain, your wine, and your oil.

And I will provide grass in your fields for your livestock, and you will eat and be satisfied. Be careful for yourselves, lest your hearts be deceived, and you turn away and serve other gods and worship them. For the anger of the LORD will flare up against you. He will shut up the heavens, and there will be no rain, and the ground will not yield its produce. And you will quickly perish

¹¹ Psalms 86:11

from the good land that the LORD is giving you. So place these words of Mine upon your heart and soul; bind them as a sign on your hand; and let them be as frontlets between your eyes. You shall teach them to your children, and shall talk of them when you sit in your home, and when you walk by the way, and when you lie down, and when you rise up. And you shall write them upon the doorposts of your house, and on your gates. Do so, in order that your days and the days of your children may be abundant upon the ground that the LORD swore to give to your fathers for as long as the heavens are above the earth.

Numbers 15:37-41

And the LORD spoke to Moses, saying: "Speak to the children of Israel, and tell them to make fringes for themselves upon the corners of their garments throughout their generations. And they shall include a blue cord in the corner fringe. And it will be a fringe for you, and you will see it and remember all the commandments of the LORD, and perform them. Then you will not follow after your own heart and your own eyes, after which you tend to go astray. Do this so that you will remember and perform all of My commandments, and you will be holy for your God. I am the LORD your God, Who took you out from the land of Egypt to be your God. I am the LORD your God."

BLESSING AFTER THE SHEMA

And certain, established and enduring, fair and faithful, beloved and cherished, delightful and pleasant, awesome and powerful, correct and accepted, good and beautiful is this affirmation to us forever and ever. True – the God of the universe is our King; the Rock of Jacob is the Shield of our salvation. From generation to generation He endures and His Name endures and His throne is well established; His sovereignty and faithfulness endure forever. His words are living and enduring, faithful and delightful forever and to all eternity; for our forefathers and for us, for our children and for our generations, and for all the generations of Your servant Israel's offspring. Upon the earlier and upon later generations, this affirmation is good and enduring forever. True and faithful, it is an unbreakable decree. It is true that You are the LORD, our God and the God of our forefathers, our King and the King of our forefathers, our Redeemer, the Redeemer of our forefathers; our Molder, the Rock of our salvation; our Liberator and our Rescuer – this has ever been Your Name. There is no God but you.

FORGIVENESS

Forgive us our Father, for we have sinned. Pardon us our King, for we have transgressed, for You pardon and forgive. Blessed are You O LORD, Who is gracious and abundantly forgives.

REDEMPTION

See our affliction, and fight our battle, and redeem us²⁸ quickly for Your Name's sake, for You are a strong Redeemer. Blessed are You O LORD, Redeemer of Israel.

HEALING

Heal us, O LORD, and we will be healed. Save us, and we will be saved, for You are our praise.²⁹ Cause complete healing to arise for all our ailments.

use this place to pray for a sick person

For You are God, King, Healer, faithful, and compassionate. Blessed are You O LORD, Healer of the sick of His people Israel.

BLESSING OF THE AGRICULTURAL YEAR

Bless for us, O LORD our God, this year and all the kinds of crops for goodness, and give a blessing upon the face of the earth. Satisfy us from Your goodness, and bless our year like the good years. Blessed are You O LORD, Who blesses the years.

INGATHERING OF THE EXILES

Blast the great shofar for our freedom, and raise a banner to gather our exiles, and gather us together from the four corners of the earth.³⁰ Blessed are You O LORD, Who gathers in the dispersed of His people Israel.

JUSTICE

Return our judges as at first, and our counselors as in the beginning,³¹ and remove sorrow and groan from us, and rule over us, You O LORD alone, with devotion and compassion, and justify us in judgment. Blessed are You O LORD, King Who loves righteousness and judgment.

²⁸ Psalms 119:153-154

²⁹ Jeremiah 17:14

³⁰ Isaiah 11:12

³¹ Isaiah 1:26

(ט) May my mouth declare the praise of the LORD

And may all flesh bless His Holy Name forever and ever.

We will bless God from this time and forever, Halleluyah!²⁶

SHEMONEH ESREI (18 BLESSINGS) / AMIDAH (STANDING)

(the Amidah is typically recited while standing, quietly and without interruption if possible)

My Lord, open my lips, that my mouth may declare Your praise.²⁷

PATRIARCHS

Blessed are You, LORD our God and God of our fathers, God of Abraham, God of Isaac, God of Jacob, the great, mighty and awesome God, God supreme, Who extends loving-kindness and is Master of all, Who remembers the gracious deeds of our forefathers, and Who brings a Redeemer with love to their children's children for His Name's sake. King, Redeemer, Savior, and Shield! Blessed are You O LORD, Shield of Abraham.

GOD'S MIGHT

Your might is eternal, O Lord, Who revives the dead, powerful in saving, Who sustains the living with loving-kindness, Who revives the dead with great mercy, Who supports the falling, heals the sick, frees the captive, and keeps faith with those asleep in the dust. Who is like You, Almighty, and who resembles You, O King? Who can bring death and give life, and can make salvation blossom forth! And faithful are You to revive the dead. Blessed are You, LORD, Who revives the dead.

HOLINESS OF GOD'S NAME

You are holy and Your Name is holy, and holy ones will praise You every day, Selah. Blessed are You O LORD, the holy God.

UNDERSTANDING

You bestow knowledge to man, and teach understanding to mortals. Bestow upon us knowledge, understanding, and discernment from You. Blessed are You O LORD, Who bestows knowledge.

REPENTANCE

Return us O LORD, to Your Torah, and bring us near, our King, to Your service, and bring us back in complete repentance before You. Blessed are You LORD, who favors repentance.

²⁶ 1 Kings 18:39

²⁷ Psalms 51:15

WHO IS LIKE YOU

Who is like You O LORD among the gods! Who is like You, mighty in holiness, too awesome for praise, doing wonders.¹² Who is like You, O LORD?

SHEMONEH ESREI (18 BLESSINGS) / AMIDAH (STANDING)

(the Amidah is typically recited while standing, quietly and without interruption if possible)

My Lord, open my lips, that my mouth may declare Your praise.¹³

PATRIARCHS

Blessed are You, LORD our God and God of our fathers, God of Abraham, God of Isaac, God of Jacob, the great, mighty and awesome God, God supreme, Who extends loving-kindness and is Master of all, Who remembers the gracious deeds of our forefathers, and Who brings a Redeemer with love to their children's children for His Name's sake. King, Redeemer, Savior, and Shield! Blessed are You O LORD, Shield of Abraham.

GOD'S MIGHT

Your might is eternal, O Lord, Who revives the dead, powerful in saving, Who sustains the living with loving-kindness, Who revives the dead with great mercy, Who supports the falling, heals the sick, frees the captive, and keeps faith with those asleep in the dust. Who is like You, Almighty, and who resembles You, O King? Who can bring death and give life, and can make salvation blossom forth! And faithful are You to revive the dead. Blessed are You, LORD, Who revives the dead.

HOLINESS OF GOD'S NAME

You are holy and Your Name is holy, and holy ones will praise You every day, Selah. Blessed are You O LORD, the holy God.

UNDERSTANDING

You bestow knowledge to man, and teach understanding to mortals. Bestow upon us knowledge, understanding, and discernment from You. Blessed are You O LORD, Who bestows knowledge.

¹² Exodus 15:11

¹³ Psalms 51:15

REPENTANCE

Return us O LORD, to Your Torah, and bring us near, our King, to Your service, and bring us back in complete repentance before You. Blessed are You LORD, who favors repentance.

FORGIVENESS

Forgive us our Father, for we have sinned. Pardon us our King, for we have transgressed, for You pardon and forgive. Blessed are You O LORD, Who is gracious and abundantly forgives.

REDEMPTION

See our affliction, and fight our battle, and redeem us¹⁴ quickly for Your Name's sake, for You are a strong Redeemer. Blessed are You O LORD, Redeemer of Israel.

HEALING

Heal us, O LORD, and we will be healed. Save us, and we will be saved, for You are our praise.¹⁵ Cause complete healing to arise for all our ailments.

use this place to pray for a sick person

For You are God, King, Healer, faithful, and compassionate. Blessed are You O LORD, Healer of the sick of His people Israel.

BLESSING OF THE AGRICULTURAL YEAR

Bless for us, O LORD our God, this year and all the kinds of crops for goodness, and give a blessing upon the face of the earth. Satisfy us from Your goodness, and bless our year like the good years. Blessed are You O LORD, Who blesses the years.

INGATHERING OF THE EXILES

Blast the great shofar for our freedom, and raise a banner to gather our exiles, and gather us together from the four corners of the earth.¹⁶ Blessed are You O LORD, Who gathers in the dispersed of His people Israel.

¹⁴ Psalms 119:153-154

¹⁵ Jeremiah 17:14

¹⁶ Isaiah 11:12

MINCHA

THE AFTERNOON SERVICE

ASHREI – CONTENTMENT AWAITS (PSALM 145)

Contentment awaits those who dwell in Your house; may they always praise You, Selah.²⁴ Contentment awaits the people for whom this is so, contentment awaits the people whose God is the LORD.²⁵

- (א) I will exalt you, my God the King,
and I will bless Your Name forever and ever.
- (ב) Every day I will bless You and I will laud Your Name forever and ever.
- (ג) The LORD is great and exceedingly lauded,
and His greatness is beyond investigation.
- (ד) Each generation will praise Your deeds to the next
and of Your mighty deeds they will tell;
- (ה) The splendid glory of Your power
and Your wondrous deeds I shall discuss.
- (ו) And of Your awesome power they will speak,
and Your greatness I shall relate.
- (ז) A recollection of Your abundant goodness they will utter,
and of Your righteousness they will sing exultantly.
- (ח) Gracious and merciful is the LORD, slow to anger, and great in kindness.
- (ט) The LORD is good to all; His mercies are on all His works.
- (י) All Your works shall thank You, O LORD,
and your devout ones will bless You.
- (יא) Of the glory of Your kingdom they will speak,
and of Your power they will tell;
- (יב) To inform human beings of His mighty deeds,
and the glorious splendor of His kingdom.
- (יג) Your kingdom is a kingdom spanning all eternities,
and Your dominion is throughout every generation.
- (יד) The LORD supports all those who are fallen
and straightens all those who are bent.
- (טו) The eyes of all look to You with hope,
and You give them their food in its proper time;
- (טז) **You open Your hand, and satisfy the desire of every living thing.**
- (יז) Righteous is the LORD in all His ways, and magnanimous in all His deeds.
- (יח) The LORD is close to all who call upon Him—
to all who call upon Him sincerely.
- (יט) The will of those who fear Him He will do,
and their cry He will hear and save them.
- (כ) The LORD protects all who love Him; but all the wicked He will destroy.

²⁴ Psalms 78:38

²⁵ 20:10

FURTHER MORNING MEDITATIONS

Ashrei – “Prayers of the Master”

Matthew 5:3-11

Davar Yeshua – “The Word of Yeshua”

Choose portions from Matthew 5-7

Six Remembrances

- i *Exodus from Egypt* – Deuteronomy 16:3
- ii *Receiving the Torah at Sinai* – Deuteronomy 4:9-10
- iii *Amalek’s Attack* – Deuteronomy 25:17-19
- iv *The Golden Calf* – Deuteronomy 9:7
- v *Miriam* – Deuteronomy 24:9
- vi *The Sabbath* – Exodus 20:8

The Ten Commandments

Exodus 20:1-14

JUSTICE

Return our judges as at first, and our counselors as in the beginning,¹⁷ and remove sorrow and groan from us, and rule over us, You O LORD alone, with devotion and compassion, and justify us in judgment. Blessed are You O LORD, King Who loves righteousness and judgment.

RIGHTEOUS

On the righteous, on the devout, on the elders of Your people, the House of Israel, and on their remaining scholars, and on the righteous sojourners and on us, may Your compassions be incited, O LORD our God, and give a good reward to all who sincerely trust in Your Name. Set our portion with them forever, and we will not be ashamed, for we trust in You. Blessed are You O LORD, stronghold and security for the righteous.

BUILDING OF JERUSALEM

Return to Jerusalem, Your city, and dwell in her midst as You have spoken. May You build it soon and in our days as an eternal building, and prepare the throne of David within it quickly. Blessed are You O LORD, Builder of Jerusalem.

KINGSHIP OF THE HOUSE OF DAVID

Cause the Branch of David to flourish quickly, and raise his horn in Your salvation, for we hope for Your salvation all day. Blessed are You O LORD, Who makes the horn of salvation to flourish.

RECEIVING PRAYER

Hear our voice, O LORD our God, take pity and show compassion to us, and receive our prayer with compassion and favor, for You are a God Who hears prayers and supplications. Our King, do not turn us away with nothing, for You compassionately hear the prayer of Your people Israel. Blessed are You O LORD, Who hears prayer.

TEMPLE SERVICE

Be favorable, O LORD our God, toward Israel Your people, turn to their prayer and restore the service to the Holy of Holies of Your House. And the fire offerings of Israel and their prayers may You speedily accept with love and favor, and may the service of Your people Israel be continually favorable to You. May our eyes behold Your return to Zion in compassion. Blessed are You, O LORD, Who restores His Dwelling Presence to Zion.

¹⁷ Isaiah 1:26

THANKSGIVING

We gratefully thank You, for it is You Who are the LORD, our God and the God of our forefathers forever. Our Rock, the Rock of our lives, Shield of our Salvation are You from generation to generation. We shall thank You and relate Your praise:¹⁸ for our lives, which are committed to Your power, and for our souls that are entrusted to You; for Your miracles that are with us every day; and for Your wonders and favors in every season—evening, morning, and afternoon. O Good One, Your compassions were never exhausted. O Compassionate One, Your kindnesses never ended.¹⁹ We have always put our hope in You.

use this place to offer thanks for specific things in your life

For all these, may Your Name be blessed, exalted, and extolled, our King, continually forever and ever. Everything alive will gratefully acknowledge You—Selah! And may they praise Your great Name sincerely, O God of our salvation and help—Selah! Blessed are You, O LORD; Your Name is “The Good One,” and to You, it is fitting to give thanks.

PEACE

Grant peace, goodness, and blessing; grace, devotion, and compassion to us and to all Your people Israel. Bless us, our Father, all of us as one, with the light of Your countenance. For in the light of Your countenance You give us, O LORD, the Torah of life, and the love of devotion, righteousness, and blessing, compassion, life, and peace. And it is good in Your eyes to bless Your people Israel at every moment and every hour with Your peace. Blessed are You, O LORD, Who blesses His people Israel with peace.

May the expressions of my mouth, and the thoughts of my heart find favor before You, O LORD, my Rock and my Redeemer.²⁰

AVINU - OUR FATHER

Our Father Who art in heaven, hallowed be Your Name. May your kingdom come, your will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. Lead us not into temptation, deliver us from all evil. For yours is the kingdom, and the power, and the glory for ever. Amen.

¹⁸ Psalms 79:13

¹⁹ Lamentations 3:22

²⁰ Psalms 19:14

OSEH SHALOM

Oseh shalom bimromav, hu ya'aseh shalom aleinu, ve'al kol Yisra'el, ve'imru, imru, Amen.

May He Who makes peace in His heights make peace on all of us, and upon all Israel; now say: Amen.

ALEYNU - IT IS OUR DUTY

It is our duty to praise the Master of all, to ascribe greatness to the Molder of creation, for He has not made us like the nations of the lands, and has not emplaced us like the families of the earth; for He has not assigned our portion like theirs nor our lot like all their multitudes.

We bend our knees, bow, and acknowledge our thanks before the King Who reigns over kings, the Holy One, Blessed is He. He stretches out heaven and establishes earth's foundation,²¹ the seat of His homage is in the heavens above and His powerful Presence is in the loftiest heights. He is our God and there is none other. True is our King, there is nothing beside Him, as it is written in His Torah: *'You are to know this day and take to your heart that the LORD is the only God - in heaven above and on the earth below - there is none other.'*²²

And it is said: The LORD will be King over all the world - on that day the LORD will be One and His Name will be One.²³

²¹ Isaiah 51:13

²² Deuteronomy 4:39

²³ Zechariah 14:9