

Help us lie down to sleep in peace, O LORD, our God; and rise up, our King, to life. Spread over us the shelter of Your peace. Direct us well with Your good counsel, and save us for Your Name's sake. Shield us, remove from us foe, plague, sword, famine, and sorrow. Remove the adversary from before us and behind us. Shelter us in the shadow of Your wings, for You, God, are our Protector and Rescuer. You, God, are the Gracious and Compassionate King. Safeguard our going and coming—for life and peace, from now to eternity. Blessed is the LORD by day; Blessed is the LORD by night; Blessed is the LORD when we retire; Blessed is the LORD when we arise. For the souls of the living and the dead are in Your hand. [As it is written:] "In His hand is every living soul, and the spirit of all mankind." Into Your hand I shall entrust my spirit, You redeemed me, O LORD, God of truth. Our God Who is in heaven, bring unity to Your Name; establish Your kingdom forever, and reign over us for all eternity.

May our eyes see, our heart rejoice, and our souls be glad in Your *Yeshua*, when Zion is told, "Your God has reigned!" The LORD reigns, the LORD has reigned, the LORD will reign for all eternity. For the kingdom is Yours and You will reign for all eternity in glory, for we have no king but You!

May the LORD bless you and safeguard you. May the LORD illuminate His countenance for you and be gracious to you. May the LORD turn His face toward you and establish peace for you.

Behold, the Guardian of Israel neither slumbers nor sleeps.

For Your *Yeshua* do I long, O LORD. I do long, O LORD, for Your *Yeshua*. O LORD, for Your *Yeshua* do I long.

In the Name of the LORD, God of Israel; may Michael be at my right, Gabriel at my left, Uriel before me, and Raphael behind me; and above my head the Presence of God. **Amein.**

"Pray continually; give thanks in all circumstances, for this is God's will for you in Messiah Yeshua."

1 Thessalonians 5:17-18

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Prayer is more than just conversation with the Creator. It is also an exercise in broadening our thoughts so as to make a more spacious home for His character and essence in our hearts and understanding. These ancient and beautiful prayers were designed with that purpose in view.

Prayer makes the yoke of *Torah* more beautiful and the walk with Messiah more ordered and apparent. But we must always remember that God's thoughts and God's ways are grander and higher than ours, and if we wish to know them, we have a lifetime of spiritual work to do.

"The words and rituals of the prayer service are merely prods to move the thoughts of the worshipper through an odyssey of the mind—a sequence of mental transformations that, in the end, leave the worshipper mentally fortified to do good deeds and resist evil. The liturgy possesses an underlying spiritual current, and the details and words of the prayers are merely the boats and oars with which we guide ourselves through that current."

- Arnold S. Rosenberg

As we pray with concentration, we are to draw nearer to and listen to God—transforming our minds so that we may change our behavior. As we attach ourselves to the unchanging One, we ourselves are changed. For we must change.

Let us pray...

Whoever sits in the refuge of the Most High, he shall dwell in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, I will trust in Him."

For He will deliver you from the ensnaring trap, from devastating pestilence. With His pinion He will cover you, and beneath His wings you will find shelter; shield and armor is His truth. You shall not fear the terror of night; nor the arrow that flies by day; nor the pestilence that stalks in darkness; nor the destroyer who lays waste at noon. Let a thousand encamp at your side and myriads at your right hand, but to you they shall not approach. You will merely look with your eyes and see the punishment of the wicked.

Because you said, "The LORD is my Refuge," you have made the Most High your shelter. No evil will befall you, nor will any plague come near your tent, for He will command His angels for you, to protect you in all your ways. They will lift you in their hands, lest you stumble on a stone. You will tread upon the lion and the viper; you will trample the young lion and the serpent. For he has yearned for Me and I will deliver him; I will elevate him because he knows My Name. He will call upon Me and I will answer him, I am with him in distress, I will release him and I will honor him. With long life will I satisfy him, and I will show him My salvation. With long life will I satisfy him, and I will show him My *Yeshua*.



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2023 EDITION

This *siddur* was created in response to numerous requests for a smaller, more streamlined Messianic *siddur* for weekday use. It does not contain the Sabbath prayers, prayers for use during the *moedim*, the afternoon and evening prayers (*Minchah* and *Ma'ariv*), nor does it incorporate any Hebrew. (All Hebrew transliterations are typeset in italics.) This little *siddur* contains only an abbreviated English version of the morning prayers (*Shacharit*) and the bedtime *Shema*. If you have ever started and ended your day by praying these ancient words then you know what a life-changing practice this can be. If you have not experienced an established pattern of prayer, may the contents of this *siddur* aid you in deepening your walk with our wonderful and beneficent God.

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## The Shema

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God, faithful King,

### HEAR, O ISRAEL: THE LORD IS OUR GOD, THE LORD IS ONE.

Blessed be the Name of His glorious kingdom for ever and ever.

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 command you this day, shall be upon your heart: and you shall teach them diligently to your children, and you shall talk of them when you sit in your house, and when you walk on the way, and when you lie down, and when you rise up. And you shall bind them for a sign upon your hand, and they shall be *tefillin* between your eyes. And you shall write them upon the doorposts of your house, and upon your gates.

May the pleasantness of my Lord, our God, be upon us—our handiwork, may He establish for us; our handiwork, may He establish.

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On Waking

I thank You, living and eternal King,  
for returning my soul to me in mercy.  
Great is Your faithfulness.

Talit

On putting on the Talit, say:

Blessed are You, O LORD our God, King of the universe, Who has sanctified us  
by Your commandments and has commanded us concerning *tzitzit*.

How precious is Your loving-kindness, O God! The children of men take  
refuge in the shadow of Your wings. They satisfy themselves with the  
abundance of Your house; You give them to drink of the stream of Your  
delights. For with You is the fountain of life. By Your light do we see light.  
Extend Your loving-kindness to them that know You and Your righteousness  
to the upright in heart.

Ribono Shel Olam

Master of the universe, I hereby forgive anyone who angered or antagonized  
me or who sinned against me—whether against my body, my property,  
my honor, or in any other matter relating to me; whether accidentally,  
willfully, carelessly, or purposely; whether through speech, deed, thought,  
or notion—I forgive them. May no one incur punishment because of me. May  
it be Your will, LORD, my God and the God of my forefathers, that I may sin  
no more. Whatever sins I have done before You, may You blot out in Your  
abundant mercies, but not through suffering or difficult illnesses. May the  
expressions of my mouth and the thoughts of my heart find favor before You,  
O LORD, my Rock and my Redeemer.

Blessed are You, O LORD, our God, King of the universe, Who casts the bonds of  
sleep upon my eyes and slumber upon my eyelids. May it be Your will, O LORD,  
my God, and the God of my forefathers, that You make me lie down in peace  
and arise in peace. May my imagination, bad dreams, and troubling thoughts  
not overwhelm me. May my bed be pure before You. Enlighten my eyes lest I  
die in sleep, for it is You Who enlightens the pupil of the eye. Blessed are You, O  
LORD, Who gives light to the entire world in His glory.

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## Conclusion

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My God, guard my tongue from evil and my lips from speaking deceitfully. To those who curse me let my soul be silent, and let my soul be like dust to everyone. Open my heart to Your *Torah*, and let my soul pursue Your commandments. If anyone designs evil against me, speedily make their counsel of no effect, and frustrate their designs. Act for the sake of Your Name, act for the sake of Your power, act for the sake of Your holiness, act for the sake of Your *Torah*. In order that Your beloved ones may be delivered, save by Your power, and answer me. Let the words of my mouth and the meditation of my heart be acceptable before You, O LORD, my Rock and my Redeemer. He Who makes peace in His high places, may He make peace for us and for all Israel. **Amein.**

May it be Your will, O LORD our God and God of our fathers, that the temple be speedily rebuilt in our days, and grant us our portion in Your *Torah*. And there we will serve You with awe, as in the days of old, and as in ancient times. Then shall the offering of Judah and Jerusalem be pleasant to the LORD, as in days of old, and as in ancient times.

Now to Him Who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the redeemed community in Messiah *Yeshua* to all generations forever and ever. **Amein.**

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## Tefillin

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On placing the phylactery on the arm, say:

Blessed are You, O LORD our God, King of the universe, Who has sanctified us by Your commandments, and has commanded us to put on the *tefillin*.

On placing the phylactery on the forehead, say:

Blessed are You, O LORD our God, King of the universe, Who has sanctified us by Your commandments, and has commanded us concerning *tefillin*. Blessed be the Name of His glorious kingdom for ever and ever.

The strap is wound three times around the middle finger, and the following is said:

And I will betroth You to me forever. I will betroth You to Me in righteousness, judgment, kindness, and mercy. I will betroth You to Me in faithfulness; and You shall know the LORD.

How goodly are your tents, O Jacob, your dwelling places, O Israel! As for me, in the abundance of Your loving-kindness I will come into Your house: I will worship toward Your holy temple in awe of You. O LORD, I love the habitation of Your house, and the place where Your glory dwells. I will worship and bow down: I will bend my knee before the LORD, my Maker. May my prayer to You, O LORD, be at an acceptable time: O God, in the abundance of Your loving-kindness, answer me with the truth of Your *Yeshua*.

LORD of the world, Who reigned alone

Before the beginning of creation,

When by His will all things were called into existence,

Even then His sovereign Name was exalted.

And when all things shall cease to be,

He shall continue to dwell in majesty.

He was, He is, and He shall remain

In eternal splendor.

For He is one, there is no second,

Alone, unique, beyond compare.

Without beginning and without end,

All strength is His, all sway He bears.

He is my God and living Redeemer,

My enduring Rock in time of sorrow,

My banner and my stronghold sure,

My cup and my portion when I cry out.

I place my soul within His hand

When I awake and when I sleep,

God is with me, I shall not fear;

Spirit and body He will safely keep.

always hoped in You. For all these Your Name, our King, shall be continually blessed and exalted for ever and ever. And everything that lives shall give thanks to You forever, and shall praise Your Name in truth, O God of our salvation and our help. Blessed are You, O LORD, Whose Name is the utterly good One, and to Whom it is fitting to give thanks.

Insert prayers of thanksgiving.

Establish peace, goodness, blessing, grace, loving-kindness and mercy to us and to all Israel, Your people. Bless us, our Father, all of us as one, with the light of Your countenance; for by the light of Your countenance You have given us, O LORD our God, the *Torah* of life, loving-kindness and righteousness, blessing, mercy, life and peace; and may it be good in Your sight to bless Your people Israel at all times and in every season with Your peace. Blessed are You, O LORD, Who blesses Your people Israel with peace.

Let the words of my mouth and the meditation of my heart be acceptable before You, O LORD, my Rock and my Redeemer.

And may the God of our Master *Yeshua* the Messiah, the Father of glory, give us a spirit of wisdom and of revelation in the knowledge of Him. May the eyes of our hearts be enlightened, so that we will know what is the hope to which He has called us, what are the riches of the glory of His inheritance in the holy ones, and what is the surpassing greatness of His power toward us who believe, in accordance with the working of the strength of His might which He brought about in Messiah, when He raised him from the dead and seated Him at His right hand in the heavens. And may He grant us, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Messiah may dwell in our hearts through faith; and that we, being rooted and grounded in love, may be able to comprehend with all the holy ones what is the breadth and length and height and depth, and to know the love of Messiah which surpasses knowledge, that we may be filled up to all the fullness of God.

put to shame; for we have trusted in You. Blessed are You, O LORD, the stay and assurance of the righteous.

And to Jerusalem, Your city, may You return in mercy, and dwell there as You have spoken. Rebuild it soon and in our days as an everlasting structure, and soon establish the throne of David within it. Blessed are You, O LORD, Who rebuilds Jerusalem.

Speedily cause the offspring of David, Your servant, to flourish, and lift up His glory by Your divine help because we wait for Your *Yeshua* all the day. Blessed are You, O LORD, Who causes the strength of *Yeshua* to flourish.

Insert prayers for Messiah's return.

Hear our voice, O LORD our God; spare us and have mercy upon us, and accept our prayer in mercy and favor; for You are a God Who hears prayers and supplications: from Your presence, our King, turn us not away empty; for You listen in mercy to the prayer of Your people Israel. Blessed are You, O LORD, Who hears prayer.

Insert prayers for Israel.

Accept, O LORD our God, Your people Israel and their prayer; restore the service to the inner sanctuary of Your house; receive in love and favor both the offerings of Israel and their prayer; and may the worship of Your people Israel be ever acceptable to You. And let our eyes behold Your return to Zion in mercy. Blessed are You, O LORD, Who restores Your divine presence to Zion.

We gratefully thank You, for You are the LORD our God and the God of our fathers for ever and ever; You are the Rock of our lives, the Shield of our salvation in every generation. We will give thanks to You and declare Your praise for our lives which are committed to Your hand, and for our souls which are in Your charge, and for Your miracles, which are with us every day, and for Your wonders and Your mercies, which are performed at all times, evening, morning and afternoon. You Who are utterly good, Whose mercies never fail; You, merciful One, Whose loving-kindnesses never cease, we have

Our Father, Who dwells in Heaven, holy is Your Name. May Your kingdom come and Your will be done on earth just as it is done in Heaven. Give us today our daily food, and forgive us for our sins just as we forgive those who sin against us. Do not lead us into testing, but deliver us from the evil one's influence. Yours is the kingdom and the power and the glory now and forever. My God, the soul You placed within me is pure. You created it; You formed it; You breathed it into me; and You guard it within me. One day You will take it from me, and restore it to me in a time to come. As long as the soul is within me, I will thank You, O LORD my God and God of my fathers, Master of all works, LORD of all souls. Blessed are You, O LORD, Who restores souls to dead bodies.

Blessed are You, O LORD our God, King of the universe,  
Who has given to the mind understanding to distinguish  
between day and night.  
Blessed are You, O LORD our God, King of the universe,  
Who has not made me a heathen.  
Blessed are You, O LORD our God, King of the universe,  
Who has not made me a slave.  
Blessed are You, O LORD our God, King of the universe,  
Who has made me according to Your will.  
Blessed are You, O LORD our God, King of the universe,  
Who opens the eyes of the blind.  
Blessed are You, O LORD our God, King of the universe,  
Who clothes the naked.  
Blessed are You, O LORD our God, King of the universe,  
Who sets free them that are bound.  
Blessed are You, O LORD our God, King of the universe,  
Who raises up them that are bowed down.  
Blessed are You, O LORD our God, King of the universe,  
Who spreads forth the earth upon the waters.  
Blessed are You, O LORD our God, King of the universe,  
Who provides my every need.  
Blessed are You, O LORD our God, King of the universe,  
Who has made firm the steps of man.  
Blessed are You, O LORD our God, King of the universe,  
Who girds Israel with might.

Look upon our affliction and plead our cause, and redeem us speedily for  
Your Name's sake; for You are a mighty Redeemer. Blessed are You, O LORD  
the Redeemer of Israel.

Insert prayers of confession.

Insert prayers for those who need redemption.

Heal us, O LORD, and we shall be healed; save us and we shall be saved; for  
You are our praise. Grant a perfect healing to all our wounds; for You, almighty  
King, are a faithful and merciful Physician. Blessed are You, O LORD, Who  
heals the sick of Your people Israel.

Insert prayers for the ill.

Bless this year on our behalf, O LORD our God, together with every kind of  
produce of its crops, for our good; [*in winter, include: give dew and rain for a  
blessing upon the face of the earth.*] Satisfy us with Your goodness, and bless  
our year like the best years. Blessed are You, O LORD, Who blesses the years.

Insert prayers for financial success.

Sound the great *shofar* for our freedom; raise the banner to gather our exiles,  
and gather us from the four corners of the earth. Blessed are You, O LORD,  
Who gathers the dispersed of Your people Israel.  
Restore our judges as in former times, and our counselors as at the beginning;  
remove from us sorrow and groaning; reign over us, O LORD, You alone, in loving-  
kindness and compassion, and justify us in righteousness. Blessed are You, O  
LORD, the King Who loves righteousness and judgment.

Insert prayers for governmental leaders.

To the righteous and the pious, the elders of Your people the house of Israel,  
the remnant of their scribes, true converts, and to us also may Your tender  
mercies be stirred, O LORD our God; grant a good reward to all who faithfully  
trust in Your Name; set our portion with them forever, so that we may not be



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## The Amidah

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O LORD, open my lips, that my mouth may declare Your praise.

Blessed are You, O LORD our God and God of our fathers, God of Abraham, God of Isaac, and God of Jacob, the great, mighty and awesome God, the most high God, Who bestows loving-kindnesses, and is Master of all things; Who remembers the pious deeds of the patriarchs, and in love will bring a Redeemer to their children's children for Your Name's sake. King, Helper, Savior and Shield. Blessed are You, O LORD, the Shield of Abraham.

You, O LORD, are mighty forever, You resurrect the dead, You are mighty to save. You sustain the living with loving-kindness, resurrect the dead with great mercy, support the fallen, heal the sick, free the bound, and maintain Your faith to those who sleep in the dust. Who is like You, O Master of mighty deeds, and who compares to You, O King, Who causes death and restores to life, and makes salvation to spring forth? Faithful are You to resurrect the dead. Blessed are You, O LORD, Who resurrects the dead.

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

You favor man with knowledge, and teach understanding to mortal men. Favor us with knowledge, understanding and discernment. Blessed are You, O LORD, gracious Giver of knowledge.

Insert prayers for wisdom.

Cause us to return, Our King, to Your service, and bring us back in perfect repentance to Your presence. Blessed are You, O LORD, Who delights in repentance.

Forgive us, Our Father, for we have sinned. Pardon us, our King, for we have transgressed. But You pardon and forgive. Blessed are You, O LORD, the gracious One, Who abundantly pardons.

Blessed are You, O LORD our God, King of the universe,  
Who crowns Israel with glory.

Blessed are You, O LORD our God, King of the universe,  
Who gives strength to the weary.

Blessed are You, O LORD our God, King of the universe,  
Who removes sleep from my eyes and slumber from my eyelids.

And may it be Your will, O LORD our God and God of our fathers, to accustom us to walk in Your *Torah*, and to make us cleave to Your commandments. Lead us not into sin, or transgression, iniquity, temptation, or disgrace; let not the evil inclination have sway over us; keep us far from a bad man and a bad companion: make us cleave to the good inclination and to good works: subdue our evil inclination so that it may submit itself to You: and let us obtain this day, and every day, grace, favor, and mercy in Your eyes, and in the eyes of all who behold us; and bestow loving-kindness upon us. Blessed are You, O LORD, Who bestows loving-kindnesses upon His people Israel. May it be Your will, O LORD my God and God of my fathers, to deliver me this day, and every day, from arrogant men and from arrogance, from a bad man, from a bad companion and from a bad neighbor, and from any mishap or evil hindrance; from a harsh judgment, and from a harsh opponent, whether he is a son of the covenant or not a son of the covenant.

At all times let a man revere God in private and in public, acknowledge the truth, and speak the truth in his heart; and let him rise early and say: Master of all worlds! Not because of our righteous acts do we lay our supplications before You, but because of Your abundant mercies. What are we? What is our life? What is our piety? What is our righteousness? What is our ability to save? What is our strength? What is our might? What shall we say before You, O LORD our God and God of our fathers? Are not all the mighty men as nothing before You, the men of renown as though they had not been, the wise as if without knowledge, and the men of understanding as if without discernment? For most of their works are vanity, and the days of their lives are empty before You, and the pre-eminence of man over beast is nonexistent: for all is vanity...

But we are Your people, the children of Your covenant, the children of Abraham, Your friend, to whom You made an oath on Mount Moriah; the seed of Isaac, His only son, who was bound upon the altar; the congregation of Jacob, Your firstborn son, whose name You called Israel and Yeshurun by reason of the love whereby You loved him, and the joy whereby You rejoiced in him. It is therefore our duty to thank, praise and glorify You, to bless, to sanctify and to offer praise and thanksgiving to Your Name. Happy are we! How goodly is our portion, how pleasant our lot, and how beautiful our heritage! Happy are we who, early and late, morning and evening, twice each day, declare:

**HEAR, O ISRAEL: THE LORD IS OUR GOD, THE LORD IS ONE.**  
Blessed be the Name of His glorious kingdom for ever and ever.

You existed before the world was created; You have been the same since the world has been created; You are the same in this world, and You will be the same in the world to come. Sanctify Your Name upon them that sanctify it.

You have been the help of our fathers from long ago, a shield and Savior to their children after them in every generation. Your habitation is the heights of the universe, Your judgments and Your righteousness reach to the furthest ends of the earth. Happy is the man who attends to Your commandments, and lays up Your *Torah* and Your word in his heart. True ★, You are indeed the first and You are the last, and beside You we have no King, Redeemer and Savior.

Who is like You, O LORD, among the mighty? Who is like You, glorious in holiness, awesome in praises, doing wonders?  
Release the tzitziyot.

Rock of Israel, arise to the help of Israel, and deliver according to Your promise, Judah and Israel. Our Redeemer, the LORD of Hosts is His Name, the Holy One of Israel. Blessed are You, O LORD, Who redeems Israel.

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## Reward & Punishment

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And it shall come to pass, if you indeed heed My commandments which I command you this day, to love the LORD your God, and to serve Him with all your heart and with all your soul, that I will provide rain for your land in its season, the early and the late rain, that you may gather in your corn, and your wine, and your oil. And I will give grass in your field for your cattle, and you shall eat and be satisfied. Take heed to yourselves, lest your heart be deceived, and you turn aside, and serve other gods, and worship them; and the anger of the LORD be kindled against you, and He shut up the heaven, that there be no rain, and that the land not yield its fruit, and you perish quickly from the good land which the LORD gives you. Therefore set these words of Mine on your heart and soul; and you shall bind them for a sign upon your hand, and they shall be *tefillin* between your eyes. And you shall teach them to your children, talking of them when you sit in your house, 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 upon your gates: that your days may be multiplied, and the days of your children, upon the land which the LORD swore to give to your fathers, as the days of the heavens upon the earth.

Transfer the *tzitziyot* to the right hand. Kiss the *tzitzityot* at each ★.

And the LORD spoke to Moses, saying, Speak to the children of Israel, and bid them that they make them a *tzitzit* ★ upon the corners of their garments throughout their generations, and that they put upon the *tzitzit* ★ of each corner a cord of blue: and it shall be to you for a *tzitzit* ★, that you may look upon it, and remember all the commandments of the LORD, and do them: and that you not explore after your own heart and your own eyes, after which you go astray: that you may remember and do all My commandments, and be holy to your God. I am the LORD your God, Who brought you out of the land of Egypt, to be your God: I am the LORD your God.

Sanctify Your Name throughout Your world; and through Your *Yeshua* raise up and uphold our strength. Blessed are You, O LORD, Who sanctifies Your Name before the whole world.

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## The Coming of His Kingdom on Earth

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You are the LORD our God in heaven and on earth, and in the highest heavens. Truly, You are the first and You are the last, and beside You there is no God. Gather them that hope in You from the four corners of the earth. Let all the inhabitants of the world perceive and know that You are God, You alone, over all the kingdoms of the earth. You have made the heavens and the earth, the sea and all that is in them. And which among all the works of Your hands, whether among those above or among those beneath, can say to You, “What are You doing?” Our Father Who is in heaven, deal kindly with us for the sake of Your great Name by which we are called; and fulfill for us, O LORD our God, that which is written, “At that time will I bring you in, and at that time will I gather you; for I will make you a name and a praise among all the peoples of the earth, when I bring back your captivity before your eyes, says the LORD.”

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## Half Kaddish

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May His great Name be magnified and sanctified in the world which He created according to His will. May He establish His kingdom during our lifetime and during our days, and during the lifetime of all the house of Israel, even quickly and soon, Amein. Let His great Name be blessed for-ever and to all eternity. Blessed, praised and glorified, exalted, extolled and honored, magnified and lauded be the Name of the Holy One—blessed is He—though He is high above all the blessings, hymns, praises, and consolations which are uttered in the world, Amein.

Passages of praise may be included at this point:

- 1 Chronicles 16:8-36
- Psalm 145-150
- 1 Chronicles 29:10-13
- Nehemiah 9:6-11
- Exodus 14:30-15:19
- Romans 8:31-39

May Your Name be praised forever—our King, the God, the great and holy King—in heaven and on earth. Because for You 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 splendor, holiness and sovereignty, blessings and thanksgivings from this time and forever. Blessed are You, O LORD, God, King exalted through praises, God of thanksgivings, Master of wonders, Who chooses musical songs of praise—King, God, Life-giver of the world.

Blessings of The Shema

With an abundant love have You loved us, O LORD our God, and great and overflowing tenderness have You shown us. Our Father, our King, for the sake of our forefathers who trusted in You, and whom You taught the statutes of life, be also gracious to us and teach us. O our Father, merciful Father, ever compassionate, have mercy upon us. Put it into our hearts to understand and to discern, to listen, learn and teach, to heed, to do and to fulfill all the words of instruction in Your *Torah* with love. Enlighten our eyes in Your *Torah*, and may our hearts cleave to Your commandments, and unify our hearts to love and revere Your Name, so that we may never be put to shame. Because we have trusted in Your holy, great and awesome Name, we shall rejoice and be glad in Your *Yeshua*. \*Bring us in peace from the four corners of the earth, and make us walk upright into our land, for You are a God Who works salvation. You have chosen us from all peoples and tongues, and have brought us near

to Your great Name forever in faithfulness, that we might give thanks to You and proclaim Your unity with love. Blessed are You, O LORD, Who has chosen His people Israel in love.

\*Gather the four tzitziyot in the left hand.

The Shema

HEAR, O ISRAEL: THE LORD IS OUR GOD, THE LORD IS ONE.  
Blessed be the Name of His glorious kingdom for ever and ever.

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 command you this day, shall be upon your heart: and you shall teach them diligently to your children, and you shall talk of them when you sit in your house, and when you walk on the way, and when you lie down, and when you rise up. And you shall bind them for a sign upon your hand, and they shall be *tefillin* between your eyes. And you shall write them upon the doorposts of your house, and upon your gates.