

Prayers for Shabbat Morning

Ma Tovv

How fair are your tents, O Jacob,
Your encampments, O Israel!

Birkot HaShachar

*Blessed are You, Adonai
our God, Ruler of the universe...*

Who opens blind eyes.
Who clothes the naked.
Who frees the captive.
Who lifts up the fallen.
Who spreads the earth upon the waters.
Who provides for all my needs.
Who makes firm our steps.
Who girds Israel with strength.
Who crowns Israel with splendor.
Who gives strength to the weary.

Baruch She'amar

Blessed is the One Who spoke
and brought the world into existence.
Blessed is God! Blessed is the One Who maintains
creation. Blessed is the One Whose words are deeds;
Whose decrees are fulfillments. Blessed is the One Who
has compassion upon the world and all its creatures.
Blessed is the One Who rewards
those who are reverent. Blessed is the One Who lives
forever and endures throughout eternity. Blessed is the
One Who redeems and rescues. Blessed is God's name!

1 Chronicles 16:28-36

Ascribe to the Lord, O families of the peoples, ascribe to
the Lord glory and strength. Ascribe to the Lord the glory
due his name; bring an offering, and come before him.
Worship the Lord in holy splendor; tremble before him, all
the earth.
The world is firmly established; it shall never be moved.
Let the heavens be glad,
and let the earth rejoice, and let them say among the
nations, "The Lord is king!"
Let the sea roar, and all that fills it; let the field exult, and
everything in it. Then shall

Ma Tovv

Ma tovu ohalecha Ya'akov,
Mish'k'no'techa Yisrael.

Birkot HaShachar

*Baruch atah Adonai
Eloheinu melech ha'olam...*

Poke'ach ivrim.
Malbish arumim.
Matir aurim.
Zokeif k'fufim.
Roka ha'arez al hamayim.
She'asa li kal tzorki.
Hameichin mitzadei gaver.
Ozer Yisrael b'givura.
Oter Yisrael b'tifara.
Hanotein laya'eif koach.

Baruch She'amar

Baruch she'amar v'hayah ha'olam
Baruch hu.
Baruch omer v'oseh
Baruch gozer umka-yeim
Baruch oseh b'reishit
baruch m'racheim al ha-aretz
baruch m'racheim al ha-b'riot
baruch m'shaleim sachar tov lirei-av,
Baruch chai la'ad v'ka-yam la-netzach,
baruch podeh umatzil,
baruch sh'mo.

the trees of the forest sing for joy before the
Lord, for he comes to judge the earth.
O give thanks to the Lord, for he is good; for
his steadfast love endures forever. Say also:
"Save us, O God of our salvation, and gather
and rescue us from among the nations, that
we may give thanks to your holy name, and
glory in your praise. Blessed be the Lord,
the God of Israel, from everlasting to
everlasting." Then all the people said
"Amen!" and praised the Lord.

Psalm 34

Of David, when he feigned madness before
Abimelech, so that he drove him out, and he went away.

1 I will bless the Lord at all times;
his praise shall continually be in my mouth.
2 My soul makes its boast in the Lord;
let the humble hear and be glad.
3 O magnify the Lord with me,
and let us exalt his name together.
4 I sought the Lord, and he answered me,
and delivered me from all my fears.
5 Look to him, and be radiant;
so your faces shall never be ashamed.
6 This poor soul cried, and was heard by the Lord,
and was saved from every trouble.
7 The angel of the Lord encamps
around those who fear him, and delivers them.
8 O taste and see that the Lord is good;
happy are those who take refuge in him.
9 O fear the Lord, you his holy ones,
for those who fear him have no want.
10 The young lions suffer want and hunger,
but those who seek the Lord lack no good thing.
11 Come, O children, listen to me;
I will teach you the fear of the Lord.
12 Which of you desires life,
and covets many days to enjoy good?

13 Keep your tongue from evil,
and your lips from speaking deceit.
14 Depart from evil, and do good;
seek peace, and pursue it.
15 The eyes of the Lord are on the righteous,
and his ears are open to their cry.
16 The face of the Lord is against evildoers,
to cut off the remembrance of them from the
earth.
17 When the righteous cry for help, the Lord
hears,
and rescues them from all their troubles.
18 The Lord is near to the brokenhearted,
and saves the crushed in spirit.
19 Many are the afflictions of the righteous,
but the Lord rescues them from them all.
20 He keeps all their bones;
not one of them will be broken.
21 Evil brings death to the wicked,
and those who hate the righteous will be
condemned.
22 The Lord redeems the life of his servants;
none of those who take refuge in him will be
condemned.

Psalm 92

A Psalm. A Song for the Sabbath Day.

1 It is good to give thanks to the Lord,
to sing praises to your name, O Most High;
2 to declare your steadfast love in the morning,
and your faithfulness by night,
3 to the music of the lute and the harp,
to the melody of the lyre.
4 For you, O Lord, have made me glad by your work;
at the works of your hands I sing for joy.
5 How great are your works, O Lord!
Your thoughts are very deep!
6 The dullard cannot know,
the stupid cannot understand this:
7 though the wicked sprout like grass
and all evildoers flourish,
they are doomed to destruction forever,
8 but you, O Lord, are on high forever.
9 For your enemies, O Lord,

for your enemies shall perish;
all evildoers shall be scattered.
10 But you have exalted my horn like that of
the wild ox;
you have poured over me fresh oil.
11 My eyes have seen the downfall of my
enemies;
my ears have heard the doom of my evil
assailants.
12 The righteous flourish like the palm tree,
and grow like a cedar in Lebanon.
13 They are planted in the house of the
Lord;
they flourish in the courts of our God.
14 In old age they still produce fruit;
they are always green and full of sap,
15 showing that the Lord is upright;
he is my rock, and there is no
unrighteousness in him.

Psalm 150

Praise the Lord!
 Praise God in his sanctuary;
 praise him in his mighty firmament!
 Praise him for his mighty deeds;
 praise him according to his surpassing greatness!
 Praise him with trumpet sound;
 praise him with lute and harp!
 Praise him with tambourine and dance;
 praise him with strings and pipe!
 Praise him with clanging cymbals;
 praise him with loud clashing cymbals!
 Let everything that breathes praise the Lord!
 Praise the Lord!

Psalm 150

Halleluyah,
 Hallelu El b'kodsho,
 Halleluhu bir'kiya u'zo.
 Halleluhu vig'vurotaiv,
 Halleluhu k'rov gudlo.
 Halleluhu b'teika shofar,
 Halleluhu b'nevel v'chinor.
 Halleluhu b'tof umachol,
 Halleluhu b'minim v'ugav.
 Halleluhu v'tziltzelei shama,
 Halleluhu b'tziltzelei t'ruah.
 Kol han'shamah t'haleil Yah
 Halleluyah!

Yotzeir Or

Blessed are You, Adonai our God,
 Ruler of the universe,
 Who fashions light and creates darkness
 Who makes peace and creates all.

Yotzeir Or

Baruch atah Adonai
 Eloheinu melech ha'olam
 Yotzeir or u'vorei choshech
 oseh shalom u'vorei et hakol.

Deuteronomy 6:4-9

⁴Hear, O Israel: The Lord is our God, the Lord alone. ⁵You shall love the Lord your God with all your heart, and with all your soul, and with all your might. ⁶Keep these words that I am commanding you today in your heart. ⁷Recite them to your children and talk about them when you are at home and when you are away, when you

lie down and when you rise. ⁸Bind them as a sign on your hand, fix them as an emblem on your forehead, ⁹and write them on the doorposts of your house and on your gates.

Deuteronomy 11:13-21

¹³If you will only heed his every commandment that I am commanding you today—loving the Lord your God, and serving him with all your heart and with all your soul—
¹⁴then he will give the rain for your land in its season, the early rain and the later rain, and you will gather in your grain, your wine, and your oil; ¹⁵and he will give grass in your fields for your livestock, and you will eat your fill. ¹⁶Take care, or you will be seduced into turning away, serving other gods and worshipping them, ¹⁷for then the anger of the Lord will be kindled against you and he will shut up the heavens, so that there will be no rain and the land will yield
 no fruit; then you will perish quickly off the good land that

the Lord is giving you.

¹⁸You shall put these words of mine in your heart and soul, and you shall bind them as a sign on your hand, and fix them as an emblem on your forehead. ¹⁹Teach them to your children, talking about them when you are at home and when you are away, when you lie down and when you rise. ²⁰Write them on the doorposts of your house and on your gates, ²¹so that your days and the days of your children may be multiplied in the land that the Lord swore to your ancestors to give them, as long as the heavens are above the earth.

Numbers 15:37-41

³⁷The Lord said to Moses: ³⁸Speak to the Israelites, and tell them to make fringes on the corners of their garments throughout their generations and to put a blue cord on the fringe at each corner. ³⁹You have the fringe so that, when you see it, you will remember all the commandments of

the Lord and do them, and not follow the lust of your own heart and your own eyes. ⁴⁰So you shall remember and do all my commandments, and you shall be holy to your God. ⁴¹I am the Lord your God, who brought you out of the land of Egypt, to be your God: I am the Lord your God.

Mi Chamocha

Who is like You, Adonai, among the gods? Who is like You, who is majestic in holiness, awesome in splendor, who does wonders?

Amidah

1. Blessed are You, Adonai our God and God of our ancestors: God of Abraham, God of Isaac, and God of Jacob. The great, powerful, and awesome God, God exalted, who bestows good and kindness and controls everything, who remembers the

2. You are eternally mighty, O God; You revive the dead, great is Your ability to save! With kindness You sustain the living, renewing the dead with profound mercy, helping the fallen and healing the sick; bringing freedom to the restrained and keeping faith with those who sleep in the

3. Holy are You and Holy is Your name. Holy ones praise you each day.

4. Those who keep the Sabbath and call it a delight shall rejoice in Your deliverance. All who hallow the seventh day shall be gladdened by Your goodness. This day is Israel's festival of the spirit, sanctified and blessed by You, the most precious of days, a symbol of the joy of creation. Our God, God of our fathers and our mothers, may our rest on this day be pleasing in Your sight. Satisfy us with Your mitzvot, and let Your Torah be our way of life. Satisfy us

5. Be favorable, Adonai our God, toward Your people Israel, and receive their prayers with love. May the worship of Israel Your people always be acceptable. God is near to all who call out. Turn to Your servants and be gracious to

6. We acknowledge You, for You are our God and the God of our ancestors forever and ever. You are the Rock of our life, the Protector of our salvation for each and every generation. We are thankful to You and sing Your praises; for our lives, which are delivered into Your hands, for our souls, which are under Your auspices, and for Your miraculous activities which are with us daily, and for Your wonders and acts of goodness of every time, evening morning and afternoon. The Good One, for Your compassion never ceases.

Mi Chamocha

Mi chamocha ba'eilim Adonai?
Mi kamocho, ne'dar bakodesh, nora
t'hilot, oseh feleh?

kindnesses of our ancestors, and who with love brings redemption to their children's children for the sake of Your name; Ruler, Helper, Savior, and Protector. Blessed are You, Adonai, Shield of Abraham.

dust. Who is like You, Master of Might, and who is like You, O Ruler who causes death and life and the birth of salvation? Truly you revive the dead. Blessed are You, Adonai, who revives the dead.

Blessed are you, Adonai, the Holy God.

with Your goodness, gladden us with Your salvation, and purify our hearts to serve You in truth. In Your gracious love, Eternal God, let Your holy Sabbath remain our heritage, that all Israel, hallowing Your name, may find rest and peace. We praise You, O God, for the Sabbath and its holiness.

us. Pour out Your spirit upon us. May our eyes gaze upon Your return to Zion with mercy. Blessed are You, Adonai, whose Presence returns to Zion.

The Compassionate One, for Your kindness never fails. We have hoped for You eternally. For all these things, may Your name be praised and exalted, O Ruler, always and forever. Let all who live thank You, Selah, and praise Your name in truth, O God, our Savior and Helper, Selah! Blessed are You, Adonai, whose name is good, and to whom it is befitting to give thanks.

7. Place peace, goodness, and blessing, grace, kindness and mercy upon us and upon all Israel, Your people. Bless us, O God, all of us, with the light of Your countenance, for with the light of Your countenance, You gave us, Adonai our God, a Torah of life, love of kindness, righteousness,

blessing, mercy, life, and peace. May it be worthy in Your eyes to bless Your people Israel, at every time and hour, with peace. Blessed are You, Adonai, who blesses the people Israel with peace.

8. O God, keep my tongue from evil and my lips from deceit. Help me to be silent in the face of derision, humble in the presence of all. Open my heart to Your Torah, that I may hasten to do Your mitzvot. Save me with Your power; in time of trouble be my answer, that those who love You may rejoice. May the words of my mouth and the

meditations of my heart be acceptable to You, O God, my Rock and my Redeemer. May the Maker of peace in the high places make peace descend upon us and upon all Israel, and let us say: Amen.

Our Father

Our Father in heaven!
May your Name be kept holy.
May your Kingdom come,
May your will be done
on earth as in heaven.
Give us the food we need today.
Forgive us what we have done wrong,
as we too have forgiven
those who have wronged us.
And do not lead us into hard testing,
but keep us safe from the Evil One.
For kingship, power
and glory are yours forever.
Amen.

Avinu

Avinu shebashamayim!
yitkadesh shimcha. tavo malchutcha,
ye'aseh retzoncha
kevashamayim ken ba'aretz
et lechem chukeinu ten lanu hayom
us'lach lanu al chata'einu
kefir shesol'chim gam
anachnu lachote'im lanu
ve'al tevi'einu lidei nissayon
ki im chaltzeinu min hara
ki lecha hamamlechah
vehagvurah vehatiferet
le'olamei olamim.
Amen.

Prayer for Protection and Healing

Our Father in heaven, let our prayers be counted as incense before you, like the incense that Aaron the priest carried quickly to the congregation to make atonement for them—“For wrath has gone out from the LORD; the plague has begun”. Let the sun of righteousness rise with healing in his wings, as it says, “He stood between the dead and the living, and the plague was stopped”. For how can we bear to see the harm that would befall our people? Spare your people, O LORD, and do not make your heritage a reproach, as it says in the Torah of your servant Moses, “I will take sickness away from among you”; “And the LORD will take away from you all sickness, and none of the evil diseases of Egypt, which you knew, will he inflict on you”; “I will put none of the diseases on you that I put on the Egyptians, for I am the LORD, your healer.”

is, whatever prayer, whatever plea is made by any person or by all your people Israel, each knowing the affliction of his own heart and stretching out his hands toward this house.” Hear our prayers in heaven your dwelling place and forgive and act, that we may all fear you and live.

Compassionate Father who creates the cure before the affliction, heal us O LORD, and we will be healed. Save us and we will be saved. For you are our praise. For your salvation I do wait, O LORD. Dispatch your salvation from Zion, as it says, “Whatever plague, whatever sickness there

Help us O God of our salvation; for the sake of the glory of your Name, do not look upon our wickedness. Instead, deal with us with charity and devotion, as it says, “He takes pity on the downtrodden and poor, and the souls of the poor he saves.” Act for the sake of our Master Yeshua to whom you gave the authority to heal every disease and sickness; our righteous Messiah of whom it written, “Surely he carried our sicknesses, and bore our diseases.” In his merit and virtues, may the sayings of our mouths and the meditation of our hearts be favorable before you, O LORD, our rock and our redeemer.

Aleinu

It is our duty to praise the Master of all, to offer greatness to the Fashioner of Creation, who has not made us like the nations of the land and who has not placed us like the families of the earth, who has not placed our portion with them, nor our lot with all their multitudes. We bow and prostrate and acknowledge the Ruler, Ruler of Rulers, the Holy One, Blessed be God! God stretches out the heavens and establishes the earth (Isaiah 51:13); You are our God; there is none else. In truth You alone are our Sovereign God, as it is written in the Torah: Know this day and place it in your heart that Adonai is God in the heavens above and on the earth below; there is none else.

Therefore God also highly exalted him
and gave him the name
that is above every name,
so that at the name of Yeshua
every knee should bend,

And it has been said: Adonai will be Ruler over all the earth; On that day Adonai shall be One and God's name shall be One.

Mourner's Prayer

Master of the world, God of the spirit of all flesh, it is revealed and known before You that it is my fervent desire to praise Your name, and to remember and honor my beloved (*insert name*) by reciting the Mourner's Kaddish in the company of a minyan. Though circumstances prevent me from doing so, may my yearning and prayers find favor

May the One who causes peace
to reign in the high heavens,
let peace descend on us, on all Israel
(and all who dwell on the earth) and let us say: Amen.

Aleinu

Aleinu l'shabeiach la'adon hakol, lateit g'dula l'yotzer b'reishit, shelo asanu k'goyei ha'aratzot, velo samanu k'mishp'chot ha'adamah; shelo sam chelkeinu kahem, v'goraleinu k'chol hamonam. Va'anachnu kor'im umish'tachavim umodim lif'nei melech mal'chei hamlachim, hakadosh baruch Hu. Shehu noteh shamayim v'yoseid aretz umoshav y'karo bashamayim mima'al, ush'chinat uzo b'gov'hei m'romim. Hu Eloheinu ein od. Emet mal'keinu, efes zulato, kakatuv b'torato "V'yada'ta hayom v'hasheivota el-l'vavecha, ki Adonai Hu ha'Elohim bashamayim mima'al v'al ha'arets mitachat, ein od."

in heaven and on earth and under the earth,
and every tongue should confess
that Messiah Yeshua is Lord,
to the glory of God the Father.

V'ne'emar: v'hayah Adonai l'melech al kol ha'arets; bayom hahu yih'yeh Adonai echad, ush'mo echad!

in Your eyes, and be accepted and received before You as if I had prayed that Kaddish. May you grant hope and healing to all who suffer, and may we soon be able to once again safely gather in holiness and joy. May Your name, Adonai, be elevated and sanctified everywhere on earth and may peace reign everywhere.

Oseh shalom bimromav
hu ya'aseh shalom aleinu
v'al kol yisrael (v'al kol
yosh'vei teiveil), v'imru amen.

Shabbat Shalom!