

BLMC Morning Prayers – English / Hebrew

Contents

I. Modeh Ani (I give thanks)	1
II. Elohai Neshamah (God Breathing the Soul Alive)	2
III. Pesukei D'Zimrah (Verses of Singing / Songs of Praise)	3
IV. Psalm 103, CJB.....	4
V. Hallel of Pesukei D'Zimrah (Daily Hallel).....	6
Psalm 145, CJB	6
VI. Mah Tovu (O How Good).....	7
VII. Shema (Hear).....	8
VIII. Blessing of the Messiah.....	10
IX. Amidah Introductory Remarks	11
X. Amidah (The Standing Prayer).....	12
XI. T'FEELAHT HATAHL MEDEEM (The Disciples Prayer).....	17

I. Modeh Ani (I give thanks)

מוֹדָה אֲנִי לְפָנֶיךָ

מֶלֶךְ חַי וְקַיִם

שֶׁהֵחֵזַרְתָּ בִּי נִשְׁמַתִּי בְּחַמְלָה

רַבָּה אֶמְוִנְתֶּךָ

*Mo-De A-Ni Le-Fa-Nei-Kha Me-Lekh Khai Ve-Ka-Yam She-He-Khe-Zar-Ta Bi
Nish-Ma-Ti Be-Khem-La Ra-Ba E-Mu-Na-Te-Kha*

I give thanks before You, Living and Eternal King, for You have returned my soul to me in compassion; Your faithfulness is great!

[Jump to Table of Contents](#)

II. Elohai Neshamah (God Breathing the Soul Alive)

Elohai
אֱלֹהֵי,

hee t'ho-ra bee she-na-ta-ta n'sha-ma
נְשָׁמָה שְׁנַתַּתָּ בִּי טְהוֹרָה הִיא,

bee n'fach-tah A-ta y'tzar-tah A-ta v'ra-tah A-ta
אֶתָּה בְּרֵאתָהּ, אֶתָּה יִצְרָתָהּ, אֶתָּה נִפְחָתָהּ בִּי,

mi-meh-nī li-t'lah a-teed v'A-ta b'keer-bee m'sha-m'rah v'A-ta
וְאֶתָּה מְשַׁמְרָהּ בְּקִרְבִּי, וְאֶתָּה עֲתִיד לְטָלָהּ מִמֶּנִּי,

la-vo le-ah-teed bee u-l'ha-cha-zi-rah
וּלְהַחְזִירָהּ בִּי לְעֲתִיד לְבוֹא.

b'keer-bee sheh-ha-n'sha-ma z'mahn kol
כָּל זְמַן שְׁהַנְּשָׁמָה בְּקִרְבִּי,

a-vo-tai v'AYlohay Elohai Adonai l'fa-ne-cha a-ni mo-deh
מוֹדָה אֲנִי לְפָנֶיךָ, יְיָ אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי,

ha-n'sha-moht kol A-dohn ha-ma-ah-seem kol ri-bohn
רְבוֹן כָּל הַמַּעֲשִׂים, אֲדוֹן כָּל הַנְּשָׁמוֹת.

may-teem li-fga-reem n'sha-moht ha-ma-cha-zeer Adonai A-ta Ba-ruch
בְּרוּךְ אַתָּה יְיָ, הַמַּחְזִיר נְשָׁמוֹת לְפָגְרִים מֵתִים.

My God, the soul You have given me is pure. You created it. You formed it, and You breathed it into me, and You guard it while it is within me, and one day You will take it from me, and restore it to me in the time to come. As long as the soul is within me, I will thank You, HaShem my God and God of my ancestors, Master of all works, LORD of all souls. Blessed are You, LORD, who restores souls to lifeless bodies.

III. Pesukei D'Zimrah (Verses of Singing / Songs of Praise)

Ha'reini m'zamein et pi

L'hodot ulhalel u'lshabeach et Borei.

I now prepare my mouth

to thank, to laud and to praise my Creator.

Blessed be He who spoke, and the world came into being;

(all respond) Blessed be He.

Blessed be He who created the universe. Blessed be He who says and performs.

Blessed be He who decrees and fulfills. Blessed be He who has mercy on the world.

Blessed be He who has mercy on all creatures.

Blessed be He who grants a fair reward to those who revere him. Blessed be He who lives forever and exists eternally. Blessed be He who redeems and saves; blessed be His name. Blessed are You, Lord our God, King of the universe, O God, merciful Father, who are praised by the mouth of Your people, lauded and glorified by the tongue of Your faithful servants.

With the songs of Your servant David will we praise You, Lord our God; with his hymns and psalms we exalt, extol, and glorify You. We will call upon Your name and proclaim You King, our King, our God. You who are One, the life of the universe, O King, praised and glorified be Your great name for all time.

Blessed are You, Lord, King extolled with hymns of praise.

IV. Psalm 103, CJB

1(0) By David:

(1) Bless ADONAI, my soul!

Everything in me, bless his holy name!

2 Bless ADONAI, my soul,
and forget none of his benefits!

3 He forgives all your offenses,
he heals all your diseases,

4 he redeems your life from the pit,
he surrounds you with grace and compassion,

5 he contents you with good as long as you live,
so that your youth is renewed like an eagle's.

6 ADONAI brings vindication and justice
to all who are oppressed.

7 He made his ways known to Moshe, his
mighty deeds to the people of Isra'el.

8 ADONAI is merciful and compassionate,
slow to anger and rich in grace.

9 He will not always accuse,
he will not keep his anger forever.

10 He has not treated us as our sins deserve
or paid us back for our offenses,

11 because his mercy toward those who fear him
is as far above earth as heaven.

12 He has removed our sins from us
as far as the east is from the west.

13 Just as a father has compassion on his children,
ADONAI has compassion on those who fear him.

BLMC Morning Prayers – English / Hebrew

- 14 For he understands how we are made, he remembers that we are dust.
- 15 Yes, a human being's days are like grass, he sprouts like a flower in the countryside—
- 16 but when the wind sweeps over, it's gone; and its place knows it no more.
- 17 But the mercy of ADONAI on those who fear him is from eternity past to eternity future, and his righteousness extends to his children's children,
- 18 provided they keep his covenant and remember to follow his precepts.
- 19 ADONAI has established his throne in heaven; his kingly power rules everything.
- 20 Bless ADONAI, you angels of his, you mighty warriors who obey his word, who carry out his orders!
- 21 Bless ADONAI, all his troops, who serve him and do what he wants!
- 22 Bless ADONAI, all his works, in every place where he rules!
Bless ADONAI, my soul!

V. Hallel of Pesukei D’Zimrah (Daily Hallel) Psalm 145, CJB

Praise. By David:

- 1 I will praise you to the heights, my God, the king; I will bless your name forever and ever.
- 2 Every day I will bless you; I will praise your name forever and ever.
- 3 Great is ADONAI and greatly to be praised; his greatness is beyond all searching out.
- 4 Each generation will praise your works to the next and proclaim your mighty acts.
- 5 I will meditate on the glorious splendor of your majesty and on the story of your wonders.
- 6 People will speak of your awesome power, and I will tell of your great deeds.
- 7 They will gush forth the fame of your abounding goodness, and they will sing of your righteousness.
- 8 ADONAI is merciful and compassionate, slow to anger and great in grace.
- 9 ADONAI is good to all; his compassion rests on all his creatures.
- 10 All your creatures will thank you, ADONAI, and your faithful servants will bless you.
- 11 They will speak of the glory of your kingship, and they will tell about your might;
- 12 to let everyone know of your mighty acts and the glorious majesty of your kingship.
- 13 Your kingship is an everlasting kingship, your reign continues through all generations.
- 14 ADONAI supports all who fall and lifts up all who are bent over.
- 15 The eyes of all are looking to you; you give them their food at the right time.
- 16 You open your hand and satisfy the desire of every living thing.
- 17 ADONAI is righteous in all his ways, full of grace in all he does.
- 18 ADONAI is close to all who call on him, to all who sincerely call on him.
- 19 He fulfills the desire of those who fear him; he hears their cry and saves them.
- 20 ADONAI protects all who love him, but all the wicked he destroys.
- 21 My mouth will proclaim the praise of ADONAI; all people will bless his holy name forever and ever

VI. Mah Tovu (O How Good)

Messianic Shabbat Siddur, pg. 39-40

מה טבו אהליך יעקב,
משכנתיך ישראל. ואני ברב
חסדך אבוא ביתך,
אשתחוה אל היכל קדשך
ביראתך.
יי אהבתי מעון ביתך,
ומקום משכן כבודך. ואני
אשתחוה ואכרעה, אברכה
לפני יי עשי. ואני, תפלתי
לך יי, עת רצון, אלהים
ברב חסדך, ענני באמת
ישעך.

*Ma Toe-voo oh-ha-leh-cha Ya-ah-kov meesh-k'no-teh-cha Yisrael. Va-ah-nee b'rove
chahs-d'cha ah-voe vay-teh-cha, ehsh-ta-cha-veh el hay-chahl kahd-sh'cha
b'yeer-ah-teh-cha.*

*Adonai ah-hav-tee m'own bay-teh-cha, oo-m'kome meesh-kahn k'voe-deh-cha.
Va-ah-nee ehsh-ta-cha-veh v'ehch-ra-ah, ev-r'cha leef-nay Adonai oh-see. Va-ah-nee
t'fee-la-tee l'cha Adonai ate ra-tzon, Eh-lo-heem b'rav chas-deh-cha, ah-nay-nee
beh-eh-met Yeesh-eh-cha.*

How lovely are your tents, O Jacob, your dwelling places, O Israel. O Lord, through Your abundant kindness I will enter Your house, in awe I will bow down toward Your Holy Sanctuary.

O Lord, I love the House where You dwell, and the place where Your Glory resides. I shall prostrate myself, and bow, bend the knee before the Lord my Maker. As for me, may my prayers to You, O Lord, be at the right time. O God, in Your abundant righteousness, answer me with the truth of Your Salvation.

VII. Shema (Hear)

Messianic Shabbat Siddur, pg. 47-48

In the Shema, we join together in proclaiming the two greatest commandments as taught by Yeshua: To love God with all our heart, soul and strength, and to love our neighbor as our self. We also see that God wants us to love Him, and not just "obey" Him because He is Almighty. It's traditional to stand and face the direction of Jerusalem in the east.

Shema

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

Sh'ma Yisrael Adonai Eh-lo-hay-noo Adonai eh-chahd

Ba-rooch shame k'vode mahl-choo-toe l'oh-lahm vah-ed

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

Blessed is the name of His glorious kingdom for all eternity

You may be seated

[Jump to Table of Contents](#)

Ve'ahavta (and you shall love)

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ,
בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ,
וּבְכָל מְאֹדְךָ. וְהָיוּ הַדְּבָרִים
הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ
הַיּוֹם, עַל לִבְבְּךָ: וּשְׁנַנְתָּם
לְבָנֶיךָ, וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ
בְּבֵיתְךָ, וּבְלֶכְתְּךָ בַדֶּרֶךְ
וּבְשֹׁכְבְךָ, וּבְקוּמְךָ. וְקָשַׁרְתָּם
לְאוֹת עַל יָדְךָ, וְהָיוּ לְטֹטְפֹת
בֵּין עֵינֶיךָ, וְכָתַבְתָּם עַל
מַזְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

V'ah-hav-ta et Adonai Eh-lo-heh-cha b'chol l'vahv-cha oo-v'chol nahf-sh'cha, oo-v'chol m'oh-deh-cha. V'ha-yoo ha-d'va-reem ha-ay-leh, ah-sheh ah-no-chee m'tzav-cha ha-yom ahl l'va-veh-cha, v'she-nahn-tahm l'va-neh-cha, v'dee-bar-ta bahm b'sheev-t'cha b'vay-teh-cha oo-v'lech-t'cha va-deh-rech oo-v'shahch-b'cha oo-v'koo-meh-cha. Oo-k'shar-tahm l'oat al ya-deh-cha, v'ha-yoo l'toe-ta-fote bain ay-neh-cha. Oo-ch'tahv-tahm ahl m'zoo-zoht bay-teh-cha oo-vee-sh'ah-reh-cha

And you shall love the Lord your God, with all your heart, with all your soul, and with all your might. And have these words, which I command you this day, be upon your heart. And you shall teach them diligently to your children, and speak of them when you sit in your house, when you walk by the way, when you retire, and when you arise. And you shall bind them for a sign upon your hand and let them be frontlets between your eyes. And you shall write them on the doorposts of your house and upon your gates.

[Jump to Table of Contents](#)

The Second Greatest Commandment

וְאַהֲבַתְּ לְרֵעֶךָ כָּמוֹךָ:

V'ah-hav-ta l'ray-ah-cha ka-moe-cha

And you shall love your neighbor as yourself.

VIII. Blessing of the Messiah

Messianic Shabbat Siddur, pg. 45-46

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ אֶת
דְּרֵךְ הַיְשׁוּעָה בְּמִשְׁיַח יֵשׁוּעַ:
אָמֵן:

Ba-rooch ah-ta Adonai Eh-lo-hay-noo meh-lech ha-oh-lahm, ah-sheer na-tahn la-noo et deh-rech ha-y'shoo-ah b'ma-she-ahch Yeshua. Ah-main.

Blessed are you O Lord our God, King of the universe, who has given us the way of salvation in Messiah Yeshua. Amen.

IX. Amidah Introductory Remarks

The Amidah - called “The Standing Prayer”, was composed around 450 BCE, by the 120 Men of the Great Assembly, including Ezra and Nehemiah at the time of the rebuilding of the Temple. It is the central prayer of the Jewish life.

During the week, it is prayed while standing, three (3) times a day, (7) days a week, at all three of the daily services; shacharit (morning 9:00 am), mincha (afternoon 12:00pm), maariv (evening 3:00 pm). It is also prayed on Shabbat, Rosh Chodesh, and Jewish festivals and at a fourth service (*Mussaf*) typically immediately after the morning Torah reading.

The word Amidah literally means standing, because it is recited while standing. It is also known as Shemoneh Esrei, meaning “Eighteen”, because it originally consisted of eighteen blessings. It is considered one of the most important Hebrew prayers next to the Shema.

There are two basic forms of the Amidah prayer; one for the weekdays, and one for the Shabbat day. The Shabbat day Amidah focuses more on the holiness of the day, and reduces parts of the prayer that focus on personal needs.

One should stand with one's feet together while reciting the Amidah as a show of respect for G-d. The rabbis add that this pose mirrors the vision of angels that Ezekiel had in which the feet of the angels appeared as one (Ezekiel 1:7).

If one is unable to stand, such as in a car or perhaps ill, you may sit. If one is alone, the prayer is recited, uninterrupted, with voice, but not loudly, but as one standing in the throne room of G-d, in the presence of the Holy King. If one is in a group, a male member recites out loud, uninterrupted, as others contemplatively listen.

To begin, let's first symbolically enter the throne room of God by standing and facing the direction of Jerusalem, Eastward:

Now take three steps backward, then three steps forward. Remain standing with the feet together while reciting.

X. Amidah (The Standing Prayer)

My Lord, open my lips, and my mouth shall declare your praise.

Blessing One: Avot (Fathers)

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, exalted God, who bestows bountiful kindness, who creates all things, who remembers the piety of the Patriarchs, and who in love, brings a redeemer to their children's children, for the sake of His Name. O King, You are a helper, a savior, and a shield. Blessed are you Lord, Shield of Abraham.

Blessing Two: Gevurot (Mighty Deeds)

You are mighty forever my Lord; You resurrect the dead; You are powerful to save. You sustain the living with kindness, resurrect the dead with great mercy, support the falling, heal the sick, release the bound, and fulfill Your trust to those who sleep in the dust. Who is like You, Mighty One! And who can be compared to you, King, who brings death and restores life, and who causes deliverance to spring forth! You are trustworthy to revive the dead. Blessed are You, Lord, who revives the dead.

Blessing Three: Kedushat HaShem (Holiness of God)

We will hallow and adore you as the sweet words of the assembly of the holy Seraphim who thrice repeat, "holy" unto You; For as it is written by Your Prophet, "And they call one to another and say: "Holy, holy, holy is the Lord of hosts; the whole earth is full of His glory." You are Holy, and your name is holy, and holy beings praise You daily for all eternity. Blessed are you Lord, The Holy God.

Blessing Four: Da'at (Knowledge)

You graciously bestow knowledge upon man, and teach mortals understanding. Graciously bestow upon us from You, wisdom, understanding, and knowledge.

[Jump to Table of Contents](#)

BLMC Morning Prayers – English / Hebrew

Blessing Five: Teshuvah (Return)

Cause us to return, Our Father, to your Torah; draw us near, our King, to your service: and bring us back to You in whole hearted repentance. Blessed are you Lord who desires penitence.

Blessing Six: Selichah (Forgiveness)

Pardon us, our Father, for we have sinned; forgive us our King, for we have transgressed; for You are a good and forgiving God. Blessed are you, Lord, gracious One who pardons abundantly.

Blessing Seven: Geulah (Redemption)

Behold our affliction and wage our battle; redeem us speedily for the sake of Your Name, for you, God, are the mighty redeemer. Blessed are You Lord, Redeemer of Israel.

Blessing Eight: Refuah (Healing)

Heal us, O Lord, and we will be healed: help us and we will be saved, for You are our praise. Grant complete cure and healing to all our wounds, for You, Almighty King, are a faithful and merciful healer. Blessed are you Lord, who heals the sick of His people Israel.

Blessing Nine: Birkat Hashanim (Blessing of the years / Prosperity)

Satisfy us from your bounty and bless our year like other good years for blessing: for You are a generous God who bestows goodness and blesses the years. Blessed are You Lord, who blesses the years.

Blessing Ten: Kibbutz Galuyot (Ingathering of Exiles)

Sound the great shofar for our freedom, raise a banner to gather our exiles, and bring us together from the four corners of the earth into our land. Blessed are you, Lord, who gathers the dispersed of His people Israel.

BLMC Morning Prayers – English / Hebrew

Blessing Eleven: Birkat HaDin (Restoration of Justice)

Restore our judges as in former times, and our counselors as of yore; remove from us sorrow and sighing; and reign over us, You alone, O Lord, with kindness and compassion, with righteousness and justice. Blessed are You Lord, King who loves righteousness and justice.

~~Blessing Twelve: Bikat HaMinim (Against Heretics)~~

Blessing Thirteen: Tzaddikim (Righteous Ones)

Upon the righteous, upon the pious, upon the elders of Your people the House of Israel, upon the remnant of their sages, upon the righteous proselytes, and upon us, may Your mercies be aroused, Lord our God. Grant ample reward to all who truly trust in Your Name, and place our lot among them; may we never be disgraced, for we have put our trust in You. Blessed are You, Lord, the support and security of the righteous.

Blessing Fourteen: Binyan Yerushalayim (Rebuilding Jerusalem)

To Jerusalem Your city, return in mercy, and dwell therein as You have promised: the throne of David Your servant speedily establish therein; and rebuild it, soon in our days, an everlasting edifice. Blessed are You, Lord, who rebuilds Jerusalem.

Blessing Fifteen: Malkhut beit David (Kingdom of David)

The scion of David Your servant speedily cause to flourish, and increase his power by Your salvation, for we hope for Your salvation all day. Blessed are You, Lord, who causes the power of salvation to flourish.

Blessing Sixteen: Kabbalat Tefillah (Acceptance of Prayer)

Hear our voice, Lord our God; merciful Father, have compassion on us and accept in mercy and favor, our prayers, for a God who hears prayers and supplications are You; from You, our King, do not turn us away empty handed for You hear the prayer of everyone. Blessed are You, Lord, who hears prayer.

BLMC Morning Prayers – English / Hebrew

Blessing Seventeen: Avodah (Worship)

Look with favor, Lord our God, on Your people Israel, and pay heed to their prayer; restore the service to Your Sanctuary, and Israel's fire offerings and prayer, accept with love and favor; and may You always find favor with the service of Your people Israel. May our eyes behold Your return to Zion in mercy. Blessed are You, Lord, who restores His Divine Presence to Zion.

Blessing Eighteen: Hoda'ah (Thanksgiving)

We thankfully acknowledge You, for You are the Lord our God and God of our fathers for all eternity. You are the strength of our life, the shield of our salvation in every generation. We will give thanks to You and recount Your praise; For our lives which are committed into Your hand, for our souls which are entrusted to You, for Your miracles which are with us daily, and for Your wonders and beneficences, at all times evening, morning and noon. You are the Beneficent One, for Your mercies never cease; the Merciful One, for Your kindness never ends; for we always place our hope in You.

And for all these, may Your Name be blessed, exalted, and extolled, our King, continually for all eternity. And all living things shall forever thank You, and praise Your great Name eternally, for You are good. God, You are our everlasting salvation and help, Oh benevolent God. Blessed are You Lord, Beneficent is Your Name, and to You it is fitting to offer thanks.

Blessing Nineteen: Sim Shalom (Grant Peace)

Bestow peace, goodness, and blessing, life, graciousness, kindness, and mercy upon us and upon all Your people, Israel. Bless us, our Father, all of us as one with the light of Your countenance, for by the light of Your countenance You gave us, Lord our God, the Torah of life and loving kindness, righteousness, blessing, mercy, life and peace.

May they be accepted— the words of my mouth and the meditation of my heart, before You Lord, my Strength and my Redeemer.

My God, guard my tongue from evil, and my lips from speaking deceitfully. To those who curse me let my soul be silent; let my soul be dust to all. Open my heart to Your Torah, and Your commandments, let my soul eagerly pursue. As for all those who plot evil against me, hasten to annul their counsel and frustrate their design. Let them be as chaff before the wind; let the angel of the Lord thrust them away. That your beloved ones may be delivered, help with Your right hand and answer me.

BLMC Morning Prayers – English / Hebrew

Do it for the sake of Your Name; do it for the sake of Your right hand; do it for the sake of Your Torah; do it for the sake of Your holiness. May they be accepted — the words of my mouth and the meditation of my heart, before You, Lord, my strength and my Redeemer. He who makes peace in His heavens, may He make peace for us and for all Israel; and say, Amen.

May it be Your will, Lord our God and God of our fathers, that the Beit HaMikdash be rebuilt speedily in our days, and grant us our portion in Your Torah.

Exalted and hallowed be His great Name throughout the world which He created according to His will. May He establish His kingship, bring forth His redemption, and hasten the coming of His Moshiakh in your lifetime and in your days and in the lifetime of the entire House of Israel, speedily and soon and say, Amen.

May His great Name be blessed forever and to all eternity.

Blessed and praised, glorified, exalted and extolled, honored, adored and lauded be the Name of the Holy One. Blessed be He beyond all the blessings, hymns, praises and consolations that are uttered in the world; and say AMEN. May they be accepted—the prayers and the supplications of the entire House of Israel before their Father in heaven; and say AMEN.

As we finish, now let's symbolically exit the throne room of God:

Take three steps backward.

(Bow to the Left) He who makes peace in the heavens,

(Bow to the Right) may He make peace for us

(Bow to the Front) and for all Israel,

And say AMEN. (Amen)

XI. T'FEELAHT HATAHL MEDEEM (The Disciples Prayer)

Complete Jewish Bible

<p>תפילת תלמידים</p> <p>אבינו שבשמים! יהי רצון שמך יישמר קדוש תבוא מלכותך יעשה רצונך בארץ כמו בשמים</p> <p>תן לנו את האוכל שאנחנו צריכים היום סלח לנו על מה שעשינו לא בסדר כמו שגם אנחנו סלחנו למי שפגע בנו ואל תוביל אותנו למבחנים קשים אבל תשמור עלינו מפני הרע כי מלכות, כוח ותהילה הם שלך לנצח</p> <p>אמן</p>	<p>Te-fe-lat ha-tal-mi-dim</p> <p>Ah-vee-noo sheh-ba-sha-ma-yeem yi-hi ratzon shimkha yishmor kadosh.</p> <p>Ta-voe mahl-choo-teh-cha ye-ah-seh r'tzon-cha ba-ah-retz kmo ba-sha-ma-yeem.</p> <p>Ten-la-noo ha-yom et ha-ochel she-ah-nahch-noo tzri- khim ha-yom.</p> <p>s'lahch la-noo al ma she-asee-noo lo be-se-der, kmo she-gam ah-nahch-noo so-lakh-noo le-mi she-pa- ga ba-noo.</p> <p>V'ahl to-veel oh-ta-noo le-miv-kha-neem ka-sheem, aval teesh-mor ah-lay-noo meep-nay ha-rah.</p> <p>Key mal-khoot, ko-ach, ve-te-hee-la hem shel-kha le- na-tze-akh.</p> <p>ah-mane</p>
--	--

Our Father in heaven!

May your Name be kept holy.

May your Kingdom come,

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.

[Jump to Table of Contents](#)