




Shakarit (Morning) Prayer Service

MA TOVU (How Goodly)

 Ma Tovu, ohalecha Yakov, mishkenotecha
Yisrael. How goodly are Your tents O Jacob,
Your dwelling places O Israel.
As for me, through Your abundant kindness I will enter
Your House. I will prostrate myself toward Your Holy
Sanctuary in awe of You. Oh Yehovah I love the house
where You dwell, and the place where Your glory
resides. I shall prostrate myself and bow, I shall kneel
before the Lord my Maker. As for me may my prayer to
You be at an opportune time, oh God in Your abundant
kindness, answer me with the truth of Your salvation.

ADON OLAM (Master of the World)

 Adon olam, asher malach, b'terem kol y'tzir nivra
L'et na'asa v'cheftzo kol, azai melech sh'mo nekra
V'acharei kichlot hakol, l'vado yimloch nora
V'hu haya v'hu hoveh, v'hu yihyeh b'tifarah
V'hu echad v'ain shayni, l'chamshil lo l'hachbirah
B'li rayshit b'li tachlit, v'lo ha'oz v'hamisra
V'hu ayli v'chai go'ali, v'tzur chevli b'ayt tzarah
V'hu nisi umanos li, m'nat kosi b'yom ekra
B'yado afkid ruchi, b'et ishan v'a'irah
V'im ruchi g'vi'ati, Adonai li v'lo ira

 Lord of the world, who reigned as king, before
creating everything
And at the moment all was made, then was His name as
King proclaimed
And after all comes to an end, The Awesome One will be
sovereign
He was and is and is to be, He will remain in majesty
He is but one and none exists, to equal Him or to assist.
Without beginning, without end, authority belongs to Him
My redeemer lives he is my God, He is my rock when
times are hard.
A banner and a safe haven, my portion when I call to Him
I give my spirit to His hand, when I lie down and I will
stand
And with my flesh my soul will be, I do not fear the Lord's
with me
And in His Temple I will sing, He sends us our Messiah
King
And in His House rejoice again, before the Awesome One,
Amen!

My God, the soul You placed within me is pure. You
created it, You fashioned it, You breathed it into me,
You safeguard it within me, and eventually You will
take it from me and restore it to me in Time to Come. As
long as the soul is within me, I gratefully thank You,
Yehovah, my God and the God of my forefathers,
Master of all works, Lord of all souls. Blessed are You,
Yehovah, Who restores souls to dead bodies.

*Responsive Blessings, please respond with Amen
following each blessing*

Blessed are You, Yehovah, our God, King of the universe
who gave the heart understanding to distinguish between
day and night. **Amen**
Blessed are You, Yehovah, our God, King of the universe
for bringing me into the covenant. **Amen**
Blessed are You, Yehovah, our God, King of the universe
for not having made me a slave. **Amen**
Blessed are You, Yehovah, our God, King of the universe
for having made me according to Your will. **Amen**
Blessed are You, Yehovah, our God, King of the universe
who gives sight to the blind. **Amen**
Blessed are You, Yehovah, our God, King of the universe
who clothes the naked. **Amen**
Blessed are You, Yehovah, our God, King of the universe
who releases the bound. **Amen**
Blessed are You, Yehovah, our God, King of the universe
who straightens the bent. **Amen**
Blessed are You, Yehovah, our God, King of the universe
who spreads out the earth upon the waters. **Amen**
Blessed are You, Yehovah, our God, King of the universe
who has provided me my every need. **Amen**
Blessed are You, Yehovah, our God, King of the universe
who firms man's footsteps. **Amen**
Blessed are You, Yehovah, our God, King of the universe
who girds Israel with strength. **Amen**
Blessed are You, Yehovah, our God, King of the universe
who crowns Israel with splendor. **Amen**
Blessed are You, Yehovah, our God, King of the universe
who gives strength to the weary. **Amen**

Blessed are You, Yehovah our God, King of the universe,
Who removes sleep from my eyes and slumber from my
eyelids. And may it be Your will, Yehovah, our God, and
the God of our forefathers, that You accustom us to study
Your Torah and attach us to Your commandments. Do not
bring us into the power of error, nor into the power of
transgression and sin, nor into the power of challenge, not
into the power of scorn. Let not the Evil Inclination
dominate us. Distance us from an evil person and an evil
companion. Attach us to the Good inclination and to good
deeds and compel our Evil Inclination to be subservient to
You. Grant us today and every day grace, kindness, and
mercy in Your eyes and in the eyes of all who see us, an
bestow beneficent kindnesses upon us. Blessed are You,
Yehovah, Who bestows beneficent kindnesses upon His
people Israel.

May it be Your will, Yehovah, my God, and the God of
my forefathers, that You rescue me today and every day
from brazen men and from brazenness, from an evil
man, an evil companion, an evil neighbour, an evil
mishap, the destructive spiritual impediment, a harsh
trial and a harsh opponent, whether he is a member of
the covenant or whether he is not a member of the
covenant.

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Always let a person be God-fearing privately and publicly, acknowledge the truth, speak the truth within his heart, and rise early and proclaim: Master of all worlds! Not in the merit of our righteousness do we cast or supplications before you, but in the merit of your abundant mercy. What are we? What is our life? What is our kindness? What is our righteousness? What is our salvation? What is our strength? What is our might? What can I say before You, Yehovah, our God, and the God of our forefathers – are not all the heroes like nothing before you, the famous as if they had never existed, the wise as if devoid of wisdom and the perceptive as if devoid of intelligence? For most of their deeds are desolate and the days of their lives are empty before you. The pre-eminence of men over beast is nonexistent for all is vain. But we are your people, members of your covenant, children of Abraham, your beloved, to whom you took an oath at Mount Moriah; the offspring of Isaac, his only son, who was bound on top the altar; The community of Jacob, your firstborn son, whom - because of the love with which you adored him and the joy with which you delighted in him – you named Israel and Yeshurun.

Therefore, we are obliged to thank you, praise you, glorify you, bless, sanctify, and offer praise and thanks to your name. We are fortunate – how good is our portion, how pleasant our lot, how beautiful our heritage! We are fortunate for we come early and stay late, Evening and morning, and proclaim twice each day:

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Sh'ma Is'rael Y'hovah e'loheynu Y'hovah echad

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Barukh shem k'vod mal'khuto l'olam vaed

Hear O Israel, Yehovah is your God, Yehovah is one.
Blessed be his glorious kingdom for all eternity

You shall love Yehovah Your Elohim, with all your heart, with all your soul and with all you resources. Let these matters, which I command you today, be upon your heart. Teach them thoroughly to your children and speak of them while you sit in your home, while you walk on the way, when you retire and when you arise.

Bind them as a sign upon your arm and let them be tefillin between your eyes. And write them on the doorposts of your house and upon your gates.

And it will come to pass that if you continually harken to My commandments that I command you today, to love Yehovah, your God, and to serve Him , with all your heart and with all your soul – then I will provide rain for your land in its proper time, the early and the late rains, that you may gather in your grain, your wine, and your oil. I will provide grass in your field for your cattle and you will eat and be satisfied. Beware lest your heart be seduces and you turn astray and serve gods of others and bow to them. Then the wrath of Yehovah will blaze against you. He will restrain the heavens so there will be no rain and the ground will not yield its produce. And you will swiftly be banished from the goodly land which Yehovah gives you. Place these words of Mine upon your heart and upon your soul; bind them for a sign upon your arm and let them be tefillin between your eyes. Teach them to your children, to discuss them, while you sit in your home, while you walk in the way, when you retire and when you arise. And write them on the doorposts of your house and upon your gates. In order to prolong your days and the days of your children upon the ground that Yehovah has sworn to your ancestors to give them, like the days of the heaven on the earth.

And Yehovah said to Moses saying: Speak to the Children of Israel and say to them that they are to make themselves tzitzis on the corners of their garments, throughout their generations. And they are to place upon the tzitzis of each corner a thread of techeiles. And it shall constitute tzitzis for your, that you may see it and remember all the commandments of Yehovah and perform them and not explore after your heart and after your eyes after which you stray. So that you may remember and perform all My commandments; and be holy to your God. I am Yehovah, your God, Who has removed you from the land of Egypt to be a God to you. I am Yehovah your God – it is true.

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SHEMONEH ESREI (Standing Prayers)

When I call out the Name of Yehovah, ascribe greatness to our God.

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

Patriarchs

Blessed are you, Yehovah, our God and the God of our forefathers, God of Abraham, God of Isaac, and God of Jacob; the great, mighty and awesome God, the supreme God, Who bestows beneficial kindnesses and creates everything, who recalls the kindnesses of the patriarchs and brings a redeemer to their children's children, for his name sake, with love.

O King, Helper, Savior, and Shield. Blessed are you, Yehovah, shield of Abraham.

God's Might

You are eternally mighty, my Lord, the Resuscitator of the dead are you; abundantly able to save, Who sustains the living with kindness, resuscitates the dead with abundant mercy, supports the fallen, heals the sick, releases the confined, and maintains His faith to those asleep in the dust.

Who is like You, Oh Master of mighty deeds, and who is comparable to You, Oh King who causes death and restores life and makes salvation sprout! And You are faithful to resuscitate the dead. Blessed are You, Yehovah, Who resuscitates the dead.

Holiness Of God's Name

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

Insight

You graciously endow man with wisdom and teach insight to a frail mortal.

Endow us graciously from Yourself with wisdom, insight, and discernment.

Blessed are You, Yehovah, gracious Giver of wisdom.

Repentance

Bring us back, our Father, to Your Torah, and bring us near, our King, to Your service, and influence us to return in perfect repentance before You.

Blessed are You, Yehovah, Who desires repentance.

Forgiveness

Forgive us, our Father, for we have erred; pardon us, our King, for we have willfully sinned; for You pardon and forgive.

Blessed are You, Yehovah, the gracious One Who pardons abundantly.

Redemption

Behold our affliction, take up our grievance, and redeem us speedily for Your Name's sake, for You are a powerful Redeemer.

Blessed are You, Yehovah, Redeemer of Israel.

Health and Healing

Heal us, Yehovah – then we will be healed; save us – then we will be saved, for You are our praise.

Bring complete recovery for all our ailments, for You are God, King, the faithful and compassionate healer.

Blessed are You, Yehovah, Who heals the sick of His people Israel.

Year of Prosperity

Bless on our behalf – O Yehovah, our God – this year and all its kinds of crops for the best, and give a blessing on the face of the earth, and satisfy us from Your bounty, and bless our years like the best years.

Blessed are You, Yehovah, Who blesses the years.

Ingathering of Exiles

Sound the great shofar for our freedom, raise the banner to gather our exiles and gather us together from the four corners of the earth.

Blessed are You, Yehovah, Who gathers in the dispersed of His people Israel.

Restoration of Justice

Restore our judges as in earliest times and our counselors as at first; remove from us sorrow and groan; and reign over us – You, Yehovah, alone – with kindness and compassion, and justify us through judgment.

Blessed are You, Yehovah, the King Who loves righteousness and judgment.

The Righteous

On the righteous, on the devout, on the elders of Your people, the Family of Israel, on the remnant of their scholars, on the righteous converts and on ourselves – may Your compassion be aroused, Yehovah, our God, and give goodly reward to all who sincerely believe in Your Name.

Put our lot with them forever, and we will not feel ashamed, for we trust in You.

Blessed are You, Yehovah, Mainstay and Assurance of the righteous.

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Rebuilding Jerusalem

And to Jerusalem, Your city, may You return in compassion, and may You rest within it, as You have spoken.

May You rebuild it soon in our days as an eternal structure, and may You speedily establish the throne of David within it.

Blessed are You, Yehovah, the Builder of Jerusalem.

Davidic Reign

The offspring of Your servant David may You speedily cause to flourish, and enhance his pride through Your salvation, for we hope for Your salvation all day long.

Blessed are You, Yehovah, who causes the pride of salvation to flourish.

Acceptance of Prayer

Hear our voice, Yehovah our God, pity and be compassionate to us, and accept – with compassion and favour – our prayer, for God Who hears prayers and supplications are You.

rom before Yourself, our King, turn us not away empty-handed.

For You hear the prayer of Your people Israel with compassion.

Blessed are You, Yehovah, Who hears prayer

Temple Service

Be favorable, Yehovah, our God, toward Your people Israel and their prayer and restore the service to the Holy of Holies of Your Temple.

The fire-offerings of Israel and their prayer accept with love and favor, and may the service of Your people Israel always be favorable to You.

May our eyes behold Your return to Zion in compassion. Blessed are You, Yehovah, Who restores His presence to Zion.

Thanksgiving

We gratefully thank You, for it is You Who are Yehovah, our God and the God of our forefathers for all eternity; Rock of our lives, Shield of our salvation are You from generation to generation.

We shall thank You and relate Your praises - for our lives, which are committed to Your power and for our souls that entrusted to You; for Your miracles that are with us every day; and for Your wonders and favours in every season - evening, morning, and afternoon.

For all these, may Your Name be blessed and exalted, our King, continually forever and ever.

Everything alive will gratefully acknowledge You, Selah! and praise Your Name sincerely, Oh God of our salvation and help, Selah!

Blessed are You, Yehovah, Your name is 'The Beneficent 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 at every hour with Your peace.

Blessed are you Yehovah, who blesses His people Israel with peace.

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 then my soul will pursue your commandments.

As for those who design evil against me, speedily nullify their counsel and disrupt their design. Act for Your Name's sake; act for Your right hand's sake; act for Your sanctity's sake; act for Your Torah's sake.

That Your beloved ones may be given rest; let Your right hand save, and respond to me.

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

OSEH SHALOM (He Who Makes Peace)



Oseh shalom bimrumau, hu ya'aseh shalom aleinu, v'al kol Yisrael, vimru, vimru; amen (*repeat*)

Ya'aseh shalom, ya'aseh shalom, shalom aleinu v'al kol Yisrael (*repeat 3X*)

He Who makes peace in His Heights, may He make peace upon us, and upon all Israel. Now respond: Amen.