Prayers for Weekdays
In the morning, before this day’s journey begins,
I offer thanks before You, God,
that just as You found me worthy
to gaze upon the sun in the east,
so I will merit seeing it in the west.

And when darkness descends,
may it be Your will to grace me
with another dawning of light.

Within these walls we sit surrounded by numberless generations.
Our ancestors built the synagogue as a visible sign of God’s presence in their midst.
Throughout our long history, our endless wanderings, it has endured,
a beacon of truth, love, and justice for all humanity.
Its presence guided our ancestors to lives of righteousness,
holding up to them a vision of their truest selves.
Now we, in our turn, come into this sanctuary to affirm the sacredness of our lives.

May holiness wrap around us as we cross its threshold.
May we enter this place in peace.
My God, the soul You have given me is pure.
You created it, You shaped it, You breathed it into me
and You protect it within me.
For as long as my soul is within me,
I offer thanks to You,
Adonai, my God
and God of my ancestors
Source of all Creation, Sovereign of all souls.
Praised are You, Adonai,
in whose hand is every living soul and the breath of humankind.

Baruch atah, Adonai, asher b’yado nefesh kol chai vruach kol b’sar ish.

Blessed are You, Adonai our God,
Sovereign of the universe,
who hallows us with mitzvot,
commanding us to engage with words of Torah.

O Adonai, our God,
let the words of Torah be sweet in our mouths,
and the mouths of Your people Israel,
so that we, our descendants
and the descendants of all Your people Israel may know You,
by studying Your Torah for its own sake.
Blessed are You, Adonai, who teaches Torah to Your people Israel.

Baruch atah Adonai, ham’lameid Torah l’amo Yisrael.

“Descendants” includes all women and men who embrace the Jewish people and faith.
YOU SHALL ALWAYS BE PRAISED,
great and holy God, our Sovereign in heaven and on earth.
Songs of praise and psalms of adoration become You,
acknowledging Your might and Your dominion.
Yours are strength and sovereignty, sanctity, grandeur and glory always.
We offer our devotion, open our hearts in acclamation.

SH’MA UVIRCHOTEHA — SH’MA AND ITS BLESSINGS

Please Rise

Baruch Adonai ham’vorach!
Baruch Adonai ham’vorach
I’olam va-ed!

Praise Adonai to whom praise is due forever!
Praised be Adonai to whom praise is due,
now and forever!

All holy acts require summoning.
PRAISED ARE YOU, Adonai our God, Sovereign of the universe,
Creator of light and darkness, who makes peace and fashions all things.
In mercy, You illumine the world and those who live upon it.
In Your goodness You daily renew creation.
How numerous are Your works, Adonai!
In wisdom, You formed them all, filling the earth with Your creatures.
Be praised, Adonai our God, for the excellent work of Your hands,
and for the lights You created; may they glorify You.
Shine a new light upon Zion, that we all may swiftly merit its radiance.
Praised are You, Adonai, Creator of all heavenly lights.

ברוך אתה, אלהי, אתה מבוארת
Baruch atah, Adonai, yotzeir ham'orot.

HOW DEEPLY You have loved us Adonai, our God, gracing us with surpassing
compassion! On account of our forebears whose trust led You to teach them the laws
of life, be gracious to us, teaching us as well. O Merciful One, have mercy on us
by making us able to understand and discern, to heed, learn, and teach, and, lovingly,
to observe, perform, and fulfill all that is in Your Torah.

ברוך אתה, אלהי, אתה מבוארת
Baruch atah, Adonai, habocheir b'am Yisrael bahavah.

Or chadash al Tzion wa-ir . . . Shine a new light upon Zion . . .
Classical Reform prayerbook authors in the Diaspora consistently omitted this line with its
mention of Zion from the liturgy because of their opposition to Jewish nationalism. With the
restoration of this passage to Mishkan T'filah, our movement consciously affirms its devotion to
the modern State of Israel and signals its recognition of the religious significance of the reborn
Jewish commonwealth. David Ellenson

ברוך אתה, אלהי, אתה מבוארת
Baruch atah, Adonai . . . yotzeir or worei choshech . . .
Praised are You, Adonai . . . Creator of light and darkness . . . based on Isaiah 45:7

Mah rabu . . . How numerous . . . Psalm 104:24
Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Hear, O Israel, Adonai is our God, Adonai is One!

Sh'ma Yisrael... Hear, O Israel... Deuteronomy 6:4
ברוך שם קבוד מלכותו לעולם נאמה.

Blessed is God’s glorious majesty forever and ever.

The enlarged י ayin at the end of שִׁמְא Shema (Hear) and the enlarged ת dalet at the end of וָאָסַף echad (one) combine to spell וָאִיגֶד (witness). We recite the Shema to bear witness to the Oneness of God.
Please be seated

V'ahavta et Adonai Elohecha,
b'chol lvav'cha uv'chol nafshi'cha uv'chol
m'odecha. lvhayu had'varim ha-cilch
asher anoche mtzav'cha hayom al
lvavecha. V'shinantam lvanecha vdibarta
bamt b'shiv'tcha b'veitecha uv'lech'cha
vaderech uv'shoch'bcha uv'kumecha.
Uk'shartam l'ot al yadecha lvhayu
l'totafot bein einecha. Uchtavtam
al m'zuzot beitecha uvish'arecha.

L'maan tizk'ru vaasitem et
kol mitzvotai vih'item k'doshim
l'Eloheichem. Ani Adonai Eloheichem,
asher hotzeiti et-chem mei-aretz
Mitzrayim lih'uyot lachem l'Elohim
ani Adonai Eloheichem.

YOU SHALL LOVE Adonai your God with all your heart,
with all your soul, and with all your might.
Take to heart these instructions with which I charge you this day.
Impress them upon your children.
Recite them when you stay at home and when you are away,
when you lie down and when you get up.
Bind them as a sign on your hand and let them serve as a symbol on your forehead;
inscribe them on the doorposts of your house and on your gates.

Thus you shall remember to observe all My commandments
and to be holy to your God.
I am Adonai, your God, who brought you out of the land of Egypt to be your God:
I am Adonai your God.

For those who choose: At the end of the שִׁמְעָה Shma, after the words אֲלֵהֵיכָם Adonai Eloheichem, the word טוֹבָה emet (“true”) is added as an immediate affirmation of its truth.

V'ahavta... You shall love... Deuteronomy 6:5–9
L'maan tizk'ru... Thus you shall remember... Numbers 15:40–41
Sing the song of men and women
joined in understanding and respect.
The song of God’s miracles,
an earth protected and cherished:
gift for our children
and the generations to come.
The song of a land once ravished by war,
now quiet and content:
soldiers home, to leave no more.
The song of a world redeemed:
the song of peace.

In a world torn by violence and pain,
a world far from wholeness and peace,
give us the courage to say, Adonai:
There is one God in heaven and earth.
The high heavens declare Your glory;
may earth reveal Your justice and love.

From bondage in Egypt, we were delivered;
at Sinai, we bound ourselves to Your way.
Inspired by prophets and instructed by sages,
time and again, we overcame oppressive forces.

Though our failings are many and our faults are great,
it has been our glory to bear witness to our God,
keeping alive in dark ages
Your vision of a world redeemed.
Let us continue to work for the day
when the nations will be one and at peace.
Then shall we rejoice as Israel did,
singing on the shores of the Sea:
Mi chamochah ba-eilim, Adonai!
Mi kamochah nedar bakodesh,
nora t'hilot, oscih fele!

WHO IS LIKE YOU, O God,
among the gods that are worshipped?
Who is like You, majestic in holiness,
awesome in splendor, working wonders?
PRAYERS FOR HEALING

**Mi Shebeirach avoteinu v'imoteinu,**

*M'kor habrachah l'imoteinu.*

May the Source of strength who blessed the ones before us help us find the courage to make our lives a blessing and let us say, Amen.

**Mi Shebeirach imoteinu**

*M'kor habrachah l'avotheinu.*

Bless those in need of healing with *rif'ah shilemah,* the renewal of body, the renewal of spirit, and let us say, Amen.
Adonai, sfatai tiftach, ufi yagid t'hilatecha.

Adonai, open up my lips, that my mouth may declare Your praise.

For those who choose: Before reciting the הַפֹּקָה Tf'ilah, one takes three steps forward.

“Adonai, open my lips that my mouth may declare Your praise; for You have no delight in sacrifice. If I were to give a burnt offering, You would not be pleased.” According to the Midrash, Israel said to God, “We are impoverished now that we cannot offer sacrifices.” God answered, “I seek words from you now, as it is written, ‘Take words with you when you return to your God’ (Hosea 14:3).” Midrash Shinot Rabbah 38:4

Adonai, sfatai tiftach . . . Adonai, open up my lips . . . Psalm 51:17
Baruch atah, Adonai Eloheinu
v’Elohei avoteinu v’imoteinu, Elohei
Avraham, Elohei Yitzchak v’Elohei Yaakov,
Elohei Sarah, Elohei Rivkah, Elohei
Rachel v’Elohei Lei-ah. Ha-El hagadol
hagibor v’hanora, El elyon, gomeil
chasadim tovim, v’konei hakol, v’zocheir
chasdei avot v’timahot, umeivi g’ulah
liv’nei v’neihem l’maan sh’mo b’ahavah.

BETWEEN ROSH HASHANAH AND
YOM KIPPUR — Zochreinu l’chayim,
Melch chafeitz bachayim,
v’chotveinu b’sefer hachayim,
I’maancha Elohim chayim.

Melech ozeir umoshia umagein.
Baruch atah, Adonai,
magein Avraham v’ezrat Sarah.

BLESSED ARE YOU, Adonai, our God,
God of our fathers and mothers,
God of Abraham, God of Isaac, and God of Jacob,
God of Sarah, God of Rebecca, God of Rachel, and God of Leah,
the great, mighty and awesome God, transcendent God
who bestows lovingkindness, creates everything out of love,
remembers the love of our fathers and mothers,
and brings redemption to their children’s children for the sake of the Divine Name.

BETWEEN ROSH HASHANAH AND YOM KIPPUR —
Remember us for life, O Sovereign who delights in life,
and inscribe us in the Book of Life, for Your sake, Living God.

Sovereign, Deliverer, Helper and Shield,
Blessed are You, Adonai, Sarah’s Helper, Abraham’s Shield.

Baruch atah, Adonai, magein Avraham v’ezrat Sarah.

For those who choose: At the beginning and end of the blessing, one bends the knees and bows
from the waist at the word בָּרֹךְ Baruch and stands straight at the word לָיָּהוּ Adonai.
YOUR MIGHT, O God, is everlasting:
Help us to use our strength for good and not evil.
    You are the Source of life and blessing;
    Help us to choose life for ourselves and our children.
You are the support of the falling;
Help us to lift up the fallen.
    You are the author of freedom;
    Help us to free the captive.
You are our hope in death as in life;
Help us to keep faith with those who sleep in the dust.
    Your might, O God, is everlasting;
    Help us to use our strength for good.

ברוך אתה, שמחה חכמים (המחכים).
Baruch atah, Adonai, m’chayeih hakol (hameitum).

The metaphor of reviving the dead is widely used rabbinically. The Talmud recommends saying ברוך אתה, שמחה חכמים Baruch atah, Adonai, m’chayeih hameitum, “Blessed are You, Adonai, reviver of the dead,” for greeting a friend after a lapse of twelve months and after awakening from sleep. Brachot 58b, Y. Brachot 4:2

 Mashiv haruach / Morid hatal — with these words, we join our Israeli brothers and sisters in their prayers for seasonal rains in the Land of Israel.

Morid hatal . . . You rain dew upon us . . . A seasonal insertion into the G’vurot acknowledges God as the Source of the power of nature. The variations in climate like growth and decay, birth and death, are part of the fixed pattern of the universe created by God. In his prayerbook, Minhag America, Isaac Mayer Wise used the prayer for dew and rain as a permanent part of this benediction.
You are holy, Your Name is holy,
and those who are holy praise You every day.
Blessed are You, Adonai, the holy God.

ברוך אתה, גוי, הנא להודש.
Baruch atah, Adonai, Ha-El hakadosh.

Please be seated

This third blessing of praise in the Ṣemichah Amidah emphasizes God's holy nature. Even God's Name is holy.
ADONAI, OUR GOD grant us knowledge.
Having granted us knowledge, accept our repentance.
Having accepted our repentance, forgive our sins.
Having forgiven us, redeem us.
Having redeemed us, heal our ills.
Having healed us, bless our years.
Having blessed our years, gather us together.
Having gathered us together, judge us righteously.
Having judged us righteously, defeat evil.
Having defeated evil, let goodness flourish.
Now that the righteous flourish, make Jerusalem heavenly for us.
Hear our entreaties and accept us. In Your great goodness, grant Jerusalem peace.

Baruch atah, Adonai, shomei-a t’filah.

Blessed are You, Adonai, who hears prayer.

GIVE US INSIGHT; Adonai our God, to understand Your ways,
and consecrate our hearts to revere You.
From our sins redeem us with forgiveness; from pain and sorrow keep us far.
Bestow upon us Your earth’s abundance,
and gather our exiles from earth’s four corners.
To those who stray, bring correction; upon the lawless, place Your hand.
Let the righteous rejoice in the building of Your city
and the flowering of Your redemption.
Before we call comes Your reply.

Blessed is Adonai, who hearkens to prayer.

Baruch atah, Adonai, shomei-a t’filah.

Mei-ein Sh'moneh Esrei is a short form of the Ḥamidah, various versions of which were used by the Rabbis of antiquity. We contribute our own here with language drawn from tradition, but expressive of contemporary yearning.
**God of Goodness,** we give thanks
for the gift of life, wonder beyond words;
for the awareness of soul, our light within;
for the world around us, so filled with beauty;
for the richness of the earth, which day by day sustains us;
for all these and more, we offer thanks.

Baruch atah, Adonai, hatov shimcha ul'cha na-eh l'hodot.

**When we behold** Your heavens, the work of Your fingers,
the moon and stars that You set in place —
what are we humans that You are mindful of us?
We mortals that You take note of us?
You made us little less than divine,
adorned us with glory and majesty.
You gave us dominion over Your handiwork,
laying the world at our feet . . .
how majestic is Your name throughout the earth!

Baruch atah, Adonai, hatov shimcha ul'cha na-eh l'hodot.

For those who choose: At the word מַדִּים modim, one bows at the waist. At אדונֵי Adonai, one stands up straight.

*When we behold Your heavens . . .* Psalm 8:4–7, 10
LEND US THE WIT, O God, to speak the lean and simple word; give us the strength to speak the found word, the meant word; grant us the humility to speak the friendly word, the answering word.

And oh, make us sensitive, God, sensitive to the sound of the words which others speak — sensitive to the sound of their words — and to the silences between.

NEED STRENGTH, humility, courage, patience. Strength to control my passions, humility to assess my own worth, courage to rise above defeats, patience to cleanse myself of imperfections.

And wisdom: to learn and live by our sacred teachings.

Let me not be discouraged by my failings.

Let me take heart from all that is good and noble in my character.

Keep me from falling victim to cynicism.

Teach me sincerity and enthusiasm.

Endow me with perception and courage, that I may serve others with compassion and love.

R. Eleazar would say: May it be Your will . . . to bring love and fellowship, peace and friendship. May our borders be rich in disciples. . . . Confirm us with a good companion and a good impulse in Your world . . .

R. Zera would conclude: May it be Your will . . . that we not sin nor bring upon ourselves shame or disgrace before our parents!

R. Safra would add: May it be Your will to establish peace amidst the celestial family and amidst the earthly family . . .

*based on Brachot 16b–17a*
May we find peace with those we love,
growing together over time.

May we be at peace with ourselves
and with the labors that fill our days.

May we fashion peace in our world
with wisdom and gentle patience.

Blessed are You, Adonai, who blesses our people Israel with peace.

ברוך אתה, ע despre רחָא להוֹל עִמָי הָיְשָרֶאְל בֵּשַלָם
Baruch atah, Adonai, hamivareich et amo Yisrael bashalom.

Grant abundant peace to Israel Your people forever,
for You are the sovereign God of all peace.
May it be pleasing to You to bless Your people Israel,
in every season and moment with Your peace.

Between Rosh HaShanah and Yom Kippur — In the book of life, blessing, peace and
prosperity, may we be remembered and inscribed by You, we and all Your people Israel for a
good life and for peace. Blessed are You, Adonai, who makes peace.

Blessed are You, Adonai, who blesses Your people Israel with peace.

ברוך אתה, ע despre רחָא להוֹל עִמָי הָיְשָרֶאְל בֵּשַלָם
Baruch atah, Adonai, hamivareich et amo Yisrael bashalom.
Please rise

LET US ADORE the ever-living God,
and render praise unto You
who spreads out the heavens and established the earth,
whose glory is revealed in the heavens above,
and whose greatness is manifest throughout the world.
You are our God; there is none else.

Vaanachnu kor'îm
unishtachavîm u'modîlin,
lifnei Melech mal'chei hamilachim
haKadosh Baruch Hu.

Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.

Please be seated

LET THE TIME not be distant, O God,
when all shall turn to You in love,
when corruption and evil shall give way to integrity and goodness,
when superstition shall no longer enslave the mind,
nor idolatry blind the eye.
O may all, created in Your image,
become one in spirit and one in friendship,
forever united in Your service.
Then shall Your realm be established on earth,
and the word of Your prophet fulfilled:
“Adonai will reign for ever and ever.”

We seek God as a partner in every significant act, we invest our deciding and doing with direction, worth, hope, and in failure, the possibility of repair. Eugene Borowitz

Maybe God and perfection are at the end and not at the beginning. Maybe it is a growing world and a growing humanity and a growing God, and perfection is to be achieved, and not something to start with. Henry Slonimsky

Aleinu, one of our oldest prayers, was composed to introduce the sound of the shofar on Rosh HaShanah, announcing God’s ultimate and universal rule. By the fourteenth century, this prayer joined the final שִׁמְעֵנוּ kaddish as a concluding note of hope for every service. Reform Jewish tradition emphasizes the universal aspect of this hope, represented by the English prayer “Let us adore,” going back to the original Union Prayer Book of 1895.
Our thoughts turn to those who have departed this earth: our own loved ones, those whom our friends and neighbors have lost, the martyrs of our people whose graves are unmarked, and those of every race and nation whose lives have been a blessing to humanity. As we remember them, we meditate on the meaning of love and loss, of life and death.

We remember them now.
They live in our hearts;
They are an abiding blessing.
Please Rise

MOURNER’S KADDISH

YITGADAL v’yiikdash sh’mei raba.
B’alma di v’ra chirutai,
v’yanlich malchutei,
b’chayechon uv’yomeichon
uv’chayei d’chol beit Yisrael,
Y’hei sh’mei raba m’varach
l’amal u’almei almaya.
Yitbarach v’yishtabach v’yitpaar
v’yitromam v’yitnasei,
v’yit’hadar v’yitaleh v’yit’halal
sh’mei d’Kud’sha B’reich Hu.
I’ila min kol birchata v’shirata,
tush’chata v’nechemata,
daamiran b’alma. V’imru: Amen.
Y’hei sh’lana raba min shimaya,
v’chayim aleinu v’al kol Yisrael.
V’imru: Amen.

Osheh shalom bimromav,
Hu yaaseh shalom aleinu,

EXALTED and hallowed be God’s great name
in the world which God created, according to plan.
May God’s majesty be revealed in the days of our lifetime
and the life of all Israel — speedily, imminently, to which we say Amen.

Blessed be God’s great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded
be the name of the Holy Blessed One, beyond all earthly words and songs of blessing,
praise, and comfort. To which we say Amen.

May there be abundant peace from heaven, and life, for us and all Israel.
to which we say Amen.

May the One who creates harmony on high, bring peace to us and to all Israel.
To which we say Amen.
REFLECTIONS

PRAYER INVITES
God’s Presence to suffuse our spirits,
God’s will to prevail in our lives.
Prayer may not bring water to parched fields,
nor mend a broken bridge,
nor rebuild a ruined city.
But prayer can water an arid soul,
mend a broken heart,
rebuild a weakened will.

CREATE A PURE HEART within me;
let my soul wake up in Your light.
Open me to Your Presence;
flood me with Your holy spirit.
Then I will stand and sing out
the power of Your forgiveness.
I will teach Your love to the lonely;
the lost will find their way home.
Adonai, open up my lips
and my mouth will declare Your praise.

Prayer is not a shout into an empty void answered only by its own echo. Prayer is the spirit within us reaching out to the Spirit of the universe, and prayer is that Spirit responding to us.

Robert L. Kahn

Create a pure heart within me . . . adapted from Psalm 51
Days pass and the years vanish, and we walk sightless among miracles. 
God, fill our eyes with seeing and our minds with knowing; 
let there be moments when Your Presence, like lightning, 
illuminates the darkness in which we walk. 
Help us to see, wherever we gaze, that the bush burns unconsumed. 
And we, clay touched by God, will reach out for holiness, 
and exclaim in wonder:

How filled with awe is this place, and we did not know it! 
Blessed is the Eternal One, the Holy God!

Baruch atah, Adonai, Ha-El hakadosh.

Where might I go to find You, 
Exalted, Hidden One? 
Yet where would I not go to find You, 
Everpresent, Eternal One?

My heart cries out to You: 
Please draw near to me. 
The moment I reach out for You, 
I find You reaching in for me.

Baruch atah, Adonai, Ha-El hakadosh.

Holiness occurs when power and goodness co-exist in perfect harmony.
adapted from Mordecai Kaplan

How shall we sanctify God’s name? By being holy ourselves. How do we accomplish this? Let our prayers bring us to sacred deeds, to actions that promote justice, harmony and peace.

What does God demand of you? Do justly, love mercy, and walk humbly before your God.

Micah 6:8
Y’varech’cha Adonai v’yishmir’cha.
Ya-eir Adonai panav ellecha vichuneka.
Yisa Adonai panav ellecha v’yaseim l’cha shalom.

MAY GOD BLESS YOU and keep you.
May God’s light shine upon you, and may God be gracious to you.
May you feel God’s Presence within you always, and may you find peace.

Y’varech’cha b’chol tov
v’yishmor chah mikol ra
v’ya-ir lib’chah b’seichel chayim
v’yachonchah b’daat olamim
v’yisa p’nei chasadav l’chah
l’ish’lom olamim.

MAY GOD BLESS YOU with all good
and keep you from all evil.
May God enlighten your heart with immortal wisdom
and grace you with eternal knowledge.
May God lift up merciful countenance upon you for eternal peace.

Y’varech’cha Adonai v’yishmir’cha ... May God bless you ... Numbers 6:24-26
Y’varech’cha ... May God bless ... An expansion of the priestly blessing (Numbers 6:24-26),
from the Dead Sea Scrolls.