

Happy Are Those

אשרי

Happy are those who dwell in Your house,
they will sing Your praise for ever.

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ,
עוֹד יְהַלְלוּךָ סֵלָה.

Happy the people to whom blessing falls,
happy the people whose God is Adonai.

אֲשֶׁרִי הָעַם שְׂכַבְתָּה לּוֹ,
אֲשֶׁרִי הָעַם שְׁׁי אֱלֹהָיו.

A song of David. (Psalm 145)

תְּהִלָּה לְדָוִד,

I will exalt You, my Sovereign God,
I will bless Your name for ever.

אֶרְוַמְמָךְ אֱלֹהֵי הַמְּלָכָה,
וְאֶבְרַכְתָּה שְׁמֶךָ לְעוֹלָם וָעֵד.

Every day will I bless You,
I will extol Your name for ever.

בְּכֹל יוֹם אֶבְרַכְךָ,
וְאֶהַלְלָה נְשִׁמָּךְ לְעוֹלָם וָעֵד.

Great is the Eternal and worthy of praise,
God's greatness is infinite.

גָּדוֹל יְיָ וּמְהֻלָּל מְאֹד,
וּלְגִדְלָתוֹ אֵין חֶקֶר.

All generations shall acclaim Your work,
they shall tell of Your mighty acts.

דֹּר לְדוֹר יְשַׁבַּח מַעֲשֶׂיךָ,
וְגִבּוֹרֹתֶיךָ יַגִּידוּ.

They shall consider Your radiant glory,
they shall reflect on Your wondrous works.

הֵדָר כְּבוֹד הַיּוֹדָה,
וּדְבָרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

They shall speak of Your great might,
and make known Your greatness.

וְעִזּוֹז גְּבוּרָתְךָ יֹאמְרוּ,
וְגִדְלָתְךָ אֲסַפְּרֶנָּה.

They shall tell of Your great goodness
and sing of Your righteousness.

אֲזַכֵּר רַב טוֹבָךָ יַבְיְעוּ,
וְצִדְקָתְךָ יִרְנְנוּ.

“The Eternal is gracious and compassionate,
endlessly patient, overflowing with love.”

חַנּוּן וְרַחוּם יְיָ,
אֶרְךָ אַפַּיִם וְגִדְלֵי חַסֵּד.

“The Eternal is good to all,
God’s compassion shelters all living things.”

טוֹב יְיָ לְכֹל,
וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

All Your works, O God, shall thank you,
Your faithful shall bless you.

יִזְדָּוֶה יְיָ כָּל מַעֲשֵׂיךָ,
וְחַסִּידֶיךָ יְבָרְכוּכָה.

They shall speak of the glory of Your realm,
and tell of Your strength:

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ,
וְגִבּוֹרָתְךָ יִדְבְּרוּ.

to reveal Your power to the world,
and the glorious splendor of Your realm.

לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרָתְךָ,
וְכְבוֹד הַדֵּר מַלְכוּתְךָ.

Your dominion is everlasting.
Your realm endures through all generations.

מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים,
וּמַמְשַׁלְתְּךָ בְּכֹל דָּר וָדָר.

God, You support the falling;
You raise up all who are bowed down.

סֹמֵךְ יְיָ לְכֹל הַנִּפְּלִים,
וְזוֹקֵף לְכֹל הַכַּפְּפוּפִים.

The eyes of all are turned to You,
You sustain them when in need.

עֵינֵי כָל אֱלֹהִים יִשְׁבְּרוּ,
וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכָלָם בְּעֵתוֹ.

You open Your hand
to fulfill the needs of all the living.

פֹּתַח אֶת יָדְךָ,
וּמְשַׁבֵּיעַ לְכֹל חַי רִצּוֹן.

God, You are just in all Your paths,
loving in all Your deeds.

צַדִּיק יְיָ בְּכָל דְרָכָיו,
וְחַסִּיד בְּכָל מַעֲשָׂיו.

You are near to all who call upon You,
to all who call upon You in truth:

קָרוֹב יְיָ לְכֹל קוֹרְאָיו,
לְכֹל אֲשֶׁר יִקְרָאֵהוּ בְאֱמֶת.

You fulfill the hope of all who revere You,
You will hear their cry and help them.

רְצוֹן יִרְאָיו יַעֲשֶׂה,
וְאֶת שׁוֹעֲתָם יִשְׁמַע וְיִזְשִׁיעֵם.

God preserves those who show their love,
but brings grief to the lawless.

שׁוֹמֵר יְיָ אֶת כָּל אֲהָבָיו,
וְאֶת כָּל הַרְשָׁעִים יִשְׁמִיד.

My lips shall declare the glory of God;
let all flesh bless God's holy name for ever and ever.

תְּהִלַּת יְיָ יְדַבֵּר פִּי,
וְיִבְרַךְ כָּל בֶּשָׂר שֵׁם קִדְשׁוֹ לְעוֹלָם וָעֶד.

We will praise the Eternal
now and always. Halleluyah!

וְאֲנַחְנוּ נְבָרְךָ יְיָ,
מֵעַתָּה וְעַד עוֹלָם. הַלְלוּיָהּ!

God of Our Ancestors

אבותינו ואמותינו

Eternal God, open my lips
that my mouth may declare Your glory.

אֲדַנִּי שְׁפֹתַי תִּפְתָּח
וּפִי יַגִּיד תְּהִלָּתְךָ.

Praised be the Eternal One, our God,
God of our fathers and our mothers:
God of Abraham, God of Isaac,
and God of Jacob,
God of Sarah, God of Rebekah,
God of Leah and God of Rachel,
great, mighty, and awesome,
Exalted God,
You bestow love and kindness
on all Your children.
You remember the devotion
of ages past.
With love You bring redemption
to their descendants
for the sake of Your name.
You are our Ruler and Helper
our Savior and Protector.
We praise You, Eternal One,
Shield of Abraham, Protector of Sarah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי לֵאָה, וְאֱלֹהֵי רָחֵל,
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֲלִיּוֹן,
גּוֹמֵל חֲסָדִים טוֹבִים,
וְקִנְיַת הַכֹּל,
זוֹכֵר חֲסָדֵי
אֲבוֹת וְאִמּוֹת,
וּמְבִיא גְאֻלָּה
לְבָנָי בְּנֵיהֶם,
לְמַעַן שְׁמוֹ בְּאַהֲבָה.
מְלֹךְ עוֹזֵר
וּמוֹשִׁיעַ וּמִגֵּן.
בְּרוּךְ אַתָּה יְיָ,
מִגֵּן אַבְרָהָם וְעֹזֵר שָׂרָה.

God's Power

גבורות

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי, מְחַיֶּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ. מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ גּוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עֶפְרַיִם. מִי כְמוֹךָ בְּעַל גְבוּרוֹת וּמִי דוֹמֶה לָךְ, מְלֻךְ מַמְיֵת וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה. וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל. בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכֹּל.

Your might, O God, is everlasting;

Help us to use our strength for good and not for 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 set 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.

QUESTION: What is “God” to you? What is “Great” or “Good” about your “God Idea”?
Why does it work for you? What makes your “God Idea” powerful to you?

Sanctification

קדושה

Reader

We sanctify Your name on Earth,
just as they sanctify it
in the high heavens;
as it is written by Your prophet:
And they called to each other and said—

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם,
כְּשֵׁם שֶׁמְקַדְּשִׁים אוֹתוֹ
בְּשָׁמַי מְרוֹם,
כַּכְּתוּב עַל יַד נְבִיאֶךָ:
וְקָרְאוּ זֶה אֶל זֶה וְאָמְרוּ

Congregation

Holy, Holy, Holy
is Adonai of the heavens;
all of the Earth is full of God's glory!

קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ,
יְיָ צְבָאוֹת,
מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.

Reader

They raise their voices in blessing:

לְעִמְתָּם בְּרוּךְ יֵאמְרוּ:

Congregation

Blessed is the glory of God
in heaven and Earth.

בְּרוּךְ כְּבוֹד יְיָ
מִמְקוֹמוֹ.

Reader

As it is written in Your Holy words:

וּבְדַבְרֵי קֹדֶשׁ כָּתוּב לֵאמֹר:

Congregation

Adonai shall reign for ever;
your God, O Zion,
to all generations. Halleluyah!

יְמִלֵךְ יי לְעוֹלָם,
אֱלֹהֵיךָ צִיּוֹן,
לְדֹר וָדֹר, הַלְלוּיָהּ.

Reader

To all generations
we will make known Your greatness,
and to all eternity
proclaim Your holiness,
Your praise, O God,
shall never depart from our lips.
We Praise You, Adonai,
the Holy God.

לְדֹר וָדֹר
נִגִיד גְּדֻלָּתְךָ,
וּלְנֶצַח נֶצְחִים
קֹדְשֵׁתְךָ נִקְדִישׁ,
וְשִׁבְחֶךָ, אֱלֹהֵינוּ,
מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד.
בָּרוּךְ אַתָּה יי,
הַמֶּלֶךְ הַקְּדוֹשׁ.

QUESTION: What does it mean to you to be “special”? Is it “better than” or “different”?
What is “holy” in your life?

Most Joyous of Days

ישמחו

They shall rejoice in Your sovereignty,
those who keep the Sabbath,
and call it a delight.
The people who sanctify the seventh day,
they will be satisfied
and enjoy Your goodness—
You took pleasure in the seventh day
and You sanctified it,
You called it the most delightful of days,
a reminder of the work of creation.

יְשָׂמְחוּ בְּמַלְכוּתְךָ
שׁוֹמְרֵי שַׁבָּת
וְקוֹרְאֵי עֲנֵג,
עַם מְקַדְשֵׁי שְׁבִיעִי,
כֻּלָּם יִשְׂבְּעוּ
וְיִתְעַנְּגוּ מִטּוֹבְךָ,
וְהַשְּׁבִיעִי רָצִיתָ בּוֹ
וְקִדְשָׁתוֹ,
חֲמִדַּת יָמִים אוֹתוֹ קָרָאתָ,
זָכַר לְמַעֲשֵׂה בְרֵאשִׁית.

The Holiness of the Sabbath

רצה במנוחתנו

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, רָצָה בְּמִנוּחַתֵּנוּ, קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ, וְתֵן חֵלְקֵנוּ בְּתוֹרָתְךָ,
שְׂבַעְנוּ מִטּוֹבְךָ, וְשִׂמְחָנוּ בִּישׁוּעָתְךָ, וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת, וְהִנְחִילֵנוּ יְיָ אֱלֹהֵינוּ
בְּאַהֲבָה וּבְרָצוֹן שַׁבַּת קִדְּשָׁךָ, וְיָנוּחוּ בָּהּ יִשְׂרָאֵל מְקַדְשֵׁי שְׁמֶךָ. בְּרוּךְ אַתָּה יְיָ, מְקַדְּשֵׁ
הַשַּׁבָּת.

Our God, God of our ancestors, may our rest on this day be pleasing in Your sight. Sanctify us with Your Mitzvot, and let Your Torah be our way of life.

Satisfy us 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.

QUESTION: What is the importance of setting aside moments of rest and quiet in your life? How might setting a sacred or special time in your life be an important practice? How can you protect such time from other distractions or schedules? Why might it be a good thing for others?

Worship

עבודה

רָצָה, יי אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל וּתְפִלָּתָם בְּאַהֲבָה תִקְבֹּל, וּתְהִי לְרָצוֹן תָּמִיד עֲבוּדָת
יִשְׂרָאֵל עַמְּךָ. אֵל קְרוֹב לְכָל-קְרָאִיו, פְּנֵה אֶל עַבְדֶּיךָ וְחַגְּנֵנוּ; שְׂפוּךְ רוּחְךָ עָלֵינוּ,
וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.
בְּרוּךְ אַתָּה יי, הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

Be gracious, Eternal God, to Your people Israel, and receive our prayers with love. O may our worship always be acceptable to You.

Fill us with the knowledge that You are near to all who seek You in truth. Let our eyes behold Your presence in our midst and in the midst of our people in Zion. We praise You, O God, Whose presence gives life to Zion and all Israel.

QUESTION: Does your “God Model” receive prayers? Can you define “prayer” for yourself? Does it include “mindfulness”? What is the difference between “prayer” and “wishing”?

Thanksgiving

מודים

We give thanks to You,
for You are the Eternal our God
the God of all generations.
You are the Rock of our life,
the Protector that saves us
in every age.

מוֹדִים אֲנַחֲנוּ לָךְ,
שֶׁאַתָּה הוּא, יְיָ אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ, לְעוֹלָם וָעֶד,
צוּר תְּיִינוּ,
מִגּוֹ יִשְׁעֵנוּ,
אַתָּה הוּא לְדוֹר וָדוֹר.

We thank You and sing Your praises: for our lives, which are in Your hand; for our souls, which are in Your keeping; for the signs of Your presence we encounter every day; and for Your wondrous gifts at all times, morning, noon, and night. You are Goodness: Your mercies never end; You are Compassion: Your love will never fail. You have always been our hope.

For all these things, O Sovereign God, let Your name be forever exalted and blessed. O God our Redeemer and Helper, let all who live affirm You and praise Your name in truth.

We praise You, O God,
Your name is Goodness,
and it is right to give You thanks.

בְּרוּךְ אַתָּה יְיָ,
הַטּוֹב שְׂמֵךְ
וְלֵךְ נֶאֱמָה לְהוֹדוֹת.

QUESTION: Why is it important to be grateful? What are you grateful or thankful for in your life? What should society be more grateful or appreciative of?

Peace

ברכת שלום

I

Abundant peace
on Your people Israel
may You grant forever,
for You are the great Ruler
of all peace.
May it be good in Your eyes
to bless Your people Israel,
every waking moment of every day
with Your peace.
Praised are You, O God,
the One Who blesses
the people Israel with peace.

שְׁלוֹם רַב
עַל יִשְׂרָאֵל עַמְּךָ
תָּשִׁים לְעוֹלָם,
כִּי אַתָּה הוּא מַלְךְ אֲדוֹן
לְכָל הַשְּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ
לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל,
בְּכָל יֵת וּבְכָל שָׁעָה
בְּשִׁלוֹמְךָ.
בְּרוּךְ אַתָּה יְיָ,
הַמְּבָרֵךְ
אֶת עַמּוֹ יִשְׂרָאֵל בְּשִׁלוֹם.

II

Grant us peace, Your most precious gift, O Eternal Source of peace, and give us the will to proclaim its message to all the peoples of the earth.

Bless our country, that it may always be a stronghold of peace, and its advocate among the nations. May contentment reign within its borders, health and happiness within its homes. Strengthen the bonds of friendship among the inhabitants of all lands, and may the love of Your name hallow every home and every heart.

We praise You, O God, the Source of peace.

QUESTION: What are your thoughts of the similarities and differences between prayers I and II above? Which prayer speaks to you more and why?
