



## 2018 Yod Chet (18)

Choose Life! L'Chayim!

Chet Yod (Chai)

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**Shemoneh Esrei — Literally “18” (8 + 10)** . . . is the center of any Jewish religious service with some adaptations to make it appropriate for weekdays, personal use, groups, Shabbat and whatever occasion. In fact, prayer services are built around the Shema<sup>1</sup> (see end of handout) and the Shemoneh Esrei. Also, known as the Amidah (“standing” — stop and stand in the presence of God) or the Tefilah (“prayer” — specifically to the Shemoneh Esrei). Of course, the Shemoneh Esrei is quoted in Hebrew; so, the following is the English translation, which is powerful for our understanding in making these as point of prayer.

### **Blessings of Praise**

1. **Avot (Fathers)** — Blessed are You, O Lord our God and God of our fathers, the God of Abraham, the God of Isaac and the God of Jacob, the great, mighty and revered God, the Most High God who bestows loving kindnesses, the Creator of all, who recalls the good deeds of the fathers and who brings a Redeemer to their children’s children for His Name’s sake, in love. O King, Helper, Savior and Shield. Blessed are You, O Lord, the shield of Abraham.
2. **Gevurot (God’s Might)** — You, O Lord, are mighty forever. You are the Reviver of the dead. You are greatly able to save. You sustain the living in lovingkindness. You revive the dead with great compassion. You support the falling, heal the sick, set free the bound and keep faith with those who sleep in the dust. Who is like You, O Master of mighty deeds? Who compare to You, a King who puts to death and restores to life, and brings forth salvation? And You are faithful to revive the dead. Blessed are You, O Lord, who revives the dead.
3. **Kedushat HaShem (Holiness of God’s Name)** — You are holy, and your Name is holy, and your holy ones praise You every day. Blessed are You, Adonai, the God Who is holy.

### **Blessings of Petition**

4. **Da’at (Knowledge)** — You show favor to a man of knowledge, and You teach understanding to a mortal man. Be gracious to us — a mind of understanding and intellect is from You. Blessed are You, Adonai, Who favors us with knowledge.
5. **Teshuvah (Repentance; “turning”)** — Return us, our Father, to Your Torah; draw us near our King to serve You. Restore us to Your presence in complete repentance. Blessed are You, O Lord, Who desires repentance.
6. **Selichah (Forgiveness)** — Forgive us, our Father, for we have sinned; pardon us, our King, for we have rebelled; for You are a pardoner and a forgiver. Blessed are You, Lord, the gracious One who abundantly forgives.
7. **Geulah (Redemption)** — Behold our affliction and champion our cause, and redeem us speedily for the sake of Thy Name. Blessed are You, Lord, Redeemer of Israel.
8. **Refuah (Healing)** — Heal us, O Lord, and we shall be healed; save us, and we will be saved, for the One we praise is You. Bring complete healing for all our sicknesses, for O God, for You are our faithful and compassionate Healer and King. Blessed are You, Lord, the Healer of the sick of Israel.
9. **Birkat Hashanim (Prosperity)** — Bless for us, Adonai our God, this year and its crops. Grant us a blessing on the earth. Satisfy us from Your bounty and bless our year like other good years. Blessed are You, O Lord, Who blesses the years.
10. **Kubbutz Galuyot (Ingathering of Exiles)** — Sound the great shofar for our freedom and raise a banner to gather our exiles and unite us together from the four corners of the earth. Blessed are You, Lord, who regathers the scattered of His people Israel.
11. **Birkat HaDin (Restoration of Justice)** — Restore our judges as at the early times, and advisors as there once were. Remove our sorrows and troubles: we want You, Adonai, to rule over us with kindness and compassion and to justify us in justice. Blessed are You, Lord, the King Who loves righteousness and justice.
12. **Birkat HaManim (Against Heretics)** — And for slanderers [sectarians] let there be no hope, and may all the evil in an instant be destroyed and all Your enemies be cut down swiftly; and the evil ones — uproot and break and destroy and humble our days. Blessed art You, Lord, who breaks down enemies and humbles sinners.

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<sup>1</sup> Deuteronomy 6:4-9; Deuteronomy 11:13-21; Numbers 15:37-41.

13. **Tzaddikim (Righteous Ones)** — Upon the righteous, upon the pious, upon the elders of Your people of the House of Israel, upon the remnant of their scholars, upon the righteous converts, and upon ourselves, may Your compassion arise, O Lord our God, and give good reward to all who sincerely believe in Your Name. Include us with them forever, and let us not be ashamed, for we put our trust in You. Blessed are You, Lord, the stronghold and assurance of the righteous.
14. **Binyan Yerushalayim (Rebuilding of Jerusalem)** — Return in compassion to Your city, Jerusalem, and rest within it as You have said. Rebuild it speedily, and in our days, a structure forever. And may You establish the throne of David within Jerusalem speedily. Blessed are You, Lord, the Builder of Jerusalem.
15. **Malkhut Beit David (Kingdom of David)** — May the Seed of David Thy servant flourish speedily and may You exalt in Your salvation. For in Your salvation do we hope all the day. Blessed are You, Lord, Who bring forth the Horn of our salvation.
16. **Kabbalat Tefillah (Acceptance of Prayer)** — Hear our voice, O Lord our God, and have pity and mercy upon us and accept in mercy and in favor our prayer, for You are a God Who hears prayers and supplications. Do not turn us away from before You empty, for in mercy You hear the prayer of Your people Israel. Blessed are You, Lord, Who hears prayer.

### **Blessings of Gratitude**

17. **Avodah (Worship)** — Accept Your people, O Lord our God, and receive their prayer. Restore the most holy service of Your house and accept in love the offerings and prayers of Israel. May it please You always to want to accept the service of Your people Israel. May our eyes see You return to Zion in mercy. Blessed are You, O Lord, Who restores His Presence to Zion.
18. **Hoda'ah (Gratitude)** — We thank You, for it is You Alone Who is Adonai our God and the God of our fathers, forever and ever. You are the Rock and Shield of our salvation. You Alone, from generation to generation. We thank You and tell of Your praise for our lives are in Your hands and our souls are trusting in You. Every day Your miracles are with us; Your wonders and favors are at all times — evening, morning, and afternoon. O Good One, Your compassions are never exhausted and Your kindnesses are continual. We put our hope in You. For all these things we bless and exalt Your Name our King forever and ever more. And all the living shall confess You forever and praise Your Name in truth, O God of our salvation and our help forever! Blessed are You, Adonai, “The Good One” is Your Name and to You it is right to give thanks.
19. **Sim Shalom (Grant Peace)** — Grant peace, goodness, blessing, grace, kindness, and compassion upon us and upon all of Your people Israel. Bless us, our Father, all of us as one with the light of Your face, for with the light of Your Face You gave to us, Adonai our God, the Torah of life and love of kindness, righteousness, blessing, compassion, life, and peace. And may it be good in Your eyes to bless Your people Israel at every time and at every hour with Your peace. Blessed art You, Lord, Who blesses His people Israel with peace.
20. **Amidah (Standing)** — My Lord, open my lips, and my mouth shall declare Your praise.<sup>2</sup> Blessed are You, Lord our God and God of our fathers, God of Abraham, God of Isaac and 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.

### **Shema Yisrael**

Shema Yisrael Adonai Eloheinu Adonai Echad

*“Hear, O Israel: the LORD is our God, the LORD is One.”*

The literal word meanings are roughly as follows:

**Shema** — listen, or hear and do.

**Yisrael** — Israel, in the sense of the people or congregation of Israel.

**Adonai** — often translated as “LORD”, it is read in place of the YHVH written in the Hebrew text; Samaritans say Shema, which is Aramaic for “the [Divine] Name” and is the exact equivalent of the Hebrew “HaShem”, which Rabbinic Jews substitute for “Adonai” in a non-liturgical context such as everyday speech.

**Eloheinu** — plural 1<sup>st</sup> person possessive of אֱלֹהִים Elohim, meaning “our God.”

**Echad** — the unified and cardinal number one אֶחָד.

<sup>2</sup> Bend knees at “Blessed;” bow at “You;” Straighten at “Lord our God.”