

קריאת שמע על המטה

KRIAT SH'MA AL HAMITAH

The Bedtime Sh'ma



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## Kabbalah4All Transliteration Guidelines

Please note that transliteration guidelines are different according to each culture and also within each movement of Judaism. We have developed these guidelines for use with our transliterated documents. They may or may not apply to transliterations put out by other movements including the various organizations teaching Kabbalah.

- a** as in father
- ai** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oy** as in toy
- u** as in tune
- ch** as in Bach in German (strong sound from the throat)
- g** as in give
- tz** as in lots
- ' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".
- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

## Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddurim (connection books).

מֶלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

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All prefaces to prayers written and adapted by David Aharon L. Curtis for Kabbalah4All.  
Translated by David Aharon L. Curtis.  
Edited by Rebecca Schwartz and David Aharon L. Curtis.

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# רבונו של עולם

## RIBONO SHEL OLAM

We take a moment to examine our actions of the day and search for any negativity we may have caused others or others may have caused us. Through this blessing we seek to correct any damage done, as well as forgive those who may have done damage to us.

*This is not said on Shabbat and Festivals.*

Ribono shel olam,

*Ruler of the universe,*

hareini mochel l'chol mi

*I hereby forgive anyone who*

shehichis v'hiknit oti,

*angered or antagonized me,*

o shechata k'negdi,

*or who did wrong against me,*

bein b'gufi bein b'mamoni,

*whether against my body or whether against my property,*

bein bichvodi

*whether against my honor*

bein b'chol asher li,

*or whether against anything that is mine,*

bein b'ones bein b'ratzon,

*whether they did so accidentally or whether willfully,*

bein b'shogeg bein b'mezid,

*whether carelessly or whether purposely,*

bein b'dibud bein b'ma-aseh,

*whether through speech or whether through deed,*

bein b'machashavah bein b'hirhur,

*whether in deliberation or whether with fleeting thought,*

bein b'gilgul zeh

*whether in this transmigration*

bein b'gilgul acher,

*or whether in another transmigration,*

l'chol bar Yisra-el,

*all of the children of Israel,*

v'lo ye-anesh shum adam b'sibati.

*and may no one receive negative effects because of me.*

Y'hi ratzon mil'fanecha,

*May it be Your will before You,*

Adonai Elohai

*Adonai my Elohim*

v'Elohei avotai,

*and Elohim of my ancestors,*

רבונו של עולם,

הריני מוחל לְכֹל מִי

שֶׁהִכְעִיס וְהִקְנִיט אוֹתִי,

אוֹ שֶׁחָטָא כְּנִגְדִי,

בֵּין בְּגוּפִי בֵּין בְּמָמוֹנִי,

בֵּין בְּכִבּוּדִי

בֵּין בְּכֹל אֲשֶׁר לִי,

בֵּין בְּאִנּוֹס בֵּין בְּרָצוֹן,

בֵּין בְּשׁוֹגֵג בֵּין בְּמֵזִיד,

בֵּין בְּדַבּוּר בֵּין בְּמַעֲשֵׂה,

בֵּין בְּמַחְשָׁבָה בֵּין בְּהִרְהוּר,

בֵּין בְּגִלְגּוּל זֶה

בֵּין בְּגִלְגּוּל אֲחֵר,

לְכֹל בַּר יִשְׂרָאֵל,

וְלֹא יֵעָנֵשׁ שׁוֹם אָדָם בְּסִבָּתִי.

יְהִי רָצוֹן מִלְּפָנֶיךָ,

יְהוָה אֱלֹהֵי

וְאֱלֹהֵי אֲבוֹתַי,

shelo echeta od,  
*that I will not transgress again,*  
 umah shechatati l'fanecha  
*and whatever transgressions I have done before You*  
 m'chok b'rachamecha harabim,  
*may You erase in Your abundant mercies,*  
 aval lo al y'dei yisurim  
*but not by means of suffering*  
 vachalayim ra-im.  
*or evil illnesses.*  
 Yih'yu l'ratzon imrei fi  
*May the words of my mouth*  
 v'hegyon libi l'fanecha,  
*and the meditation of my heart be acceptable to You,*  
 Adonai tzuri v'go-ali.  
*Adonai my Rock and Redeemer.*

שְׁלֹא אֶחַטָּא עוֹד,  
 וּמָה שֶׁחַטָּאתִי לְפָנֶיךָ  
 מְחֹק בְּרַחֲמֶיךָ הַרְבִּים,  
 אֲבָל לֹא עַל יְדֵי יְסוּרִים  
 וְחַלָּיִים רָעִים.  
 יִהְיוּ לְרָצוֹן אִמְרֵי פִי  
 וְהִגְיוֹן לְבִי לְפָנֶיךָ,  
 יְהוֹה צוּרִי וְגֹאֲלִי.

## המפיל

### HAMAPIL

This blessing ensures that our soul safely departs our body while it sleeps and returns to our body when we awake.

Baruch atah Adonai  
*Blessed are You Adonai*  
 Eloheinu melech ha-olam,  
*our Elohim Sovereign of the universe,*  
 hamapil chevlei shenah al einai,  
*Who casts the bonds of sleep upon my eyes,*  
 utnumah al af-apai,  
*and slumber upon my eyelids,*  
 ume-ir l'ishon bat ayin.  
*and Who illuminates the pupil of the eye.*  
 Vihi ratzon mil'fanecha,  
*May it be Your will before You,*  
 Adonai Elohai v'Eilohei avotai,  
*Adonai my Elohim and Elohim of my ancestors,*  
 shetashkiveni l'shalom,  
*that You lay me down to sleep in peace,*  
 v'ta-amideni l'chayim tovim  
*and raise me up for life that is good*

בָּרוּךְ אַתָּה יְהוֹה  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 הַמְּפִיל חֲבֵלֵי שְׁנָה עַל עֵינַי,  
 וְתַנּוּמָה עַל עַפְעָפִי,  
 וּמְאִיר לְאִישׁוֹן בֵּת עֵינַי.  
 וִיְהִי רָצוֹן מִלְּפָנֶיךָ,  
 יְהוֹה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי,  
 שֶׁתִּשְׁכְּבֵנִי לְשָׁלוֹם,  
 וְתַעֲמִידֵנִי לְחַיִּים טוֹבִים

ulshalom.

and for peace.

V'ten chelki b'Toratecha,

Grant that my portion be in Your Torah,

v'targileni lidvar mitzvah,

and may I be occupied with matters of mitzvot,

v'al targileni lidvar averah,

and may I not be occupied with matters of wrongdoing,

v'al t'vi-eni lo lidei chet,

and do not bring me into a state of negativity neither,

v'lo lidei nisayon,

nor into a state of trial,

v'lo lidei vizayon,

nor into a state of scorn,

v'yishlot bi yetzer tov,

and allow the the Good Inclination to dominate over me,

v'al yishlot bi yetzer hara,

and do not all the Evil Inclination to dominate over me,

v'tatzileni misatan umipega ra

and rescue me from the Opponent and from an evil mishap

umechalayim ra-im.

and from serious illnesses.

V'al y'vahaluni rayonai,

And may I not be confounded by my ideas,

vachalomot ra-im,

and bad dreams,

v'hir-hurim ra-im,

and bad fleeting thoughts,

ut-he mitati sh'lemah l'fanecha,

and may my bed be unharmed in Your care,

v'ha-er einai pen ishan hamavet,

and may You illumine my eyes lest I sleep the sleep of death,

Baruch atah Adonai,

Blessed are You Adonai,

hame-ir l'olam kulo bichvodo.

Who illumines the entire world with Your glory.

וְלִשְׁלוֹם.

וְתֵן חֶלְקִי בְּתוֹרַתְךָ,

וְתַרְגִּילֵנִי לְדַבַּר מִצְוָה,

וְאַל תַּרְגִּילֵנִי לְדַבַּר עֲבָרָה,

וְאַל תְּבִיאֵנִי לֹא לְיַדֵּי חַטָּא,

וְלֹא לְיַדֵּי נִסְיוֹן,

וְלֹא לְיַדֵּי בְזִיוֹן,

וַיִּשְׁלוֹט בִּי יֵצֶר טוֹב,

וְאַל יִשְׁלוֹט בִּי יֵצֶר הָרָע,

וְתִצִּילֵנִי מִשָּׂטָן וּמִפְּגַע רָע

וּמִחֲלָיִים רָעִים.

וְאַל יִבְהַלּוּנִי רַעֲיוֹנַי,

וְחֲלוֹמוֹת רָעִים,

וְהִרְהוּרִים רָעִים,

וְתֵהֵא מִטָּתִי שְׁלֵמָה לְפָנֶיךָ,

וְהָאֵר עֵינַי פֶּן אֵישַׁן הַמּוֹת.

בָּרוּךְ אַתָּה יְהוָה,

הַמְאִיר לְעוֹלָם כָּלֹּ בְּכָבוֹדוֹ.

## שמע

## THE SH'MA

Before we begin the Sh'ma, we must think about the concept of loving our neighbors as we love ourselves. The first verse of the Sh'ma is chanted while we cover our eyes. The second verse is said in a whisper.

## שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

Sh'ma Yisra-el, Adonai Eloheinu, Adonai Echad!

*Hear O Israel, Adonai is our Elohim, Adonai is One!*

## בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch shem k'vod malchuto l'olam va-ed!

*Blessed is Your glorious Name, Your Realm is for ever and ever!*

V'ahavta et Adonai Elohecha,

*You shall love Adonai Your Elohim,*

b'chol l'vav'cha, uvchol nafsh'cha,

*with all your heart, with all your soul,*

uvchol m'odecha.

*and with all your being.*

V'hayu had'varim ha-eleh,

*And these words which*

asher anochi m'tzav'cha hayom,

*I command you on this day,*

al l'vavecha.

*shall be upon your heart.*

V'shinantam l'vanecha,

*And you shall teach them thoroughly to your children,*

v'dibarta bam,

*and speak of them,*

b'shivt'cha b'veitecha,

*and while sitting in your house,*

uvlecht'cha vaderech,

*and while walking along the way,*

uvshochb'cha, uvkumecha.

*upon lying down and upon rising.*

Ukshartam l'ot al yadecha,

*And you shall bind them as a sign upon your hand,*

וְאַהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ,

בְּכֹל לְבַבְךָ, וּבְכֹל נַפְשְׁךָ,

וּבְכֹל מְאֹדְךָ.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה,

אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם,

עַל לְבַבְךָ.

וְשִׁנַּנְתָּם לְבְנֵיךָ,

וְדַבַּרְתָּ בָם,

בְּשִׁבְתְּךָ בְּבֵיתְךָ,

וּבְלַכְתְּךָ בַּדֶּרֶךְ,

וּבְשֹׁכְבְךָ, וּבְקוּמְךָ.

וְקָשַׁרְתָּם לְאוֹת עַל יָדְךָ,

v'hayu l'totafot bein einecha.  
*and they shall be as frontlets between your eyes.*  
 Uchtavtam al m'zuzot  
*And you shall write them upon the doorposts*  
 beitecha uvish-arecha.  
*of your house and your gates.*

וְהָיוּ לְטֹטְפוֹת בֵּינֵי עֵינֶיךָ.  
 וְכָתַבְתֶּם עַל מְזוֹזוֹת  
 בֵּיתְךָ וּבִשְׁעָרֶיךָ.

Vihi no-am Adonai Eloheinu aleinu,  
*May the pleasantness of the Ruler our Elohim be upon us,*  
 uma-aseh yadeinu kon'nah aleinu,  
*and the work of our hands establish for us,*  
 uma-aseh yadeinu kon'nehu.  
*and the work of our hands establish it.*

וַיְהִי נֶעֱם אֲדֹנָי אֱלֹהֵינוּ עֲלֵינוּ,  
 וּמַעֲשֵׂה יַדֵּינוּ כּוֹנֵנָה עֲלֵינוּ,  
 וּמַעֲשֵׂה יַדֵּינוּ כּוֹנֵנָהּ.

## תהלים צא/PSALM 91

This Psalm reminds us that our only protection and refuge is in the Most High, and when we put our trust in Hashem we have nothing to fear.

Yoshev b'seter Elyon,  
*Whoever sits in the refuge of the Most High,*  
 b'tzel Shadai yit-lonan.  
*in the shade of the Almighty shall they dwell.*  
 Omar la-Adonai ma-ch'si um-tzudati,  
*I will say of Adonai, my refuge and my fortress,*  
 Elohai ev-tach bo.  
*my Elohim in whom I put my trust.*  
 Ki hu yatzi-l'cha mipach yakush,  
*For the One will deliver you from the snare that entraps,*  
 midever havot.  
*from pestilence that is devastating.*  
 B'evrato yasef lach,  
*With the Eternal's wing will you be covered,*  
 v'tachat k'nafav te-ch'seh,  
*and under the Eternal's wings will you find refuge,*  
 tzinah v'socherah amito.  
*the shield and armor are the Eternal's truth.*  
 Lo tira mipachad lailah,  
*You shall not fear the terror of night,*  
 mechetz ya-uf yomam.  
*nor the arrow that flies by day.*  
 Midever ba-ofel yahaloch,  
*Nor the pestilence that walks in gloom,*  
 miketev yashud tzahorayim.  
*nor the destroyer who lays waste at noon.*

יֹשֵׁב בְּסִטֵּר עֲלִיוֹן,  
 בְּצֵל שְׁדַי יִתְלוֹנֵן.  
 אָמַר לַיהוָה מַחְסֵי וּמְצוּדָתִי,  
 אֱלֹהֵי אֲבֹטְחָ בּוֹ.  
 כִּי הוּא יִצִּילְךָ מִפֶּחַ יְקוּשׁ,  
 מִדֶּבֶר הַוּוֹת.  
 בְּאֲבָרְתּוֹ יִסֹּךְ לְךָ,  
 וְתַחַת כְּנַפָּיו תִּחְסֶה,  
 צִנָּה וְסִחְרָה אֲמִתּוֹ.  
 לֹא תִירָא מִפֶּחַד לַיְלָה,  
 מִחֶץ יְעוֹף יוֹמָם.  
 מִדֶּבֶר בְּאֶפְלֵ יְהִלְךָ,  
 מִקֵּטֵב יִשׁוּד צְהָרַיִם.

**Yipol mitzi-d'cha elef, urvavah**

*A thousand may fall victim at your side, and a myriad*

**miminecha, elecha lo yigash.**

*at your right hand, but to you it shall not approach.*

**Rak b'einecha tabit,**

*Merely with your eyes will you peer,*

**v'shilumat r'sha-im tireh.**

*and the retribution of the wicked shall you see.*

**Ki atah Adonai machsi,**

*For You Adonai are my refuge,*

**elyon samta m'onecha.**

*the Most High have you made the abode of your trust.*

**Lo t'neh elecha ra-ah,**

*Evil will not befall you,*

**v'nega lo yikrav b'ohalecha.**

*and a plaque shall not come near your tent.*

**Ki malachav y'tzaveh lach,**

*For angels will the Eternal One command for you,*

**lishmorcha b'chol d'rachecha.**

*to protect you in all your ways.*

**Al kapayim yisa-uncha,**

*On their palms they will carry you,*

**pen tigof ba-aven raglecha.**

*lest you strike your foot against a stone.*

**Al shachal vafeten tidroch,**

*Upon the lion and the viper you shall tread,*

**tirmos k'fir v'tanin.**

*you will trample the young lion and the serpent.*

**Ki vi chashak va-afal'tehu,**

*Because for Me have they yearned and I will deliver them,*

**asag'vehu ki yada sh'mi.**

*I will elevate them because they know My Name.*

**Yikra-eni v'e-enehu,**

*They will call upon Me and I will answer them,*

**imo anochi b'tzarah,**

*together with with them I am in distress,*

**achal'tzehu va-achab'dehu.**

*I will release them and I will bring them honor.*

**Orech yamim asbi-ehu,**

*I will satisfy them with length of days,*

**v'arehu bishu-ati.**

*and I will show them My salvation.*

**Orech yamim asbi-ehu,**

*I will satisfy them with length of days,*

**v'arehu bishu-ati.**

*and I will show them My salvation.*

יִפֹּל מִצִּי-דְּחַ אֶלֶף, וּרְבָבָה

מִמִּינֶיךָ, אֵלֶיךָ לֹא יִגָּשׁ.

רַק בְּעֵינֶיךָ תִּבְיט,

וְשִׁלְמַת רְשָׁעִים תִּרְאֶה.

כִּי אַתָּה יְהוָה מַחְסִי,

עַלִּיּוֹן שָׁמַתָּ מְעוֹנֶיךָ.

לֹא תֵאָנֶה אֵלֶיךָ רָעָה,

וְנִגַּע לֹא יִקְרַב בְּאֹהֶלְךָ.

כִּי מִלְאָכָיו יִצְוֶה לָךְ,

לְשַׁמְרֶךָ בְּכֹל דְרָכֶיךָ.

עַל כַּפָּיִם יִשְׂאוּנֶךָ,

פֶּן תִּגַּף בְּאַבֶּן רִגְלֶךָ.

עַל שַׁחַל וּפְתָן תִּדְרוֹךְ,

תִּרְמֹס כְּפִיר וְתַנִּין.

כִּי בִי חָשַׁק וְאֶפְלָטָהוּ,

אֲשַׁגְּבֶהוּ כִּי יָדַע שְׁמִי.

יִקְרָאֵנִי וְאֶעֱנֶהוּ,

עִמּוֹ אָנֹכִי בְצָרָה,

אֲחַלְצֶהוּ וְאֶכְבֹּדָהוּ.

אָרְךָ יָמִים אֲשַׁבֵּיעָהוּ,

וְאִרְאֶהוּ בִישׁוּעָתִי.

אָרְךָ יָמִים אֲשַׁבֵּיעָהוּ,

וְאִרְאֶהוּ בִישׁוּעָתִי.

## תהלים ג:ב-ט/PSALM 3:2-9

This psalm instills serenity within us and reaffirms our trust in the Creator.

Adonai mah rabu tzarai,  
*Adonai how numerous are my tormentors,*  
rabim kamim alai.

*the great rise up against me.*

Rabim om'rim l'nafshi,

*The great say of my soul,*

ein y'shu-atah lo

*there is no salvation for him*

Velohim selah.

*from Elohim, selah!*

V'atah Adonai magen ba-adi,

*But You Adonai are a shield for me,*

k'vodo umerim roshi.

*for my soul and the One Who raises my head.*

Koli el Adonai ekra,

*With my voice I call out to Adonai,*

vaya-aneni mehar kodsho selah.

*and from Whose holy mountain the One answers me, selah.*

Ani shachavti va-ishanah,

*I lay down and slept,*

hekitzoti ki Adonai yism'cheni.

*yet I awoke for Adonai supports me.*

Lo ira meri-v'vot am,

*I fear not the myriads of people,*

asher saviv shatu alai.

*that all around are deployed against me.*

Kumah Adonai hoshi-eni Elohai,

*Rise up Adonai, save me my Elohim,*

ki hikita et kol oy'vai lechi,

*for You struck all of my enemies on the cheek,*

shinei r'sha-im shibarta.

*the teeth of the wicked You broke.*

La-Adonai hayshu-ah,

*To Adonai is salvation,*

al am'cha virchatecha selah.

*upon Your people is Your blessing, selah.*

יהוה מה רבו צָרִי,  
רַבִּים קָמִים עָלַי.  
רַבִּים אֲמָרִים לְנַפְשִׁי,  
אֵין יְשׁוּעָתָה לוֹ  
בְּאֱלֹהִים סֵלָה.  
וְאַתָּה יְהוָה מָגֵן בְּעַדִּי,  
כְּבוֹדִי וּמְרִים רֹאשִׁי.  
קוֹלִי אֶל יְהוָה אֶקְרָא,  
וַיַּעֲנֵנִי מֵהַר קֹדֶשׁ סֵלָה.  
אֲנִי שָׁכַבְתִּי וַאֲיָשָׁנָה,  
הִקִּיצוֹתִי כִּי יְהוָה יִסְמְכֵנִי.  
לֹא אִירָא מֵרַבֹּבוֹת עַם,  
אֲשֶׁר סָבִיב שָׁתוֹ עָלַי.  
קוּמָה יְהוָה הוֹשִׁיעֵנִי אֱלֹהֵי,  
כִּי הִכִּיתָ אֶת כָּל אֹיְבֵי לִחֵי,  
שִׁנֵּי רְשָׁעִים שִׁבַרְתָּ.  
לִיהוָה הִישׁוּעָה,  
עַל עַמֶּךָ בְּרַכְתָּךְ סֵלָה.

# השְׁכִיבֵנוּ

## HASHKIVENU

This blessing invokes divine protection over us during the night.

### Hashkiyenu Adonai

*May we lie down, Adonai*

**Eloheinu l'shalom,**

*our Elohim, in peace,*

**v'ha-amidenu malkenu l'chayim.**

*and may we arise, our Sovereign, to life.*

**Ufros aleinu sukat sh'lomecha,**

*Spread over us the shelter of Your peace,*

**v'tak'nenenu b'etzah tovah mil'fanecha,**

*guide us with Your good counsel,*

**v'hoshi-enu l'ma-an sh'mecha,**

*and save us for the sake of Your Name.*

**v'hagen ba-adenu,**

*and protect us for our sake,*

**v'haser me-aleinu oyev, dever,**

*and remove from us enemies, disease,*

**v'cherev, v'ra-av, v'yagon, v'haser**

*and war, and famine, and anguish, and remove*

**satan mil'faneinu ume-achareinu,**

*the Opponent from before us and from behind us,*

**uvtzel k'nafecha tastirenu,**

*Under the shadow of your wings hide us,*

**ki El shom'renu umatzilenu atah,**

*for the One who guards us and saves us is You,*

**ki El melech chanun v'rachum atah.**

*for You are the Sovereign of mercy and compassion.*

**Ushmor tzetenu uvo-enu,**

*Guard us when we go out and when we return,*

**l'chayim ulshalom,**

*for life and for peace,*

**me-atah v'ad olam.**

*from now until eternity.*

**Baruch Adonai bayom,**

*Blessed is Adonai by day,*

**baruch Adonai balailah,**

*blessed is Adonai by night,*

**baruch Adonai b'shochvenu,**

*blessed is Adonai when we retire,*

הִשְׁכִּיבֵנוּ יְהוָה

אֱלֹהֵינוּ לְשָׁלוֹם,

וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים.

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,

וּתְקַנְנֵנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ,

וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ,

וְהִגֵּן בְּעַדָּנוּ,

וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר,

וְחָרֵב, וְרָעַב, וְיָגוֹן, וְהִסֵּר

שָׂטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ,

וּבִצֵּל כְּנַפֶּיךָ תַּסְתִּירֵנוּ,

כִּי אֵל שׁוֹמְרָנוּ וּמַצִּילָנוּ אַתָּה,

כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה.

וּשְׁמֹר צֵאתָנוּ וּבֹאָנוּ,

לְחַיִּים וּלְשָׁלוֹם,

מֵעַתָּה וְעַד עוֹלָם.

בְּרוּךְ יְהוָה בַּיּוֹם,

בְּרוּךְ יְהוָה בַּלַּיְלָה,

בְּרוּךְ יְהוָה בְּשׁוֹכְבֵנוּ,

baruch Adonai b'kumenu.

*blessed is Adonai when we arise.*

Ki v'yad'cha nafshot

*For in Your hands are the souls*

hachayim v'hametim,

*of the living and of the dead,*

asher b'yado nefesh kol chai

*that in the Eternal's hand is the soul of all the living*

v'ru-ach kol b'sar ish.

*and the spirit of all humankind.*

B'yad'cha afkid ruchi,

*In Your hand I shall entrust my spirit,*

paditah oti, Adonai, El emet.

*You redeemed me, Adonai, Eternal One of truth.*

Eloheinu shebashamayim,

*Our Elohim who is in heaven,*

yached shimcha,

*bring unity to Your Name,*

v'kayem malchut'cha tamid,

*and establish Your kingdom forever,*

umloch aleinu l'olam va-ed.

*and reign over us for ever and ever.*

Yiru eineinu, v'yismach libenu,

*May our eyes see, and may our heart be gladdened,*

v'tagel nafshenu bishu-at'cha

*and may our soul rejoice in Your salvation*

be-emet, be-emor l'Tziyon,

*in truth, when it is told to Zion,*

malach Elohayich.

*Your Elohim has reigned.*

Adonai melech, Adonai malach,

*Adonai reigns, Adonai has reigned,*

Adonai yimloch l'olam va-ed.

*Adonai shall reign for ever.*

Ki hamalchut shel'cha hi,

*For the kingdom is Yours,*

ulol'mei ad timloch b'chavod,

*and forever and ever You will reign in glory,*

ki ein lanu melech ela atah.

*for we have no Sovereign except for You.*

Hamalach hago-el oti mikol ra

*May the angel who frees me from all evil*

y'varech et han'arim,

*bless the youth,*

ברוך יהוה בקומנו.

כי בידך נפשות

החיים והמתים,

אשר בידו נפש כל חי

ורוח כל בשר איש.

בידך אפקיד רוחי,

פדיתה אותי, יהוה, אל אמת.

אלהינו שבשמים,

יחד שמך,

וקים מלכותך תמיד,

ומלוך עלינו לעולם ועד.

יראו עינינו, וישמח לבנו,

ותגל נפשנו בישועתך

באמת, באמור לציון,

מלך אלהיך.

יהוה מלך, יהוה מלך,

יהוה ימלוך לעולם ועד.

כי המלכות שלך היא,

ולעולמי עד תמלוך בכבוד,

כי אין לנו מלך אלא אתה.

המלאך הגאֵל אתי מכל רע

יברך את הנערים,

v'yikarei vahem sh'mi,  
and declared upon them may my name be,  
v'shem avotai Avraham v'Yitzchak,  
and the names of my ancestors Abraham and Isaac,  
v'yidgu larov b'kerev ha-aretz.  
and like fish may they proliferate abundantly within the land.  
Vayomer, im shamo-a tishma  
He said, If you diligently heed  
l'kol Adonai Elohecha,  
the voice of Adonai Your Elohim,  
v'hayashar b'ainav ta-aseh,  
and do what is right in My eyes,  
v'ha-azanta l'mitzvotav,  
and you listen closely to My mitzvot,  
v'shamarta kol chukav,  
and you observe all My decrees,  
kol hamachalah asher samti  
the entire malady which I inflicted  
b'mitzrayim lo asim alecha,  
upon Egypt I will not inflict upon you,  
ki ani Adonai rofecha.  
for I am Adonai Your Healer.

Vayomer Adonai el hasatan,  
Adonai said to the Opponent,  
yigar Adonai b'cha hasatan,  
Adonai shall denounce you the Opponent,  
v'yigar Adonai b'cha  
and Adonai shall denounce you again  
habocheh Birushalayim,  
Who chooses Jerusalem,  
halo zeh ud mutzal me-esh.  
is not this a firebrand rescued from a fire?

Hineh mitato sheli-Shlomoh,  
Behold the bed of Shlomo,  
shishim giborim saviv lah,  
sixty mighty ones surround it,  
migiborei Yisra-el.  
from among the mighty ones of Israel.  
Kulam achuzei cherev,  
All gripping the sword,  
m'lum'dei milchamah,  
trained in battle,  
ish charbo al y'recho  
each with his sword on his thigh  
mipachad baleilot.  
from terror in the nights.

וַיִּקְרָא בָהֶם שְׁמִי,  
וַיִּשֶׂם אֲבוֹתַי אֲבֹרָהִם וַיִּצְחָק,  
וַיִּדְגּוּ לְרֹב בְּקֶרֶב הָאָרֶץ.  
וַיֹּאמֶר, אִם שָׁמוֹעַ תִּשְׁמַע  
לְקוֹל יְהוָה אֱלֹהֶיךָ,  
וְהִיָּשֵׁר בְּעֵינָיו תַּעֲשֶׂה,  
וְהֶאֱזַנְתָּ לְמִצְוֹתָיו,  
וְשָׁמַרְתָּ כָּל חֻקָּיו,  
כֹּל הַמַּחְלָה אֲשֶׁר שִׁמַּתִּי  
בְּמִצְרַיִם לֹא אֲשִׁים עֲלֶיךָ,  
כִּי אֲנִי יְהוָה רֹפֵאֲךָ.

וַיֹּאמֶר יְהוָה אֶל הַשָּׂטָן,  
יִגְעַר יְהוָה בְּךָ הַשָּׂטָן,  
וַיִּגְעַר יְהוָה בְּךָ  
הַבַּחֵר בִּירוּשָׁלַיִם,  
הֲלוֹא זֶה אוֹד מְצָל מֵאֵשׁ.

הִנֵּה מִטָּתוֹ שֶׁלְשֹׁלֹמֹה,  
שְׁשִׁים גִּבּוֹרִים סָבִיב לָהּ,  
מִגִּבּוֹרֵי יִשְׂרָאֵל.  
כָּלֶם אֶחָזִי חֶרֶב,  
מְלֻמְדֵי מִלְחָמָה,  
אִישׁ חֶרְבוֹ עַל יָרְכוֹ  
מִפְּחָד בַּלַּיְלוֹת.

Recite three times:

Y'varech'cha Adonai v'yishm'recha.

May Adonai bless you and protect you.

Ya-er Adonai panav elecha vichuneka.

May Adonai shine Its countenance upon you and give you grace.

Yisa Adonai panav elecha v'yasem

May Adonai lift Its countenance towards you and give

l'cha shalom.

peace to you.

יְבָרֶכְךָ יְהוָה וַיִּשְׁמְרֶךָ.  
יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶנְךָ.  
יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם  
לְךָ שְׁלוֹם.

Recite three times:

Hineh lo yanum v'lo yishan,

Behold neither slumber nor sleeps,

shomer Yisra-el.

the Guardian of Israel.

הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן,  
שׁוֹמֵר יִשְׂרָאֵל.

Recite three times:

Lishu-at'cha kiyiti Adonai.

For Your salvation do I yearn Adonai.

Kiyiti lishu-at'cha Adonai.

I do yearn for Your salvation Adonai.

Adonai lishu-at'cha kiyiti.

Adonai for Your salvation do I yearn.

לִישׁוּעַתְּךָ קִנִּיתִי יְהוָה.  
קִנִּיתִי לִישׁוּעַתְּךָ יְהוָה.  
יְהוָה לִישׁוּעַתְּךָ קִנִּיתִי.

Recite three times:

B'shem Adonai Elohei Yisra-el,

In the Name of Adonai the Elohim of Israel,

mimini Micha-el,

may Michael be at my right,

umis'moli Gavri-el,

and may Gabriel be at my left,

umil'fanai Uri-el,

and may Uriel be before me,

ume-achorai R'fa-el,

and may Raphael be behind me,

v'al roshi Sh'chinat El.

and may the Sh'chinah of the Eternal One rest above my head.

בְּשֵׁם יְהוָה אֱלֹהֵי יִשְׂרָאֵל,  
מִיְמִינִי מִיכָאֵל,  
וּמִשְׁמָאלִי גַבְרִיאֵל,  
וּמִלְּפָנַי אֲוִרִיאֵל,  
וּמֵאַחֲרַי רַפָּאֵל,  
וְעַל רֹאשִׁי שְׁכִינַת אֵל.

## תהלים קכח/PSALM 128

Shir hama-alot,

A song of ascents,

Ashrei kol y're Adonai,

Happy is each person who is in awe of Adonai,

haholech bidrachav.

and who walks in His ways.

Y'gi-a kapecha ki tochel,

The labor of your hands when you eat,

שִׁיר הַמַּעֲלוֹת,  
אַשְׁרֵי כֹל יִרְאֵ יְהוָה,  
הַהֹלֵךְ בְּדַרְכָּיו.  
יִגִּיעַ כַּפֶּיךָ כִּי תֹאכַל,

**ashrecha v'tov lach.**

*you are happy and it is well with you.*

**Esht'cha k'gefen**

*Your partner will be like a vine*

**poriyah b'yark'tei veitecha,**

*fruitful in the inner chambers of your house,*

**banecha kishtilei zetim,**

*your offspring will be like shoots of olive trees,*

**saviv l'shulchanecha.**

*surrounding your table.*

**Hineh chi chen y'vorach gaver,**

*Behold for thus is blessed the person,*

**y'rei Adonai.**

*who is in awe of Adonai.*

**Y'varech'cha Adonai mi-Tziyon,**

*May Adonai bless you from Zion,*

**ureh b'tuv Y'rushalayim,**

*and may you gaze upon the goodness of Jerusalem,*

**kol y'mei chayecha.**

*all the days of your life.*

**Ureh vanim l'vanecha,**

*And may you see offspring to your offspring,*

**shalom al Yisra-el.**

*peace upon Israel.*

**Rigzu v'al techeta-u,**

*Tremble and do not miss the mark,*

**imru vilvavchem al mishkavchem,**

*reflect in your hearts while on your beds,*

**v'domu selah.**

*and be utterly silent, selah.*

אֲשֶׁרֶיךָ וְטוֹב לָךְ.

אֲשֶׁתְּךָ כְּגֶפֶן

פְּרִיָּהּ בְּיַרְכְּתֵי בֵיתְךָ,

בְּנֵיֶיךָ כְּשֹׁתְלֵי זֵיתִים,

סָבִיב לְשֻׁלְחָנְךָ.

הִנֵּה כִּי כֵן יְבָרַךְ גֹּבֵר,

יִרְאֵהוּ יְהוָה.

יְבָרְכֶךָ יְהוָה מִצִּיּוֹן,

וְרֵאֵה בְּטוֹב יְרוּשָׁלַיִם,

כָּל יְמֵי חַיֶיךָ.

וְרֵאֵה בָנִים לְבְנֵיֶיךָ,

שְׁלוֹם עַל יִשְׂרָאֵל.

*Recite three times:*

רְגִזוּ וְאַל תַּחֲטְאוּ,

אָמְרוּ בְּלִבְבְּכֶם עַל מִשְׁכְּבְּכֶם,

וְדַמּוּ סֵלָה.

# אֲדוֹן עוֹלָם

## ADON OLAM

This song of praise gives us a sense of security as we end the day.

**Adon olam asher malach,**

*You are the Ruler of the Universe,*

**b'terem kol y'tzir nivra.**

*who ruled before anything was created.*

**L'et na-asah v'cheftso kol,**

*When everything was created according to Your will,*

**azai melech sh'mo nikra.**

*then the sovereignty of Your Name was declared.*

**V'acharei kichlot hakol,**

*And after everything ceases to be,*

**l'vado yimloch nora.**

*You will majestically reign alone.*

**V'hu hayah v'hu hoveh,**

*And You were and You are,*

**v'hu yih-yeh b'tifarah.**

*and You will be forever in grandeur.*

**V'hu echad v'ein sheni,**

*And You are One and there is no second one,*

**l'hamshil lo l'hachbirah.**

*You are incomparable and unique.*

**B'li reshit b'li tachlit,**

*You are without beginning or end,*

**v'lo ha-oz v'hamisrah.**

*and to You alone are power and dominion.*

**V'hu Eli v'chai go-ali,**

*You are my Creator and my living Redeemer,*

**v'tzur chevli b'et tzarah.**

*and You are my Rock in times of trouble and distress.*

**V'hu nisi umanos li,**

*You are my banner and refuge,*

**m'nat kosi b'yom ekra.**

*a generous benefactor when I call upon You.*

**B'yado afkid ruchi,**

*Into Your hands I entrust my spirit,*

**b'et ishan v'a-irah.**

*when I sleep and when I wake.*

**V'im ruchi g'viyati,**

*And with my spirit my body also,*

**Adonai li v'lo ira.**

*Adonai is with me and I shall not fear.*

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,

בְּטֶרֶם כָּל יִצִּיר נִבְרָא.

לְעֵת נִעֲשָׂה בְּחִפְצוֹ כָּל,

אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרַי כְּכֹלֹת הַכֹּל,

לְבַדּוֹ יִמְלֹךְ נוֹרָא.

וְהוּא הָיָה, וְהוּא הוֹה,

וְהוּא יִהְיֶה, בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי,

לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.

בְּלִי רֵאשִׁית בְּלִי תַכְלִית,

וְלוֹ הָעֶז וְהַמְשָׁרָה.

וְהוּא אֱלֹהֵי וְחֵי גְאֻלִּי,

וְצוּר חֲבְלֵי בְעֵת צָרָה.

וְהוּא נִסִּי וּמְנוֹס לִי,

מִנַּת כּוֹסֵי בְיוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי,

בְּעֵת אִישָׁן וְאֶעִירָה.

וְעִם רוּחִי גְוִיָּתִי,

יְהוּה לִי וְלֹא אִירָא.