

קריאת שמע על המטה

K'RIAT SH'MA AL HAMITAH

The Bedtime Shema



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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 for Kabbalah4All.
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Edited by David Aharon.

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קריאת שמע על המטה

THE BEDTIME SHEMA

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 mocheil 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'shogeig bein b'meizid,
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 acheir,
or whether in another transmigration,
 l'chol bar Yisra-eil,
all of the children of Israel,
 v'lo yei-aneish shum adam b'sibati.
and may no one receive negative effects because of me.
 Y'hi ratzon mil'fanecha,
May it be the will before You,
 Adonai Elohai
Hashem my Elohim
 v'Eilohei avotai,
and Elohim of my ancestors,

רבונו של עולם,
 הריני מוחל לכל מי
 שהכעיס והקניט אותי,
 או שחטא כנגדי,
 בין בגופי בין בממוני,
 בין בכבודי
 בין בכל אשר לי,
 בין באנס בין ברצון,
 בין בשוגג בין במזיד,
 בין בדבור בין במעשה,
 בין במחשבה בין בהרהור,
 בין בגלגול זה
 בין בגלגול אחר,
 לכל בר ישראל,
 ולא יענש שום אדם בסבתי.
 יהי רצון מלפניך,
 יהוה אלהי
 ואלהי אבותי,

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 they find favor, the words of my mouth
 v'hegyon libi l'fanecha,
and the meditation of my heart, before You,
 Adonai tzuri v'go-ali.
Hashem 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 Hashem
 Eloheinu melech ha-olam,
our Elohim Sovereign of the universe,
 hamapil chevlei sheinah al einai,
Who casts the bonds of sleep upon my eyes,
 utnumah al af-apai,
and slumber upon my eyelids,
 umei-ir l'ishon bat ayin.
and Who illuminates the pupil of the eye.
 Vihi ratzon mil'fanecha,
May it be the will before You,
 Adonai Elohai v'Eilohei avotai,
Hashem my Elohim and Elohim of my ancestors,
 shetashkiveini l'shalom,
that You lay me down to sleep in peace,
 v'ta-amideini l'chayim tovim
and raise me up for life that is good

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

ulshalom.

and for peace.

V'tein chelki b'Toratecha,

Grant that my portion be in Your Torah,

v'targileini lidvar mitzvah,

and may I be occupied with matters of mitzvot,

v'al targileini lidvar aveirah,

and may I not be occupied with matters of wrongdoing,

v'al t'vi-eini lo lidei cheit,

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 yeitzer tov,

and allow the the Good Inclination to dominate over me,

v'al yishlot bi yeitzer hara,

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

v'tatzileini misatan umipega ra

and rescue me from the Opponent and from an evil mishap

umeichalayim 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-hei mitati sh'leimah l'fanecha,

and may my bed be unharmed in Your care,

v'ha-eir einai pen ishan hamavet,

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

Baruch atah Adonai,

Blessed are You Hashem,

hamei-ir l'olam kulo bichvodo.

Who illumines the entire world with His 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 הָרַע,

וְתִצִּילֵנִי מִשָּׂטָן וּמִפְּגַע רָע

וּמִחֲלָיִים רָעִים.

וְאַל יִבְהַלּוּנִי רַעֲיוֹנַי,

וְחֲלוֹמוֹת רָעִים,

וְהִרְהוּרִים רָעִים,

וְתֵהֵא מִטָּתִי שְׁלֵמָה לְפָנֶיךָ,

וְהָאֵר עֵינַי פֶּן אִישַׁן הַמּוֹת.

בָּרוּךְ אַתָּה יְהוָה,

הַמְאִיר לְעוֹלָם כָּלוּ בְּכְבוֹדוֹ.

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-eil, Adonai Eloheinu, Adonai Echad!

Hear O Israel, Hashem is our Elohim, Hashem is the One and Only!

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

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

Blessed is the Name of His glorious realm for ever and ever.

V'ahavta eit Adonai Elohecha,

You shall love Hashem 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-eileh,

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,

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ,

בְּכֹל לְבַבְךָ, וּבְכֹל נַפְשְׁךָ,

וּבְכֹל מְאֹדְךָ.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה,

אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם,

עַל לְבַבְךָ.

וְשִׁנַּנְתָּם לְבְנֵיךָ,

וְדַבַּרְתָּ בָּם,

בְּשִׁיבְתְּךָ 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 בֵּין עֵינֶיךָ.
 וְכָתַבְתֶּם עַל מְזוֹזוֹת
 בֵּיתְךָ וּבִשְׁעָרֶיךָ.

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

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

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.

Yosheiv b'seiter Elyon,
Whoever sits in the refuge of the Most High,
 b'tzeil Shadai yit-lonan.
in the shade of the Almighty shall they dwell.
 Omar la-Adonai mach'si umtzudati,
I will say of Hashem, my refuge and my fortress,
 Elohai evtach bo.
my Elohim in whom I put my trust.
 Ki hu yatzil'cha mipach yakush,
For He will deliver you from the snare that entraps,
 midever havot.
from pestilence that is devastating.
 B'evrato yasef lach,
With His wing will you be covered,
 v'tachath k'nafav tech'seh,
and under the His wings will you find refuge,
 tzinah v'socheirah amito.
the shield and armor are His truth.
 Lo tira mipachad lailah,
You shall not fear the terror of night,
 meicheitz 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 בְּסִטְרֵי עֲלִיוֹן,
 בְּצֵל שְׁדַי יִתְלוֹנֵן.
 אָמַר לַיהוָה מַחְסֵי וּמְצוּדָתִי,
 אֱלֹהֵי אֲבֹטְחָ בּוֹ.
 כִּי הוּא יִצְלִיךָ מִפֶּחַ יְקוּשׁ,
 מִדֶּבֶר הַדּוֹת.
 בְּאַבְרָתוֹ יִסֹּךְ לְךָ,
 וְתַחַת כְּנַפָּיו תִּחְסֶה,
 צִנָּה וְסִחְרָה אֲמִתּוֹ.
 לֹא תִירָא מִפֶּחַד לַיְלָה,
 מִחֶץ יְעוֹף יוֹמָם.
 מִדֶּבֶר בְּאֶפְלֵי יְהִלֶּךְ,
 מִקֵּטֵב יִשׁוּד צְהָרַיִם.

Yipol mitzid'cha elef, urvavah

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

miminecha, eilecha 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 Hashem are my refuge,

elyon samta m'onecha.

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

Lo t'ueh eilecha ra-ah,

Evil will not befall you,

v'nega lo yikrav b'ohalecha.

and a plague shall not come near your tent.

Ki malachav y'tzaveh lach,

For angels will He 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'teihu,

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

asag'veihu ki yada sh'mi.

I will elevate them because they know My Name.

Yikra-eini v'e-eneihu,

They will call upon Me and I will answer them,

imo anochi b'tzarah,

together with with them I am in distress,

achal'tzeihu va-achab'deihu.

I will release them and I will bring them honor.

Orech yamim asbi-eihu,

I will satisfy them with length of days,

v'areihu bishu-ati.

and I will show them My salvation.

Orech yamim asbi-eihu,

I will satisfy them with length of days,

v'areihu bishu-ati.

and I will show them My salvation.

יִפֹּל מִצִּדְךָ אֶלֶף, וּרְבָבָה

מִימִינְךָ, אֲלֶיךָ לֹא יִגַּשׁ.

רַק בְּעֵינֶיךָ תִּבִּיט,

וְשִׁלְמַת רְשָׁעִים תִּרְאֶה.

כִּי אַתָּה יְהוָה מַחְסִי,

עֲלִיּוֹן שָׁמַתָּ מְעוֹנְךָ.

לֹא תֵאָנֶה אֲלֶיךָ רָעָה,

וְנִגַּע לֹא יִקְרַב בְּאֹהֲלְךָ.

כִּי מַלְאָכָיו יִצְוֶה לָךְ,

לְשַׁמְרְךָ בְּכֹל דְרָכֶיךָ.

עַל כַּפָּיִם יִשְׂאוּנֶךָ,

פֶּן תִּגַּף בְּאַבֶּן רַגְלְךָ.

עַל שַׁחַל וּפְתָן תִּדְרֹךְ,

תִּרְמַס כְּפִיר וְתַנִּין.

כִּי בִי חָשַׁק וְאֶפְלָטָהוּ,

אֲשַׁגְבֶּהוּ 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

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

Adonai mah rabu tzarai,
Hashem 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
 Veilohim selah.
from Elohim, selah!
 V'atah Adonai magein ba-adi,
But You Hashem are a shield for me,
 k'vodo umeirim roshi.
my glory and the One Who raises my head.
 Koli el Adonai ekra,
With my voice I call out to Hashem,
 vaya-aneini meihar kodsho selah.
and from His holy mountain He answers me, selah.
 Ani shachavti va-ishanah,
I lay down and slept,
 hekitzoti ki Adonai yism'cheini.
yet I awoke for Hashem supports me.
 Lo ira meiriv'vot am,
I fear not the myriads of people,
 asher saviv shatu alai.
that all around are deployed against me.
 Kumah Adonai hoshi-eini Elohai,
Rise up Hashem, 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.
 L'Adonai hayshu-ah,
To Hashem is salvation,
 al am'cha virchatecha selah.
upon Your people is Your blessing, selah.

יהוה מה רבו צָרֵי,
 רַבִּים קָמִים עָלַי.
 רַבִּים אֹמְרִים לְנַפְשִׁי,
 אֵין יְשׁוּעָתָה לוֹ
 בְּאֱלֹהִים סֵלָה.
 וְאַתָּה יְהוה מָגֵן בְּעַדִּי,
 כְּבוֹדִי וּמְרִים רֹאשִׁי.
 קוֹלִי אֶל יְהוה אֶקְרָא,
 וַיַּעֲנֵנִי מֵהַר קֹדֶשׁוֹ סֵלָה.
 אֲנִי שָׁכַבְתִּי וְאִישָׁנָה,
 הִקִּיצוֹתִי כִּי יְהוה יִסְמְכֵנִי.
 לֹא אִירָא מֵרַבֹּבוֹת עַם,
 אֲשֶׁר סָבִיב שָׁתוֹ עָלַי.
 קוּמָה יְהוה הוֹשִׁיעֵנִי אֱלֹהֵי,
 כִּי הִכִּיתָ אֶת כָּל אֹיְבֵי לְחֵי,
 שִׁנֵּי רְשָׁעִים שִׁבַּרְתָּ.
 לִיהוה הִישׁוּעָה,
 עַל עַמֶּךָ בְּרַכְתָּךְ סֵלָה.

השכיבנו

HASHKIVEINU

This blessing invokes divine protection over us during the night.

Hashkiveinu Adonai

May we lie down, Hashem

Eloheinu l'shalom,

our Elohim, in peace,

v'ha-amideinu malkeinu 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'neinu b'eitzah tovah mil'fanecha,

guide us with Your good counsel,

v'hoshi-einu l'ma-an sh'mecha,

and save us for the sake of Your Name.

v'hagein ba-adeinu,

and protect us for our sake,

v'haseir mei-aleinu oyeiv, dever,

and remove from us enemies, disease,

v'cherev, v'ra-av, v'yagon, v'haseir

and war, and famine, and anguish, and remove

satan mil'faneinu umei-achareinu,

the Opponent from before us and from behind us,

uvtzeil k'nafecha tastireinu,

Under the shadow of your wings hide us,

ki Eil shom'reinu umatzileinu atah,

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

ki Eil melech chanun v'rachum atah.

for You are the Sovereign of mercy and compassion.

Ushmor tzeiteinu uvo-einu,

Guard us when we go out and when we return,

l'chayim ulshalom,

for life and for peace,

mei-atah v'ad olam.

from now until eternity.

Baruch Adonai bayom,

Blessed is Hashem by day,

baruch Adonai balailah,

blessed is Hashem by night,

baruch Adonai b'shochveinu,

blessed is Hashem when we retire,

הַשְׁכִּיבֵנוּ יְהוָה

אֱלֹהֵינוּ לְשָׁלוֹם,

וְהַעֲמִידֵנוּ מִלְּכֵנוּ לְחַיִּים.

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,

וּתְקַנְנֵנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ,

וְהוֹשִׁיעֵנוּ לְמַעַן שִׁמְךָ,

וְהִגֵּן בְּעַדֵּנוּ,

וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר,

וְחָרֵב, וְרָעַב, וְיָגוֹן, וְהִסֵּר

שָׂטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ,

וּבִצֵּל כְּנַפֶּיךָ תַּסְתִּירֵנוּ,

כִּי אֵל שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אַתָּה,

כִּי אֵל מֶלֶךְ חַנוּן וְרַחוּם אַתָּה.

וּשְׁמֹר צֵאתֵנוּ וּבֹאֵנוּ,

לְחַיִּים וּלְשָׁלוֹם,

מֵעַתָּה וְעַד עוֹלָם.

בְּרוּךְ יְהוָה בַּיּוֹם,

בְּרוּךְ יְהוָה בַּלַּיְלָה,

בְּרוּךְ יְהוָה בְּשׁוֹכְבֵנוּ,

baruch Adonai b'kumeinu.
blessed is Hashem when we arise.
 Ki v'yad'cha nafshot
For in Your hands are the souls
 hachayim v'hameitim,
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, Eil emet.
You redeemed me, Hashem, Eternal One of truth.
 Eloheinu shebashamayim,
Our Elohim who is in heaven,
 yacheid shimcha,
bring unity to Your Name,
 v'kayeim 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 libeinu,
May our eyes see, and may our heart be gladdened,
 v'tageil nafsheinu 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,
Hashem reigns, Hashem has reigned,
 Adonai yimloch l'olam va-ed.
Hashem shall reign for ever.
 Ki hamalchut shel'cha hi,
For the kingdom is Yours,
 ul-ol'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-eil oti mikol ra
May the angel who frees me from all evil
 y'vareich 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,
 וקיים מלכותך תמיד,
 ומלוך עלינו לעולם ועד.

יראו עינינו, וישמח לבנו,
 ותגל נפשנו בישועתך
 באמת, באמור לציון,
 מלך אלהיך.
 יהוה מלך, יהוה מלך,
 יהוה ומלוך 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'sheim 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 Hashem 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 Hashem Your Healer.

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

Hineih mitato sheli-Shlomoh,
Behold the bed of Shlomo,
shishim giborim saviv lah,
sixty mighty ones surround it,
migiborei Yisra-eil.
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'reicho
each with his sword on his thigh
mipachad baleilot.
from terror in the nights.

וַיִּקְרָא בָהֶם שְׁמִי,
וַיִּשֶׂם אֲבוֹתַי אֲבְרָהָם וַיִּצְחָק,
וַיִּדְגּוּ לְרֹב בְּקֶרֶב הָאָרֶץ.
וַיֹּאמֶר, אִם שָׁמוֹעַ תִּשְׁמַע
לְקוֹל יְהוָה אֱלֹהֶיךָ,
וְהִיָּשֵׁר בְּעֵינָיו תַּעֲשֶׂה,
וְהֶאֱזַנְתָּ לְמִצְוֹתַי,
וְשָׁמַרְתָּ כָּל חֻקָּיו,
כֹּל הַמַּחְלָה אֲשֶׁר שִׁמַּתִּי
בְּמִצְרַיִם לֹא אֲשִׂים 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 אֲחֻזֵי חֶרֶב,
מְלֻמְדֵי מִלְחָמָה,
אִישׁ חֶרְבוֹ עַל יָרֵכוֹ
מִפַּחַד בַּלַּיְלוֹת.

Recite three times:

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

May Hashem bless you and protect you.

Ya-eir Adonai panav eilecha vichuneka.

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

Yisa Adonai panav eilecha v'yaseim

May Hashem lift Its countenance towards you and give

l'cha shalom.

peace to you.

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

Recite three times:

Hineih lo yanum v'lo yishan,

Behold neither slumber nor sleeps,

shomeir Yisra-eil.

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 Hashem.

Kiyiti lishu-at'cha Adonai.

I do yearn for Your salvation Hashem.

Adonai lishu-at'cha kiyiti.

Hashem for Your salvation do I yearn.

לִישׁוּעָתְךָ קָנִיתִי יְהוָה.
קָנִיתִי לִישׁוּעָתְךָ יְהוָה.
יְהוָה לִישׁוּעָתְךָ קָנִיתִי.

Recite three times:

B'sheim Adonai Elohei Yisra-eil,

In the Name of Hashem the Elohim of Israel,

mimini Micha-eil,

may Michael be at my right,

umis'moli Gavri-eil,

and may Gabriel be at my left,

umil'fanai Uri-eil,

and may Uriel be before me,

umei-achorai R'fa-eil,

and may Raphael be behind me,

v'al roshi Sh'chinat Eil.

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

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

תהלים קכח/PSALM 128

Shir hama-alot,

A song of ascents,

Ashrei kol y'rei Adonai,

Happy is each person who is in awe of Hashem,

haholeich bidrachav.

and who walks in His ways.

Y'gi-a kapecha ki tocheil,

The labor of your hands when you eat,

שִׁיר הַמַּעֲלוֹת,
אַשְׁרֵי כָל יִרְאֵי 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 zeitim,

your offspring will be like shoots of olive trees,

saviv l'shulchanecha.

surrounding your table.

Hineih chi chein y'vorach gaver,

Behold for thus is blessed the person,

y'rei Adonai.

who is in awe of Hashem.

Y'varech'cha Adonai mi-Tziyon,

May Hashem bless you from Zion,

ureih b'tuv Y'rushalayim,

and may you gaze upon the goodness of Jerusalem,

kol y'mei chayecha.

all the days of your life.

Ureih vanim l'vanecha,

And may you see offspring to your offspring,

shalom al Yisra-eil.

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 לְךָ.

אֲשֶׁתְּךָ כְּגֶפֶן

פְּרִיָּהּ בְּיַרְכְּתֵי בֵיתְךָ,

בְּנֵיךָ כְּשֹׁתְלֵי זֵיתִים,

סָבִיב לְשֻׁלְחָנְךָ.

הִנֵּה כִּי כֵן יְבָרַךְ גֹּבֵר,

יִרְאֵהוּ יְהוָה.

יְבָרְכֶךָ יְהוָה מִצִּיּוֹן,

וְרֵאֵה בְּטוֹב יְרוּשָׁלַיִם,

כָּל יְמֵי חַיֶּיךָ.

וְרֵאֵה בָנִים לְבְנֵיךָ,

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,

Ruler of the universe Who reigned,

b'terem kol y'tzir nivra.

before anything was created.

L'ait na-asah v'cheftso kol,

At the time when His will created all things,

azai melech sh'mo nikra.

then as Sovereign His Name was proclaimed.

V'acharei kichlot hakol,

And after everything ceases to be,

l'vado yimloch nora.

He alone will reign, the Awesome One.

V'hu hayah v'hu hoveh,

It is He Who was, and He Who is,

v'hu yih-yeh b'tifarah.

and He Who shall remain in splendor.

V'hu echad v'ain sheini,

And He is One and there is no second,

l'hamshil lo l'hachbirah.

to compare to Him or to be His equal.

B'li reishit b'li tachlit,

Without beginning without end

v'lo ha-oz v'hamisrah.

and to Him belong the power and the dominion.

V'hu Eili v'chai go-ali,

He is my Almighty One and my living Redeemer,

v'tzur chevli b'ait tzarah.

and my Fortress from pain in a time of distress.

V'hu nisi umanos li,

And He is my banner and a refuge for me,

m'nat kosi b'yom ekra.

the portion of my cup on the day I call.

B'yado afkid ruchi,

Into His hand I entrust my spirit,

b'ait ishan v'a-irah.

when I go to sleep and when I wake.

V'im ruchi g'viyati,

And with my spirit as well as my body,

Adonai li v'lo ira.

Hashem is with me and I shall not fear.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,

בְּטֶרֶם כָּל יִצִיר נִבְרָא.

לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל,

אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרַי כְּכֹלֹת הַכֹּל,

לְבַדּוֹ יִמְלוֹךְ נוֹרָא.

וְהוּא הָיָה, וְהוּא הוֹה,

וְהוּא יִהְיֶה, בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי,

לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.

בְּלִי רֵאשִׁית בְּלִי תַכְלִית,

וְלוֹ הָעֵז וְהַמְשָׁרָה.

וְהוּא אֵלַי וְחַי גְּאֵלַי,

וְצוּר חֲבְלֵי בַעַת צָרָה.

וְהוּא נִסִּי וּמְנוּס לִי,

מִנַּת כּוֹסֵי בַיּוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי,

בַּעַת אִישָׁן וְאֶעִירָה.

וְעִם רוּחִי גְוִיָּתִי,

יְהוּה לִי וְלֹא אִירָא.