

SHEMONEH ESREI

Blessing 18 – Sim Shalom – Peace:

Establish peace, goodness, blessing, graciousness, kindness and compassion upon all Your people Israel. Bless us, our Father, all of us as one, with the light of Your countenance for with the light of Your countenance, You gave us, O LORD, our God, the Torah of life and a love of kindness, righteousness, blessing, compassion, life, and peace. And may it be good in Your eyes to bless Your people Israel, in every season and in every hour with Your peace. Blessed are You, O LORD, Who blesses His people Israel with peace.

Yeshua said , pray like this and they will know I AM your Rabbi.

“Our Father Which art in heaven, Hallowed by Thy Name.

Thy kingdom come, Thy will be done on earth, as it is in heaven.

Give us this day our daily bread. And forgive us our trespasses,
as we forgive those who trespass against us.

And lead us not into harsh trials, but deliver us from all evil.

For Thine is the kingdom, and the power, and the glory forever.”

Amen

Oseh shalom bim-romav

Hu ya'aseh shalom aleinu

V'al kol Yisrael

V'imru, v'imru amen.

Ya'aseh shalom, Ya'aseh shalom, shalom aleinu V'al kol Yisrael (x2)

Oseh shalom bim-romav

Hu ya'aseh shalom aleinu

V'al kol Yisrael

V'imru, v'imru amen.

***“He Who makes peace in His high places,
may He make peace for us and for all Israel.”***

*When finished, walk (3) three steps backward to avoid turning your back to THE KING!

Shema Yisra'el, Adonai Eloheinu, Adonai Echad.

Barukh sheimk'vod malkhuto l'olam va'ed.

Hear O Israel, the LORD our God, the LORD is One.

My Elohim, open my lips, that my mouth may declare Your praise.

Blessing 1 – Avot – The Fathers – Patriarchs:

(Bend knees; bow; erect- every time you say blessed/are You/O Lord)

Blessed/are You,/ O LORD, our God and the God of our forefathers, God of Abraham, God of Isaac, and God of Jacob; the Great, Mighty and Awesome God, the Supreme God, Who bestows beneficial kindness and Who creates everything, Who recalls the kindness of the Patriarchs and brings a Redeemer to their children's children, for His Name's sake, with love, O King, Helper, Savior, and Shield. Blessed/are You,/O LORD, Shield of Abraham.

Blessing 2 – Gevurot – God's Power and Might:

You are eternally mighty, my Lord, the Resuscitator of the dead are You, abundantly able to save. (He makes the wind blow and He makes the rain descend). He sustains the living with kindness, resuscitates the dead with abundant mercy, supports the fallen, heals the sick, releases the confined, and maintains His faith to those asleep in the dust. Who is like You, O Master of mighty deeds, who is comparable to You, O King, Who causes death and restores life and makes salvation sprout! You are faithful to resuscitate the dead. Blessed are You, O LORD, Who resuscitates the dead.

Blessing 3 – Kedushat HaShem – God's Holiness:

(Kadosh, Kadosh, Kadosh - lift upon toes 3 times)

You are Holy and Your Name is Holy, and holy ones praise You, everyday, forever. Blessed are You, O LORD, the Holy God.

Blessing 4 – Da'at- Knowledge – Understanding – Wisdom:

You graciously endow men with intellect and teach insight to a frail mortal. Endow us graciously from Yourself with intellect, insight, and wisdom. Blessed are You, O LORD, gracious giver of intellect.

Blessing 5 – Teshuvah – Repentance:

Bring us back, our Father, to Your Torah, and bring us near, our King, to Your service, and influence us to return in perfect repentance before You. Blessed are You, O LORD, Who desires repentance.

Blessing 6 – Selichah – Forgiveness:

Forgive us, our Father, for we have erred, pardon us, our King for we have willfully sinned; for You pardon and forgive. Blessed are You, O LORD, the gracious One Who forgives abundantly.

Blessing 7–Geulah–Redemption and Deliverance:

Behold our affliction, take up our grievance, and redeem us speedily for Your Name’s sake, for You are a powerful Redeemer. Blessed are You, O LORD, Redeemer of Israel.

Blessing 8 – Refuah – Health and Healing:

Heal us, O LORD, then we shall be healed; save us, then we shall be saved, for You are our praise. Bring complete recovery for all ailments, for You are God, King, the faithful and compassionate healer. Blessed are You O LORD, Who heals the sick of His people.

Blessing 9 – Birkat Hashanim – Material Prosperity:

Bless on our behalf, O LORD, our God, this year and all its kind of crops for the best, and give (blessing/dew and rain for a blessing) on the face of the earth, and satisfy us from Your bounty, and bless our year like the best years. Blessed are You, O LORD, Who blesses the years.

Blessing 10 – Kibbutz Galuyot – Ingathering of Exiles:

Sound the great shofar for our freedom, raise the banner to gather our exiles and gather us together from the four corners of the earth. Blessed are You, O LORD, Who gathers in the dispersed of His People Israel.

Blessing 11 – Birkat HaDin –Restoration of Justice-Righteousness:

Restore our judges as in earliest times and our counselors as at first: remove from us sorrow and groan; and reign over us, You, O LORD, alone, with kindness and compassion, and justify us through judgment. Blessed are You, O LORD, the King who loves righteousness and judgment.

Blessing 12 – Tsaddikim – Prayer for the Righteous:

On the righteous, on the devout, on the elders of Your people the family of Israel, on the remnant of their scholars, on the righteous converts and on ourselves, may Your compassion be aroused, O LORD, our God, and give goodly reward to all who sincerely believe in Your Name. Put our lot with them forever, and we will not feel ashamed, for we trust in You. Blessed are You, O LORD, Mainstay and Assurance of the righteous.

Blessing 13 – Binyan Yerusalayim – Rebuilding - Restoration of Jerusalem:

And to Jerusalem, Your city, may You return in compassion, and may You rest within it, as You have spoken. May You speedily establish the throne of David within it. Blessed are You, O LORD, the Builder of Jerusalem.

Blessing 14 Malkhut Beit David – Coming of Messiah – Davidic**Reign:**

The offspring of Your servant David may You speedily cause to flourish, and enhance His pride through Your salvation, for we hope for Your salvation all day long. Blessed are You, O LORD, Who causes the pride of Salvation to flourish.

Blessing 15 – Kabbalat Tefillah – Summary Prayer of Acceptance:

Hear our voice, O LORD, our God, pity and be compassionate to us, and accept with compassion and favor our prayers, for God Who hears prayers and supplications are You. From before Yourself, our King, turn us not away empty handed, for You hear the prayers of Your people Israel with compassion. Blessed are You, O LORD, Who hears prayer.

Blessing 16 – Avodah – Restoration of Temple Worship

Be favorable, O LORD, our God, toward Your people Israel and their prayer and restore the service to the Holy of Holies of Your Temple. The fire offerings of Israel and their prayers accept with love and favor, and may the service of Your people Israel always be favorable to You. Blessed are You, O LORD, Who restores His presence to Zion.

Blessing 17 - Hoda’ah – Thanksgiving:

We gratefully thank You, (*Deep Bow*) for it is You who are O LORD, our God and the God of our forefathers for all eternity; Rock of our lives, Shield of our Salvation are You from generation to generation. We thank You from generation to generation. We shall thank You and relate Your praise for our lives, which are committed to Your power, and for our souls that are entrusted to You; for Your miracles that are with us every day; and for Your wonders and favors in every season – evening, morning and afternoon. The Beneficent One, for Your compassions were never exhausted, and the Compassionate One, for Your kindness never ended. Always have we put our hope in You.

For all these, may Your Name be blessed and exalted, our King, continually forever and ever. Everything alive will gratefully acknowledge You, Selah! And praise Your Name sincerely, O God of our salvation and help, Selah! Blessed are You, O LORD, (*Deep Bow*) Your name is ‘The Beneficent One’ and to You it is fitting to give thanks!