

שבת עמידה—SHABBAT AMIDAH (“Standing Prayer”)

(1 Timothy 2:1-4)

(Amidah” means “Standing” and these prayers are usually prayed while standing. Please sit or stand as you are comfortable. The theme of the Friday Night Shemoneh Esreh (which means “eighteen benedictions,” the number of blessings it was originally made up of) is that of the Shabbos of nature and creation, while on Saturday morning it features the revelation at Sinai and the creation of the Jewish nation. Both are represented here. The Shemoneh Esreh was intended as a litany of specific prayers designed to speak to every need.)

אדני שפתי תפתח, ופי יגיד תהלתך.

Adonai, s'fatai tiftach ufi yagid t'hilatecha.

O Lord, open my lips, and my mouth will declare Your praise.

(Psalm 51:15)

FIRST SECTION (RESTORATION)

אבות (AVOT--PRAISING THE GOD OF THE PATRIARCHS)

ברוך אתה יהוה אלהינו ואלהי אבותינו. ברוך אתה יהוה, מגן אורהם.

Baruch atah Adonai eloheinu velohei avoteinu. Baruch atah Adonai, Magen Avraham.

Blessed art Thou, O Lord our God and God of our forefathers. Blessed art Thou, O Lord, Shield of Abraham.

(Genesis 15:1)

גבורון (G'VUROT--PRAISING GOD'S POWERS)

אתה גבור לעולם אדני. ברוך אתה יהוה, מחיה המתים.

Atah gibor l'olam Adonai. Baruch atah Adonai, m'chayei hametim.

You, O Lord, are mighty forever. Blessed art Thou, O Lord, who revives the dead.

(Mishnah Sanhedrin 10:1; See Daniel 12:2)

קדשת השם (K'DUSHAT HASHEM--SANCTIFICATION OF GOD'S NAME)

אתה קדוש ושמך קדוש. ברוך אתה יהוה, האל הקדוש.

Atah kadosh v'shimca kadosh. Baruch atah Adonai, haEl hakadosh.

You are holy and Your Name is holy. Blessed art Thou, O Lord, the holy God. (Ps. 99)

After each petition:

אבינו מלכנו, שמע קולנו.

Avinu Malkenu, sh'ma kolenu. Our Father, Our King, hear our prayer.

MIDDLE SECTION
(GOD'S REVELATION TO US THROUGH THE WORD AND HIS GIFT OF REST)

ישמח משה (YISMACH MOSHE--MOSES REJOICES)

משה כעבד נאמן היה בכל-ביתך, ושני לוחות אבנים הוריד בידו, וכתוב בהם שמירת שבת. אך כבן בביתך, משעח עלה למרום שבה שבי ויתן מתנות לעדם, כי-נהיה בביתך, בני ההוטחה, בני ישראל.

Moshe k'eved ne'mahn haya v'chal bay-t'chah, ushnay luchot avonim horid b'yodo, v'chotuv bohem sh'mirat shabbat. Ach k'vayn b'vay-t'chah, Mashiach ahlah la-mahrom shavah sh'vih va-yitayn ma-tahnoth lah-adam, ki-nihyeh b'vay-t'chah, b'nay ha-hav-t'chah, b'nay Yisrael.

Faithful in all Your house as a servant, Moses brought down two stone tablets in his hand, on which is inscribed the observance of the Sabbath rest. But over Your house as a Son, Messiah ascended on high, he led captives in his train and gave gifts to mankind. that we should be Your house, children of the promise, children of Israel.

(Hebrews 3)

ושמרו (V'SHAMRU--KEEPING GOD'S COMMANDMENT)

וכן כתוב בתורתך, ושמרו בני ישראל את השבת. ביני ובין בני ישראל אות היא לעלם, כי ששת ימים עשה יהוה את השמים ואת הארץ, וביום השביעי שבת וינפש.

V'chayn katuv b'Toratecha, V'sham'ru Vnei Yisrael et haShabbat. Bayni uvayn b'nay Yisrael ot hi l'olom, ki shayshet yomim ahsah Adonai et ha-shomayim v'et ho-oretz, uva-yom ha'sh'vi-i shavat vayi-nafash.

As it is written in Your Torah, "The children of Israel shall keep the sabbath. Between Me and the children of Israel it is a sign forever that in six days the Lord made heaven and earth, and on the seventh day He ceased from work and rested."

(Exodus 31:16-17)

שבת שלום (SHABBAT SHALOM--RESTING FROM OUR WORKS, TRUSTING IN GOD'S WORK)

ולכן עוד נשאר יום שבתון לעמך יהוה, וההבטחה לבא. כי אנחנו המאמינים באים אל-מנוחתנו, כי-ישוע, כי הבים ישבת ממלאכתינו כאשר אתה ממלאכותיך שלך.

V'lokayn odth nishar yom shabbaton l'amcha Adonai, v'ha-hav-tahchah lahvo. Ki anachnu hama'a-minim bah-im el-m'nuchahtho, ki Y'shua, ki haba-im yish-bot mimlach-tehnu ka'asher atah mimlach-techah shelcha.

There remains therefore a sabbath rest to your people, O Lord, and a promise to enter it. We who have believed enter that rest, that is Y'shua, and entering have ceased from our own works, as You have from Yours.

(Hebrews 4)

After each petition:

אבינו מלכנו, שמע קולנו.

Avinu Malkenu, sh'ma kolenu. Our Father, Our King, hear our prayer.

THIRD SECTION (THANKSGIVING)

עבודה (AVODAH--RESTORATION)

אלהינו ואלהי אבותינו, רצה במנוחתנו. ברוך אתה יהוה, המחזיר שכינתו לציון.

Eloheinu velohei avoteinu, r'tzei vimnuchateinu. Baruch atah Adonai, hamachazir Sh'chinato l'Tziyon.

Our God and God of our forefathers, may You be pleased with our rest. Blessed are You, O Lord, who returns the divine presence to Zion. *(Zechariah 8:3)*

הודה אה (HODA-AH--THANKSGIVING)

מודים אנחנו לך. ברוך אתה יהוה, הטוב שמך ולך נאה להודות.

Modim anachnu lach. Baruch atah Adonai, HaTov Shimcha ulcha na-eh l'hodot.

We give thanks to You. Blessed art Thou, O Lord, Your name is good and to You it is fitting to give thanks. *(Psalm 52:9)*

ברכת השלים (BIRKAT HASHALOM--BLESSING FOR PEACE)

שלום רב על ישראל עמך תשים לעולם, כי אתה הוא מלך אדון לכל השלים. וטוב בעיניך לברך את עמך ישראל, בכל עת ובכל שעה בשלומך. בשם ישוע המשיח.

Shalom rav al Yisrael am'cha tasim l'olam. Ki atah hu melech adon l'chol ha'shalom. V'tov b'einecha l'varaych et amcha Yisrael, b'chol eit uv'chol sha'ah bish'lomecha. B'shem Y'shua haMaschiach.

O Sovereign God of peace, let Israel Your people know enduring peace, for it is good in Your sight continually to bless Israel with your peace. In the name of Jesus, the Messiah. *(Psalm 122:6)*

After each petition:

אבינו מלכנו, שמע קולנו.

Avinu Malkenu, sh'ma kolenu. Our Father, Our King, hear our prayer.

יהיו לרצון אמרי פי והגיון לבי לפניך, יהוה צורי וגאלי.

Yi-h'yu l'ra-tzon im'rei fi, v'heg-yon li-bi l'fa-necha, Adonai tzu-ri v'go-ali.*

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer. *(Psalm 19:14)*

LORD'S PRAYER

אבינו שבשמים יתקדש שמך. תבא מלכותך יעשה רזונך כמו בשמים כן בארץ.
את-לחם חקנו תן-לנו היום. ושלת-לנו אנ-חבותינו כאשר סלהנו גם-אנחנו לחיבינו.
ואל-תביאנו לידי נסיון כי אם-חלצנו מן-הרע כי לך הממלכה והגבורה והתפארת
לעולמי עולמים. אמן.

*Avinu shebashamayim, yitkadash sh'mecha. Tavo malchutecha ye'aseh
r'tzoncha k'mo vashamayim ken ba'arets. Et lechem chukenu ten lanu hayom.
Us'lach lanu et chovoteinu ka'asher salachnu gam anachnu l'chayyaveinu.
V'al t'vi'enu lidei nisayon ki im chaltzenu min hara. Ki l'cha hamamlacha
v'hag'vurah v'hatiferet l'olmei olamim. Omayn.*

Our Father who art in heaven, hallowed be 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 temptation, but deliver us from evil. For thine is the kingdom and the power and the glory forever and ever. Amen.

(Matthew 6:9-13)