

Recite the Amidah quietly in private conversation with God.

A-do-nai s'fa-tai tift-tach
u-fi ya-gid t'hi-la-te-cha.

אֲדֹנָי שְׁפָתַי תִּפְתָּח
וּפִי יַגִּיד תְּהִלָּתְךָ.

Standing quietly with your feet together, take three steps backward,
then three forward, as if approaching God, the Supreme Ruler.
Bend your knees at Baruch, bow at Atah, straighten up at Adonai.

Ba-ruch A-tah A-do-nai E-lo-hei-nu
vEi-lo-hei a-vo-tei-nu [v'i-mo-tei-nu],
E-lo-hei Av-ra-ham,
E-lo-hei Yitz-chak, vEi-lo-hei Ya-a-kov;
[E-lo-hei Sa-rah, E-lo-hei Riv-kah,
E-lo-hei Ra-cheil, vEi-lo-hei Lei-ah];
Ha-Eil ha-ga-dol ha-gi-bor v'ha-no-ra
Eil El-yon,
go-meil cha-sa-dim to-vim,
v'ko-neih ha-kol,
v'zo-cheir
chas-dei a-vot [v'i-ma-hot]
u-mei-vi <go-eil / g'u-lah>
liv-nei v'nei-hem
l'ma-an sh'mo b'a-ha-vah.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ [וְאֲמוֹתֵינוּ],
אֱלֹהֵי אַבְרָהָם,
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב;
[אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה];
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֲלִיוֹן,
גּוֹמֵל חֲסָדִים טוֹבִים,
וְקוֹנֵה הַכֹּל,
וְזוֹכֵר
חֲסֵדֵי אֲבוֹת [וְאֲמֹהוֹת],
וּמְבִיא <גּוֹאֵל / גְּאוּלָּה>
לְבָנֵי בְנֵיהֶם
לְמַעַן שְׁמוֹ בְּאֵהָבָה.



Amidah for Shabbat Evening

O God, open up my lips
that my mouth may declare Your praise.

— PSALMS 51:17

God of Our Ancestors

Blessed are You Adonai, our God
and God of our ancestors,
God of Abraham,
God of Isaac, and God of Jacob;
[God of Sarah, God of Rebekah,
God of Rachel, and God of Leah];
The great, mighty and awesome God,
Supreme God,
who performs acts of kindness,
and creates all things,
and remembers
the good deeds of our ancestors,
and brings <a redeemer / redemption>¹
to their children's children
for the sake of The Name, with love.

Standing in the shadow of history,
I approach You, God of all Generations.

God of Our Ancestors

As You protected Abraham,
brought Wonder to Isaac,
and redeemed Jacob;
as You remembered Sarah,
granted the prayers of Rebekah,
listened to Leah,
and heard Rachel's cry,
also hear our cry.
Listen to us;
grant our prayers and remember us.
Redeem us, teach us to wonder,
and protect us.



¹ Jewish tradition teaches that God will bring a Messiah [גּוֹאֵל Go'eil, Redeemer] to redeem the Jewish people. A liberal interpretation suggests that every generation must work with God to perfect the world, for at that time, God will bring a Messianic Age [גְּאוּלָּה G'ulah, Redemption] to the Jewish people.