



Amidah ➤ עֲמִידָה

אֲדֹנָי שְׁפָתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai s'fatai tiffach ufi yagid t'hilatecha.

Adonai, open up my lips and my mouth will declare Your glory.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי
שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה.

Baruch Atah Adonai Eloheinu v'Elohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak, v'Elohei Ya'akov, Elohei Sarah, Elohei Rivkah, Elohei Rachel, v'Elohei Le'ah.

Praised are You God, God of our ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, the God of Sarah, the God of Rebecca, the God of Rachel, and the God of Leah.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים
טוֹבִים, וְקֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאֲמָהוֹת, וּמְבִיא
גְאֻלָּה לְבָנֵי בְנֵיהֶם, לְמַעַן שְׁמוֹ בְּאֲהָבָה.

HaEil hagadol hagibor v'hanora, Eil elyon, gomeil chasadim tovim, v'koneih hakol, v'zocheir chasdei avot v'imahot, umeivi g'ulah livnei v'neihem, l'ma'an sh'mo b'ahavah.

Great, mighty, awesome God, who shows loving-kindness and creates everything. You remember the goodness of our ancestors. You care for us with love, as You will care for our children's children and all generations to follow.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בָּרוּךְ אַתָּה יְיָ, מֶגֶן אַבְרָהָם
וְעֲזֵרַת שָׂרָה.

Melech ozeir umoshi'a umagein. Baruch Atah Adonai, magein Avraham v'ezrat Sarah.

God helps, saves, and shields. Praised are You, God, Abraham's Shield and Sarah's Helper.