

Amidah – Shemoneh Esreh

Yahweh, Adonai, open my lips that my mouth may declare your praise.

Blessing of the Fathers

Blessed are You, Yahweh my Elohim, and Elohim of my forefathers, Elohim of Avraham, Elohim of Yitzchak, Elohim of Ya'acov. The great and mighty, awesome Elohim, the supreme, Elohim, who bestows beneficial kindness and creates everything, Who recalls the kindness of the Patriarchs and has brought a Redeemer to their children's children, for His name's sake, with love. O King, Helper, Savior, and Shield. Blessed are You, Yahweh, the shield of Avraham.

Blessing of Yahweh's Might

You are eternally mighty my adon, the resurrector of the dead; you are abundantly able to save. You sustain the living with kindness, resurrect the dead with abundant mercy, support the fallen, heal the sick, releases the confined, and maintains the faith of those who sleep in the dust. Who is like You O master of mighty deeds, who is comparable to You O king, Who caused death and restores life and makes salvation sprout. And you are faithful to resurrect the dead. Blessed are You, Yahweh who resurrects the dead.

Blessing of Kedushah

We shall sanctify Your name in this world, just as they sanctify it in Heaven above. As it is written by your holy prophet, "And one angel shall call another and say: Holy, holy, holy is Yahweh T'zvaot, the whole world is filled with His glory." Those facing them say, "Blessed, blessed is the glory of Yahweh from this place." And in Your holy writings the following is written, "Yahweh shall reign forever, your Elohim O T'zion from generation to generation. HalleluYah!" And from generation to generation we shall relate your greatness and for infinite eternities we shall proclaim Your holiness. Your praise O Yahweh shall not leave our mouth forever and ever. For You, O Elohim, are a great and Holy King. You are holy and Your name is holy, and everyday holy ones will praise you forever. Blessed are You, Yahweh, the holy Elohim.

Blessing for Insight

You graciously endow man with wisdom and teach insight to frail mortal. So endow us graciously from Yourself with wisdom, insight, and discernment. Blessed are You, Yahweh, gracious giver of wisdom.

Blessing of Repentance

Bring us back, our Father, to Your torah, and draw us near our King to your service, and influence us to return in perfect repentance before You. Blessed are You, Yahweh, who desires repentance.

Blessing of Forgiveness

Forgive us, our Father, for we have sinned; pardon us our, our King, for we have willfully sinned; for You pardon and forgive. Blessed are You, Yahweh, the gracious one who pardons abundantly.

Blessing of Redemption

Behold our affliction, take up our grievance and redeem us speedily for Your name's sake with love. For You are a powerful Redeemer. Blessed are You, Yahweh, the Redeemer of Isra'el.

Blessing of Health and Healing

Heal us, Yahweh, and we will be healed, save us and we will be saved, for you are our praise. Bring complete recovery for all our ailments, and may it be Your will, Yahweh, my Elohim, and Elohim of my forefathers, that You quickly send a complete recovery from heaven above, spiritual and physical healing to the patients (name the sick) for they are among the patients of Isra'el. For You are Elohim, the faithful and compassionate Healer. Blessed are You, Yahweh, who heals the sick of His people Isra'el.

Blessing for a Year of Prosperity

Bless on our behalf, O Yahweh our Elohim, this year and all its kinds of crops for the best, and give dew and rain for a blessing on the face of the earth. Satisfy us from Your bounty and bless our year like the best of years. Blessed are You, Yahweh, who blesses the years.

Blessing of the Ingathering of Exiles

Sound the 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, Yahweh, who gathers in the dispersed of His people of Isra'el.

Blessing of the Restoration of Justice

Restore our judges as in earliest times and our counselors as at first, and remove from us sorrow and groan. Reign over us, You, Yahweh alone with kindness and compassion. Justify us through judgment. Blessed are You, Yahweh, the King who loves righteousness and judgment.

Blessing of Spiritual Warfare

And for slanderers let there be no hope and may all wickedness perish in an instant. And may all Your enemies be speedily cut down. May You speedily uproot, smash, cast down, and humble the sinners speedily in our days. Blessed are You, Yahweh, who breaks enemies and humbles sinners.

Blessing on the Righteous

On the righteous and on the devout, on the elders of Your people the Family of Isra'el, on the remnant of their scholars, on the righteous converts and on ourselves, may Your compassion be aroused, Yahweh our Elohim, 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, Yahweh, mainstay and assurance of the righteous.

Blessing of the Rebuilding of Yerushaliym

And to Yerushaliym, Your city, may You return in compassion, and may You rest within it, as You have spoken. May You rebuild it soon in our days as an eternal structure, and may You speedily establish the throne of Dawid within it. Blessed are You, Yahweh, the builder of Yerushaliym.

Blessing of the Dawidic Reign

And the offspring of Your servant Dawid (David), may You speedily cause to flourish, and enhance His pride through Your salvation. For we hop in Your salvation all day long. Blessed are You, Yahweh, Who causes the pride of salvation to flourish.

