

כזונה קונטרס

שמונה עשרה

נוסח ספרד

TEFILLAH
POWER
תפילה כח
דחמלה



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בס"ד ט' כסלו תשע"ח

למע"כ ידידי הנכבד רב פעלים ואיש מצליח הרה"ג המפורסם לרבים ר' אברהם צבי הכהן קליינמאן שליט"א,
אחרי דרישת שלומו הטוב בברכה מרובה כמשפט.

הוא לפני פעולתו החדשה פרי מחשבתו ועטו הנקרא "כוונה קונטרס" המסודר יפה בביאור כללות התפילות בלשון צח ובהיר, יחד עם פירוש המלות בפרטות, ותכליתו לשמש כספר לימוד לחנך תינוקות של בית רבן ותלמידי ישיבה בעבודת התפילה, שע"י שיבינו ענין התפילה ופירוש המלות ירגישו טעם בתפילתם ויכירו גודל ענינה של תפילה שהוא מדברים העומדים ברומו של עולם.

והנה זה הרבה שנים שכבי' פועל גדולות ונצורות לחזק את ישראל בענין התפילה, ובי"ה כבי' הוא גברא דמריה סיייעיה שזכה להשפיע בזה על רבבות אלפי ישראל מגדול ועד קטן בהרבה מדינות בכל העולם, וגם בפעם הזאת בטוח אני שעבודתו בקודש יביא תועלת לרבים לאלו המעונינים לחזק ערך תפילתם, ונזכה עי"ז לגאולה שלמה בקרוב.

מנאי המברכו בברכת חו"ש והצלחה אמיתית.

ד"ר ברוך
למנאי קמנצקי

*English Translation of The Novominsker Rebbe's Haskama
on the following page*

To my dear esteemed friend, a man of great accomplishment on behalf of Torah and Yiddishkeit, Rabbi Avraham Tzvi Kleinman shlit"á, shalom aleichem,

I reviewed the pamphlets you composed for the "young flock" - our Yeshiva students. It is a clear succinct translation and explanation of the Nussach Hat'fillah which we pray each day, with the purpose of ingraining the meaning of the words on the hearts and souls of all Jews. This deeply rooted understanding and comprehension of the berachos and tefillos will be of great benefit to all, as they will recognize before Whom they stand and pour out their hearts.

May it be His will that these pamphlets be warmly received in the schools, and may they inspire our brethren - from young to old - to focus their hearts to our Father in heaven, and may Hashem hear and accept the voice of our prayers with mercy.

With blessings of kol-tuv and arichas yamim tovim,

Yaakov Perlow

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יעקב פרלוב
קהל עדת יעקב נאוואמינסק
ישיבת נאוואמינסק - קול יהודא
ברוקלין, נ.י.

בס"ד

יום א' נח נסאו גשע"ה
גזכ יודי, דיב היק הלאב, וק נדאום אמריג ואלר זאג
גארו אקריגם לפי הינהן קאלינמאן פאטאן, פערער פא אומס אויג יוד.
דיינע קהלן פרינס, זגג אויב זאגן פרינדי, פלען איר איה פער וואלענען
אמריג קערע דיאוד ואלעס אלר ואלע המלך שערל מעלאים קבא יום, אדו, בן
אדגויס אלר העלן פא המיבלאר ארעאמעיט פא יענאל, אדגה אלר אלר קפד
גאד ואלע גי אלר זונדן אלר שיהו, איה, רעלן שיעקאו היקא פרינסים דיאוד
בפני סני, אקס ימעינו זגג ואלען בלן יענאל, יקסן ווד גבוא, אבול אלר אבול
אזינר פקשעמ, אקקדו יעגד יקרא אלר קול מע אלענר גויחאמיק.
הב"ה קדישר פא אבא אלען יומים סאקום
יעקב פרלוב

Zooming In—You will notice that some words in **Kavannah Kuntros** are larger than the rest. These are the same words listed in the “Zooming In” section (see the bottom of the pages in *Kavannah Kuntros*), chosen because they are more difficult words. They will be included in a voluntary written Multiple Choice and Word Matching exam you’ll be taking every four weeks.

Student Contest and Prizes—Whoever scores 100 on the Multiple Choice exam wins 5 cards to enter the monthly drawing for exciting prizes (you should have received the colorful Prize Page when you started the *Tefillah* Program). A score of 95 earns 4 cards; 90 earns 3 cards; 85 earns 2 cards, and 80 will earn 1 cards for entry into the drawing.

What Will I Gain From Using the Kavannah Kuntros? - BE”H over time, the meaning and the feeling of the words you say every morning in Shacharis will become very familiar to you. As you *daven*, you’ll find that you really feel that you are coming closer to Hashem and that your *tefillos* are becoming more and more meaningful and powerful. This is the one ability you can count on throughout your life, to help bring you success and *berachah* and to help you face life’s challenges. May this **Kavannah Kuntros** give power and meaning to your *tefillah* to truly become “*devarim ha’omdim b’rumo shel olam*, bringing Hashem’s *yeshuos* into our world.

HOW TO USE YOUR KAVANNAH KUNTROS

Kavannah Kuntros - The **Kavannah Kuntros** is different than any other translation or *sefer on tefillah*. That is because it gives you not just the English translation, but the meaning of the *Shacharis tefillah* you say every weekday in words that are clear and understandable for students your age.

Why Just a Few Different Words Each Week? – You will notice that the Kavannah Kuntros is divided into "WEEKS" (i.e. see page 9 where it says "WEEK 1" by "HALACHAH ADVISORY" and page 11 where it says "WEEK 2" on the bottom Right Column by 'גבורות'). This is because when you really want to build your *kavannah*, the best way is to go slowly, step by step. In fact, the *Shulchan Aruch* (1:3) says that "saying a small amount of *tefillah* with *kavannah* is better than saying more words without *kavannah*." Of course, it is important to always first ask a Rebbe when to apply this rule. The main point, says the *Mishneh Beurah* (ibid:12), is not whether we say more or less, but that the words we say are truly directed toward Hashem with *kavannah*.

Which Part of Shacharis Is Translated in Kavannah Kuntros?

Your **Kavannah Kuntros** will focus on the same *tefillos* you are studying in *Tefillah Power*:

- **Birchas Ha'Shachar**—Generally for fourth graders
- **Pesukei D'Zimrah (until Boruch Hashem L'Olam)**—Generally for fifth-graders
- **Pesukei D'Zimrah (from Boruch Hashem L'Olam), Birchas Krias Shema and Shema**—Generally for sixth graders
- **Shemoneh Esrei**—Generally for seventh and eighth graders

שמונה עשרה

God—truly becoming aware of His greatness and that He alone can give us what we need—are we properly prepared to make our requests in the rest of Shemoneh Esrei.

HALACHAH ADVISORY: Bend your knees at the word בְּרוּךְ, then bow at the word אֱתָהּ, and stay in that position until saying the Name of Hashem, at which point straighten up.⁶



בְּרוּךְ אַתָּה

Blessed are You [the source of all blessing in the world],

ה'

Hashem (Master of all, Who always was, is, and will be),

אֱ-לֹהֵינוּ

our all-powerful God [Who constantly controls all that goes on in the world],

וְאֱ-לֹהֵי אֲבוֹתֵינוּ,

and the God of our Forefathers
[each one had a uniquely special relationship with Hashem],

אֱ-לֹהֵי אַבְרָהָם,

God of Avraham [who taught us Shacharis—to pray to Hashem when things are good (i.e., when the sun comes up and shines in the morning)],

HALACHAH ADVISORY: Take 3 steps backward, then 3 steps forward. Stand with your feet together and do not interrupt in any way.¹

WEEK
1



HALACHAH ADVISORY: There are two types of kavannah necessary in Shemoneh Esrei:

- View yourself as standing before Hashem, the Master of the Universe² during the entire Shemoneh Esrei and realize that you are making requests directly to Hashem,³ and
- Understand the meaning of **all the words** of Shemoneh Esrei.
 - B'dieved [After the Fact]: Concentrate on the meaning of the words of the **first berachah** of Shemoneh Esrei (מודים, ברכת אבות) **and of the ends of all the Shemoneh Esrei berachos.**⁴
 - B'dieved [After the Fact]: If that is too difficult, then at least concentrate on the meaning of **the words of** ברכת אבות.⁵

אֲד-נִי שִׁפְתֵי תִפְתָּח,

My Master, [please] open my lips

וּפִי יַגִּיד תְּהִלָּתֶךָ.

so that my mouth may tell [You]
Your praise.

אֲבוֹת

OUR PATRIARCHS

In the first three blessings of Shemoneh Esrei (מִחֵיהָ, מִגּוֹן אַבְרָהָם, הַמְתִּים, הַאֲ-לֵהֶקְדוּשׁ) *we praise Hashem* (e.g. גּוֹמֵל הַסְּדִדִּים טוֹבִים, *Who constantly does complete acts of loving kindness to us*). Only after praising



וְזָכַר חַסְדֵי אֲבוֹת,

and He remembers [for our benefit] the kindness done by the Forefathers,

וַיִּמְבִּיא גּוֹאֵל

and He [Hashem, through every event that occurs] brings the Redeemer [(Mashiach) closer]

לְבָנֵי בְנֵיהֶם,

to [us] the [Forefathers'] children's children,

לְמַעַן שְׁמוֹ

for His [Hashem's] Name's sake [His Name will be glorified when Mashiach comes],

בְּאַהֲבָה.

with love [even though we may be spiritually unworthy].

בעש"ת

(During the 10 Days of Repentance, i.e. from Rosh Hashanah to Yom Kippur, add:)

זְכַרְנוּ לַחַיִּים, מֶלֶךְ חַפְצוֹ בַּחַיִּים, וְכָתְבָנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן אֶל־לֵהִים חַיִּים.

Remember us for life, King Who desires life, and inscribe us in the Book of Life—for Your sake, Living God.

מֶלֶךְ

[Hashem is] King [accepted as ruler by the Jewish people],

עוֹזֵר

[Hashem is our] Helper [assisting us in all that we do],

אֱלֹהֵי יִצְחָק,

God of Yitzchak [who taught us Minchah—to pray to Hashem when there's neither good (strong light of the morning) nor bad (darkness of the night)],

וְאֱלֹהֵי יַעֲקֹב,

and the God of Yaakov [who taught us Ma'ariv — to pray to Hashem during a time of distress and exile, a time of "darkness"].

הָאֱלֹהִים

The God [Who is all powerful and Who shows His Presence through acts of mercy],

הַגָּדוֹל

great [God, Who shows His Presence through acts of kindness],

הַגִּבּוֹר

mighty [God, Who shows His Presence through acts of judgment],

וְהַנּוֹרָא,

and awesome [God],

אֱלֹהֵינוּ⁷

the Supreme God [the Cause behind everything that happens in the world],

גּוֹמֵל חַסְדִּים טוֹבִים

Who grants [favorable] good kindness [with no hidden personal benefit]

וְקוֹנֵה הַכֹּל,

and owns [and continually creates] everything;

אֲד-נִי,

My Master [Who has a personal relationship with me].

מַחְיֵה מֵתִים אֶתָּה,

You bring the dead back to life.

רַב לְהוֹשִׁיעַ.

He [Hashem] provides a wealth of salvation.

[in Winter]

Beginning with Mussaf of Shemini Atzeres until Mussaf of the 1st day of Pesach, say

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

[Hashem] causes the wind to blow and the rain to fall.

[in Summer]

Beginning with Mussaf of 1st day of Pesach until Mussaf of Shemini Atzeres, say

מוֹרִיד הַטֶּל

Who makes the dew descend

מְכַלְכֵּל חַיִּים בְּחַסֵּד,

He provides the living with their needs in kindness;

מַחְיֵה מֵתִים בְּרַחֲמִים רַבִּים,

He brings the dead back to life with much mercy,

וּמוֹשִׁיעַ

and [Hashem is our] Savior [rescuing us from dangers that we find ourselves in],

וּמָגֵן.

and [Hashem is our] Shield [protecting us from danger before it arrives].

HALACHAH ADVISORY: Bend your knees at the word בְּרוּךְ, then bow at the word אַתָּה, and stay in that position until saying the Name of Hashem, at which point straighten up.⁸



בְּרוּךְ אַתָּה

Blessed are You [the source of all blessing in the world],

ה'.

Hashem (Master of all, Who always was, is, and will be),

מָגֵן אַבְרָהָם

Shield of Avraham [Hashem should protect us just as He shielded Avraham from danger].

גְּבוּרוֹת

HASHEM IS POWERFUL

WEEK
2

אַתָּה גָּבוֹר לְעוֹלָם

You are Powerful forever,

ZOOMING IN - Weeks 1 & 2

אֲסוּרִים the imprisoned	מְכַלְכֵּל He provides	וּמָגֵן and Shield	עוֹזֵר Helper	גּוֹמֵל Who grants	עֶלְיוֹן the Supreme	וְהַנּוֹרָא and awesome	שְׁפֵתַי my lips
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בעש"ת—

(During the 10 Days of Repentance, i.e. from Rosh Hashanah to Yom Kippur, say:)

מי כְּמוֹד אָב הַרְחֵמֵנוּ, זֹכֵר יִצְוֵנוּ
לְחַיִּים בְּרַחֲמִים.

Who is like You, Merciful Father,
Who recalls His creatures mercifully
for life.

וְנֶאֱמַן אַתָּה לְהַחְיִית מֵתִים.

And You are faithful
[trustworthy] to revive the dead

בְּרוּךְ אַתָּה

Blessed are You [the source of all
blessing in the world],

ה',

Hashem (Master of all, Who
always was, is, and will be),

מְחַיֶּה הַמֵּתִים.

Who brings the dead back to life.

אַתָּה קָדוֹשׁ
HASHEM IS HOLY

אַתָּה קָדוֹשׁ

You [Hashem] are holy [exalted
above our material world and not under
any limitations]

וְשִׁמְךָ קָדוֹשׁ,

and Your Name is holy,

סוֹמֵךְ נוֹפְלִים,

He supports the fallen ones
[whether physically, emotionally, or
financially],

וְרוֹפֵא הוֹלִים,⁹

and He heals the sick,

וּמַתִּיר אֲסוּרִים,

and He frees the imprisoned

וּמְקַיֵּם אֲמוּנָתוֹ

and He maintains His promise

לְיִשְׁנֵי עֶפֶר.

[to wake up] those asleep in the
dust [the dead].

מי כְּמוֹד בַּעַל גְּבוּרוֹת,

Who is like You, Master of
mighty deeds,

וּמִי דוֹמֶה לָךְ,

and who is similar to You,

מְלֹךְ מְמִית וּמְחַיֶּה

King Who causes things to die
and provides life [to all in our world]

וּמַצְמִיחַ יְשׁוּעָה.

and makes salvation [and
recovery] grow slowly [and develop].

WEEK
3

אתה חונן
KNOWLEDGE AND
UNDERSTANDING

WEEK
4

In this first of six personal requests (from חונן אתה חונן through עלינו אתה חונן), we ask Hashem for knowledge and understanding—the brainpower to enable us to recognize Hashem and to fulfill His mitzvos.



אתה חונן לְאָדָם דַּעַת,

You (Hashem) kindly [as a gift]
give mankind intelligence [the
ability to think],

וּמְלַמֵּד לְאֲנוּשׁ בִּינָה.

and [You] teach to [even the lowest
of] mankind insight [the ability to
understand in depth].

חֲנַנְנוּ מֵאֲתָדְךָ

Kindly provide us from Yourself

חֻכְמָה בִּינָה וְדַעַת.

[with] wisdom, insight, and
knowledge.

בְּרוּךְ אַתָּה

Blessed are You [the source of all
blessing in the world],

ה' ,

Hashem (Master of all, Who
always was, is, and will be),

חֲנוּן הַדַּעַת.

kind Giver of Intelligence.

וְקַדוּשִׁים בְּכָל יוֹם יְהִלְלוּךָ סְלָה.
and the holy beings [angels and
the Jewish people] praise You every
day forever.

כִּי אֵל-ל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה.
for God, a King, great and holy
are You.

בְּרוּךְ אַתָּה

Blessed are You [the source of all
blessing in the world],

ה' ,

Hashem (Master of all, Who
always was, is, and will be),

הָאֵל-ל הַקָּדוֹשׁ.

The holy God [Who is all-powerful
and Who shows His Presence through acts
of mercy].

בעש"ת

(During the 10 Days of Repentance, i.e.
from Rosh Hashanah to Yom Kippur,
instead of saying הָאֵל-ל הַקָּדוֹשׁ, say:)

הַמֶּלֶךְ הַקָּדוֹשׁ

The holy King.

ZOOMING IN - Weeks 3 & 4

דַּעַת and knowledge	מֵאֲתָדְךָ from Yourself	לְאֲנוּשׁ to mankind	חֲנוּן kind Giver	ה' Master of all (Who always was, is, and will be)	יְהִלְלוּךָ praise You
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סְלַח לָנוּ
FORGIVENESS

WEEK
6

After asking for Hashem's help in doing תשובה for our sins, in this sixth berachah of Shemoneh Esrei we ask Hashem for forgiveness, the next step in the תשובה process.



סְלַח לָנוּ אָבִינוּ כִּי חָטָאנוּ,

Forgive us [do not punish us], our [loving] Father, for we have [unintentionally] sinned,

מִחַל לָנוּ מַלְכֵנוּ כִּי פָשַׁעְנוּ,
pardon us [erase the sin], our [powerful] King, as we have [intentionally] sinned,

כִּי אֵל-ל טוֹב וְסָלַח אֶתְּךָ.
for the God, Who is good and forgiving, are You.

בְּרוּךְ אַתָּה

Blessed are You [the source of all blessing in the world],

ה' ,

Hashem (Master of all, Who always was, is, and will be),

חֲנוּן הַמְּרַבֵּה לְסָלוּחַ.
the kind One Who pardons abundantly [so many times, even if we sin often].

הַשִּׁיבֵנוּ
REPENTANCE

WEEK
5

After asking Hashem for knowledge and understanding in the previous berachah, in this fifth berachah of Shemoneh Esrei we ask Hashem to enable us to use our brainpower specifically to bring us back to His Torah and to do teshuvah.



הַשִּׁיבֵנוּ אָבִינוּ לְתוֹרָתְךָ,

Bring us back, our [loving] Father, to Your Torah,

וְקָרְבָנוּ מִלְּפָנֶיךָ לְעִבּוּדְךָ,

and bring us near, our King, to Your service [the mitzvos],

וְהַחֲזִירֵנוּ בְּתַשׁוּבָה שְׁלֵמָה לְפָנֶיךָ.
and [assist us to] return [to You] in complete teshuvah [repentance].

בְּרוּךְ אַתָּה

Blessed are You [the source of all blessing in the world],

ה' ,

Hashem (Master of all, Who always was, is, and will be),

הַרוֹצֵה בְּתַשׁוּבָה.
Who desires teshuvah [repentance].

ZOOMING IN - Weeks 5 & 6

פָּשַׁעְנוּ we have [intentionally] sinned	מַחַל pardon	סָלַח Forgive	הַרוֹצֵה Who desires	וְהַחֲזִירֵנוּ and return
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גואל ישראל.

[constant] Redeemer of Israel [the Jewish people].

רפאנו

HEALING FROM SICKNESS

WEEK
8

After asking Hashem to provide redemption from daily suffering and stress in everyday life, in this eighth berachah of Shemoneh Esrei we ask Hashem for healing from sickness.



רפאנו ה' ונרפא,

Heal us, Hashem—then we will truly be healed [doctors can heal us only because Hashem wills it];

הושיענו ונושעה,

save us [from causes of sickness] and we will be saved,

כי תהלתנו אתה,

for You [not the doctor or medications] are the One we will praise [when we are cured or saved],

והעלה (ארוכה ומרפא לכל

תחלואינו ולכל מכאובינו ולכל מכותינו) רפואה שלמה לכל מכותינו, and bring (a cure and healing for all of our illnesses, all our sufferings, and all our ailments) complete healing [and cure] for all types of illness,

כי א-ל מלך

for You are God [Who is all-powerful and Who shows His Presence through acts of mercy], King,

ראה בענינו

RELIEVE OUR DAILY ANGUISH AND DIFFICULTIES

WEEK
7

After asking Hashem for forgiveness, in this seventh berachah of Shemoneh Esrei we ask Hashem to relieve our daily suffering and difficulties.



ראה נא בענינו,

[Hashem] please see our affliction [hardships and natural dangers],

ורבה ריבנו,

and fight our battles [caused by other humans],

וגאלנו גאלה שלמה מהרה

and redeem us [from the trials and struggles of everyday life] with a redemption that is complete quickly,

למען שמך,

for Your Name's sake [please don't wait until we deserve it],

כי א-ל גואל חזק אתה.

for God, Who is a powerful Redeemer, are You.

ברוך אתה

Blessed are You [the source of all blessing in the world],

ה',

Hashem (Master of all, Who always was, is, and will be),

בקיץ

Summer: From Chol Hamoed Pesach through Minchah, December 4 (or 5th in the year before a civil leap year), say:

וְתוֹן בְּרָכָה
and give blessings

בחורף

Winter: From Maariv, December 4th (or 5th in the year before a civil leap year) until Pesach, say:

וְתוֹן טַל וּמָטָר לְבְרָכָה
and give dew and rain for a blessing [in the right place and time]

עַל פְּנֵי הָאֲדָמָה,
on the face of the earth [for things that grow],

וְשִׂבְעֵנוּ מִטּוֹבָה,
and satisfy us [we should feel pleased] from Your goodness;

וּבְרַךְ שָׁנָתֵנוּ
and bless our year

כְּשָׁנִים הַטּוֹבוֹת לְבְרָכָה.
like the best years for blessing.

כִּי אֵל-ל טוֹב וּמִטֵּיב אֶתְּךָ וּמְבָרַךְ
הַשָּׁנִים.
for God, good and generous, are You.

רוֹפֵא נֶאֱמָן וְרַחֲמָן אַתָּה.

You are the faithful and merciful Healer.

בְּרֹךְ אֶתְּךָ

Blessed are You [the source of all blessing in the world],

ה' ,

Hashem (Master of all, Who always was, is, and will be),

רוֹפֵא חוֹלֵי עַמּוֹ יִשְׂרָאֵל.

Who heals the sick of His people, Israel [the Jewish people].

בְּרַךְ עֲלֵינוּ

MATERIAL SUCCESS

WEEK 9



After asking Hashem for healing from sickness, in this ninth berachah of Shemoneh Esrei we ask Hashem for material and financial success.

בְּרַךְ עֲלֵינוּ ה' אֵל-לְהֵינוּ

Bless for us, Hashem (Master of all, Who always was, is, and will be), our (all-powerful) God [Who constantly supervises all that goes on in the world],

אֶת הַשָּׁנָה הַזֹּאת
this year

וְאֶת כָּל מִינֵי תְבוּאָתְךָ לְטוֹבָה,
and [bless] all the different kinds of produce for the best [for our benefit],

ZOOMING IN - Weeks 7, 8 & 9

שָׁנָתֵנוּ our year	וְשִׂבְעֵנוּ and satisfy us	וְהֵעֵלָה and bring	הוֹשִׁיעֵנוּ save us	רִיבֵנוּ our battles	וְרִיבָה and fight
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בְּרוּךְ אַתָּה

Blessed are You [the source of all blessing in the world],

ה',

Hashem (Master of all, Who always was, is, and will be),

מְקַבֵּץ

who gathers [together]

נְדָחֵי עַמּוֹ יִשְׂרָאֵל.

the dispersed [including the abandoned] of His people Israel [the Jewish people].

הַשִּׁיבָה שׁוֹפְטֵינוּ

RESTORE THE JUSTICE SYSTEM

WEEK
11

After asking Hashem to gather the exiles and begin the Final Redemption, in this eleventh berachah of Shemoneh Esrei we ask Hashem to restore the justice system [as in earlier times], a necessary part of the Redemption.



הַשִּׁיבָה שׁוֹפְטֵינוּ כְּבְּרָאשׁוֹנָה,

Restore our judges [the Sanhedrin¹⁰] as in the earliest times,

וְיִזְעָצְעֵנוּ כְּבַתְּחִלָּה,

and our counselors [prophets who offered advice] as they were at first,

וְהִסַּר מִמֶּנּוּ יָגוֹן וְאַנְחָה,

and remove from us grief [non-physical pain] and sighing [from worry],

בְּרוּךְ אַתָּה

Blessed are You [the source of all blessing in the world],

ה',

Hashem (Master of all, Who always was, is, and will be),

מְבָרַךְ הַשָּׁנִים.

Who blesses the years [with so much goodness].

תִּקַּע בְּשׁוֹפָר

GATHER THE EXILES

WEEK
10

[Note: The next six berachot of Shemoneh Esrei (from תקע בשופר גדול through את צמח דוד) are for communal [the Jewish people's] needs, specifically for the Final Redemption.]



In this tenth blessing of Shemoneh Esrei, we ask Hashem to gather the exiles to begin the Final Redemption.

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵירוּתֵנוּ,

Sound the great shofar [a signal that the Final Redemption is upon us] for our freedom [from exile];

וְשָׂא נֶס לְקַבֵּץ גְּלוּתֵינוּ,

raise the banner [another signal from Hashem] to gather our exiles,

וְקַבְּצֵנוּ יַחַד מְהֵרָה

and gather us together [with unity] speedily

מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ לְאַרְצֵנוּ.

from the four corners of the earth to our land.

וְלַמְלִשְׁיָנִים

REMOVE THE EVIL INFLUENCES
THAT THREATEN JEWISH LIFE

WEEK
12

After asking Hashem to restore the justice system, in this twelfth berachah of Shemoneh Esrei we ask Hashem to remove the evil influences that threaten Jewish life.



וְלַמְלִשְׁיָנִים

And as for slanderers [those that speak bad to government about Jews],

אֵל תְּהִי תִקְוָה,

let there be no hope;

וְכָל הַמְּיֻנִּים

and may all the heretics [those who do not believe in Hashem]

כִּרְגַע יֵאבְדוּ,

in an instant may they be lost
[destroyed],

וְכָל אוֹיְבֵי עַמְּךָ מְהֵרָה יִכָּרְתוּ,

and may all the enemies of
Your [Jewish] people be quickly
cut off [removed],

וְהַזֵּדִים

and the evildoers [who make trouble for, or try to influence, Jews, on purpose]

וּמְלֹךְ עָלֵינוּ מְהֵרָה אַתָּה ה' לְבָרֶךְךָ
and rule over us speedily—
You, Hashem Alone,

בְּחֶסֶד וּבְרַחֲמִים,

with kindness [even if we are not
deserving] and mercy,

וְצַדִּיקְנוּ בְּצַדִּיק וּבְמִשְׁפָּט.

and treat us with
righteousness and in
judgment [judge us with charity].

בָּרוּךְ אַתָּה

Blessed are You [the source of all
blessing in the world],

ה'.

Hashem (Master of all, Who
always was, is, and will be),

מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.

the King who loves
righteousness [in] judgment.

בעש"ת

(During the 10 Days of Repentance, i.e. from Rosh Hashanah to Yom Kippur, instead of saying מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט say:)

הַמֶּלֶךְ הַמִּשְׁפָּט.

the King of judgment.

ZOOMING IN - Week 10 & 11

נִדְחֵי the dispersed	וְקִבְּצֵנוּ and gather us	וְשָׂא and raise	וְאָנְחָה and sighing	יְגוֹן grief	וְהָסֵר and remove	וְיִוָּעֲצִינוּ and our counselors	הַשׁוֹבֵה restore
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על הצדיקים
 PROTECT AND ASSIST
 THE RIGHTEOUS

WEEK
 13

After asking Hashem to remove the evil influences that threaten Jewish life, in this thirteenth berachah of Shemoneh Esrei we ask Hashem to protect and assist the righteous.



על הצדיקים ועל החסידים,
 On the righteous [who follow the Torah exactly] and pious [who do more than required¹¹],

ועל זקני שארית עמך בית ישראל,
 and on the elders (*Gedolei Yisrael*) of the remainder of your people the house of Israel [the Jewish people],

ועל פליטת בית סופריהם,
 and on the rest of the teachers [of Torah],

ועל גרי הצדק ועלינו,
 and on the righteous converts [including *ba'alei teshuvah*], and on us [regular Jews¹²],

יהמו נא רחמיך ה' א-להינו,
 please let Your mercy be awakened, Hashem,¹³ our God,¹⁴

מהרה תעקר ותשבר ותמגר
 quickly uproot [prevent future growth] and break them down [so they are not effective] and cut up [into small pieces]

ותכלם ותשפילם ותכניעם במהרה בקמינו.
 and destroy them, pull them down, and humble them [so that they shall be harmless] quickly in our days.

ברוך אתה
 Blessed are You [the source of all blessing in the world],

ה',
 Hashem (Master of all, Who always was, is, and will be),

שובר איבים
 Who breaks [the power of] enemies

ומכניע זדים.
 and humbles evildoers [makes them harmless].

ZOOMING IN - Week 12

איבים enemies	ותשפילם and pull them down	ותמגר cut up	תעקר uproot	והזדים and the evildoers	תקנה hope	ולמלשינים And as for slanderers
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ולירושלים

RESTORE YERUSHALAYIM
TO ITS EARLIER GLORY

WEEK
14

After asking Hashem to restore the prestige and influence of the righteous, in this fourteenth berachah of Shemoneh Esrei we ask Hashem to restore Yerushalayim to its earlier heightened glory.



ולירושלים עירך

And to Yerushalayim, Your [when Hashem's Presence is fully recognized there] city,

ברחמים תשוב,

may You return with compassion [even if we do not deserve it],

ותשכן בתוכה

and may You settle in it [in the Beis HaMikdash]

כאשר דברת,

as You have spoken,¹⁵

ובנה אותה

and may You rebuild it [Yerushalayim]

בקרוב בימינו

soon in our days,

בגין עולם,

a building that is eternal [to last forever],

ותן שכר טוב

and give a good reward

לכל הבוטחים בשמך באמת,

to those who truly [in both good and bad times] trust in Your Name,

ושים חלקנו עמם,

and put our portion with them [righteous people],

ולעולם לא נבוש כי כד בטחנו,

we may never feel ashamed because we trust in You,

ועל חסדך הגדול באמת נשעננו

and upon Your kindness that is great in sincerity.

ברוך אתה

Blessed are You [the source of all blessing in the world],

ה'

Hashem (Master of all, Who always was, is, and will be),

מושעו ומבטח לצדיקים.

the Support of and Guarantee [the trust] of the righteous.

ZOOMING IN - Weeks 13 & 14

תכין establish	ובנה and may You rebuild	ותשכן and may You settle	משעו Support	נשעננו do we rely	יהמו רחמך let Your mercy be awakened	פליטת the rest
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וְקַרְנּוֹ תְרוּם בִּישׁוּעָתְךָ,
and his horn [power and glory]¹⁷
may You raise through Your
salvation [liberation],

כִּי לִישׁוּעָתְךָ קוִינּוּ כָּל הַיּוֹם
for we [enthusiastically] hope for
Your salvation [Mashiach] all day.

וּמַצְפִּים לִישׁוּעָה
and await eagerly for salvation.

בְּרוּךְ אַתָּה
Blessed are You [the source of all
blessing in the world],

ה',
Hashem (Master of all, Who
always was, is, and will be),

מִמְצַמֵּיחַ קַרְן וְיִשׁוּעָה.
Who causes to grow [come] the
horn [power—pride and glory]¹⁸ of
salvation [liberation].

שְׁמַע קוֹלֵנוּ
HEAR OUR PRAYERS

*After asking Hashem for Mashiach,
in this sixteenth berachah we ask
Hashem to hear our prayers.*

אב הַרְחֵמוּ,
Father, Who is merciful

שְׁמַע קוֹלֵנוּ ה' א-לֵהֵינוּ,
Hear our voice [which is like the
sound of a child crying], Hashem,¹⁹
our God,²⁰

וְכִסֵּא דָוִד עֲבָדְךָ
and the throne of your servant
David [Mashiach]¹⁶

מְהֵרָה לְתוֹכָהּ תִּבְנֶן.
may You quickly within
[Yerushalayim] establish.

בְּרוּךְ אַתָּה
Blessed are You [the source of all
blessing in the world],

ה',
Hashem (Master of all, Who
always was, is, and will be),

בּוֹנֵה יְרוּשָׁלַיִם.
the Builder of Yerushalayim
[the process of rebuilding Yerushalayim is
currently taking place even in our exile].

אֵת צִמַח דָּוִד
BRING MASHIACH
AND END THIS EXILE

WEEK
15

After asking Hashem that
Yerushalayim be restored to its
former glory, in this fifteenth
berachah of Shemoneh Esrei we
ask Hashem to bring Mashiach
and end this long exile.



אֵת צִמַח דָּוִד עֲבָדְךָ
The offspring of Your servant
David [Mashiach]

מְהֵרָה תִּצְמִיחַ,
may You quickly cause to
develop [come],

WEEK
16



תַּפְלֵת כָּל פֶּה עֲמֵד יִשְׂרָאֵל בְּרַחֲמִים.
 the prayer of every mouth of
 Your people [the Jewish nation] with
 compassion [even if we are not worthy].

בְּרוּךְ אַתָּה
 Blessed are You [the source of all
 blessing in the world],

ה',
 Hashem (Master of all, Who
 always was, is, and will be),

שׁוֹמֵעַ תְּפִלָּה.
 Who hears prayer.

רְצָה
 RESTORE THE SERVICE IN
 THE BEIS HAMIKDASH

WEEK
 17

*After asking Hashem to hear our
 prayers, in this seventeenth blessing
 we ask Hashem to restore the service
 in the Beis HaMikdash.*



רְצָה ה' אֱ-לֹהֵינוּ
 Be favorable, Hashem,²¹ our God,²²

בְּעַמְּךָ יִשְׂרָאֵל
 with Your people [the Jewish
 nation]

וְלִתְפִלָּתָם שָׁעָה,
 and to their prayer turn,

חַוֶּס וְרַחֵם עָלֵינוּ,
 have pity [since You created us] and
 mercy [even if we do not deserve it]
 on us,

וּקְבַל בְּרַחֲמִים וּבְרַצוֹן אֶת תְּפִלָּתֵנוּ,
 and accept, with mercy and
 favor, our prayer,

כִּי א-ל
 because the God [Who is all-
 powerful and Who shows His Presence
 through acts of mercy]]

שׁוֹמֵעַ תְּפִלוֹת וְתַחֲנוּנִים אַתָּה.
 Who always listens to prayers
 [the standard prayers] and pleadings
 [private and personal prayers], are You.

וּמִלְפָּנֶיךָ מַלְכֵנוּ
 and before You, our King,

רִיקִם אֶל תְּשִׁיבֵנוּ,
 do not turn us away empty-
 handed,

חַנּוּן וְעֲנֵנוּ וּשְׁמַע תְּפִלָּתֵנוּ,
 be gracious with us, and
 answer us and hear our prayer,

כִּי אַתָּה שׁוֹמֵעַ
 because You hear

ZOOMING IN - Weeks 15 & 16

רִיקִם empty- handed	וְתַחֲנוּנִים and pleadings	מַצְמִיחַ Who causes to grow	קוֹיֵנוּ we hope	לִישׁוּעָתֶךָ for Your salvation	תְּרוּם may You raise	תְּצַמִּיחַ to develop
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HALACHAH ADVISORY: On Rosh Chodesh and Chol HaMoed add יעלה ויבא here. (See grey box below.)



וּתְחַזְּינָה עֵינֵינוּ

May our eyes [be worthy to] see

בְּשׁוּבָךָ לְצִיּוֹן בְּרַחֲמִים.

the return [of Your Divine Presence (Shechinah)] to Tzion [Beis HaMikdash].

בְּרוּךְ אַתָּה

Blessed are You [the source of all blessing in the world],

ה'.

Hashem (Master of all, Who always was, is, and will be),

הַמְּחַיֵּי שְׂכִינְתּוֹ לְצִיּוֹן.

Who restores His Divine Presence to Tzion [Beis HaMikdash].

וְהָשִׁב אֶת הָעֹבֹדָה לְדַבֵּר בֵּיתְךָ.

And return the [sacrificial] service [of the Beis HaMikdash] to the Holy of Holies.²³

וְאִשֵּׁי יִשְׂרָאֵל וּתְפִלָּתָם

and the fire-offerings [daily animal offerings²⁴ in the Beis HaMikdash] of Israel [the Jewish people] and their prayers

מְהֵרָה בְּאַהֲבָה תִּקְבַּל בְּרָצוֹן,

speedily with love [please] accept with favor [as if they were actual offerings],²⁵

וְתֵהִי לְרָצוֹן תָּמִיד

and may it be favorable [to You], always,

עֹבֹדַת יִשְׂרָאֵל עִמָּךְ.

the service of Your people Israel [the Jewish nation].

יעלה ויבא

א-להינו וא-להי אבותינו, יעלה, ויבא, ויגיע, ויראה, וירצה, וישמע, ויפקד, ויזכר זכרונו ופקדונו, וזכרון אבותינו, וזכרון משיח בן דוד עבדך, וזכרון ירושלים עיר קדשך, וזכרון כל עמך בית ישראל לפניך, לפלטה לטובה לחן ולהסד ולרחמים, לחיים טובים ולשלום ביום עמך

בראש חדש:

בחוה"מ פסח:

בחוה"מ סוכות:

ראש החדש

חג המצות

חג הסוכות

הזה. זכרונו ה' א-להינו בו לטובה, ופקדנו בו לברכה, והושיענו בו לחיים טובים. ובדבר ישועה ורחמים, חוס וחנו ורחם עלינו והושיענו, כי אליך עינינו, כי א-ל מלך חנון ורחום אתה.

ZOOMING IN - Week 17

המחזיר Who restores	ואשי and the fire-offerings	והשב and return	שעה turn	רצה Be favorable
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מוֹדִים

THANKSGIVING



מודים follows the previous blessing in which we requested Hashem to restore service in the המקדש because before we acknowledge all the goodness we receive from Hashem by thanking Him in מודים, it is appropriate to first accept the obligation to serve Him.

The final blessings of Shemoneh Esrei are the הודאה, thanksgiving portion, in which we offer thanks to Hashem for all the goodness we receive from Him.



HALACHAH ADVISORY: מודים is one of the points in Shemoneh Esrei during which we bow.²⁶ However, at מודים there is no bending the knees. Rather, upon saying the word מודים, bow and stay in that position until you reach the Name of Hashem. Then straighten up and continue with saying the Name of Hashem.²⁷

מוֹדִים אֲנַחֵנוּ לָךְ

We give thanks to You,

שָׂאֲתָה הוּא ה' אֱ-לֹהֵינוּ

for it is You Who are Hashem,²⁸
our God²⁹

וּא-לֹהֵי אֲבוֹתֵינוּ

and the God of our Forefathers,

לְעוֹלָם וָעֶד.

forever and ever.

צוּרֵינוּ צוּר חַיֵּינוּ, מִגֵּן יִשְׁעֵנוּ

[You are the] our Rock, Rock of our lives [You keep us alive], Shield of our salvation [our protector],

אַתָּה הוּא לְדוֹר וָדוֹר.³⁰

You are the One [Who keeps us alive] from generation to generation.

נוֹדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ

We thank You and tell [others] Your praise,

עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,

for our lives that are given over into Your hand [Hashem keeps us alive],

וְעַל נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,

and for our souls that are entrusted into Your care [when we sleep],

וְעַל נִסֵּיךָ שֶׁבְּכֹל יוֹם עִמָּנוּ,

and for Your miracles [extraordinary events that cause everyone to say "wow"] that are with us every day,

ZOOMING IN - Week 18

לא תמו is never used up	לא כלו never ends	נפלאותיך Your wonders	הפקודות that are entrusted	המסורים that are given over	ונספר and tell	צור חיינו Rock of our lives
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כי מעולם קוינו לך.

For we have always [throughout the history of the Jewish people] put our hope in [only] You.

HALACHAH ADVISORY: On Chanukah and purim add "על הניסים" here. (See grey box below.)



ועל בלם

For all these [miracles, wonders, and favors],

יתברך ויתרומם ויתנשא שמך מלכנו

may Your Name, our King, [be] blessed and held and upraised in high regard

WEEK 19

ועל נפלאותיך

and for Your wonders [everyday, common, familiar events that we are used to seeing],

וטובותיך שבכל עת, ערב ובקר וצהרים.

And for Your favors in every time [of the day]—evening, morning, and afternoon.

הטוב כי לא כלו רחמיך,

[Hashem, You are] the Good One, because Your compassion never ends;

והמרחם כי לא תמו חסדיך,

[Hashem, You are] the Compassionate One, because Your kindness is never used up.

על הניסים

ועל הנסים, ועל הפרקו, ועל הגבורות, ועל התשועות, ועל הנפלאות, ועל הנחמות, ועל המלחמות, שעשית לאבותינו בימים ההם בזמן הזה.

לפריים

בימי מרדכי ואסתר בשושן הבירה, כשעמד עליהם המן הרשע, בקש להשמיד להרוג ולאבד את כל היהודים, מנער ועד זקן, טף ונשים ביום אחד, בשלשה עשר לחדש שנים עשר, הוא חדש אדר, ושללם לבוז. ואתה ברחמיך הרבים הפרת את עצתו, וקלקלת את מחשבתו, והשבות לו גמולו כראשו, ותלו אותו ואת בניו על העץ.

לחנני

בימי מתתיהו בן יוחנן כהן גדול חשמונאי ובניו כשעמדה מלכות יון הרשעה על עמך ישראל, להשמידם תורתך ולהעבירם מחקי רצונך. ואתה ברחמיך הרבים, עמדת להם בעת צרתם, רבת את ריבם, דנת את דינם, נקמת את נקמתם. מסרת גבורים ביד חלשים, ורבים ביד מעטים, וטמאים ביד טהורים, ורשעים ביד צדיקים, וזדים ביד עוסקי תורתך. וך עשית שם גדול וקדוש בעולמך, ולעמך ישראל עשית תשועה גדולה ופרקו כהיום הזה. ואחר כן, באו בניך לזכיר ביתך, ופנו את היכלך, וטהרו את מקדשך, והדליקו נרות בחצרות קדשך, וקבעו שמונת ימי חנכה אלו, להודות ולהלל לשמך הגדול.

ברוך אתה

Blessed are You [the source of all blessing in the world],

ה',

Hashem (Master of all, Who always was, is, and will be),

הטוב שמך

“The Good One” is Your Name

ולך נאה להודות.

and it is appropriate to thank [You].

שִׁים שְׁלוֹם

REQUEST FOR PEACE

WEEK
20

The concluding blessing of Shemoneh Esrei is a request for peace, as that is the ultimate blessing—without peace all other blessings are meaningless.



שִׁים שְׁלוֹם,

Establish peace,

טובה וברכה,

goodness, and blessing,

חיים, חן וחסד ורחמים

life, graciousness and kindness and mercy

עלינו ועל כל ישראל עמך.

upon us and upon all Your people Israel [the Jewish nation].

תמיד לעולם ועד.

constantly [every day and] forever.

בעשׂי"ת

(During the 10 Days of Repentance, i.e. from Rosh Hashanah to Yom Kippur, add:)

וּכְתוֹב לְחַיִּים טוֹבִים כָּל בְּנֵי בְרִיתְךָ.

and inscribe [write] for a good life, all the children of Your covenant [the Jewish nation].

וכל החיים

And all the living [even those who are unfortunate in life]

יודוך סלה,

shall praise You forever,

ויהללו ויברכו את שמך הגדול

בְּאֵמֶת, לְעוֹלָם כִּי טוֹב,

and praise and bless Your Name that is great sincerely [even in the difficult times of our lives] forever for it is good,

הא-ל ישועתנו ועזרתנו סלה, הא-ל

הטוב.

the God³¹ Who saves us [in times of trouble] and Who is our Helper forever [even if we suffer in this world we will be helped in the World to Come] the God who is good.

HALACHAH ADVISORY: Bend your knees at the word אָתָּה, then bow at the word בְּרוּךְ, and stay in that position until saying the Name of Hashem, at which point straighten up.³²



לְבַרְכֵינוּ וּלְבַרְךָ אֶת כָּל עַמְּךָ יִשְׂרָאֵל,
to bless us and to bless all Your
people Israel [the Jewish nation],

בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.
in every time in all hours with
Your peace.

(בְּרוֹב עֹז וְשָׁלוֹם)
(with much strength and
peace)

בְּעֵשִׂי"ת
(During the 10 Days of Repentance, i.e.
from Rosh Hashanah to Yom Kippur, add:)

בְּסֵפֶר חַיִּים וְשָׁלוֹם, וּפְרֻמָּה
טוֹבָה,
In the book of life, blessing,
and peace, and good [much and
easy] livelihood

וּגְזֵרוֹת טוֹבוֹת, יְשׁוּעוֹת וְנַחֲמוֹת
and decrees that are good,
rescues and comforts,

נִזְכָּר וְנִכְתָּב לְפָנֶיךָ,
may we be remembered and
inscribed [written] before You,

אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל,
we and all Your people, the
House of Israel [the Jewish nation],

בְּרַכְנוּ אֲבִינוּ,
Bless us, our [loving] Father [as
one would His child],

כְּלָנוּ כְּאַחַד בְּאוֹר פָּנֶיךָ,
all [together] as one with the
"light of Your face"³³ [a symbol of
friendliness and love],

כִּי בְּאוֹר פָּנֶיךָ
because with the "light of Your
face"

נָתַתָּ לָנוּ, ה' אֱ-לֹהֵינוּ,
You gave us, Hashem,³⁴ our God³⁵

תּוֹרַת חַיִּים
[at Mount Sinai] a living Torah [to
teach us how to live]

וְאַהֲבַת חֶסֶד,
and loving [to do] kindness [which
promotes peace]

וְצַדִּיקָה, וּבְרָכָה,
and righteousness, and
blessing,

וְרַחֲמִים, וְחַיִּים, וְשָׁלוֹם,
and mercy, and life, and peace,

וְטוֹב יִהְיֶה בְּעֵינֶיךָ
and may it be good in Your eyes

ZOOMING IN - Week 19 & 20

נַחֲמוֹת and comforts	יְשׁוּעוֹת rescues	בְּאוֹר פָּנֶיךָ with the "light of Your face"	חֵן graciousness	וְעֹזֵרֵנוּ and our Helper	יְדוּדָה shall praise You	וְיִתְרוֹמֵם and held in high regard
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א-להי, נצור

USING THE GIFT OF SPEECH
TO SPEAK WITH HASHEM

We began Shemoneh Esrei by asking Hashem to enable us to use the gift of speech to speak with Him—ה' שְׁפָתַי וּפִי יִגִּיד תְּהִלָּתְךָ, "Hashem open my lips, that my mouth may declare Your praise." We now conclude Shemoneh Esrei with a similar request.

א-להי, נצור לִשְׁוֵי מַרְעַ,

My God, [help me] guard my tongue from [speaking] evil [*lashon hara*]³⁷

וּשְׁפָתַי מִדְּבַר מְרָמָה,

And my lips from speaking dishonestly.

וְלִמְקַלְלֵי נַפְשִׁי תְדוּם,

And to those who curse me, let my soul be silent [calm; please help that I do not react in a bad way],

וּנְפִשִׁי כְּעָפָר

and [may] my soul be like dust [humble]

לְכָל תְּהִיָּה.

toward everything [help me so that I do not become arrogant if I am praised].

לְחַיִּים טוֹבִים וְלְשָׁלוֹם.

for good life and for peace.

בְּרוּךְ אַתָּה

Blessed are You [the source of all blessing in the world],

ה'.

Hashem (Master of all, Who always was, is, and will be),

הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

Who blesses His people Israel [the Jewish nation] with peace.

יְהִיו לְרִצּוֹן

May they find favor

WEEK
21

אִמְרֵי פִי

the words of my mouth

וְהִגִּיוֹן לְבִי לְפָנֶיךָ,

and the thoughts of my heart [find favor] before You,

ה' צוּרִי וְגֹאֲלִי.

Hashem³⁶ my Rock and my Redeemer.

ZOOMING IN - Week 21

תְּרַדֶּה נַפְשִׁי may my soul run after	תְּדוּם be silent	וְלִמְקַלְלֵי and to those who curse me	נצור guard	וְהִגִּיוֹן לְבִי and the thoughts of my heart	יְהִיו לְרִצּוֹן may they find favor
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עֲשֵׂה לְמַעַן תִּתְּנֶנּוּ, עֲשֵׂה לְמַעַן
קְדֹשְׁתֶּךָ.

act for the sake of your Torah
[for the sake of *Kiddush Hashem*], act for
Your holiness's sake.

לְמַעַן יִחַלְצֶנּוּ יְדֵיךָ,

So that Your beloved ones [the
Jewish people] be given rest [relief
from their troubles];

הַיְשִׁיעָה יְמִינְךָ וְעֲנֵנִי.

may Your "right hand" save
them, and answer me [in this
prayer].

HALACHAH ADVISORY: *Some say a verse
with the initial of their name*



יְהִיו לְרָצוֹן אִמְרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ,

May the words of my mouth
and the thoughts of my heart
find favor before You,

ה'

Hashem (Master of all, Who
always was, is, and will be),

צוּרִי וְגֹאֲלִי.

my Rock [You keep me alive] and
my Redeemer.

פֶּתַח לִבִּי בְּתוֹרָתְךָ,

Open my heart to [receive and
desire] Your Torah,

וְאַחֲרֵי מִצְוֹתֶיךָ

and after Mitzvos

תְּרַדְדֶנּוּ נַפְשִׁי.

May my soul run [with great
energy].

וְכָל הַקָּמִים וְהַחֹשְׁבִים עָלַי לְרָעָה,

and all those who rise up and
to think to do evil [bad] against
me,

מְהֵרָה יַפְרֵם עֲצָתָם

quickly cancel their plans

וְקָלְקַל מַחֲשַׁבְתָּם.

and disrupt their thoughts [so
that they can't even plan bad against me].

עֲשֵׂה לְמַעַן שְׁמֶךָ,

Act for Your Name's sake [for the
sake of *Kiddush Hashem*],

עֲשֵׂה לְמַעַן יְמִינְךָ,

act for Your "right hand's" sake
[for the sake of *Kiddush Hashem*],

WEEK
22

ZOOMING IN - Weeks 21 & 22

וְעִרְבָה and may it be pleasing	קְדָמוֹנוֹת previous	יִחַלְצֶנּוּ יְדֵיךָ Your beloved ones be given rest	מַחֲשַׁבְתָּם their thoughts	וְקָלְקַל and disrupt
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במהרה בימינו,
speedily in our days,

ותן חלקנו בתורתך.
and give us our share in Your
Torah.

ושם נעבדך בראה,
And may we serve You there
with awe [respect and admiration].

כימי עולם
[when the Beis HaMikdash stood], as in
olden days

ובשנים קדמוניות.
And in previous years.

וערבה לה
and may it be pleasing to
Hashem

מנחת יהודה וירושלים,
the offerings of Yehudah
[the portion of the Tribe of Yehudah in
Yerushalayim]

כימי עולם
as in olden days

ובשנים קדמוניות.
and [as they were] in previous
years [when the Beis HaMikdash stood].

HALACHAH ADVISORY: *Take three steps back, bow left and say "עשה", bow right and say "הוא יעשה", bow forward and say "ועל כל ישראל"*



עשה שלום (בעשי"ת - השלום)
במרוםיו,

He Who makes (the) peace in His
heights [in the spiritual world of the
angels],

הוא יעשה שלום עלינו,
may He make peace on us [on
Earth],

ועל כל ישראל.
and on all of Israel [the Jewish
people].

ואמרו אמן.
and they [the angels who guide our
prayer] say Amen.

יהי רצון

יהי רצון מקפנך
May it be Your will before You,

ה' א-להינו וא-להי אבותינו,
Hashem,³⁸ our God³⁹ and the
God of our Forefathers,

שיבנה בית המקדש
That the Beis HaMikdash will
be rebuilt

1. שר"ע ארו"ח ס"י קד"א.
2. שר"ע ארו"ח ס"י צח וס"י קא ס"א ובמ"ב שם ס"ק א-ב.
3. סנהדרין כב ע"א.
4. שר"ע ארו"ח ס"י צח וס"י קא ס"א ובמ"ב שם ס"ק א-ב.
5. ארו"ח קיגז מ"ב ס"ק ג. For additional alternatives, see *Praying With Fire*, p. 108, fn 7.
6. ארו"ח קיגז מ"ב ס"ק יב.
7. Who is all-powerful Who shows His Presence through acts of mercy.
8. ארו"ח קיגז מ"ב ס"ק יב.
9. Following are examples of the abundant kindness extended to the living.
10. Twenty-three to seventy-one men appointed as judges in every city in Eretz Yisrael in olden times.
11. לפנים משורת הדין.
12. Not mentioned above.
13. Master of all, Who always was, is, and will be.
14. Our all-powerful God [Who constantly supervises all that goes on in the world].
15. "And I will dwell in Jerusalem" (*Zechariah* 8:3).
16. A direct inheritor of David HaMelech.
17. Just as the strength and beauty of an animal—its "glory"—is highlighted by its horns, which are very strong.
18. Just as the strength and beauty of an animal—its "glory"—is highlighted by its horns, which are very strong.
19. Master of all, Who always was, is, and will be.
20. Our all-powerful God [Who constantly supervises all that goes on in the world].
21. Master of all, Who always was, is, and will be.
22. Our all-powerful God [Who constantly supervises all that goes on in the world].
23. In the Beis HaMikdash.
24. *Korbanos*.
25. *Tur* (*Orach Chaim* 120). However, according to Vilna Gaon cited in *Mishneh Berurah* 120:1, the meaning of this segment of *Shemoneh Esrei* is: "...and return the service...and the fire-offerings of Israel [the Jewish people]." "Their prayer accept with love..."
26. שר"ע ס"י קיגז ס"א.
27. מ"ב, שם, והא דכתבנו שזוקפין לפני אמירת השם, היינו כדעת הקינור שולחן ערוך (ס"י יח ס"י"א) הסודור יעב"ץ.
28. Master of all, Who always was, is, and will be.
29. Our all-powerful God [Who constantly supervises all that goes on in the world].
30. Alternatively, "... you are the One [Who keeps us alive]. [New sentence] "From generation to generation we thank You and tell [others] Your praise" (*Rav Schwab on Prayer*, ArtScroll, p. 514.)
31. Who is all powerful and Who shows His Presence through acts of mercy.
32. ארו"ח קיגז מ"ב ס"ק יב.
33. Although Hashem does not have a physical form, the Torah uses language as it would occur in humans so that people can better understand (*Rashi*, *Shemos* 15:8).
34. Master of all, Who always was, is, and will be.
35. Our all-powerful God [Who constantly supervises all that goes on in the world].
36. Master of all, Who always was, is, and will be.
37. Classified as a terrible sin (see *Rambam*, *Teshuvah* 3:6).
38. Our all-powerful God [Who constantly supervises all that goes on in the world].
39. Master of all, Who always was, is, and will be.