



Shemoneh Esrei for Shabbat (English)

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

1. Blessed are You Yahweh, our Elohim. Our Elohim and the Elohim of our forefathers, Elohim of Avraham, Elohim of Yitzqak, and Elohim of Ya'akov; the great, mighty, and awesome Elohim, the supreme Elohim, Who bestows beneficial kindness and creates everything, Who recalls the kindness of the Patriarchs and brings 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.

2. You are eternally mighty, my Master, the Resuscitator of the dead are You; abundantly able to save, Who sustains the living with kindness; resuscitates the dead with abundant mercy; supports the fallen, heals the sick, You are holy and Your Name is holy, and the holy ones praise You, every day, forever. Blessed are You, Yahweh, the holy Elohim.

3. Mosheh rejoiced in the gift of his portion: That You called him a faithful servant. A crown of splendor You placed on his head when he stood before You on Mt. Sinai. He brought down the two stone tablets in his hand, on which I inscribed the observance of the Shabbat; and so it is written in Your Torah: "and the children of Yisrael shall keep the Shabbat, to make the Shabbat for their generations on eternal covenant. Between Me and the children of Yisrael it is a sign forever that in six days Yahweh made the heaven and the earth, and on the seventh day He rested and was refreshed." And You did not give it, Yahweh our Elohim, to the nations of the lands, nor did You make it the inheritance, our king, of the worshippers of graven idols. And in its contentment the uncircumcised shall not abide-for to Yisrael, Your people, have You given it in love, to the seed of Ya'akov, whom You have chosen. the people that sanctifies the Seventh-they will be satisfied and delighted from Your goodness. And the Seventh-You found favor in it and sanctified it! Most coveted of days You called it, a remembrance of the fact of creation.

4. Our Elohim and the Elohim of our forefathers, may You be pleased with our rest. Sanctify us with Your commandments and grant us our share in Your Torah; satisfy us with Your goodness and gladden us with Your Salvation, purify our heart to serve you sincerely. O Yahweh, our Elohim, grant us a heritage with love and favor, Your holy Shabbat and may Yisrael, the sanctifies of Your Name, rest on it. Blessed are You, Yahweh, Who sanctifies the Shabbat.

5. Be favorable, Yahweh, our Elohim, toward Your people Yisrael and their prayer and restore the service to the Holy of Holies of Your Temple. The fire offerings of Yisrael and their prayer accept with love and favor, and may the service of Your people Yisrael always be favorable to You. May our eyes behold Your return to Tzion in compassion. Blessed are You, Yahweh, Who restores His presence to Tzion.

6. We gratefully thank You, for it is You Who are Yahweh, our Elohim, and the Elohim of our forefathers forever and ever; Rock of our lives, Shield of our Salvation are You from generation to generation. We shall thank You and relate Your praise-for our lives, which are committed to Your power, and our souls that are entrusted to You, and for Your miracles that are with us very day, and for Your wonders and favors in every season- evening, morning, and afternoon. The Beneficent One, for Your compassions were never exhausted, and the Compassionate One, for Your kindness never ended-always have we put our hope in You. Blessed are You, Yahweh, Your Name is the Beneficent One and to You it is fitting to give thanks.

7. Establish peace, goodness, blessing, graciousness, kindness, and compassion upon us and upon all Your people Yisrael. Bless us, Father, all of us as one, with the light of Your countenance, for with the light of Your countenance You, Yahweh, our Elohim, gave us the Torah of life and love of kindness, righteousness, blessing, compassion, life, and peace. And may it be good in Your eyes to bless Your people Yisrael with peace. Blessed are You, Yahweh, Who blesses His people Yisrael with peace.

May the expressions of my mouth and the thoughts of my heart find favor before You, Yahweh, my Rock and my Redeemer. My Elohim, guard my tongue from evil and my lips from speaking deceitfully. To those who curse me, let my soul be silent; and let my soul be like dust to everyone. Open my heart to Your Torah, then my soul will pursue Your commandments. As for those who design evil against me, speedily nullify their counsel and disrupt their design. Act for Your Names sake; act for Your Right Hand's sake; act for Your Torah's sake; that Your beloved ones may be given rest; let Your Right Hand save, and respond to me. May the expressions of my mouth and the thoughts of my heart find favor before You, Yahweh, my Rock and my Redeemer. He Who makes peace in His heights (bow right), may He make peace upon us (bow left), and upon all Yisrael (bow center). Now respond-Amein.

May it be Your will, Yahweh, our Elohim and the Elohim of our forefathers, that the Holy Temple be rebuilt, speedily in our days; and grant us our share in Your Torah; and may we serve You there with reverence, as in the days of old and in former years. Then the offering of Yisrael and Yahrushalayim will be pleasing to Yahweh as in the days of old and in the former years.

All respond Amein!