

Amidah (Standing Prayer)

– Shemonei Esrei (Eighteen Blessings)

My Lord, open my lips and I will tell your praise.

O Blessed are you, Lord our God and the God of our forefathers, God of Abraham, God of Isaac, and God of Jacob. The God, The Great, the Powerful, the Awesome, Most High God who does good deeds of loving-kindness and is the Creator of everything and remembers the deeds of loving-kindness of our forefathers, and who brings a redeemer to their children's children, for the sake of His name, with love. King, Helper, Savior and Shield. Blessed are You, God, Shield of Abraham.

You are great forever my Lord, You revive the dead, with great salvation. You cause the wind to blow and the rain to fall. You nourish the living with loving-kindness, you revive the dead with great compassion, support the falling and heal the sick, and release the imprisoned, and fulfill Your faithfulness to those who sleep in the dust. Who is like You, Master of Strength, who can be compared to You? You are a King who causes death, [for purpose of] bringing the person back to life. Blessed are You, God, who resurrects the dead.

You are Holy, and Your Name is Holy, and the holy ones praise you everyday, forever. Blessed are You, God, the Holy God.

You graciously give man discerning knowledge, and teach people understanding. Graciously grant us from Yourself discerning knowledge, understanding and intellect. Blessed are You, God, who graciously grants discerning knowledge.

Return us, our Father, to Your Torah, and bring us close, Our King, to Your service, and return us with complete repentance before You. Blessed are You, God, who desires repentance.

Forgive us, Our Father, for we have sinned unintentionally. Pardon us, Our King, for we have purposely sinned, for You pardon and forgive. Blessed are You, God, the gracious one who forgives abundantly.

Please look at our affliction, and fight our battles, and redeem us quickly for Your Name's sake because You are a mighty Redeemer. Blessed are You, God, redeemer of Israel .

Heal us, Lord, and we will be healed. Save us, and we will be saved, since our praise is to You. And bring about a complete remedy for all of our afflictions, for You are God, a King who is a faithful and compassionate healer. Blessed are You, God, who heals the sick of His people Israel .

Bless upon us, Lord our God, this year and all of its types of produce for good. And give a blessing on the surface of the Earth. And satisfy us from Your bounty, and bless this year like the good years. Blessed are You, God, who blesses the years.

Sound the shofar for our freedom, and raise a banner to gather in our exiles, and gather us together from the four corners of the earth. Blessed are You, God, who gathers in the scattered ones of His people Israel .

Return our judges to us, as they were in the earliest times, and the ones who gave us counsel, as at first. And remove sorrow and groaning from us. And rule over us, You, God, all by Yourself, with loving-kindness and compassion. And we should come out righteous in judgement. Blessed are You, God, a King who loves righteousness and justice.

On the righteous, and on the devout, and on the elders of Your nation, and on the remnant of their scholars and on the righteous converts, and on us, please bestow Your compassion, Lord our God, and give a good reward to all those who trust in Your name, in truth. And put our portion together with theirs, and we will not be embarrassed, because we have trusted in You. Blessed are You, God, Mainstay of, and Assurer to the righteous.

And to Jerusalem Your city You should return with compassion and You should dwell there as You told us You would. And build it very soon, and in our days, as an everlasting building. And may You speedily establish the throne of David within it. Blessed are You, God, who builds Jerusalem .

Make the offspring of David, Your servant, sprout forth quickly and raise his glory in Your salvation, because we hope for Your salvation all day. Blessed are You, God, who makes the glory of salvation flourish.

Hear our voice, Lord our God, have pity and be compassionate to us, and accept our prayers with compassion and willingness, because You are a God who listens to prayer and supplication. And from before You, King, do not turn us away empty-handed, because You listen with compassion to the prayers of Your people. Blessed are You, God, who hears prayer.

Be pleased, Lord our God, with your people, Israel , and with their prayers, and reinstate the service to the Holy of Holies in Your House, and sacrifices of Israel . And accept their prayers with love and willingness, and may the service of Your people, Israel , always be pleasing. And our eyes should see Your return to Zion with compassion. Blessed are You, God, who returns His divine Presence to Zion .

We thank You, that You are the Lord our God, and the God of our fathers, forever. You are the Rock of our lives, the Shield of our salvation, in every generation. We will thank You and tell Your praise for our lives which are given over into Your hand, and for our souls which are in safekeeping with You, and for Your miracles which are with us everyday, and for Your wonders and goodnesses that occur at all times - in evening and in the morning, and in the afternoon. You are good, for You have not stopped Your compassion, and You are the Merciful One, for Your loving-kindness has not ceased.

Grant peace, goodness and blessing, graciousness, loving-kindness and compassion upon us, and upon all Israel , Your nation. Bless us, our Father together as one, with the light of Your face, because, by the light of Your face, You have given us, Lord our God, a Torah of life, and a love of loving-kindness, and righteousness and blessing and compassion, and life and peace. It is good in Your eyes to bless Your people Israel at all times and every hour with Your peace. Blessed are You, God, who blesses His people Israel with peace.

May the words of my mouth and the meditation of my heart be acceptable to You, O Lord, my Strength and my Redeemer.