

The "Boker Tov" Siddur

Updated August 2026, Elul 5786

Boker Tov is TBZ's daily practice of gratitude, joyful worship and connection.



TBZ



Modah/Modeh ani lefanecha melech chai/
ruach chai vekayam shehechezarta bi
nishmahti b'chemlah, rabah emunatecha

מודה/מודה אני לפניך מלך/רוח חי
וקיים שהחזרת בי נשמת, בחמלה רבה
אמונתך:

**Thank You, Living God And Master, for giving me another
day of awareness. I thank You for this sacred trust.
(Reb Zalman Schachter-Shalomi)**

Baruch ata Adonai, Eloheinu melech ha'olam,
asher yatzar et ha'adam b'chochma, u'vara vo
n'kavim n'kavim, chalulim chalulim, galui v'yadua
lifnei kisei ch'vodecha she'im yipatei'ach echad
meihem, o yisateim echad meihem, e efshar
l'hitkatyeim v'la'amod l'fanecha. Baruch ata
Adonai, rofei chol basar, u'mafli la'asot.

ברוך אתה יהוה אלהינו מלך העולם אשר
יצר את האדם בחכמה וברא בו
נקבים נקבים חלולים חלולים גלוי וידוע לפני
כסא כבודך שאם יפתח אחד
מהם או יסתם אחד מהם אי אפשר להתקיים ולעמד
גמד לפניך אפילו שעה אחת.
ברוך אתה יהוה רופא כל־בשר ומפליא לעשות:

I worship You, Yah,
our God, Cosmic Majesty.
You formed me,
A human being,
So wisely.
You created in me
All kinds of Hollows and ducts,
Inner organs and intestines.

As I am all transparent to You,
It is apparent and clear,
That if any of these
That need to be open would clog,
Or any of these
Which need to be enclosed Would seep,
I could not exist and live
In Your sight,
Not even for a moment.

So I am grateful
And bless You,
For healing me,
In amazing ways.

(Reb Zalman Schachter-Shalomi)

Elohai Neshamah shenatah bi, tehorah hi.

אֱלֹהֵי נִשְׁמָה שְׁנֵיתָ בִּי טְהוֹרָה הִיא.

My God,
The breath You have given me Is fresh.
You create it.
You form it.
You breathe it into me.
And you keep me breathing.
At some time,
You will take it away from me, And I will have breathed
my last breath in this body.
And You will resuscitate me, To the life of the spirit.
For each breath still in me,
I thank You,
My own God,
Who is also my parents' God, Lord of all spirits,
Master of all that happens.
I offer You thanks, Cosmic Majesty,
And worship You,
For keeping me breathing.
And in this way,
With each breath,
You give me Life anew.

(Reb Zalman Schachter-Shalomi)

I take upon myself,
fulfilling the mitzvah of
the Creator:
"To love your neighbor as
yourself"

Hareini Mekabel/Mekabelet Alai,
et mitzvat haboreh, "v'ahavtah
l'rei'acha kamocha"

הֲרִינִי מְקַבֵּל/מְקַבֶּלֶת עָלַי
אֶת מִצְוַת הַבּוֹרֵא,
"וְאַהֲבַת לְרֵעֶךָ כְּמוֹךָ":

Sitting in Your home is
happiness. And, offering
appreciation of You,
Is even more so.
Selah!

Ashrei yoshvei vei'techa od
yehalelu'ha selah

אֲשֶׁרֵי יוֹשְׁבֵי בֵיתְךָ. עוֹד
יְהַלְלוּךָ סֵלָה:

There is contentment for
a people So at home with
Yah. There is serenity
among the people Who
have You, as their God.

Ashrei Ha-am she'cacha lo, ashrei
ha'am sh'Adonai elohav

אֲשֶׁרֵי הָעָם שֶׁכָּפָה לוֹ. אֲשֶׁרֵי
הָעָם שֶׁה' אֱלֹהָיו:

David's Aleph Bet Praise

I hold You in the highest
esteem, My God, My King.
In all I do,
I will offer praise to You.

Every day, I will offer You
my appreciation
And I will cheer You,
In all that I do.

Magnificent are You, Yah,
And much appreciated.
But, Your true greatness Is
beyond knowing.

T'-hi-lah l'-Da-vid.

A-ro-mim-cha E-lo-hai ha-me-lech
va-a-var-cha shim-cha l'-o-lam va-ed.

B'-chol yom a-var-che-ka va-a-ha-l'-la
shim-cha l'-o-lam va-ed.

Ga-dol Adonai um-hu-lal m'-od
v'-lig-du-la-to ein chei-ker.

תְּהִלָּה לְדָוִד.

אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ.
וְאֶבְרַכְּךָ שְׁמֶךָ לְעוֹלָם וָעֶד:

בְּכָל יוֹם אֶבְרַכְּךָ. וְאֶהַלְלָה
שְׁמֶךָ לְעוֹלָם וָעֶד:

גָּדוֹל ה' וּמְהֻלָּל מְאֹד.
וְלִגְדֻלָּתוֹ אֵין חֵקֶר:

One generation
Transmits its excitement
To the next Over Your
amazing actions, Telling
them of Your might.

Splendid and glorious
Is Your fame.

In all that I do,
I delight to tell of
Your marvels.

While others may speak
Of Your awesome power,
I stress Your
great kindness.

Dor l'-dor y'-sha-bach ma-a-se-cha
ug-vu-ro-te-cha ya-gi-du.

Ha-dar k'-vod ho-de-cha - v'-div-rei
nif-lo-te-cha a-si-cha.

Ve-e-zuz nor-o-te-cha yo-mei-ru
ug-du-lat-cha a-sap-re-na.

דור לדור ישבח מעשיך.
וגבורתיך יגידו

הדר כבוד הודך. ודברי
נפלאתיך אשיחה:

ועוז נוראתיך יאמרו.
וגדלתך אספרנה:

Many will recall
Your great goodness,
And sing of Your fairness.

You, Yah, are gentle
And compassionate,
Most patient
And caring.

You, Yah, are good to all
of us. All that You have
made, You hold in
Your tenderness.

We, who are fashioned by
You, Acclaim You.
In fervent devoutness,
We bless You.

Zei-cher rav tuv-cha ya-bi-yu
v'-tzid-kat-cha y'-ra-nei-nu.

Cha-nun v'-ra-chum Adonai - e-rech
a-pa-yim ug-dol cha-sed.

Tov Adonai la-kol - v'-ra-cha-mav
al kol ma-a-sav.

Yo-du-cha Adonai kol ma-a-se-cha
va-cha-si-de-cha y'-var-chu-cha.

זֵכֶר רַב טוֹבְךָ יִבְיְעוּ.
וְצִדְקָתְךָ יִרְאֶנוּ:

חֲנוּן וְרַחוּם ה' .
אֶרֶךְ אַפִּים וְגָדֹל חֶסֶד:

טוֹב ה' לְכָל.
וְרַחֲמָיו עַל כָּל מַעֲשָׂיו:

יִדּוּכְךָ ה' כָּל מַעֲשֶׂיךָ.
וְחִסְדֶּיךָ יִבְרַכְכָּה:

We talk of the honor
Of Your realm,
And draw our energy
From Your power.

Thus, we announce to
others How powerful
You are, And how
distinguished Your
Majesty is.

Your domain embraces
universes. Your authority
is recognized Throughout all
generations.

You, Yah,
Keep us from faltering,
And help us up,
when we stumble.

K'-vod mal-chut-cha yo-mei-ru
ug-vu-rat-cha y'-da-bei-ru.

L'-ho-di-a liv-nei ha-a-dam
g'-vu-ro-tav - uch-vod ha-dar
mal-chu-to.

Mal-chut-cha mal-chut kol
o-la-mim u-mem-shal-t'-cha
b'-chol dor va-dor.

So-meich Adonai l'-chol ha-nof-lim
v'-zo-keif l'-chol hak-fu-fim.

כְּבוֹד מַלְכוּתְךָ יֵאָמְרוּ.
וְגִבּוֹרֶתְךָ יִדְבְּרוּ:

לְהוֹדִיעַ לְבְנֵי הָאָדָם גִּבּוֹרֶתְךָ.
וְכָבוֹד הַדֹּר מַלְכוּתוֹ:

מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים.
וּמִמְשַׁלְתְּךָ בְּכָל דּוֹר וָדוֹר:

סוֹמֵךְ ה' לְכָל הַנִּפְלִים.
וְזוֹקֵף לְכָל הַכַּפּוּפִים:

We all look up to You
with hope. And trust that
You will provide us, At the
right moment,
With what we need.

You open Your hand,
And each one of
us receives,
What we desire.

You are a Tzaddik, In all
Your ways; A Chassid,
In all that You do.

You are close by
When we call on You;
Especially, when we
fully mean it.

Ei-nei chol ei-le-cha y'-sa-bei-ru
v'-a-ta no-tein la-hem et
och-lam B'-i-to.

Po-tei-ach et ya-de-cha - u-mas-bi-a
l'-chol chai ra-tzon.

Tza-dik Adonai b'-chol d'-ra-chav
v'-cha-sid b'-chol ma-a-sav.

Ka-rov Adonai l'-chol kor-av - l'-chol
a-sheer yik-ra-u-hu v'e-met.

עֵינֵי כָל אֱלֵיךָ יִשְׁבְּרוּ.
וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכָלָם
בְּעֵתוֹ:

פּוֹתֵחַ אֶת יָדְךָ.
וּמַשְׂבִּיעַ לְכָל חַי רָצוֹן:

צַדִּיק ה' בְּכָל דְּרָכָיו.
וְחָסִיד בְּכָל מַעֲשָׁיו.

קָרוֹב ה' לְכָל קוֹרְאֵיו.
לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת:

You shape the will of
those Who respect You;
You hear their pleading,
And, You help.

You, Yah, protect those
Who love You.
Those who do evil,
You eliminate.

I offer my mouth to God's
praise. Let all who are
in bodies of flesh,

Bless Your holy Name at all
times, And we will bless You,
Yah, From now on, and for as
long As there is life,
on this world.

Retzon y'-rei-av ya-a-seh - v'-et
sha-va-tam yish-ma v'-yo-shi-eim.

Sho-meir Adonai et kol o-ha-vav.
v'-eit kol har-sha-im yash-mid.

T'-hi-lat Adonai y'-da-beir
pi vi-va-reich kol ba-sar sheim
kod-sho l'-o-lam va-ed.

Va-a-nach-nu n'-va-reich
ya - mei-a-ta v'-ad o-lam ha-l'-lu-ya

רְצוֹן יִרְאִיו יַעֲשֶׂה.
וְאֵת שׁוֹעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם:

שׁוֹמֵר ה' אֶת כָּל אֲהָבָיו.
וְאֵת כָּל הָרָשָׁעִים יִשְׁמִיד:

תְּהִלַּת ה' יִדְבָּר פִּי.
וַיְבָרֶךְ כָּל בָּשָׂר שֵׁם קָדְשׁוֹ
לְעוֹלָם וָעֶד:

וְאֲנַחְנוּ נְבָרֶךְ יְיָ מִעַתָּה
וְעַד עוֹלָם. הִלְלוּיָהּ:

Hallelujah!

Praise God in the sacred sanctuary;

Praise God in the mighty heavens

Praise God for the vast power;

Praise God for abundant greatness.

Praise God with the sound

of the Shofar,

Praise God with lute and lyre.

Praise God with drum and dance,

Praise God with strings and flute.

Praise God with resounding cymbals,

Praise God with clanging cymbals.

Praise God everything that breathes.

Hallelujah! Praise the Lord!

Hallelujah.

Hallelu El Bekodsho

Halleluhu Birki'a Uzo

Halleluhu Bigvurotav

Halleluhu Kerov Gudlo.

Halleluhu Beteika Shofar

Halleluhu Beneivel Vechinor.

Halleluhu Betoph U'Machol

Halleluhu Beminim Veugav.

Halleluhu Betziltzilei Shama

Halleluhu Betziltzilei Teruah.

Kol Haneshama Tehallel Yah Halleluyah

Kol Haneshama Tehallel Yah Halleluyah

הַלְלוּיָהּ. הָלְלוּ אֵל בְּקֹדֶשׁוֹ.

הַלְלוּהוּ בְּרִקְיעַ עִזּוֹ:

הַלְלוּהוּ בְּגִבּוֹרָתוֹ.

הַלְלוּהוּ כָּרֵב גְּדֻלּוֹ:

הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר.

הַלְלוּהוּ בְּנִבֵּל וְכִנּוֹר:

הַלְלוּהוּ בְּתֵף וּמָחוֹל.

הַלְלוּהוּ בְּמִנִּים וְעֶגְבִּי:

הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע.

הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:

כָּל הַנְּשָׁמָה תְהַלֵּל יָהּ. הַלְלוּיָהּ:

כָּל הַנְּשָׁמָה תְהַלֵּל יָהּ. הַלְלוּיָהּ:

Praised are You, Adonai our
God, Ruler of the universe,
who forms light and creates
darkness, who ordains the
harmony of all creation.

Baruch ata Adonai, Eloheinu
melech ha'olam **Yotzer or**
u'Boreh choshech, Oseh
Shalom u'Boreh et hakol.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ
עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת־הַכֹּל:

Hear, O Israel, Adonai is our
G-d, Adonai is One.
Praised be God's glorious
sovereignty for ever and ever

Shema Yisrael YHVH Eloheinu
YHVA Echad
Baruch Shem Kavod Malchuto
L'olam Vaed

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ
יְהוָה אֶחָד:
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ
לְעוֹלָם וָעֶד:

You shall love Adonai your God with all your heart, with all your soul, and with all your might. Take to heart these instructions with which I charge you this day. Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates.

V'ahavta et Adonai Elohecha,
b'chol l'vavcha uv'chol nafsh'cha
uv'chol m'odecha. V'hayu
had'varim ha-eileh asher
anochi m'tzav'cha hayom al
l'vavecha. V'shinantam l'vanecha
v'dibarta bam b'shivt'cha
b'veitecha uv'lecht'cha vaderech
uv'shochb'cha uv'kumecha.
Uk'shartam l'ot al yadecha
v'hayu l'totafot bein einecha.
Uch'tavtam al m'zuzot beitecha
uvish'arecha

וְאַהַבְתָּ אֶת ה' אֱלֹהֶיךָ בְּכָל לִבְבְּךָ
וּבְכָל נַפְשְׁךָ וּבְכָל מְאֹדְךָ: וְהָיוּ הַדְּבָרִים
הָאֵלֶּה אֲשֶׁר אֶנְכִי מְצַוְךָ הַיּוֹם עַל
לִבְבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ
וּבְקוּמְךָ: וְקָשַׁרְתָּם לְאוֹת עַל יָדְךָ וְהָיוּ
לְטָטַף בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Now listen. If you pay attention to the rules I have set for nature, in love and respect for the Creator and with a soul-deep commitment to the future, your place in the world will be secure. The climate will function as it should, spring showers and fall rains will water the earth in season, and the ecosystem will flourish, nourishing all life and you within it. Take care to remain focused on this and not be seduced into callous, inconsiderate ways by false values and empty promises. Otherwise, the weather will be turned against you, drought will strike, storms will ravage the earth, and all that is good in your lives on this planet that God has given you will be lost.

You need to take to heart all I have said, letting it guide your actions and your thoughts. Pass the message on to the next generation, too, teaching them at every opportunity, at home and in school. Make it the very hallmark of your lives both as individuals and communities.

That way, you and your descendants will be able to live fully in the world you have inherited, resplendent in My harmony - the harmony of heaven and earth.

Vehaya im Shamo'a tishme'u el mitzvotai
 asher anokhi metzaveh etkhem hayom
 Le'ahava et Adonai Elohekhem uleavdo
 bekhoh levavkhem uvekhoh nafshekhem.
 Venatati metar artzekhem be'ito yoreh
 umalkosh Ve'asafta deganekha vetiroshkha
 veyitzharekha. Venatati esev besadkha
 livhemtekha ve'akhalta Vesavata.
 Hishamru lakhehm pen yifteh levavkhem
 Vesartem va'avadetem elohim akherim
 vehishtakhavitem lahem. Vekhara af Adonai
 bakhem ve'atzar et hashamayim velo
 yihyeh matar voha'adama lo titen et yevula
 Va'avadetem mehera me'al ha'aretz hatova
 asher Adonai noten lakhem. Vesamtem et
 devarai eileh al levavkhem ve'al nafshekhem
 Ukshartemotam le'ot aliye dekhe mvehayu
 v'totafot bein einekhem. Velimadetem otam
 et benekhem ledaber bam Beshivtekha
 bevetekha uvlekhtekha vaderekh
 uvshokhbekha uvkumekha. Ukhtavtam al
 mezuzot betekha uvisharekha. Lema'an yirbu
 yemekhem viymeihenekhem al ha'adama
 asher nishba Adonai la'avotekhem latet
 lahem kimei hashamayim al ha'aretz.

וְהָיָה אִם שָׁמַעַתְּ שְׁמִיעוּ אֶל מִצְוֹתַי אֲשֶׁר אֲנִי
 מְצַוֶּה אֶתְכֶם הַיּוֹם לְאַהֲבָה אֶת ה' אֱלֹהֵיכֶם
 וּלְעָבְדוֹ בְּכָל לְבַבְכֶם וּבְכָל נַפְשְׁכֶם: וְנָתַתִּי
 מִטַּר אֶרְצְכֶם בְּעֵתוֹ יוֹרֵה וּמִלְקוֹשׁ וְאֶסְפַּתְּ
 דָּגָנְךָ וְתִירֹשְׁךָ וְיִצְהָרְךָ: וְנָתַתִּי עֵשֶׂב בְּשִׂדְךָ
 לְבִהֶמְתְּךָ וְאֶכְלָתָה וְשָׁבַעְתָּ: הַשְׁמִירוּ לָכֶם פֶּן
 יִפְתָּה לְבַבְכֶם וְסוֹרְתֶם וְעַבַּדְתֶּם אֱלֹהִים
 אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אִף
 ה' בָּכֶם וְעָצַר אֶת הַשָּׁמַיִם וְלֹא יִהְיֶה מָטָר
 וְהָאֲדָמָה לֹא תִתֵּן אֶת יְבוּלָהּ וְאֶבְדֶּתֶם מִהֲרָה
 מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר ה' נָתַן לָכֶם: וְשָׁמַרְתֶּם
 אֶת דְּבָרֵי אֱלֹהֵי עַל לְבַבְכֶם וְעַל נַפְשְׁכֶם
 וְקִשְׁרְתֶּם אִתְּם לְאוֹת עַל יְדְכֶם וְהָיוּ
 לְטוֹטָפֶת בֵּין עֵינֵיכֶם: וְלִמְדֶתֶם אִתְּם אֶת
 בְּנֵיכֶם לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ
 בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְכָתַבְתֶּם עַל מְזוֹזוֹת
 בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם
 עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע ה' לַאֲבֹתֵיכֶם לָתֵת
 לָהֶם כִּימֵי הַשָּׁמַיִם עַל הָאָרֶץ:

Yah who Is, said to Moses, "Speak, telling the
 Israel folks To make tzitzit
 On the corners of their garments, So they
 will have generations To follow them.
 On each tzitzit tassel, Let them set a blue
 thread. These tzitzit are for your benefit!
 Glance at them. And in your seeing,
 Remember all the other directives Of Yah,
 who Is, And act on them! This way, You
 will not be led astray, Craving to see and
 want, And then prostitute yourself For
 your cravings. This way You will be mindful
 To actualize my directions For becoming
 dedicated to your God; To be aware That I
 Am Yah, Who is your God, Who is the one
 who freed you From oppression, in order to
 God you. I am Yah, who is your God.
 That is the truth! / Emet"

Vayomer Adonai el Mosheh le'mor.
 Daber el benei Yisra'el ve'amarta aleihem
 Ve'asu lahem tzitzit al kanfei bigdeihem
 ledorotam Venatnu al tzitzit hakanaf petil
 tekhelet. Vehaya lakhem letzitzit ur'item
 oto Uzkharthem et kol mitzot Adonai
 va'asitem otam Velo
 taturu akharei levavkhem
 Ve'akharei einekhem asher atem zonim
 akhareihem. Lema'an tizkeru va'asitem et
 kol mitzvotai Vi'hyitem
 kedoshim le'Eloheykhem
 Ani Adonai Eloheykhem asher hotzeti
 etkhem Me'eretz mitzrayim lihiyot lakhem
 le'Elohim Ani Adonai Eloheykhem. Emet.

וַיֹּאמֶר ה' אֶל מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל
 בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם וַעֲשׂוּ לָהֶם
 צִיצִית עַל כַּנְפֵי בִגְדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ
 עַל צִיצִית הַכָּנָף פֶּתִיל תְּכֵלֶת: וְהָיָה
 לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ וְזָכַרְתֶּם אֶת
 כָּל מִצְוֹת ה' וַעֲשִׂיתֶם אֹתָם וְלֹא תִתּוּרוּ
 אַחֲרֵי לְבַבְכֶּם וְאַחֲרֵי עֵינֵיכֶם אֲשֶׁר אַתֶּם
 זֹנִים אַחֲרֵיהֶם: לִמְעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
 אֶת כָּל מִצְוֹתַי וְהִיִּיתֶם קְדוֹשִׁים
 לֵאלֹהֵיכֶם: אֲנִי ה' אֱלֹהֵיכֶם אֲשֶׁר
 הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיּוֹת
 לָכֶם לֵאלֹהִים אֲנִי ה' אֱלֹהֵיכֶם. אָמֵת:

SILENT TIME FOR AMIDAH OR YOUR OWN PERSONAL MEDITATION

(Amidah resources in the bottom of the Siddur)

El na refah nah lah,
refuah shelemah.

אל נא רפא נא לה: רפואה שלמה:

Oh God, please heal her now, a complete healing.

Mourner's Kaddish

Exalted and hallowed be God's
great name in the world which
God created, according to plan.

May God's majesty be revealed in
the days of our lifetime and the
life of all Israel –
speedily, imminently,

Yitgadal v'yitkadash
sh'mei raba

b'alma di v'ra chirutei,
v'yamlich malchutei,
b'chayeichon uv'yomeichon
uv'chaye d'chol beit Yisrael,

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

בְּעֶלְמָא דִּי בְּרָא כְרַעוּתָהּ
וְיִמְלִיךְ מַלְכוּתָהּ
בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי
דְּכָל בֵּית יִשְׂרָאֵל

To which we say: Amen.

Blessed be God's great
name to all eternity.

Blessed, praised, honored,
exalted, extolled,
glorified, adored,
and lauded be the
name of the
Holy Blessed One,
beyond all earthly words
and songs of
blessing, praise,
and comfort.
To which we say: Amen.

baagala uviz'man kariv,
v'im'ru: Amen.

Y'hei sh'mei raba m'varach
l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar
v'yitromam v'yitnasei,

v'yit'hadar v'yitaleh v'yit'halal
sh'mei d'kud'sha b'rich hu,

l'eila min kol birchata v'shirata,

tushb'chata v'nechemata,
daamiran b'alma, v'imru: Amen.

בַּעֲגָלָא וּבְזִמָּן קָרִיב,
וְאָמְרוּ אָמֵן.

יְהִי שֵׁמִי רַבָּא מְבָרַךְ
לְעָלָם וּלְעָלְמֵי עָלְמַיָּא

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר
וַיִּתְרומם וַיִּתְנַשֵּׂא

וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלָּל
שְׁמֵי דְקֻדְשָׁא. בְּרִיךְ הוּא.

לְעֵלָא מִן כָּל בִּרְכָתָא
וְשִׁירָתָא

תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְאַמִּירוֹ
בְּעָלְמָא. וְאָמְרוּ אָמֵן.

May there be abundant
peace from heaven, and life,
for us and all Israel.
To which we say: Amen.

May the One who creates
harmony on high,
bring peace to us,
to all Israel, and to all who
dwell on earth/
To which we say: Amen.

Y'hei sh'lama raba min sh'maya,
v'chayim aleinu v'al kol Yisrael,
v'imru: Amen.

Oseh shalom bimromav,
Hu yaaseh shalom aleinu,
v'al kol Yisrael, v'al kol yoshvei
teivel v'imru: Amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרְמֵי הוּא
יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי
תֵּיבֵל וְאָמְרוּ אָמֵן.

Our siblings, the whole house
of Israel, who are given
over to trouble or captivity,
whether they abide on the
sea or on the dry land:
May the All-present have
mercy upon them, and bring
them forth from trouble to
enlargement, from darkness
to light, and from subjection
to redemption, now speedily
and at a near time.

Acheinu kol beit yisrael,
Acheinu kol beit yisrael,
han'tunim b'tzara, b'tzara
uvashivyah, haomdim bein
bayam uvein bayabasha.
Hamakom Y'racheim,
Y'racheim Aleihem v'yotziem
mitzara lirvacha um'afaila
l'orah umishiabud lig'ulah,
hashta ba'agala uvizman kariv

אֲחֵינוּ כָּל בֵּית יִשְׂרָאֵל, הַנְּתוּנִים
בְּצָרָה וּבִשְׁבִיָּה, הָעוֹמְדִים בֵּין
בָּיִם וּבֵין בִּיבְשָׁה, הַמְּקוּם יָרִיחַ
עֲלֵיהֶם, וְיוֹצִיאֵם מִצָּרָה לְרוּחָה,
וְחָה, וּמֵאֲפֵלָה לְאוֹרָה, וּמִשְׁעָבוֹד
לְגִאֲלָה, הַשְּׂתָא בְּעֶגְלָא וּבִזְמַן
קָרִיב.

Prayer for Peace:

May we see the day when war and bloodshed cease,
When a great peace will embrace the whole world.
Then nation will not threaten nation,
And the human family will not again know about war.
For all who live on earth shall realize
We have not come into being to hate or to destroy.
We have come into being to praise, to labor, and to love.

Compassionate God, bless the leaders of all nations
With the power of compassion.
Fulfill the promise conveyed in Scripture:
I will bring peace to the land,
And you shall lie down and no one shall terrify you.
I will rid the land of vicious beasts
And it shall not be ravaged by war.

Let justice and righteousness flow like a mighty stream.
Let God's peace fill the earth as the waters fill the sea.

(From Siddur Lev Shalem)

Nation shall not lift sword
against nation, neither shall
they learn war anymore.

Lo yisa goy el goy cherev lo
yil'medu od milchamah.

לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב
לֹא יִלְמְדוּ עוֹד, מִלְחָמָה.

Achat Sha'alti אַחַת שְׂאֲלָתִי

One Thing I ask, I ask of
you; I earnestly pray for
(two times) That I might
dwell in your house all of
the days of my life [That
I might seek to know you
all of the days of my life.]
Knowing the beauty, the
beauty of you and to dwell
in your holy place.
(two times)

Achat sha'alti me'eit
Hashem, otah avakesh:
shivti b'veit Hashem, kol
y'mei chayai, lachazot
b'noam Hashem, u'l'vaker
b'heikhalo.

שְׂאֲלָתִי מֵאֵת-יְהוָה אוֹתָהּ אֲבַקֵּשׁ :
בְּבֵית-יְהוָה, כָּל-יְמֵי חַיִּי,
: בְּנוֹעַם-יְהוָה, וּלְבַקֵּר בְּהֵיכָלוֹ.

Additional Resources:

1. [Siddur “ידבר פי: As I Can Say It A Weekday Siddur - For Praying In The Vernacular” \(Reb Zalman Shachter-Shalomi\)](#)
 2. [Amidah for weekdays \(traditional from Sefaria\)](#)
 3. [Amidah for weekdays \(contemplative\) by Reb Zalman Shachater- Shalomi](#)
 4. [Hallel \(Hebrew and English from The Rabbinical Assembly\)](#)
 5. [Hallel \(with transliteration, source unknown\)](#)
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Translations by Reb Zalman Shachter-Shalomi, from Reb Zalman’s
“As I Can Say It: ידבר פי” - A Weekday Siddur - For Praying In The Vernacular”