

# AMIDAH

On a festival that falls on a weekday, turn to page 104.

Eternal God, open my lips that my mouth may declare your praise.

## 1. Ancestors

- ♦ Blessed are you, O ETERNAL, our God, the God of our ancestors, God of Abraham, Isaac, and Jacob, God of Sarah, Rebekah, Rachel, and Leah. The God who is great, mighty, and awesome, God most high, who shows steadfast love and kindness, who is master of all, who remembers the loyal deeds of the ancestors, who in love brings a Redeemer to their descendents for the sake of your name.

*During the Ten Days of Repentance, add:*  
Remember us for life, O King who delights in life, and inscribe us in the book of life for your own sake, O God of life.

O King, Helper, Savior, and Shield. ♦ Blessed are you, O ETERNAL ONE, who protects Abraham and remembers Sarah.

The Amidah is a prayer said both silently by individuals and communally. The first blessing, Avot, blesses God for being faithful to our ancestors. We hope to elicit divine favor because of their merit. At the same time we are reminded that our relationship with God is not just an individual relationship, but is also one that we have inherited from the Patriarchs and Matriarchs.

- ♦ It is customary, at the first and last lines of this blessing, to bend at the knees and bow at *Barukh*.

# עמידה

On a festival that falls on a weekday, turn to page 103.

אֲדֹנָי שִׁפְתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:  
Adonai sefatai tiftach ufi yaggid tehillatekha

## א. אבות

♦ בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רַחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת, וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.

Barukh atta Adonai, Elohenu vElohe avotenu, Elohe Avraham, Elohe Yitzchaq, vElohe Ya'aqov, Elohe Sara, Elohe Rivqa, Elohe Rachel, vElohe Le'a. HaEl haggadol haggibor vehannora, El Elyon, gomel chasadim tovim veqoneh hakkol, vezocher chasde avot, umevi Go'el livne venehem, lema'an shemo be'ahava.

*During the Ten Days of Repentance, add:*  
זְכֵרְנוּ לְחַיִּים, מֶלֶךְ חָפֵץ בַּחַיִּים, וְכֹתֵבנוּ בְּסֵפֶר הַחַיִּים,  
לְמַעַן אֱלֹהִים חַיִּים.  
Zochrenu lechayyim, melekh chafetz bachayyim, vekhotvenu besefer hachayyim, lema'ankha Elohim chayyim.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגִּן. ♦ בָּרוּךְ אַתָּה יְיָ, מִגֵּן אַבְרָהָם וּפּוֹקֵד שָׂרָה.

Melekh ozer umoshia umagen. Barukh atta Adonai magen Avraham ufoqed Sara.

## 2. God's Might

You are mighty forever, O Lord, giving life to the dead; great is your saving power.

*From Sukkot to Passover, add:*

You make the wind to blow and the rain to fall.

You sustain the living with steadfast love, give life to the dead with great compassion, uphold the falling, heal the sick, free those in bondage, and keep faith with those who sleep in the dust. Who is like you, Lord of might, and who can be compared with you, O King, who brings death, restores life, and causes salvation to flourish.

*During the Ten Days of Repentance, add:*

Who is like you, Compassionate Father, who compassionately remembers for life those whom he has formed.

You are faithful in giving life to the dead. Blessed are you, O LIVING ONE, who gives life to the dead.

The Amidah's second blessing focuses on God's great power, specifically over life and death. It is notable that the blessing not only sees God's greatness in grandiose miracles but also in the very sustenance of everyday life. In some sense every breath we take is a "resurrection" that testifies to God's constant renewing of life.

## ב. גבורות

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ:

Atta gibbor le'olam Adonai, mechayyeh metim atta rav lehoshia.

*From Sukkot to Passover, add:*

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם:

Mashiv haruach umorid haggashem.

מְכַלְכֵּל חַיִּים בְּחַסֵּד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ לְיִשְׂרָאֵל עַד, מִי כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית וּמַחְיֶה וּמְצַמִּיחַ יְשׁוּעָה:

Mekhalkel chayyim bechesed, mechayye metim berachamim rabbim, somech noflim, verofe cholim, umattir asurim, umeqayyem emunato lishene afar, mi khamokha ba'al gevurot, umi domeh lakh, melekh memit umechayyeh umatzmiach yeshu'a.

*During the Ten Days of Repentance, add:*

מִי כְמוֹךָ אֵב הַרְחָמִים, זֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים:

Mi khamokha av harachamim, zokher yetzurav lechayyim berachamim.

וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים. בָּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַמֵּתִים:

Vene'eman atta lehachayyot metim. Barukh atta Adonai, mechayyeh hammetim.

*During communal prayer, turn to page 50.  
Individual recitation continues here:*

### 3. Holiness

You are holy, your name is holy, and holy ones praise you every day, forever.

*During the Ten Days of Repentance, replace the following with:  
Blessed are you, O UNIQUE ONE, the Holy King.*

Blessed are you, O UNIQUE ONE, the Holy God.

*During communal prayer, turn to page 49.  
Individual recitation continues here:*

### ג. קדושה

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשֵׁימ בְּכֹל יוֹם יְהַלְלוּךָ, סְלָה.  
Atta qadosh veshimkha qadosh uqedoshim bekhoh yom yehallukha  
sela.

*During the Ten Days of Repentance, replace the following with:  
בָּרוּךְ אַתָּה יְיָ, הַמֶּלֶךְ הַקָּדוֹשׁ:  
Barukh atta Adonai, hammelekh haqqadosh*

בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ:  
Barukh atta Adonai, haEl haqqadosh.

During individual prayer, turn to page 54.  
Communal recitation continues here:

### 3. Holiness

We sanctify your name in this world as they sanctify it in the heights of heaven, according to the words of your prophet, “One called to another, saying:

- ♦ ‘HOLY, HOLY, HOLY  
IS THE LORD OF HOSTS,  
THE WHOLE EARTH IS FULL OF GOD’S GLORY.’<sup>1</sup>

Then, with a great and thunderous, mighty and powerful sound they make their voices heard, and, rising toward the seraphim, they respond with praise and say:

- ♦ BLESSED BE THE GLORY OF ADONAI THROUGHOUT THE UNIVERSE.<sup>2</sup>

May our eyes behold your Kingdom according to the word spoken in your mighty songs through David, your righteous anointed one.

The third blessing praises God’s holiness. The version of this blessing recited in corporate prayer elicits images of heavenly legions worshipping God in the heights. We join these hosts in worship by reciting in unison the same words that, according to the prophets, are used in God’s presence.

Of course, heavenly worship is not the end of the story; as we join in the service that takes place in heavenly realms, we also plead for that celestial kingdom to one day, soon, also hold sway over the whole earth through the agency of the Messiah.

- ♦ We rise up on our toes three times at *Qadosh*, as well as at *Barukh* and *Yimlokh* in this blessing, as if entering into the angels’ ranks in expressing God’s holiness.

1) Isaiah 6:3 2) Ezekiel 3:12

During individual prayer, turn to page 53.  
Communal recitation continues here:

ג. קדושה

נִקְדָּשׁ אֶת שְׁמֶךָ בְּעוֹלָם, בְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ בְּשָׁמַי מָרוֹם,  
בְּכַתוּב עַל יַד נְבִיאֶךָ, וְקָרָא זֶה אֶל זֶה וְאָמַר  
Neqaddesh et shimkha ba’olam, keshem shemaqdishim oto bishme  
marom, kakkatuv al yad nevi’ekha, veqara zeh el zeh ve’amar.

• קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ

יִי צְבָאוֹת

מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ

Qadosh, qadosh, qadosh,

Adonai Tzeva’ot.

Melo khol ha’aretz kevodo.

אֶז בְּקוֹל רַעַשׁ גָּדוֹל אֲדִיר וְחֶזֶק מְשִׁמְעִים קוֹל, מִתְנַשְּׂאִים  
לְעַמַּת שֶׁרָפִים, לְעַמַּתְם בְּרוּךְ יֹאמְרוּ

Az beqol ra’ash gadol addir vechazaq mashmi’im qol, mitnasse’im  
le’ummat serafim, le’ummatam barukh yomeru

• בְּרוּךְ כְּבוֹד יְיָ מִמְקוֹמוֹ

Barukh kevod Adonai mimmeqomo.

וְעֵינֵינוּ תִּרְאֵינָה מַלְכוּתְךָ, בְּדָבָר הָאָמוּר בְּשִׁירֵי עֶזְרָה, עַל יְדֵי  
דָּוִד מְשִׁיחַ צִדְקָה

Ve’enu tir’ena malkhutekha, kaddavar ha’amur beshirei  
uzzekha, al yedei David meshiach tzidqekha

- ♦ ADONAI SHALL REIGN FOREVER, YOUR GOD, O ZION, TO ALL GENERATIONS. HALLELUJAH!<sup>1</sup>

This is our God, our Father, our Sovereign, and our Redeemer. Through divine mercy, God will again make it known before all the world ‘to be a God for you.’<sup>2</sup>

In every generation we will recount your greatness; for all eternity we will acknowledge your holiness. Your praise, our God, will never depart from our lips, for you are a great and holy God and King.

*During the ten days of repentance, replace following with:  
Blessed are you, O UNIQUE ONE, the Holy King.*

Blessed are you, O UNIQUE ONE, the Holy God.

The corporate recitation of the third blessing concludes with a commitment to tell of God’s greatness throughout our generations. As God is “enthroned on the praises of his people,” it is one of the great mysteries of prayer that God actually, on some level, desires--even requires--our worship.

1) Psalm 146:10 2) Numbers 15:41

יִמְלֹךְ יי לְעוֹלָם, אֱלֹהֵיךָ צִיּוֹן לְדוֹר וָדוֹר, הַלְלוּיָהּ

Yimlokh Adonai le‘olam, Elohayyikh Tziyyon ledor vador haleluyah.

הוּא אֱלֹהֵינוּ הוּא אָבִינוּ, הוּא מַלְכֵנוּ, הוּא מוֹשִׁיעֵנוּ, וְהוּא יִשְׁמָעֵנוּ בְּרַחֲמָיו שְׁנִית לְעֵינֵי כָּל חַי, לְהִיּוֹת לָכֶם לְאֱלֹהִים

Hu Elohenu hu avinu, hu malkenu, hu moshi‘enu, vehu yashmi‘enu berachamav shenit le‘ene kol chai, lihyot lakhem l’Elohim.

לְדוֹר וָדוֹר נַגִּיד גְּדֻלָּתְךָ וּלְנֶצַח נִצְחִים קְדוּשַׁתְךָ נִקְדִּישׁ, וְשִׁבְחֶךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד, כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה

Ledor vador naggid godlekha ulenetzach netzachim qedushatekha naqdish, veshivchakha Elohenu mippinu lo yamush le‘olam va‘ed, ki El melekh gadol, veqadosh atta.

*During the ten days of repentance, replace following with:*

בָּרוּךְ אַתָּה יי, הַמֶּלֶךְ הַקָּדוֹשׁ.

Barukh atta Adonai, hammelekh haqqadosh

בָּרוּךְ אַתָּה יי, הָאֵל הַקָּדוֹשׁ.

Barukh atta Adonai, haEl haqqadosh.