

♦ HEAR O ISRAEL, ADONAI IS OUR GOD, ADONAI ALONE.¹

BLESSED BE GOD'S GLORIOUS KINGDOM FOREVER AND EVER.

You shall love ADONAI your God with all your heart, all your soul, and all your might. These words which I command you today shall be in your heart. You shall teach them diligently to your children. You shall speak of them when you are sitting at home and when you go on a journey, when you lie down and when you rise up. You shall bind them as a sign upon your hand, and fix them as an emblem upon your forehead. You shall inscribe them on the doorposts of your house and on your gates.²

♦ When reciting "Shema," concentrate on accepting God's sovereignty over us. It is also customary to cover one's eyes with your right hand.

Three paragraphs are read after the Shema, each impressing on us to love God with our whole person. Far from being only theoretical, they give us concrete ways to love God, such as inscribing words of Torah on our doorposts, wearing them on our arms and foreheads (e.g., tefillin), discussing them in the morning and evening, and teaching them to our children. This teaches us that learning Torah cannot be simply an intellectual exercise but must involve every aspect of our being.

1) Deuteronomy 6:4 2) Deuteronomy 6:5-9

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד:

Shema Yisra'el, Adonai Elohenu, Adonai Echad

בְּרוּךְ שֵׁם כְבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem kevod malkhuto le'olam va'ed

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ בְּכָל-לֵבְבְךָ וּבְכָל-נַפְשְׁךָ
 וּבְכָל-מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם
 עַל-לֵבְבְךָ: וְשִׁנְנָתָם לְבִנְיָךָ וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ
 וּבְלִכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וְקִשְׂרָתָם לְאוֹת עַל-יָדְךָ
 וְהָיוּ לְטָטְפֹת בֵּין עֵינֶיךָ: וְכַתַּבְתָּם עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Ve'ahavta et Adonai Elohekha, bekhool-levavekha uvekhol
 nafshekha, uvekhol-me'odekha. Vehayu haddevarim ha'eleh asher
 anokhi metzavekha hayyom al-levavekha. Veshinnantam
 levanekha; vedibarta bam beshivtekha bevetekha uvlekhtekha
 vaderekh uveshokhbekha uvequmekha. Uqeshartam le'ot
 al-yadekha vehayu letotafot ben enekha. Ukhetavtam al mezuzot
 betekha uvish'arekha.