

Translation of the Weekday Amidah

- 1) Blessed are You, Lord our God and God of our fathers, God of Abraham, God of Isaac and God of Jacob, the great, mighty and awesome God, exalted God, who bestows bountiful kindness, who creates all things, who remembers the piety of the Patriarchs, and who, in love, brings a redeemer to their children's children, for the sake of His Name. O King, You are a helper, a savior and a shield. Blessed are You Lord, Shield of Abraham.
- 2) You are mighty forever, my Lord; You resurrect the dead; You are powerful to save. He sustains the living with loving kindness, resurrects the dead with great mercy, supports the falling, heals the sick, releases the bound, and fulfills His trust to those who sleep in the dust. Who is like You, mighty One! And who can be compared to You, King, who brings death and restores life, and **causes deliverance to spring forth!**
- 3) You are holy and Your Name is holy, and holy beings praise You daily for all eternity. Blessed are You Lord, the holy God.
- 4) You graciously bestow knowledge upon man and teach mortals understanding. Graciously bestow upon us from You, wisdom, understanding and knowledge. Blessed are You Lord, who graciously bestows knowledge.
- 5) Cause us to return, our Father, to Your Torah; draw us near, our King, to Your service; and bring us back to You in whole-hearted repentance. Blessed are You Lord, who desires penitence.

- 6) Pardon us, our Father, for we have sinned; forgive us, our King, for we have transgressed; for You are a good and forgiving God. Blessed are You Lord, gracious One who pardons abundantly.
- 7) O behold our affliction and wage our battle; redeem us speedily for the sake of Your Name, for You G-d are the mighty redeemer. Blessed are You Lord, **Redeemer of Israel**.
- 8) Heal us, O Lord, and we will be healed; help us and we will be saved; for You are our praise. Grant complete cure and healing to all our wounds; for You, Almighty King, are a faithful and merciful healer. Blessed are You Lord, who heals the sick of His people Israel.
- 9) Bless for us, Lord our God, this year and all the varieties of its produce for good; and bestow (**During the summer season say: blessing (During the winter season say: dew and rain for blessing) upon the face of the earth**). Satisfy us from Your bounty and bless our year like other good years, for blessing; for You are a generous God who bestows goodness and blesses the years. Blessed are You Lord, who blesses the years.
- 10) Sound the great shofar for our freedom; raise a banner to gather our exiles, and bring us together from the four corners of the earth into our land. Blessed are You Lord, **who gathers the dispersed of His people Israel**.
- 11) **Restore our judges as in former times**, and our counsellors as of yore; remove from us sorrow and sighing, and reign over us, You alone, O Lord, with kindness and compassion, with

righteousness and justice. Blessed are You Lord, King who loves righteousness and justice.

12) Let there be no hope for informers, and may all the heretics and all the wicked instantly perish; **may all the enemies of Your people be speedily extirpated**; and may You swiftly uproot, break, crush and subdue the reign of wickedness speedily in our days. Blessed are You Lord, who crushes enemies and subdues the wicked.

13) May Your mercies be aroused, Lord our God, upon the righteous, upon the pious, upon the elders of Your people, the House of Israel, upon the remnant of their sages, upon the righteous proselytes and upon us. Grant ample reward to all who truly trust in Your Name, and place our lot among them; may we never be disgraced, for we have put our trust in You. Blessed are You Lord, the support and security of the righteous.

14) **Return in mercy to Jerusalem Your city** and dwell therein as You have promised; speedily establish therein the throne of David Your servant, and rebuild it, soon in our days, as an everlasting edifice. Blessed are You Lord, who rebuilds Jerusalem. Speedily cause the scion of David Your servant to flourish, and increase his power by Your salvation, for we hope for Your salvation all day. Blessed are You Lord, who causes the power of salvation to flourish.

15) Hear our voice, Lord our God; merciful Father, have compassion upon us and accept our prayers in mercy and favor, for You are God who hears prayers and supplications; do not turn us away empty-handed from You, our King, for You

hear the prayer of everyone. Blessed are You Lord, who hears prayer.

16) Look with favor, Lord our God, on Your people Israel and pay heed to their prayer; **restore the service to Your Sanctuary** and accept with love and favor Israel's fire-offerings and prayer; and may the service of Your people Israel always find favor. **May our eyes behold Your return to Zion in mercy. Blessed are You Lord, who restores His Divine Presence to Zion.**

17) We thankfully acknowledge that You are the Lord our God and God of our fathers forever. You are the strength of our life, the shield of our salvation in every generation. We will give thanks to You and recount Your praise, evening, morning and noon, for our lives which are committed into Your hand, for our souls which are entrusted to You, for Your miracles which are with us daily, and for Your continual wonders and beneficences. You are the Beneficent One, for Your mercies never cease; the Merciful One, for Your kindnesses never end; for we always place our hope in You. And for all these, may Your Name, our King, be continually blessed, exalted and extolled forever and all time. And all living things shall forever thank You, and praise Your great Name eternally, for You are good. God, You are our everlasting salvation and help, O benevolent God. Blessed are You Lord, Beneficent is Your Name, and to You it is fitting to offer thanks.

18) Bestow peace, goodness and blessing, life, graciousness, kindness and mercy, upon us and upon all Your people Israel. Bless us, our Father, all of us as one, with the light of Your countenance. For by the light of Your countenance You gave us, Lord our God, the Torah of life and loving-kindness, righteousness, blessing, mercy, life and peace. May it be

favorable in Your eyes to bless Your people Israel, at all times and at every moment, with Your peace. Blessed are You Lord, who blesses His people Israel with peace.

19) May it be Your will, Lord our God and God of our fathers, that the Bet Hamikdash be speedily rebuilt in our days, and grant us our portion in Your Torah.