

WEEKDAY PRAYER CARD

"Pray Without Ceasing" 1 Thessalonians 5:17

SHACHARIT (MORNING)

SHEMA
AMIDAH
AVINU
MORNING THEME

MORNING THEME:
THE PEACE
OF JERUSALEM
(PSALM 122)

MINCHAH (MIDDAY)

SHEMA
AMIDAH
AVINU
MIDDAY THEME

MIDDAY THEME:
DIRECTION FOR
BRIT AHM

MA'ARIV (EVENING)

SHEMA
AMIDAH
AVINU
EVENING THEME

EVENING THEME:
HEALING FOR OUR
MISHPOCHA &
OUR NATION

Shema

HEAR, O ISRAEL, THE L-RD IS OUR G-D, THE L-RD IS ONE.
BLESSED IS THE NAME OF HIS GLORIOUS KINGDOM FOR ALL ETERNITY.

Amidah

Blessed are You, O L-rd our G-d, and G-d of our fathers, the G-d of Abraham, the G-d of Isaac, and the G-d of Jacob, the great, mighty and revered G-d, the Most High G-d, who bestows grace, the creator of all things, who remembers the good deeds of the patriarchs and in love will bring a redeemer to their children's children for His Name's sake. O King, Helper, Savior and Shield - Blessed are You, O L-rd, the Shield of Abraham.

You, O L-rd, are mighty forever, You revive the dead, You have the power to save. You sustain the living with grace, You revive the dead with great mercy, You support the falling, heal the sick, set free the bound and keep faith with those who sleep in the dust. Who is like You, O doer of mighty acts? Who resembles You, a King who puts to death and restores to life, and causes salvation to flourish? And You are certain to revive the dead. Blessed are You, O L-rd, who revives the dead.

We will sanctify Your Name in this world just as it is sanctified in the highest heavens, as it is written by Your prophet: And they call out to one another and say: Holy, Holy, Holy is the L-rd of Hosts; the whole earth is full of His glory. [Isa.6:3] Those facing them praise G-d saying: Blessed be the Presence of the L-rd in His place. [Ezek.3:12] And in Your Holy Words it is written, saying: The L-rd reigns forever, your G-d, O Zion, throughout all generations. Halleluyah! [Ps.146:10] Throughout all generations, we will declare Your greatness, and to all eternity we will proclaim Your holiness. Your praise, O our G-d, shall never depart from our mouth, for You are a great and holy G-d and King. Blessed are You, O L-rd, the holy G-d. You are holy and Your Name is holy, and holy beings praise You daily. (Selah) Blessed are You, O L-rd, the holy G-d.

You favor men with knowledge, and teach mortals understanding. O favor us with the knowledge, the understanding, and the insight that comes from You. Blessed are You, O L-rd, the gracious giver of knowledge.

Bring us back, O our Father, to Your Instruction; draw us near, O our King, to Your service: and cause us to return to You in perfect repentance. Blessed are You, O L-rd, who delights in repentance.

Forgive us, O our Father, for we have sinned; pardon us, O our King, for we have transgressed; for You pardon and forgive. Blessed are You, O L-rd, who is merciful and always ready to forgive.

Look upon our affliction and plead our cause, and redeem us speedily for Your Name's sake, for You are a mighty redeemer. Blessed are You, O L-rd, the redeemer of Israel.

Heal us, O L-rd, and we will be healed; save us and we will be saved, for You are our praise. O grant a perfect healing to all our ailments, for You, Almighty King, are a faithful and merciful healer. Blessed are You, O L-rd, the healer of the sick of His people Israel.

Bless this year for us, O L-rd our G-d, together with all the varieties of its produce, for our welfare. Bestow dew and rain for a blessing upon the face of the earth. O satisfy us with Your goodness, and bless our year like the best of years. Blessed are You, O L-rd, who blesses the years.

Sound the great shofar for our freedom, raise the ensign to gather our exiles, and gather us from the four corners of the earth. Blessed are You, O L-rd, who gathers the dispersed of His people Israel.

Restore our judges as in former times, and our counselors as at the beginning; and remove from us sorrow and sighing. Reign over us, You alone, O L-rd, with grace and compassion, and clear us in judgment. Blessed are You, O L-rd, the King who loves righteousness and justice.

May Your compassion be stirred, O L-rd our G-d, towards the righteous, the pious, the elders of Your people, the house of Israel, the remnant of their scholars, towards converts, and towards us also. Grant a good reward to all who truly trust in Your Name. Set our lot with them forever so that we may never be put to shame, for we have put our trust in You. Blessed are You, O L-rd, the support and stay of the righteous.

Return in mercy to Jerusalem Your city, and dwell in it as You have promised. Rebuild it soon in our days as an eternal structure, and quickly set up in it the throne of David. Blessed are You, O L-rd, who rebuilds Jerusalem.

Speedily cause the offspring of Your servant David to sprout, and let him be exalted by Your saving power, for we wait all day long for Your Yeshua. Blessed are You, O L-rd, who causes salvation to sprout.

Hear our voice, O L-rd our G-d; spare us and have pity on us. Accept our prayer in mercy and with favor, for You are a G-d who hears prayers and supplications. O our King, do not turn us away from Your Presence empty-handed, for You hear the prayers of Your people Israel with compassion. Blessed are You, O L-rd, who hears prayer.

Be pleased, O L-rd our G-d, with Your people Israel and with their prayers. Restore the service to the inner Sanctuary of Your Temple, and receive in love and with favor both the fire-offerings of Israel and their prayers. May the worship of Your people Israel always be acceptable to You. And let our eyes behold Your return in mercy to Zion. Blessed are You, O L-rd, who restores His divine Presence to Zion.

We give thanks to You that You are the L-rd our G-d and the G-d of our fathers forever and ever. Through every generation You have been the rock of our lives, the shield of our salvation.

We will give You thanks and declare Your praise for our lives that are committed into Your hands, for our souls that are entrusted to You, for Your miracles that are daily with us, and for Your wonders and Your benefits that are with us at all times, evening, morning, and noon. O beneficent One, Your mercies never fail. Merciful One, Your grace never ceases. We have always put our hope in You. For all these acts, may Your Name be blessed and exalted continually, our King, forever and ever. Let every living thing give thanks to You and praise Your Name in truth, G-d, our salvation and our help. (Selah) Blessed are You, O L-rd, whose Name is the Beneficent One, and to whom it is fitting to give thanks.

Grant peace, welfare, blessing, grace, lovingkindness and mercy to us and to all Israel Your people. Bless us, O our Father, one and all, with the light of Your Presence; for by the light of Your Presence, You have given us, L-rd our G-d, a Torah of life, lovingkindness and salvation, blessing, mercy, life and peace. May it please You to bless Your people Israel at all times and in every hour with Your peace. Blessed are You, O L-rd, who blesses His people Israel with peace.

Avinu Prayer

OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME.
YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN.
GIVE US THIS DAY OUR DAILY BREAD, AND FORGIVE US OUR DEBTS,
AS WE ALSO HAVE FORGIVEN OUR DEBTORS. AND LEAD US NOT INTO
TEMPTATION, BUT DELIVER US FROM THE EVIL ONE.
TO YOU IS THE KINGDOM, THE POWER, AND THE GLORY FOREVER.
AMEN