

סדר אישי מערב

SIDDUR ISHI MA-ARIV

Personal Siddur - Evening Connection



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Kabbalah4All Transliteration Guidelines

Please note that transliteration guidelines are different according to each culture and also within each movement of Judaism. We have developed these guidelines for use with our transliterated documents. They may or may not apply to transliterations put out by other movements including the various organizations teaching Kabbalah.

a as in father

ai as in aisle

e as in red

ei as in eight

i as in pizza

o as in no

oy as in toy

u as in tune

ch as in Bach in German (strong sound from the throat)

g as in give

tz as in lots

' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".

- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddurim (connection books).

מֶלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

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All prefaces to prayers written and adapted by David Aharon for Kabbalah4All.
Translated by David Aharon.
Edited by David Aharon.

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מעריב

MA-ARIV EVENING CONNECTION

Shir hama-alot,

A song of ascents,

Hineih bar'chu et Adonai,

Behold bless Hashem,

kol avdei Adonai,

all you servants of Hashem,

Ha-om'dim b'veit Adonai baleilot.

who stand in the House of Hashem in the nights.

S'u y'deichem kodesh,

Lift your hands in the Sanctuary,

uvar'chu et Adonai.

and bless Hashem.

Y'varech'cha Adonai mi-Tziyon,

May Hashem bless you from Zion,

oseih shamayim va-aretz.

Maker of heaven and earth.

Recite Three Times:

Adonai tz'va-ot imanu,

Hashem of Hosts is with us,

misgav lanu Elohei Ya-akov, selah.

a stronghold for us is the Elohim of Jacob, forever.

Recite Three Times:

Adonai tz'va-ot,

Hashem of Hosts,

ashrei adam botei-ach bach.

praiseworthy is the person who trusts in You.

Recite Three Times:

Adonai hoshi-ah,

Hashem grant salvation,

hamelech ya-aneinu b'yom koreinu.

may the Sovereign answer us on the day we call.

Hoshiah et amecha,

Save Your people,

uvareich et nachalatecha,

and bless Your inheritance,

ureim v'nas'eim ad ha-olam.

tend them and raise them up forever.

Mi yitein mi-Tziyon y'shu-at Yisra-eil,

If only He would grant out of Zion the salvation of Israel,

שִׁיר הַמַּעֲלוֹת,

הִנֵּה בָרְכוּ אֶת יְהוָה,

כָּל עַבְדֵי יְהוָה,

הַעֹמְדִים בְּבַיִת יְהוָה בַּלַּיְלוֹת.

שִׂאוּ יְדַכֶּם קֹדֶשׁ,

וּבָרְכוּ אֶת יְהוָה.

יְבָרְכֶךָ יְהוָה מִצִּיּוֹן,

עֹשֵׂה שָׁמַיִם וָאָרֶץ.

ג' פעמים:

יְהוָה צְבָאוֹת עִמָּנוּ,

מִשְׁגֵּב לָנוּ אֱלֹהֵי יַעֲקֹב, סֵלָה.

ג' פעמים:

יְהוָה צְבָאוֹת,

אֲשֶׁרִי אָדָם בִּטַּח בְּךָ.

ג' פעמים:

יְהוָה הוֹשִׁיעָה,

הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרִיאָנוּ.

הוֹשִׁיעָה אֶת עַמְּךָ,

וּבָרַךְ אֶת נַחֲלָתֶךָ,

וְרַעַם וְנִשְׂאָם עַד הָעוֹלָם.

מִי יִתֵּן מִצִּיּוֹן יְשׁוּעַת יִשְׂרָאֵל,

b'shuv Adonai sh'vut amo,
when Hashem restores the captivity of Hashem's people,
yageil Ya-akov yismach Yisra-eil.
Jacob will exult, Israel will rejoice.
B'shalom yachdav eshk'vah v'ishan,
In peace, in harmony I lie down and I sleep,
ki atah Adonai l'vadad,
for You alone Hashem,
lavetach toshiveini.
securely will make me dwell.
Yomam y'tzaveh Adonai chasdo,
In the day Hashem will command loving-kindness,
uvalailah shiroh imi,
even by night His resting place is with me,
t'filah l'Eil chayai.
a prayer to the Almighty One of my life.
Utshu-at tzadikim mei-Adonai,
And the salvation of the righteous is from Hashem,
ma-uzam b'eit tzarah.
their might in time of distress.
Vayaz'reim Adonai vayfal'teim,
Hashem helped them and caused them to escape,
y'fal'teim mei-r'sha-im v'yoshi-eim,
He will cause them to escape from the wicked and will save them,
ki chasu vo.
for they took refuge in Him.

בְּשׁוּב יְהוָה שְׁבוּת עַמּוֹ,
יִגַּל יַעֲקֹב יִשְׂמַח יִשְׂרָאֵל.
בְּשָׁלוֹם יַחְדָּו אֶשְׁכְּבָה וְאֵישָׁן,
כִּי אַתָּה יְהוָה לְבַדָּד,
לְבַטַּח תּוֹשִׁיבֵנִי.
יוֹמָם יִצְוֶה יְהוָה חַסְדּוֹ,
וּבַלַּיְלָה שִׁירָה עִמִּי,
תְּפִלָּה לְאֵל חַיִּי.
וּתְשׁוּעַת צְדִיקִים מִיְהוָה,
מִצָּרָה בְּעֵת צָרָה.
וַיַּצִּילֵם יְהוָה וַיִּפְלְטֵם,
וַיִּפְלְטֵם מִרְשָׁעִים וַיּוֹשִׁיעֵם,
כִּי חָסוּ בוֹ.

אנא בכח

ANA B'CHOACH

Considered by the Kabbalists to be the most powerful and mystical prayer of all; the sequence of Hebrew letters is known as the 42-Letter Name of the Creator. The importance of this prayer is not in the words themselves but in the first letter of each word. The words only help us to make the sounds of each first letter. This prayer can connect us to the energy of healing and before we say it, we should think of others that need healing in order that we too may receive healing in our own lives.

Following the Ana B'Choach, we have a meditation known as Tikun HaNefesh, literally "Correction of the Ego Self." You may wish to use your right hand and place it over the parts of your body as you look at the Divine Name (Tetragrammaton) in each box. The numbers will guide through this meditation which is also used to realign the energy points in our bodies. Some have referred to the Tikun HaNefesh as the Kabbalistic Chakra System.

After you have finished the Tikun HaNefesh, you may look at the letters of the angel for the new day. Keep in mind that Hebrew days begin at evening, so on Sunday night you would look at the name of the angel for Monday.

אָנָא בְּכֹאֵךְ ANA B'CHOACH

<p>אָנָא בְּכֹאֵךְ גְּדוּלַת יְמִינְךָ תִּתִּיר צְרוּרָה. Ana b'choach g'dulat y'min'cha tatir tz'rurah. <i>Release all those in captivity, we beseech You, Almighty One whose power sets us free.</i></p>	<p>CHESED חסד</p>
<p>קִבֵּל רִנַּת עַמֶּךָ שִׁגְבֵינוּ טַהֲרֵנוּ נוֹרָא. Kabeil rinat am'cha sag'veinu tahareinu nora. <i>Accept the singing of all Your people Who praise and glorify You alone.</i></p>	<p>GEVURAH גבורה</p>
<p>נָא גִבּוֹר דּוֹרְשֵׁי יְחִידְךָ כְּבַבַּת שְׁמַרְם. Na gibor dor'shei yichud'cha k'avavat shomreim. <i>Preserve those Who seek Your unity, guard them like the pupil of the eye.</i></p>	<p>TIFERET תפארת</p>
<p>בְּרַכְּם טַהֲרֵם רַחֲמֵי צְדִקְתְּךָ תָּמִיד גְּמִלִים. Bar'cheim tahareim rachamei tzidkat'cha tamid gomleim. <i>Bless and purify them and always grant them Your compassionate righteousness.</i></p>	<p>NETZACH נצח</p>
<p>חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נִהַל עֲדָתְךָ. Chasin kadosh b'rov tuv'cha naheil adatecha. <i>Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.</i></p>	<p>HOD הוד</p>
<p>יְחִיד גֵּאָה לְעַמֶּךָ פְּנֵה זוֹכְרֵי קְדוּשַׁתְךָ. Yachid gei-eh l'am'cha p'neih zoch'rei k'dushatecha. <i>O Exalted One, turn to Your people Who remember Your holiness.</i></p>	<p>YESOD יסוד</p>
<p>שׁוּעָתֵנוּ קִבֵּל וּשְׁמַע צַעֲקוֹתֵנוּ יוֹדֵעַ תַּעֲלוּמוֹת. Shavateinu kabeil ushma tza-akateinu yodei-a ta-alumot. <i>Turn to us and hear our prayers, You Who know all hidden things.</i></p> <p><i>This verse is said in a whisper.</i></p>	<p>MALCHUT מלכות</p>
<p>בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד! Baruch sheim k'vod malchuto l'olam va-ed! <i>Blessed is the Name of His glorious realm for ever and ever.</i></p>	

TIKUN HANEFESH תיקון הנפש

<p>בינה 3 Binah (Left Brain)</p> <p>יהוה</p>	<p>כתר 1 Keter (Skull)</p> <p>יהוה</p>	<p>חכמה 2 Chochmah (Right Brain)</p> <p>יהוה</p>
<p>5 (Left Eye)</p> <p>יהוה יהוה יהוה יהוה יהוה</p>	<p>9 (Nose) 8</p> <p>יהוה יהוה יהוה יהוה יהוה יהוה</p>	<p>4 (Right Eye)</p> <p>יהוה יהוה יהוה יהוה יהוה</p>
<p>7 (Left Ear)</p> <p>יוד הי ואו ה</p>	<p>יוד הי ואו ה</p>	<p>6 (Right Ear)</p> <p>יוד הי ואו ה</p>
<p>10 (Mouth)</p> <p>יוד הי ואו ה</p> <p>אווה"ע גיכ"ק דטלנ"ת זסשר"ץ בובמ"ף</p>		
<p>גבורה 12 Gevurah (Left Arm)</p> <p>יהוה</p>	<p>תפארת 13 Tiferet (Body)</p> <p>יהוה</p>	<p>חסד 11 Chesed (Right Arm)</p> <p>יהוה</p>
<p>הוד 15 Hod (Left Thigh)</p> <p>יהוה</p>	<p>יסוד 16 Y'sod (Reproductive Organs)</p> <p>יהוה</p>	<p>נצח 14 Netzach (Right Thigh)</p> <p>יהוה</p>
<p>מלכות 17 Malchut (Feet)</p> <p>יהוה</p>		

ANGEL OF THE DAY

SUNDAY

יוֹד הֵי וַיּוֹ הֵי יוֹד הֵי וַאֵו הֵי
 אַל שְׁדֵי יֵאוֹלְדָּהֵהֵי וַיֵּאוֹדָהֵי
 אַנָּא בַכַּח גְּדוֹלַת יִמִּינְךָ תִּתִּיר צְרוּרָה
 אֲבַגִּיתָן יְהוָה יְהוָה
 סְמִטּוֹרֵיהָ גְזֵרֵי־אֵל וְעֲנֵאֵל לְמוֹאֵל

ר"ת סגול

MONDAY

יוֹד הֵי וַאֵו הֵי יוֹד הֵי וַאֵו הֵי יוֹד הֵי וַאֵו הֵי
 אַל יְהוָה יֵאוֹלְדָּהֵהֵא וַיֵּאוֹדָהֵהֵא
 קַבֵּל רִנַּת עַמְךָ שְׂגַבְנוּ טַהֲרָנוּ נוֹרָא
 קִרְעֵשֶׁטְן יְהוָה יְהוָה
 שְׂמַעֵי־אֵל בְּרַכֵּי־אֵל אֵהֲנֵי־אֵל

ר"ת שוא

TUESDAY

יוֹד הָא וְאוֹ הֵי יוֹד הֵה וָן הֵה
 אַל אַדְנִי יֵאוּלְדֵּהֶה הֵהוּוֹדֵהֶה
 נֵא גְבוּר דּוּרְשֵׁי יַחֲוּדְךָ כְּבַבַּת שְׁמֵרָם
 נְגִדֵיכֶּשׁ יְהוּהַ יְהוּהַ
 חֲנִיָּאל לְהַדִּיָּאל מַחֲנִיָּאל

ר"ת חלם

WEDNESDAY

יוּוֹדוּ הוּאוּ וְאוּוּ הוּאוּ יוּוֹדוּ הֵה וָן הֵה
 אַל אַדְנִי יֵאוּלְדֵּהֶה הֵהוּוֹדֵהֶה
 בְּרַכְּם טַהֲרָם רַחֲמֵי צְדָקַתְךָ תָּמִיד גְּמִלָּם
 קְרַעֲשֵׁטָן יְהוּהַ יְהוּהַ
 חֲזַקִּיָּאל רַהֲטִיָּאל קְדִשִׁיָּאל

ר"ת חרק

THURSDAY

יִוֵּד הֵי וַיֵּוֵד הֵי וַיֵּוֵד הֵי יוֹדוּ הוּאוּ וַאוּ הוּאוּ
 אַל יְהוּה יֵאוּלְדֶּף־הֵאוּיֵאוּדֶהֵאוּ
 חֶסֶיִן קֶדֶיֶשׁ בְּרוּב טוּבֶךְ נֶהַל עֵדֶתֶךְ
 חֶקֶבֶטֶנֶע יְהוּה יְהוּה
 שְׁמוֹעַל רַעֲמִיֵאל קִנִּיֵאל

ר"ת שרק
 (הקבוץ מלאכיו בר"ת שורק)

FRIDAY

יִוֵּד הֵי וַיֵּוֵד הֵי יוֹד הֵי וַיֵּוֵד הֵי
 אַל שְׁדֵי יֵאוּלְדֶּף־הֵיֵוֵיֵאוּדֶהֵי
 יַחִיד גֵּאָה לַעֲמֶךְ פִּנָּה זוֹכְרֵי קֶדוּשַׁתֶּךְ
 יִגְלַפְזֶק יְהוּה יְהוּוֹנָהוּ
 שׁוֹמוֹשׁוֹיֵאוּלוֹ רַפּוֹאוּלוֹ קוֹדֶשׁוֹיֵאוּלוֹ

ר"ת שרק

מעריב MA-ARIV

The darkness of the first day differed from the darkness that preceded creation. Ma-ariv also means mix and suggests that the Creator mixed light into the primordial darkness. This blessing reminds us that darkness can be transformed by the tiniest spark of light.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

asher bidvaro ma-ariv aravim,

Who by His word brings on evenings,

b'chochmah potej-ach sh'arim,

with wisdom opens the gates of dawn,

uvitvunah m'shaneh itim,

and with understanding alters periods,

umachalif et haz'manim,

and changes the seasons,

umsadeir et hakochavim

and orders the stars in their constellations,

b'mishm'roteihem baraki-a kirtzono. *in the heavens as He wills.*

Borei yom valailah,

He creates day and night,

goleil or mip'nei choshech,

unfurling light before darkness,

v'choshech mip'nei or.

and darkness before light.

Uma-avir yom umeivi lailah,

He removes day and brings night,

umavdil bein yom uvein lailah,

and separates between day and between night,

Adonai, tz'va-ot sh'mo.

Hashem, Ruler of Hosts, is His Name.

Eil chai v'kayam,

Almighty One, living and enduring,

tamid yimloch aleinu l'olam va-ed. *continually may He reign over us for ever and ever.*

Baruch atah Adonai,

Blessed are You Hashem,

hama-ariv aravim.

Who brings on evenings.

ברוך אתה יהוה,

אלהינו מלך העולם,

אשר בדברו מעריב ערבים,

בְּחִכְמָה פּוֹתֵחַ שְׁעָרִים,

וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,

וּמַחְלִיף אֶת הַזְּמַנִּים,

וּמְסַדֵּר אֶת הַכּוֹכָבִים

בְּמִשְׁמֹרֶתֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ.

בוֹרֵא יוֹם וְלַיְלָה,

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,

וְחֹשֶׁךְ מִפְּנֵי אוֹר.

וּמַעֲבִיר יוֹם וּמְבִיא לַיְלָה,

וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,

יְהוִה צְבָאוֹת שְׁמוֹ.

אֵל חַי וְקַיִם,

תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.

ברוך אתה יהוה,

הַמַּעֲרִיב עֲרָבִים.

אהבת עולם

AHAVAT OLAM

Through this prayer we are reminded of the Creator's eternal love for us, the expression of which is through the gift of Torah. It moves us to love others as we have been loved.

Ahavat olam beit Yisra-eil,
With an eternal love, the House of Israel,
am'cha ahavta.

Your people You have loved.

Torah umitzvot,

Torah and commandments,

chukim umishpatim otanu limadta.

laws and precepts You have taught us.

Al kein Adonai Eloheinu,

Therefore Hashem our Elohim,

b'shochbeinu uvkumeinu

when we lie down and when we rise

nasi-ach b'chukecha,

we will discuss Your laws,

v'nismach b'divrei talmud Toratecha

and we will rejoice in the words of the study of Your Torah

uvmitzvotecha l'olam va-ed.

and Your commandments for ever and ever.

Ki heim chayeinu v'orech yameinu,

For they are our life and the length of our days,

uvahem neh-geh yomam valailah,

and we will reflect on them day and night,

v'ahavat'cha al tasir

Your love do not remove

mimenu l'olamim.

from us forever.

Baruch atah Adonai,

Blessed are You Hashem,

oheiv amo Yisra-eil.

Who loves His people Israel.

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל,

עִמָּךְ אֶהְבֵּת,

תּוֹרָה וּמִצְוֹת,

חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ.

עַל כֵּן יְהוָה אֱלֹהֵינוּ,

בְּשׁוֹכְבֵינוּ וּבְקוֹמֵנוּ

נְשִׁיחַ בְּחֻקֶיךָ,

וְנִשְׂמַח בְּדִבְרֵי תַלְמוּד תּוֹרַתְךָ

וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.

כִּי הֵם חַיֵּינוּ וְאַרְךְ יַמֵּינוּ,

וּבָהֶם נֶהְגָּה יוֹמָם וְלַיְלָה,

וְאַהֲבַתְךָ אֵל תִּסִּיר

מִמֵּנוּ לְעוֹלָמִים.

בְּרוּךְ אַתָּה יְהוָה,

אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

שמע

THE SH'MA

The Sh'ma is an affirmation of faith. It both expresses our love for the Creator, and also serves as an ode to the divinity of the soul. Kabbalah teaches that the Sh'ma is the acknowledgement of unity and connects us to B'riyah, the World of Creation. It brings the Creator's Oneness into our consciousness and reminds us that we must extend unconditional love to all.

The enlarged letters ע and ד form the word עד, which means witness. By saying the Sh'ma, we bear witness to the Creator's unity as we declare it to the world. The second verse we say in a whisper because it is the prayer of the angels and we are not ordinarily in a state to say it as they do.

The blessings that follow the Sh'ma express our love for the Creator. Each section corresponds to one of the letters of the Divine Name.

*It is important to say each word clearly and not to run words together.
We recite the first verse aloud while covering the eyes with the right hand.*

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

Sh'ma Yisra-eil, Adonai Eloheinu, Adonai Echad!

Hear O Israel, Hashem is our Elohim, Hashem is the One and Only!

This verse is said in a whisper.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch sheim k'vod malchuto l'olam va-ed.

Blessed is the Name of His glorious realm for ever and ever.



V'ahavta eit Adonai Elohecha

And you shall love Hashem Your Elohim,

b'chol l'vav'cha uvchol nafsh'cha

with all your heart and with all your soul,

uvchol m'odecha.

and with all your being.

V'hayu had'varim ha-eileh asher

And these words which

anochi m'tzav'cha hayom al l'vavecha.

I command you on this day shall be upon your heart.

V'shinantam l'vanecha v'dibarta bam

And you shall teach them to your children and speak of them,

b'shivt'cha b'veitecha uvlecht'cha

and while sitting in your house and while walking along

vaderech uvshochb'cha, uvkumecha.

the way and upon lying down and upon rising.

Ukshartam l'ot al yadecha

And you shall bind them as a sign upon your hand

v'hayu l'totafot bein einecha.

and they shall be as frontlets between your eyes.

Uchtavtam al m'zuzot

And you shall write them upon the doorposts

beitecha uvsharecha.

of your house and your gates.

וְאֶהְבֶּתָּ אֶת יְהוָה אֱלֹהֶיךָ
בְּכָל-לְבָבְךָ וּבְכָל-נַפְשֶׁךָ
וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר
אֲנִי מְצַוְּךָ הַיּוֹם עַל-לְבָבְךָ:
וְשִׁנַּנְתָּם לְבְנֶיךָ וּדְבַרְתָּ בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ
בְּדֶרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:
וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל-מְזוֹזוֹת
בֵּיתְךָ וּבְשָׁרְעֵיךָ:



V'hayah im shamo-a tishm'u

And it shall happen if you listen attentively

el mitzvotai asher anochi

to My commandments, which I am

m'tzaveh etchem hayom

commanding you this day,

l'ahavah et Adonai

to love Hashem

Eloheichem ulovdo

to serve your Elohim

b'chol l'vavchem uvchol nafsh'chem.

with all of your heart and with all of your soul.

V'natati m'tar artz'chem b'ito

And I shall provide rain for your land in its proper time,

וְהָיָה אִם שָׁמַעַתְּ שְׁמִיעוּ
אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי
מְצַוֶּה אֶתְכֶם הַיּוֹם
לְאַהֲבָה אֶת-יְהוָה
אֱלֹהֵיכֶם וּלְעֹבְדוֹ
בְּכָל-לְבָבְכֶם וּבְכָל-נַפְשְׁכֶם:
וְנָתַתִּי מְטָר-אֶרְצְכֶם בְּעֵתוֹ

yoreh umalkosh v'asafta d'ganecha
first rain and last rain and so you may gather your grain
 v'tirosh'cha v'yitzharecha.

and your wine and your oil.

V'natati eisev b'sad'cha livhemtecha
And I shall provide also grass in your fields for your cattle
 v'achalta v'savata.

and you shall eat and be satisfied.

Hisham'ru lachem pen yifteh

Be careful for yourselves lest seduced

l'avchem v'sartem va-avad'tem

be your heart and you turn away and serve

elohim acheirim v'hishtachavitem

other deities and bow down

lahem.

to them.

V'charah af Adonai bachem v'atzar

Then the anger of Hashem shall be upon you and He shall seal

et hashamayim v'lo yih-yeh matar

the heavens and there shall be no more rain

v'ha-adamah lo titein et y'vulah

and the earth will no longer yield its produce

va-avad'tem m'heirah mei-al ha-aretz

and you shall be banished quickly from the good land

hatovah asher Adonai notein lachem.

that Hashem has given you.

יורה ומלקוש ואספת דגנך
 ותירשך ויזהרך:

ונתתי עשב בשדך לבהמתך
 ואכלת ושבעת:

השמרו לכם פן-יפתה
 לבבכם וסרתם ועבדתם

אלהים אחרים והשתחוייתם
 להם:

וחרה אף יהוה בכם ועצר

את השמים ולא יהיה מטר

והאדמה לא תתן את-יבולה

ואבדתם מהרה מעל הארץ

הטבה אשר יהוה נתן לכם:

ך

V'samtem et d'varai eileh

Set these words of Mine

al l'avchem v'al nafsh'chem

upon your heart and upon your soul

ukshartem otam l'ot

and secure them as a sign

al yedchem v'hayu l'totafot

upon your hand and as reminders

bein eineichem.

before your eyes.

V'limad'tem otam et b'neichem

And you shall teach them to your children

l'dabeir bam b'shivt'cha b'veitecha

to discuss and as you sit in your home

uvlecht'cha vaderech uvshochb'cha

and as you walk along the way and as you lie down

uvkumecha.

and as you rise up.

ושמתם את-דברי אלה
 על-לבבכם ועל-נפשכם

וקשרתם אתם לאות

על-ידכם והיו לטוטפת

בין עיניכם:

ולמדתם אתם את-בניכם

לדבר בם בשבתך בביתך

ובלכתך בדרך ובשכבך

ובקומך:

Uchtavtam al m'zuzot

And write them upon the doorposts

beitecha uvisharecha.

of your house and upon your gates.

L'ma-an yirbu y'meichem vimeit

Then you will prolong your days and the days

v'neichem al ha-adamah asher

of your children upon the land that

nishba Adonai la-avoteichem lateit

Hashem swore to your ancestors to give

lahem kimei hashamayim

to them like the days of heaven

al ha-aretz.

on earth.

וְכָתַבְתֶּם עַל-מְזוּזוֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן יִרְבוּ יְמֵיכֶם וְיַמֵּי

בְּנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר

נִשְׁבַּע יְהוָה לְאַבְתֵּיכֶם לֵאמֹר

לָהֶם כִּימֵי הַשָּׁמַיִם

עַל-הָאָרֶץ:

ה

Vayomer Adonai el Mosheh leimor:

Hashem talked to Moses, saying:

Dabeir el b'nei Yisra-eil v'amarta

Speak to the children of Israel and say

aleihem v'asu lahem tzitzit

to them that they are to make for themselves tassels

al kanfei vigdeihem l'dorotam

on the corners of their clothes in every generation

v'nat'nu al tzitzit hakanaf p'til

and they shall put a blue thread on the corner

t'cheilet.

fringe.

V'hayah lachem l'tzitzit ur-item

And it shall constitute for you tassels and that you may see

oto uzchartem et kol mitzvot

them and remember all the commandments

Adonai va-asitem otam

of Hashem and do them

v'lo taturu acharei l'avchem

and not follow after your heart

v'acharei eineichem, asher atem

and after your eyes which draw you astray

zonim achareihem.

leading to lust.

L'ma-an tizk'ru va-asitem

In order that you may remember

et kol mitzvotai vih-yitem

all of My commandments and be

k'doshim l'Eiloheichem.

holy to your Elohim.

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר:

דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאמַרְתָּ

אֲלֵהֶם וְעֲשׂוּ לָהֶם צִיצִית

עַל-כַּנְפֵי בְגָדֵיהֶם לְדֹרוֹתָם

וְנָתַנּוּ עַל-צִיצִית הַכִּנּוֹף פִּתְּלֵל

תְּכֵלֶת:

וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם

אֹתוֹ וְזָכַרְתֶּם אֶת-כָּל-מִצְוֹת

יְהוָה וְעִשִׂיתֶם אֹתָם

וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם

וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר-אַתֶּם

זֹנִים אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וְעִשִׂיתֶם

אֶת-כָּל-מִצְוֹתַי וְהִייתֶם

קְדוֹשִׁים לֵאלֹהֵיכֶם:

Focus on the mitzvah to remember the Exodus from Egypt.

Ani Adonai Eloheichem asher

I am Hashem your Elohim Who

hotzeiti etchem mei-eretz mitzrayim

brought you out of the land of Egypt

lih-yot lachem l'Eilohim

to be your own Elohim

ani Adonai Eloheichem.

I am Hashem your Elohim.

אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר
 הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם
 לְהִיּוֹת לָכֶם לֵאלֹהִים
 אֲנִי יְהוָה אֱלֹהֵיכֶם.