

Prayers when going to bed

Who Closes My Eyes...: A Blessing at Bedtime

Praised are You,
Adonai, our Hashem,
Ruler of the universe,
who closes my eyes in sleep,
my eyelids in slumber.

May it be Your will,
Adonai,
My Hashem and the Hashem of my ancestors,
to lie me down in peace
and then to raise me up in peace.

Let no disturbing thoughts upset me,
no evil dreams nor troubling fantasies.

May my bed be complete and whole
in Your sight.

Grant me light
so that I do not sleep the sleep of death,
for it is You who illumines and enlightens.

Praised are You,
Adonai,
whose majesty gives light to the universe.

A Prayer for Protection at Night

Cover my house, my windows, my body

With the blood of Your Son Yeshua

Protect me as I sleep in the everlasting holy blood that was shed for me

Prayer upon waking up Modeh Ani

Modeh Ani Lefanecha
Melech Chai Vekayom
Shehechezarta Bi Nishmati
Bechemla
Raba Emunatecha

I offer thanks to You,
living and eternal King,
for You have mercifully restored my soul within me;
Your faithfulness is great.

Netilat Yadayim washing of hands.

Baruch Ata Ado-nai

Elo-hanu Melech Haolam

Asher Kidishanu Bemitzvotav

Vetzivanu Al Netilat Yadayim

Blessed are You, L-rd our G-d,
King of the universe,
who has sanctified us with His commandments,
and commanded us concerning the washing of the hands.

Asher Yatzar when you go to the toilet

"Blessed are You, Hashem, our G-d, King of the universe, Who formed man with wisdom and created within him many openings and many hollows (cavities). It is obvious and known before Your Throne of Glory that if but one of them were to be ruptured or if one of them were to be blocked it would be impossible to survive and to stand before You (even for a short period of time). Blessed are You, Hashem, Who heals all flesh and acts wonderously."

אֶת יְצַר אֲשֶׁר הָעוֹלָם מְלֶךְ אֱלֹהֵינוּ יְהוָה אֲתָה בָרוּךְ
חַלּוּלִים חַלּוּלִים נִקְבִּים נִקְבִּים בּוֹ וּבָרָא בְּחֻכְמָה הָאֲדָם.
מֵהֶם אֶחָד יִפְתַּח שָׂאֵם כְּבוֹדְךָ כִּסֵּא לְפָנַי וַיְדוּעַ גְּלוּי
לְפָנֶיךָ וְלַעֲמוּד יִסְלְתֶךָ אֶפְשָׁר אִי מֵהֶם אֶחָד יִסְתֶּם אוֹ
אֶחָת שָׁעָה אֶפִּילוּ.
לַעֲשׂוֹת וּמִפְּלִיא בְּשֶׁר כָּל רוּפָא יְהוָה אֲתָה בָרוּךְ.

Tefila ha derech – Travelling prayers.

Transliteration

Y'hi ratzon milfanekha A-donai E-loheinu ve-lohei avoteinu she-tolikhenu l'shalom v'tatz'idenu l'shalom v'tadrikhenu l'shalom, v'tagi'enu limhoz heftzenu l'hayim ul-simha ul-shalom. V'tatzilenu mi-kaf kol oyev v'orev v'listim v'hayot ra'ot ba-derekh, u-mi-kol minei pur'aniyot ha-mitrag'shot la-vo la-olam. V'tishlah b'rakha b'khol ma'a'se yadeinu v'tit'nenu l'hen ul-hesed ul-rahamim b'einekha uv-einei khol ro'einu. V'tishma kol tahanuneinu ki E-I sho'me'a t'fila v'tahanun ata. Barukh ata A-donai sho'me'a t'fila.

English translation

May it be Your will, LORD, our Hashem and the Hashem of our ancestors, that You lead us toward peace, guide our footsteps toward peace, and make us reach our desired destination for life, gladness, and peace. May You rescue us from the hand of every foe, ambush along the way, and from all manner of punishments that assemble to come to earth. May You send blessing in our handiwork, and grant us grace, kindness, and mercy in Your eyes and in the eyes of all who see us. May You hear the sound of our humble request because You are Hashem Who hears prayer requests. Blessed are You, Adonai, Who hears prayer.

Amidah for morning (Standing up, afternoon and evening)

The Amidah prayer (Shimoneh Esrei)

The Amidah is done standing and the word means to stand.

If outside Israel you face Israel and Jerusalem. If inside Jerusalem you face the holy of holies.

If you do not have two Rabbis that is you in the middle and one person each on left and right then you do it standing on your own facing the congregation facing Jerusalem.

Begin:

Take three steps back and then three steps forward before and after reciting the Amidah the 18 benedictions.

The text is first recited quietly by the congregation standing and then the leader recites it loudly by saying Amein at each blessing and the congregations also says Amein.

The three steps symbolize to remove attention from the material world and also remind us how the priests did the sacrifices in the ancient Temple and step backwards to focus to present yourself to the King of Kings YHWH.

Rabbi Alexandri said in the name of Rabi Yehoshua ben Levi: One who has prayed should take three steps backward and afterwards pray for peace. Rav Mordecai said to him: Once he has stepped three steps backward, there he should remain. ¹

Start – 3 steps forward, bow three steps back.

1. Blessed are You, Eternal One our Eloah and Eloah of our fathers, Eloah of Abraham, Eloah of Isaac, and Eloah of Jacob. The great, mighty and awesome Eloah, Eloah Supreme who extends loving kindness and is Master of all, who remembers the gracious deeds of our forefathers, and who will bring a Redeemer with love to their children's children for His name's sake. King, Helper, Saviour and Protector, blessed are You, Eternal One, Protector of Abraham. (All say Amein) **(everyone bows)**

2. Your might is eternal, O Eternal One, who revives the dead, powerful in saving, who makes the wind to blow and the rain to fall, who sustains the living with loving kindness, who revives the dead with great mercy, who supports the falling, heals the sick, frees the captive, and keeps faith with the dead; who is like You, Almighty, and who resembles You, O King who can bring death and give life. (All say Amein)

3. You are Set-Apart, and Your name is Set-Apart, and those who are Set-Apart shall praise You every day. Blessed are You, Eternal One, the Set-Apart Elohim. (All say Amein)

¹ Talmud Tractate Yoma53b

4. You grant knowledge to man, and teach understanding to mankind; from your own self, favour us with knowledge, understanding, and sense. Blessed are You, Eternal One, giver of knowledge. (All say Amein)

5. Return us, our Father, to Your Torah, and draw us closer, our King, to Your worship, and bring us back before You in complete repentance. Blessed are You, Eternal One, who desires repentance. (All say Amein)

6. Forgive us, our Father, for we have sinned, pardon us, our King, for we have transgressed, for You are a pardoner and forgiver. Blessed are You, Eternal One, gracious One who forgives abundantly. (All say Amein)

7. Look upon us in our suffering, and fight our struggles, redeem us speedily, for Your name's sake, for You are a mighty Redeemer. Blessed are You, Eternal One, Redeemer of Y'sra'el. (All say Amein)

8. Heal us, O Eternal One, and we shall be healed, save us and we shall be saved, for You are our glory. Send complete healing for our every illness, for You, Divine King, are the faithful, merciful Physician. Blessed are You, Eternal One, who heals the sick of His people Y'sra'el. (All say Amein)

9. Bless this year for us, O Eternal One our Eloah, and all its varied produce that it be for good; provide (dew and rain as a) blessing on the face of the earth, satisfy us with Your goodness, and bless this year like the good years. Blessed are You, Eternal One, who blessed the years. (All say Amein)

10. Sound the great shofar (to proclaim) our freedom, lift up a banner for the ingathering of our exiles, and bring us together from the four corners of the earth. Blessed are You, Eternal One, who gathers together the dispersed of His people Y'sra'el. (All say Amein)

Abrahamic-Faith appended blessings (Rabbi Simon Altaf)

And thank you for sending Yahushua our redeemer who is restoring all things back to (Our Father in Heaven) Avenu shab shamayim.

11. Restore our judges as at first, and our counsellors as in the beginning, removing from us sorrow and sighing; rule over us, You alone, O Eternal One, with kindness and mercy, and vindicate us in the judgment. Blessed are You, Eternal One, King, who loves righteousness and judgment. (All say Amein)

12. For slanderers let there be no hope, and let all wickedness instantly perish. May all Your enemies be quickly cut off; and as for the malicious, swiftly uproot, break, cast down, and subdue quickly in our day. Blessed are You, Eternal One, who breaks the power of His enemies and subdues the malicious. (All say Amein)

This one was not used by Yahushua but added later believed to be after 70 CE.

13. On the righteous and the saintly, on the elders of Your people, the house of Y'sra'el, and on their surviving scholars, on the true proselyte and on ourselves, let Your compassion flow, O Eternal One our Elohim. Grant a good reward to all who sincerely trust in Your name; place our lot with them forever and let us not be shamed, for in You do we trust.

Blessed are You, Eternal One, the support and security of the righteous. (All say Amein)

14. To Jerusalem Your city, return with compassion, and dwell within it as You promised; rebuild it soon in our day, an everlasting structure; and speedily establish in its midst the throne of Dawud. Blessed are You, Eternal One, builder of Jerusalem. (All say Amein)

15. The offspring of Your servant Dawud, quickly cause to flourish, and lift up his power by Your deliverance; for Your deliverance do we constantly hope. Blessed are You, Eternal One, who makes the glory of deliverance to flourish. (All say Amein)

16. Hear our voice, O Eternal One our Eloah, show compassion and mercy to us, accept our prayers with mercy and favour, for You are the Elohim who hears prayers and supplications. (All say Amein)

17. Favourably receive, O Eternal One our Eloah, Your people Y'sra'el and their prayer, restore the worship to Your temple in Tsiyon, receive with love and favour the offerings of Y'sra'el and their prayer, and may the worship of Your people Y'sra'el always be favourably received by You, may our eyes behold Your return to Tsiyon in mercy. Blessed are You, Eternal One, who restores His divine Presence to Tsiyon. (All say Amein)

18. (Leader bows and others follow) We give thanks to You who is the Eternal One our Eloah and Eloah of our fathers for all eternity.

You are the strength of our lives, the shield of our deliverance. In every generation, we shall thank You and declare Your praise for our lives that are entrusted in Your hand, and for our souls that are in Your care, and for Your miracles that are daily with us, and for Your wondrous deeds and goodness that occur at all times, evening, morning, and noon. You are the Benevolent One, for Your mercies are never ended. The Compassionate One, for Your deeds of kindness do not stop, always have we placed our hope in You. For all this, O our King, may Your name be always blessed and exalted forever and ever. All the living will forever thank You and praise Your name in truth, O Eloah, our eternal salvation and help. blessed are You, Eternal One, whose name is goodness; it is pleasing to give thanks to You. (All say Amein)

19. Establish peace, well-being, blessing, grace, loving kindness, and mercy upon us and upon all Y'sra'el, Your people for by the light of Your presence have you given us, O Eternal One our Elohim, a Torah of life, love of kindness, justice, blessing, compassion, life, and peace, and it is good in Your sight to bless Your people Y'sra'el at all times and in every hour with Your peace.

Blessed are You, Eternal One, who blessed His people Y'sra'el with peace. (All say Amein)