

# **TEMPLE SINAI NOAR HEBREW**

## **6<sup>TH</sup> GRADE PRAYER MASTERY CHART**

**STUDENT NAME:** \_\_\_\_\_

<u>REQUIRED PRAYERS</u>	STAGE 1	STAGE 2	STAGE 3	BONUS
Torah Blessings Before בְּרִכּוֹת הַתּוֹרָה	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Torah Blessings After בְּרִכּוֹת הַתּוֹרָה	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Haftarah Blessings Before בְּרִכּוֹת הַהַפְּטָרָה	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Haftarah Blessings After בְּרִכּוֹת הַהַפְּטָרָה	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ashrei אֲשֶׁרִי	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eilu D'varim אֵלֵינוּ דְּבָרִים	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>SUPPLEMENTAL PRAYERS</u>				
Baruch Sheh Amar בָּרוּךְ שֶׁאָמַר	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aleinu עֲלֵינוּ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Elohai N'shamah אֱלֹהֵי נְשָׁמָה	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Temple Sinai  
Center for Learning  
and Engagement

# ***NOAR HEBREW***

## **EXPLANATION OF PRAYER MASTERY STAGES**

- Stage 1      Student will be able to recognize the prayer melody and be able to chant at least 75% of the prayer on their own.
- Stage 2      Student will be able to chant the prayer completely on their own without stopping
- Stage 3      Student will be able to articulate the meaning of the prayer, when we say the prayer, why we say it, and its significance.
- Bonus        Student will be able to recognize all key words and their Hebrew letter and vowel sounds found in the prayer.

## **GOALS OF NOAR HEBREW**

1. For students to see Hebrew as a living language.
2. For students to feel comfortable and able to participate in T'fillah (Jewish prayer) and Jewish life.
3. For students to develop a love of Hebrew, actively excited and engaged in their Hebrew studies.

Temple Sinai's Noar Hebrew curriculum is designed to expose our students to the Hebrew language and actively engage students in their Hebrew studies. We want to teach our students basic Hebrew language, reading and prayer skills while also providing them with a living experience and meaningful connection to the Hebrew language.



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The Torah (also called the Five Books of Moses) is divided into 54 portions. It takes exactly one Jewish year to read the whole Torah. Each Torah portion is divided into smaller readings called *aliyot*. The honor of being called up from the congregation to bless the Torah reading is known as an *aliyah*. *Aliyah* means “going up.” When people are called up for an *aliyah*, they say two blessings, one before the reading begins and one after the reading has finished.

Blessing Before the Reading of the Torah:

1. בְּרָכוּ אֶת יְיָ הַמְּבֹרָךְ!
  2. בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד!
- (Chanted by congregation, repeated by person saying the blessing)
3. בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
  4. אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.
  5. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

1. **Bless** Adonai, the One who is to be blessed!
2. Bless Adonai, the One who is to be blessed, now and forever!
3. Blessed are You, Adonai our God, Ruler of the world,
4. Who **chose** us from all peoples and gave us God’s Torah.
5. Blessed are You Adonai, **who gives the Torah**.

Blessing After the Reading of the Torah:

1. בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
2. אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,
3. וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.
4. בְּרוּךְ אַתָּה יי, נוֹתֵן הַתּוֹרָה.

1. Blessed are You, Adonai our God, Ruler of the world,
2. Who gave us a Torah of **truth**,
3. And planted eternal life within us.
4. Blessed are You Adonai, **who gives** the Torah.

Words to Remember

bless - בְּרָכוּ

chose - בָּחַר

gave - נָתַן

the Torah - הַתּוֹרָה

truth - אֱמֶת



The *Haftarah* is a reading from the Prophets or Writings sections from the Tanach (Hebrew Bible). It is read after the *Torah* portion and is thematically related to it in some way. *Haftarah* means conclusion (because it is read at the conclusion of the Torah service). When the Jews were forbidden to read from the *Torah*, they read *Haftarah* instead, since it could be more easily hidden. The blessing before the reading of the *Haftarah* portion affirms that God chose prophets of truth and righteousness. The themes of the blessings following the reading are: God's truthfulness and faithfulness; the return to Zion (Jerusalem); and thanksgiving for *Torah*, worship, the prophets, and Shabbat. Our tradition teaches that the prophets were learned, righteous people who spread the word of *Torah* to the Jewish people. They were the conscience of the Jews. The truths taught by the prophets are told in the *Haftarah* and help us to better understand important ideas and values found in the *Torah*.

Blessing Before the Reading of the Haftarah:

1. בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
2. אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים,
3. וְרָצָה בְּדַבְרֵיהֶם הַנְּאֻמִּים בְּאֵמֶת,
4. בְּרוּךְ אַתָּה יי, הַבוֹחֵר בַּתּוֹרָה
5. וּבְמֹשֶׁה עַבְדּוֹ, וּבִישְׂרָאֵל עַמּוֹ,
6. וּבְנְבִיאֵי הָאֵמֶת וְצֶדֶק.

1. Blessed are You, Adonai our God, Ruler of the world,
2. Who selected great **prophets**,
3. And wanted them to speak words of truth.
4. Blessed are You Adonai, for the revelation of Torah,
5. For Moses God's servant, and **for God's people Israel**,
6. And for the prophets of **truth** and **righteousness**.

Blessing After the Reading of the Haftarah:

1. בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
2. צוֹר כָּל הָעוֹלָמִים, צַדִּיק בְּכָל הַדּוֹרוֹת,
3. הָאֵל הַנְּאֻמָּן הָאוֹמֵר וְעֹשֶׂה, הַמְדַבֵּר וּמְקַיֵּם,
4. שְׁכָל דְּבָרָיו אִמֶּת וְצַדִּיק.
5. עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה, וְעַל הַנְּבִיאִים,
6. וְעַל יוֹם הַשַּׁבָּת הַזֶּה, שְׁנַתַּת לָנוּ יי אֱלֹהֵינוּ,
7. לְקִדְשָׁה וְלִמְנוּחָה, לְכָבוֹד וּלְתִפְאַרֶת.
8. עַל הַכֹּל יי אֱלֹהֵינוּ, אֲנַחְנוּ מוֹדִים לָךְ,
9. וּמְבָרְכִים אוֹתְךָ, יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָּל חַי
10. תְּמִיד לְעוֹלָם וָעֶד.
11. בְּרוּךְ אַתָּה יי, מִקִּדְשׁ הַשַּׁבָּת.

Blessing After the Reading of the Haftarah:

1. Blessed are You, Adonai our God, Ruler of the world,
2. Rock of all creation, the **Righteous** One of all generations,
3. The faithful God whose word is action, whose speech causes things to be,
4. Whose every command is **true** and **righteous**.
5. For the Torah, for worship, and for **the prophets**,
6. And for this day of Shabbat, that You have given us Adonai our God,
7. For holiness and for rest, for honor and for glory.
8. For all of this Adonai our God, we thank You,
9. And bless You, every living being will bless Your name with their mouths
10. Always and forever.
11. Blessed are You Adonai, for Shabbat and its holiness.

Words to Remember

prophets - נְבִיאִים

Israel - יִשְׂרָאֵל

God's people - עַמּוֹ

truth - אֱמֶת

righteous - צְדָקָה

1. אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ סֵלָה.
2. אַשְׁרֵי הָעַם שֶׁכָּכָה לוֹ, אַשְׁרֵי הָעַם שֶׁיְי אֱלֹהָיו.
3. תִּהְיֶה לְדוֹד,
4. אַרְוֹמְמֶךָ אֱלֹהֵי הַמַּלְאָךְ, וְאַבְרָכָה שְׁמֶךָ לְעוֹלָם וָעֶד.
5. בְּכָל יוֹם אַבְרָכְךָ, וְאַהֲלִלְךָ שְׁמֶךָ לְעוֹלָם וָעֶד.
6. גָּדוֹל יְי וּמְהַלָּל מְאֹד, וְלִגְדֻלְתּוֹ אֵין חֶקֶר.
7. דוֹר לְדוֹר יִשְׁבַח מֵעַשְׂיָךְ, וּגְבוּרַתְיָךְ יִגִּידוּ.
8. הִדְר כְּבוֹד הַיּוֹדֶךָ, וְדַבְרֵי נִפְלְאוֹתְיָךְ אֲשִׁיחָה.
9. וְעִזּוֹז נִוְרָאוֹתְיָךְ יֹאמְרוּ, וּגְדֻלְתְּךָ אֲסַפְּרֶנָּה.
10. זָכַר רַב טוֹבָךָ יִבְיַעוּ, וְצַדִּיקְתְּךָ יִרְנְנוּ.
11. חֲנוּן וְרַחוּם יְי, אַרְךָ אַפִּים וּגְדֹל חֶסֶד.
12. טוֹב יְי לְכָל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.
13. יוֹדוּךָ יְי כָּל מַעֲשֵׂיךָ, וְחֲסִידֶיךָ יִבְרָכוּכָה.
14. כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ, וּגְבוּרַתְךָ יִדְבְּרוּ.
15. לְהוֹדִיעַ לְבַנֵי הָאָדָם גְּבוּרַתְיוֹ, וּכְבוֹד הִדְר מַלְכוּתּוֹ.
16. מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים, וּמִמְשַׁלְתְּךָ בְּכָל דוֹר וָדוֹר.
17. סוֹמֵךְ יְי לְכָל הַנִּפְלִים, וְזוֹקֵף לְכָל הַכְּפוּפִים.
18. עֵינַי כָּל אֵלֶיךָ יִשְׁבְּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכָלָם בְּעֵתוֹ.
19. פּוֹתַח אֶת יַדְךָ, וּמִשְׁבִּיעַ לְכָל חַי רָצוֹן.
20. צַדִּיק יְי בְּכָל דְרָכָיו, וְחֲסִיד בְּכָל מַעֲשָׂיו.
21. קָרוֹב יְי לְכָל קוֹרְאָיו, לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.
22. רָצוֹן יִרְאֵיו יַעֲשֶׂה, וְאֵת שׁוֹעֲתָם יִשְׁמַע וַיּוֹשִׁיעֵם.
23. שׁוֹמֵר יְי אֶת כָּל אֱהָבָיו, וְאֵת כָּל הַרְשָׁעִים יִשְׁמִיד.
24. תִּהְיֶה לְיְי יַדְבָּר פִּי, וַיְבָרֶךְ כָּל בֶּשָׂר שֵׁם קִדְשׁוֹ לְעוֹלָם וָעֶד.
25. וְאַנְחֵנוּ נִבְרָךְ יְה, מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ.

1. **Happy** are those who sit in Your house, they will praise you, *Sela!*
2. **Happy** are the people who have this, **happy** are the people whose God is Adonai.
3. A psalm of praise written by David,
4. I will exalt my god the Ruler, **and I will bless** Your name forever.
5. Every day **I will bless You**, and I will praise Your name forever.
6. Great is Adonai, and highly praised, there is no limit to God's greatness.
7. One generation will praise Your work to the next generation, they will tell of Your might.
8. The beautiful honor of Your splendor, and Your wondrous acts I will recite.
9. They will speak of Your awesome boldness, and I will tell of Your greatness.
10. The memory of Your great goodness they will express, and they will sing of **Your righteousness**.
11. Adonai is gracious and merciful, endlessly patient and great with **loving kindness**.
12. Adonai is good to all, and God's mercy is on all of God's creations.
13. All of Your creations, Adonai, will thank you, and Your faithful ones **will bless You**.
14. They will speak of the honor of Your rule, they will tell of Your might,
15. In order to tell all people of god's might, and the honor and glory of God's rule.
16. Your rule is a rule for all of eternity, and Your reign will last from generation to generation.
17. Adonai supports the falling, and raises up all who are bent over,
18. All eyes turn to You, and You give them their food at the right time.
19. You open up Your hands, and satisfy the needs of all who live.
20. Adonai is **righteous** in all ways, **and loving and kind** in all acts.
21. Adonai is near to all who call out, to all who call out in truth.
22. Adonai will fulfill the desires of the humbled, and will hear their outcry and help them.
23. Adonai guards all those who love Adonai, but all of the wicked God will destroy.
24. My mouth will speak praise to Ad onai, all flesh **will bless** Adonai's **holy** name forever.
25. And **we will bless** God, from now until forever, Halleluyah!

**Elu D'varim** is part of the morning service where we mention mitzvot about caring for each other, being an educated Jew, and making the world a more peaceful place. Each commandment is without measure (meaning we have no idea how much we are actually helping others) because doing the mitzvot is a gesture of kindness and compassion. Since performing the commandments makes the doer feel good as well, the reward is without measure.

- אֱלוֹ דְבָרִים שְׂאִין לָהֶם שְׁעוֹר,  
 שְׂאָדָם אוֹכֵל פְּרוֹתֵיהֶם בְּעוֹלָם הַזֶּה  
 וְהִקְרוּ קִיּוֹת לוֹ לְעוֹלָם הַבָּא, וְאֱלוֹ הוּ:  
 1. כְּבוֹד אָב וְאִם,  
 2. וּגְמִילוֹת חֲסָדִים,  
 3. וְהַשְׁכַּמַּת בֵּית הַמְדָרֶשׁ שְׁחֲרִית וְעֶרְבִית,  
 4. וְהַכְנָסֵת אוֹרְחִים,  
 5. וּבִקּוּר חוֹלִים,  
 6. וְהַכְנָסֵת כֶּלֶה,  
 7. וּלְוִיַּת הַמֵּת,  
 8. וְעִיּוֹן תִּפְלָה,  
 9. וְהַבְּאֵת שְׁלוֹם בֵּין אָדָם לְחֵבְרוֹ:  
 10. וְתִלְמוּד תּוֹרָה כְּנֶגֶד כָּלֶם.

**These are the obligations** without measure, whose reward, too, is without measure:

1. To **honor father and mother**,
2. To perform **acts of love and kindness**,
3. To attend the house of study daily,
4. To welcome the stranger,
5. To **visit the sick**,
6. To rejoice with bride and groom;
7. To console the bereaved,
8. To pray with sincerity,
9. To make peace when there is strife:
10. And the **study of Torah is equal to them all, because it leads to them all.**

Baruch Sheh Amar is part of the morning service and comes from P'sukei D'Zimrah (literally verses of praise). In this blessing we praise God as our Creator, stating the many things God does for us – creates and bestows compassion on us, and redeems and saves us.

1. בְּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם,
2. בְּרוּךְ הוּא.
3. בְּרוּךְ עֹשֶׂה בְּרֵאשִׁית,
4. בְּרוּךְ אוֹמֵר וְעוֹשֶׂה,
5. בְּרוּךְ גּוֹזֵר וּמְקַיֵּם,
6. בְּרוּךְ מְרַחֵם עַל הָאָרֶץ,
7. בְּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת,
8. בְּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב לִירְאָיו,
9. בְּרוּךְ חַי לְעַד וְקַיֵּם לְנֶצְחַת.
10. בְּרוּךְ פּוֹדֶה וּמַצִּיל,
11. בְּרוּךְ שְׁמוֹ.

1. Blessed is the One who spoke and the **world came to be,**
2. Blessed is the One!
3. Blessed is the One who continually authors **creation,**
4. Blessed is the whose word is **deed,**
5. Blessed is the One **who decrees and fulfills.**
6. Blessed is the One who is compassionate to the earth.
7. Blessed is the One who is compassionate **towards all creatures.**
8. Blessed is the One who rewards the reverent;
9. Blessed is the One who exists for all time, ever-enduring.
10. Blessed is the One who **redeems and saves;**
11. **Blessed is God's name!**

1. עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
2. לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
3. שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
4. וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה,
5. שֶׁלֹּא שָׂם חֶלְקֵנוּ כָּהֵם, וְגָרְלָנוּ כְּכֹל  
הַמּוֹנְסִים.
6. וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
7. לְפָנֵי מֶלֶךְ, מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ  
הוּא.
8. וְנֹאמֵר, וְהִיָּה יי לְמֶלֶךְ עַל כָּל הָאָרֶץ,
9. בַּיּוֹם הַהוּא יְהִיָּה יי אֶחָד, וְשִׁמוֹ אֶחָד:

1. **It is upon us** to praise the Sovereign of the universe
2. and proclaim the greatness of the Creator
3. Who did not make us like the nations of the earth
4. And did not place us like the families of the land,
5. Who did not place our portion like theirs, nor our fate like all others
6. And we bend the knee and we bow and give thanks
7. Before the One who is Sovereign over all, **the Holy** and Blessed One
8. Thus it has been said, Adonai will be Sovereign over all the earth
9. One that day, Adonai will be one, and God's Name will be one.

Elohai N'Shamah is a beautiful blessing thanking God for allowing us to wake up each morning and literally “for the soul You have given me.” This blessing praises God for all God has created.

1. אֱלֹהֵי, נַשְׁמָה שְׁנַתַּתְּ בִּי טְהוֹרָה הִיא!
2. אֶתְּה בְּרָאתְה, אֶתְּה יִצְרַתְּה,
3. אֶתְּה נִפְחַתְּה בִּי,
4. וְאֶתְּה מִשְׁמָרָה בְּקִרְבִּי.
5. כָּל-זְמַן שֶׁהִנְשַׁמָּה בְּקִרְבִּי,
6. מוֹדָה אֲנִי לְפָנֶיךָ,
7. יי אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי וְאֲמוֹתַי,
8. רַבּוֹן כָּל-הַמַּעֲשִׂים,
9. אֲדוֹן כָּל-הַנְּשָׁמוֹת.
10. בְּרוּךְ אַתְּה יי, אֲשֶׁר בִּידוֹ נִפְּשׁ כָּל-חַי,
11. וְרוּחַ כָּל-בְּשָׂר-אִישׁ.

1. The **soul** that You have given me, O God, is a pure one!
2. You have created and formed it,
3. Breathed it into me, and within me.
4. You sustain it.
5. So long as I have breath,
6. therefore, I will give thanks to You,
7. O Lord my God and God of my ancestors,
8. Source of all creation,
9. God of every human spirit.
10. Blessed is Adonai, **in whose hands** are the souls of all the **living**
11. and the spirits of all flesh.

### Words to Remember

soul - נְשָׁמָה

in whose hand - בְּיָדוֹ

life - חַי