

אַבוֹת וְאִמוֹת

Avot V'Imot

Avot V'Imot is the first blessing of the Amidah (a group of blessings at the heart of every prayer service) and comes after the Sh'ma and its blessings.

Avot V'Imot means fathers and mothers.

It asks God to recognize us as descendants of our ancestors and asks God to watch over us, protect us, and bless us, just as God did these things for our ancestors. In the Avot V'Imot we recognize that God is mighty, powerful, and awesome, but also loving and protective.

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יִגִּיד תְּהִילָתֶךָ :
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי שָׂרָה,
אֱלֹהֵי יִצְחָק, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה :
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,
גּוֹמֵל חֲסָדִים טוֹבִים, וְקִנְיַת הַכֹּל,
וְזוֹכֵר חֲסִדֵי אֲבוֹת וְאִמוֹת,
וּמְבִיא גְאֻלָּה לְבָנָי בְּנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה :
מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגִן :
בָּרוּךְ אַתָּה יְיָ, מְגִן אַבְרָהָם וְעִזְרַת שָׂרָה.

Blessed are you Adonai, God of our ancestors, God of Abraham, God of Sarah, God of Isaac, God of Rebecca, God of Jacob, God of Rachel and God of Leah. Great, heroic, awesome God, supreme divinity, imparting

deeds of kindness, maker of all things. You are mindful to the loyalty of Israel's ancestors, bringing with love, redemption to their children's children for the sake of the divine name. Regal one, our help, our salvation and protector. Blessed are you, kind one, the shield of Abraham and helper of Sarah.