

**שָׁמַע | יִשְׂרָאֵל, הָי | אֱלֹהֵינוּ, הָי | אֶחָד.**

Hear O Israel, the Eternal is our God, the Eternal is One

**בָּרוּךְ שֵׁם כְּבוֹד מֶלֶכְתּוּ לְעוֹלָם וְעַד.**

Blessed is God's glorious majesty forever and ever.

**יְבָרֶכְךָ הָי | וַיִּשְׁמַרְךָ. יָאָר הָי | פָּנָיו אֲלֵיךָ וַיַּחֲנַךָּךָ.**

**יְשָׁא הָי | פָּנָיו אֲלֵיךָ וַיִּשְׁמַע לְךָ שְׁלוֹם.**

May God bless you and protect you. May the light of God's face shine upon you and be gracious to you. May God's face be lifted up to you and may God grant you peace.

**הַנֶּה לֹא יִنּוֹם וְלֹא יִשְׁן שׁוֹמֵר יִשְׂרָאֵל.**

Behold the Guardian of Israel neither sleeps nor slumbers.

**לִישׁוּעָתְךָ קָוִיתִי הָי. קָוִיתִי לִישׁוּעָתְךָ הָי. הָי לִישׁוּעָתְךָ קָוִיתִי.**

For Your salvation do I long Adonai. I long Adonai for your salvation.

Adonai for your salvation do I long.

**בְּשָׁם הָי | אֱלֹהֵי יִשְׂרָאֵל, מִימִינֵי מִיכָּאֵל, וּמִשְׁמָאלֵי גַּבְرִיאֵל,  
וּמִלְּפָנֵי אֹנוֹרִיאֵל, וּמִאַחֲרֵי רַפָּאֵל, וְעַל רַאשֵּׁי שְׁכִינַת אֵל.**

In the name of Adonai, God of Israel: May Michael (Who is like God) be at my right, Gabriel (My strength is God) at my left, Uriel (My light is God) in front of me, and Raphael (My healer is God) behind me; and above my head the Shechinah (Spirit of God).

**בְּנִידּוֹ אֶפְקִיד רֹוחִי, בְּעַת אִישׁוֹן וְאַעֲיָרָה.**

**וְעַם רֹוחִי גְּוִיִּתִי, הָי לִי וְלֹא אִירָא.**

Into your hands I commend my body and my spirit, both when I sleep and when I wake. In Your presence I cast off my fear and lie down to rest and sleep.

**בָּרוּךְ אַתָּה הָי רֹפֵא חֲבוֹלִים.**

Praised are You Adonai, Healer of the sick.

**Sh'ma Yisrael, Ado-nai Eloheinu, Ado-nai Ehad**

Hear O Israel, the Eternal is our God, the Eternal is One

**Baruch Shem K'vod Mal'chuto L'olam Va'ed**

Blessed is God's glorious majesty forever and ever.

**Y'varech'cha Ado-nai v'yishm'recha. Ya'er Ado-nai panav eilecha v'chuneka.**

**Yisa Ado-nai panav eilecha v'yasem l'cha shalom**

May God bless you and protect you.

May the light of God's face shine upon you and be gracious to you.

May God's face be lifted up to you and may God grant you peace.

**Hinei lo yanum v'lo yishan Shomer Yisrael.**

Behold the Guardian of Israel neither sleeps nor slumbers.

**Lishuat'cha kiviti Ado-nai. Kiviti Ado-nai lishuat'cha. Ado-nai lishuat'cha kiviti.**

For Your salvation do I long Adonai. I long Adonai for your salvation.

Adonai for your salvation do I long.

**B'shem Ado-nai Elohei Yisrael; Mimini Mi-cha-el; umis'mo'li Gav-ri-el;**

**Umil'fanai U-ri-el; Umei'acharai R'fa-el; V'al roshi, Sh'chinat El.**

In the name of Adonai, God of Israel:

May Michael (Who is like God) be at my right,

Gabriel (My strength is God) at my left, Uriel (My light is God) in front of me,

and Raphael (My healer is God) behind me;

and above my head the Shechinah (Spirit of God).

**B'yado afkid ruhi, b'eit ishan v'a'ira. V'im ruhi g'viati.**

**Ado-nai Li v'lo ira**

Into your hands I commend my body and my spirit, both when I sleep and  
when I wake. In Your presence I cast off my fear and lie down to rest and sleep.

**Baruch Atah Ado-nai, Rofeh haholim.**

Praised are You Adonai, Healer of the sick.