



## FOUNDATIONS OF JUDAISM: PRAYER STRUCTURE

# AMIDAH CHEAT SHEET

*Gavriel Z. Bellino*

### WEEKDAY

1. AVOT – Ancestral Connection
2. GEVUROT – God’s Might
3. KEDUSHAT HASHEM – God’s Transcendence
4. BINA – Wisdom/Understanding
5. TESHUVA – Return
6. SELICHA – Forgiveness
7. GEULA – Redemption
8. REFUA – Healing
9. HASHANIM – Sustenance
10. GALUYOT – Ingathering
11. DIN – Justice
12. MINIM – Sectarians
13. TZADIKIM – Righteous
14. YERUSHALAYIM – Jerusalem
15. DAVID – Restoration of Monarchy
16. TEFILLA – Accept Prayers
17. AVODA – Service
18. HODA’A – Thanksgiving
19. SHALOM – Protection

### SHABBAT/HOLIDAY

1. AVOT – Ancestral Connection
2. GEVUROT – God’s Might
3. KEDUSHAT HASHEM – God’s Transcendence
  
4. KEDUSHAT SHABBAT/YOM TOV –  
Transcendence of the Sabbath/Holiday
  
5. AVODA – Service
6. HODA’A – Thanksgiving
7. SHALOM – Protection