



FOUNDATIONS OF JUDAISM: PRAYER STRUCTURE

AMIDAH (STANDING PRAYER)

Gavriel Z. Bellino

- I. Avot (“Ancestors”). Praises God as the God of the patriarchs.
- II. Gevurot (“powers”). Praises God for His power and might, e.g., healing, resurrection, rain, etc.
- III. Kedushat ha-Shem (“sanctification of the Name”) praises God's holiness.

- IV. Binah (“understanding”). A petition to God to grant wisdom and understanding.
- V. Teshuvah (“return”). A petition to God to help Jews return to their higher selves.
- VI. Selichah, (“forgiveness”). A petition to God for forgiveness for all sins.
- VII. Geulah (“redemption”). A petition to God to redeem his people Israel.
- VIII. Refuah (“healing”). A petition to God to heal the sick.
- IX. Birkat HaShanim (“blessing for years [of good]”). A petition to God to bless the produce of the earth.
- X. Galuyot (“diasporas”). A petition to God to allow the ingathering of the Jewish exiles back to the land of Israel.
- XI. Birkat HaDin (“Justice”). A petition to God to restore righteous judges as in the days of old.
- XII. Birkat HaMinim (“the sectarians, heretics”). A petition to God to destroy heretics who slander Jews and who act as informers against Jews.
- XIII. Tzadikim (“righteous”). A petition to God to have mercy on all who trust in Him, and asks for support for the righteous.
- XIV. Bo'ne Yerushalayim (“Builder of Jerusalem”). A petition to God to rebuild Jerusalem and to restore the Kingdom of David.
- XV. Birkat David (“Blessing of David”). A petition to God to bring the descendant of King David, who will be the messiah.
- XVI. Tefillah (“prayer”). A petition to God to accept our prayers, to have mercy and be compassionate.

- XVII. Avodah (“service”). A petition to God to restore the Temple services and sacrificial services.
- XVIII. Hoda'ah (“thanksgiving”). A prayer of thanksgiving, thanking God for our lives, for our souls, and for God's miracles that are with us every day.
- XIX. Sim Shalom (“Grant Peace”). A prayer for peace, goodness, blessings, kindness and compassion.