

השכיבנו

Hashkivenu

Shalom is one of the many names by which God is known in Judaism. It is the name by which God will bless you, if you dedicate yourself in accordance with the Divine Will.

Shalom embraces everything that renders life happy, useful and holy. It denotes, firstly, love—love that is binding and everlasting, that does not fade with flowers or pass with the sunshine.

Shalom is the peace that is secured when we have done our share toward our companions, whenever we bring light into hearts that are dark with despair, and cheer into souls overcast with gloom.

No other language possesses a word that so accurately describes the serenity of the soul we experience whenever we have thus made God's presence real. By seeking to promote the happiness of your neighbor, by engaging in every effort to be of help to your companion, and by emphasizing that aspect of life that we call holy, you will realize the full blessing of love and peace, the blessing of *Shalom*.

— Rabbi Mordechai Kaplan

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.
וּפְרוֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמְךָ וְתַקְנֵנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ,
וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ, וְהִגֵּן בְּעַדֵּנוּ.
וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר וְחָרָב וְרָעָב וְיָגוֹן,
וְהִסֵּר שָׁטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ, וּבָצֵל כְּנָפֶיךָ תִּסְתִּירֵנוּ.
כִּי אֵל שׁוֹמְרָנוּ וּמַצִּילֵנוּ אַתָּה,
כִּי אֵל מְלֹךְ חַנוּן וְרַחוּם אַתָּה.
וְשִׁמּוֹר צְאֲתֵנוּ וּבּוֹאֲנוּ לְחַיִּים וּלְשָׁלוֹם,
מִעַתָּה וְעַד עוֹלָם.
וּפְרוֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמְךָ.
בְּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סֶכֶת שְׁלוֹם עָלֵינוּ
וְעַל-כָּל-עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

Hash-kee-vey-nu, Adonai Eh-lo-hey-nu, l'sha-lom,
v'ha-a-mee-dey-nu, shom-rey-nu, l'kha-yeem.
Oof-ros a-ley-nu su-kat sh'lo-me-kha
v'tahk-ney-nu b'ey-tzah to-vah mil-fa-ne-kha,
v'ho-shee-ey-nu l'ma-an sh'me-kha, v'ha-geyn ba-a-dey-nu.
V'ha-seyr mey-a-ley-nu o-yev, de-veyr v'khe-rev v'ra-av v'ya-gon,
v'ha-seyr sa-tan mil-fa-ney-nu u-mey-a-kha-rey-nu
u'v-tzeyl k'na-fe-cha tas-tee-rey-nu,
kee Eyl shom-rey-nu u-ma-tzee-ley-nu a-tah,
kee Eyl me-lekh kha-noon v'ra-khoom a-tah.
Oosh-mor tzey-tey-nu u-vo-ey-nu l'kha-yeem ool-sha-lom,
mey-a-tah v'ad o-lahm.
Oof-ros a-ley-nu su-kat sh'lo-me-kha.
Ba-rukh a-tah Adonai, ha-po-reys su-kat sha-lom a-ley-nu
v'al kol a-mo Yisrael v'al Y'ru-sha-la-yim.

Help us, O God, TO LIE DOWN IN PEACE,
 and awaken us each morning to renewed life and strength.
 Spread Your shelter of peace over us and guide us with Your good counsel.
 Shield us from enemies, disease, hunger, and violence.
 Strengthen us against sorrow and adversity.
 In Your compassion, O God, guard us always as we come and go,
 so that we may be blessed with life and peace.
 Praised are You, Adonai; You spread Your shelter of peace over us,
 over all peoples, and over Jerusalem.

May we lie down in peace tonight



HELP US, O GOD, TO LIE DOWN IN PEACE, but teach us
 that peace means more than quiet.

*Remind us that if we are to be at peace at night,
 we must take heed how we live by day.*

Grant us the peace that comes from honest dealing,
 so that no fear of discovery will haunt our sleep.

Rid us of resentments and hatreds that rob us of the peace we crave.

Liberate us from enslaving habits that disturb us and give us no rest.

*May we inflict no pain, bring no shame,
 and seek no profit by another's loss.*

May we so live that we can face the whole world with serenity.

*May we feel no remorse at night
 for what we have done during the day.*

May we lie down in peace tonight,
 and awaken tomorrow to a richer and fuller life.

Amen.

– Rabbi Sidney Greenberg

...and awaken to a richer and fuller life.