

How To Go To Bed: The Bedtime Shema

Source Sheet by Rabbi SB Gershuny

1. In some traditions, this liturgy begins with a general kavana of personal devotion, and the prayer for cosmic unification (I'shem yichud kudsha brich hu u'schintei).

For the sake of the unification of the Holy One, Blessed be He & His Shechina, and for the unification of Divine Awe with Divine Mercy, Divine Mercy with Divine Awe; to unify the four letters of the Name: Yud, Hei, Vav and Hei with a Complete Unity in the name of all Yisrael, to lift the Shechina from the dust & to raise up the Shechina of our strength:

Behold I accept upon myself the Divinity of the Blessed One, & His love & His awe. And behold I am in awe of Him because he is the master & decisor over all, & all is before Him entirely.

And behold I declare His Sovereignty over each & every limb and sinew of the 248 limbs & 365 sinews of my body, plus my nefesh, my ruach and my neshama [3 levels of soul] – a total & complete Sovereignty.

*And behold I am a servant to the Name of the Holy Blessed One; may He in His mercy give me the merit to serve Him with a complete heart & a desiring soul.
Amen – May it be His Will.*

(ג) לְיֵשׁוּם יִחְיִיד קִדְשָׁא בְּרִיךְ הוּא וְשִׁכְיִנְתָּהּ,
בְּדַחֲיִלוֹ וְרַחֲמֵימוֹ, וְרַחֲמֵימוֹ וְדַחֲיִלוֹ, לְיִתְקַדָּא שְׁמֵ אֹת
יִו"ד אֹת ה' אִ"א בָּאוֹת וְאִ"ו אֹת ה' א, בְּיִחְוּדָא
שְׁלִימִים בְּשֵׁם כָּל יִשְׂרָאֵל, לְאַקְמָא שְׁכִינְתָּא מֵעַפְרָא
וּלְעֵלוֹי שְׁכִינַת עֲזָנוֹ:

הַרְיֵנִי מִקְבֵּל עָלַי אֱלֹהוֹתוֹ יִתְבָּרַךְ וְאֵהְבֵתוֹ וְיִרְאַתוֹ;
וְהַרְיֵנִי יְרֵא מִמֶּנּוּ, בְּגִין דְּאֵיְהוּ רַב וְשְׁלִיט עַל כָּלֵא,
וְכָלֵא קַמֵּיהּ כָּלֵא.

וְהַרְיֵנִי מִמְּלִיכוֹ עַל כָּל אֲבָר וְאֲבָר וְגִיד וְגִיד
יִרְמ"ח אֲבָרִים וְשֵׁס"ה גִּידִים שֶׁל גּוּפִי וְנַפְשִׁי רוּחִי
וְנִשְׁמָתִי, מַלְכוּת גְּמוּרָה וְשִׁלְמָה. וְהַרְיֵנִי עֲבָד לְשֵׁם
יִתְבָּרַךְ, וְהוּא בְּרַחֲמָיו יִזְכְּנִי לְעַבְדוֹ בְּלֵב שְׁלֵם
וְנַפְשׁ חַפְצָה. אָמֵן כֵּן יְהִי רְצוֹן:

2. Now undertake a personal accounting of the day, whether in specific detail, or with this general prayer for forgiveness and the "alleviation of karma" for others, as well as the clearing of one's own sins and the rectification of one's own habitual behavior.

Master of the Universe:

Behold I forgive & pardon anyone who has angered me or antagonized me, or who has sinned against me, whether in relation to my body, or my money, or my honor, or anything that pertains to me; whether done compulsively or willingly; whether accidentally or deliberately; whether through words or through actions; whether in this present incarnation, or in another incarnation - any human being. And may no person be punished because of me.

May it be Your will, my G·d, & G·d of my ancestors, that I not sin again, and that I not be remembered by these sins.

May I never again return to behavior that angers You, nor do what You perceive to be wrong.

And any ways I have sinned before You, with Your abundant mercies please erase - - though not by means of suffering or terrible illnesses.

May the expressions of my mouth & the thoughts of my heart find favor before You, G·d, my Rock & my Redeemer.

רבונו של עולם:

הריני מוחל וסולח לכל מי שחטא
והקניט אותי, או שחטא כנגדי בין בגופי,
בין בממוני, בין בכבודי, בין בקל אשר
לי, בין באנס בין ברצון, בין בשוגג בין
במזיד, בין בדבור בין במעשה, בין
בגלגול זה בין בגלגול אחר, לכל בן אדם,
ולא יענש שום אדם בסבתתי:

יהי רצון מלפניך ה' אלוקי ואלוקי אבותי
שלא אחטא עוד ולא אחזור בהם, ולא
אשוב עוד להכעיסך ולא אעשה הרע
בעיניך, ומה שחטאתי לפניך מחק
ברחמיך הרבים, אבל לא על ידי יסורים
וחלקים רעים:

יהיו לרצון אמרי פי והגיון לבי לפניך, ה'
צורי וגאלי:

3. In some prayerbooks, the Bedtime Shema liturgy begins here, with this blessing (taken from Talmud Brachot 60b, where it immediately precedes the sequence of morning blessings).

Blessed [are You, L-rd, our G-d, King of the Universe] that causes the bonds of sleep to fall upon my eyes, & slumber upon my eyelids, & that enlightens the pupil of the eye.

May it be your will, L-rd, my G-d , & G-d of my forefathers, to lay me down in peace, & to raise me up for good life & for peace.

Let my portion be in your Torah, & may you accustom me in the matter of mitzvah (sacred action). Do not accustom me to an errant way, nor bring me into the hands of sin, nor into the hands of trials, nor the hands of degradation.

And let the good inclination rule within me, & let the evil inclination not have power within me.

Release me from the evil inclination and from bad diseases, and let not bad dreams or dark perseverations disturb or confound me.

May my bed be complete before you [ie with only appropriate expressions of sexuality].

And enlighten my eyes lest I sleep the sleep of death.

Blessed [are you, L-rd] that enlightens the entire universe with His glory.

בְּרוּךְ [אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם] הַמְפִיל
חֻבְלֵי שְׁנָה עַל עֵינַי, וְתַנּוּמָה עַל עַפְעָפַי,
וּמְאִיר לְאִישׁוֹן בֵּת עֵינַי.

יְהִי רְצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי,
שֶׁתְּשַׁכְּבֵנִי לְשָׁלוֹם, וְתַעֲמִידֵנִי לְחַיִּים
טוֹבִים וּלְשָׁלוֹם,
וְתוֹ חֲלָקֵי בְּתוֹרָתְךָ, וְתַרְגִּילֵנִי לְדַבַּר מִצְוָה,
וְאֵל תַּרְגִּילֵנִי לְדַבַּר עֲבָרָה, וְאֵל תְּבִיאֵנִי
לְיַדֵּי חַטָּא, וְלֹא לְיַדֵּי נְסִיווֹן, וְלֹא לְיַדֵּי
בְּזִיווֹן, וְיִשְׁלַט בִּי יַצָּר הַטּוֹב, וְאֵל יִשְׁלַט בִּי
יַצָּר הָרָע, וְתַצִּילֵנִי מִיַּצָּר הָרָע וּמִחֲלָאִים
רָעִים,

וְאֵל יְבַהִילוּנִי חֲלוֹמוֹת רָעִים וְהַרְהוּרִים
רָעִים,

וְתֵהָא מְטַתִּי שְׁלֵמָה לְפָנֶיךָ,

וְהָאֵר עֵינַי כִּן אִישׁוֹן הַמָּוֶת.

בְּרוּךְ [אַתָּה ה'] הַמְאִיר לְעוֹלָם כְּלוֹ
בְּכַבּוּדוֹ:

4. Now the Shema itself, focusing particularly on the unification of the Divine. [Some prayerbooks instruct explicitly to cover the eyes when saying Shema, and to think of the Oneness of G-d].

**HEAR, O ISRAEL, Adonai Is Our
G-D, Adonai Is ONE**

*(Whispered) Blessed be His Name &
glorious sovereignty forever.*

שְׁמַע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה' אֶחָד:

בלחש: בְּרוּךְ, שֵׁם כְּבוֹד מְלְכוּתוֹ, לְעוֹלָם וָעֶד:

V'Ahavta: And you shall love the L-rd, your G-d, with all your heart & with all your soul & with all your might. And these words which I command you this day shall be upon your heart. And you shall teach them diligently unto your children, speaking of them when you sit in your house & when you walk by the way, when you lie down & when you rise up. And you shall bind them for a sign upon your hand, & they shall be as frontlets between your eyes. And you shall write them upon the doorposts of your house & upon your gates. (*Devarim / Deut. 6:4-9*)

Some liturgical traditions consider the second and third paragraphs of the Shema (Deuteronomy 11:13-21 and Numbers 15:37-41) as optional during the bedtime liturgy.

V'Haya Im Shamo: And it shall be that if you hearken diligently unto My commandments which I command you today, to love the L-rd your G-d & to serve Him with all your heart & all your soul, then I will send rain for your land in its proper time, the autumn rain & the spring rain, that you may gather in your grain, your wine & your oil. And I will give grass in your field for your cattle & you shall eat & be satisfied. Take heed to yourselves lest your heart be deceived, & you turn aside & serve other gods & bow to them. For then the L-rd's wrath will be kindled against you, & He will close up the heavens that there be no rain, & land shall not yield her produce, & you shall perish quickly from off the goodly land which the L-rd gives you. You shall lay My words, these upon your heart & upon your soul, & you shall bind them for a sign upon your hand, & they shall be as frontlets between your eyes. And you shall teach them to your children, speaking of them when you sit in your

וְאַהַבְתָּ אֶת ה' אֱלֹהֶיךָ בְּכָל לִבְבְּךָ וּבְכָל
נַפְשְׁךָ וּבְכָל מְאֹדְךָ.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוֶּךָ
הַיּוֹם עַל לִבְבְּךָ.
וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלִקְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ.
וּקְשַׁרְתָּם לְאוֹת עַל יָדְךָ וְהָיוּ לְטוֹטְפֹת בֵּין
עֵינֶיךָ.
וְכַתַּבְתָּם עַל מְזוּזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

וְהָיָה אִם שָׁמַעַתְּ מְשָׁמְעוּ אֶל מִצְוֹתַי אֲשֶׁר
אֲנִי מְצַוֶּה אֶתְכֶם הַיּוֹם לֹאֲהַבְתֶּם אֶת ה'
אֱלֹהֵיכֶם וּלְעַבְדוֹ בְּכָל לִבְבְּכֶם וּבְכָל
נַפְשְׁכֶם.
וְנָתַתִּי מִטֶּר אֲרֻצְכֶם בְּעֵתוֹ יוֹרֵה וּמִלְקוֹשׁ
וְאִסְפֹת דְגָנְךָ וְתִירְשֶׁךָ וַיִּצְהַרְךָ.
וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךָ לְבַהֲמֹתֶיךָ וְאֶכְלָתָה
וּשְׂבַעְתָּ.
הִשְׁמְרוּ לָכֶם פֶּן יִפְתֶּה לְבַבְכֶם וְסָרְתֶם
וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם
לָהֶם.
וְחָרָה אַף ה' בְּכֶם וְעָצַר אֶת הַשָּׁמַיִם וְלֹא
יִהְיֶה מִטֶּר וְהִיאֲדָמָה לֹא תִתֵּן אֶת יְבוּלָהּ
וְאֲבַדְתֶּם מְהֵרָה מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר ה'
נָתַן לָכֶם.
וּשְׁמַתֶּם אֶת דְּבָרֵי אֱלֹהֵי עַל לִבְבְּכֶם וְעַל
נַפְשְׁכֶם וּקְשַׁרְתֶּם אֹתָם לְאוֹת עַל יָדְכֶם
וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם.
וְלִמְדַתֶּם אֹתָם אֶת בְּנֵיכֶם לְדַבַּר בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִקְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ
וּבְקוּמְךָ.
וְכַתַּבְתֶּם עַל מְזוּזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.
לְמַעַן יִרְבוּ מֵיכֶם וַיִּמִּי בְנֵיכֶם עַל הִיאֲדָמָה
אֲשֶׁר נִשְׁבַּע ה' לְאַבְתֵּיכֶם לְתַת לָהֶם כִּימֵי
הַשָּׁמַיִם עַל הָאָרֶץ:

וַיֹּאמֶר ה' אֵל מֹשֶׁה לֵאמֹר.
דַּבֵּר אֶל בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם וְעָשׂוּ

house, when you walk by the way, when you lie down & when you rise. And you shall write them upon the doorposts of your house & upon your gates. So that the L·rd will lengthen your days & the days of your children upon the land which the L·rd promised to give to your fathers, as the days of the heavens above the earth, (*Devarim / Deuteronomy 11:13-21*)

VaYomer Adonai: And the L·rd spoke unto Moses, saying, speak unto the children of Israel & say to them to make for themselves a fringe on the borders of their garments, throughout their generations. And they shall place upon the fringe of the border, a thread of blue wool. And it shall be to you a fringe that you may look upon, & remember all the commandments of the L·rd & to do them. Then shall you not stray after your heart & your eyes whereafter you are wont to stray. So may you remember & do all My commandments & be holy for your G·d. I am the L·rd your G·d who brought you out of the land of Egypt to be your G·d; I am the L·rd your G·d. (*Bamidbar / Numbers 15:37-41*)

(Repeat & Say)

The L-rd, Your G-d, is True.

לְהֵם צִיצֵת עַל פְּנֵי בְּגָדֵיהֶם לְדֹרֹתָם וְנִתְּנוּ
עַל צִיצֵת הַכֶּנֶף פְּתִיל תְּכֵלֶת.
וְהָיָה לָכֶם לְצִיצֵת וּרְאִיתֶם אֹתוֹ וְזָכַרְתֶּם
יְדִגִּישׁ אֶת הָאוֹת זֶ אֶת כָּל מִצְוֹת ה' וַעֲשִׂיתֶם
אֹתָם וְלֹא תִתְּרוּ אַחֲרַי לְבַבְכֶם וְאַחֲרַי
עֵינֵיכֶם אֲשֶׁר אִתְּם זְנִים אַחֲרֵיהֶם.
לְמַעַן תִּזְכְּרוּ יְדִגִּישׁ אֶת הָאוֹת זֶ וַעֲשִׂיתֶם אֶת
כָּל מִצְוֹתַי וְהִייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.
אֲנִי ה' אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
מֵאֶרֶץ מִצְרַיִם לְהִיּוֹת לָכֶם לֵאלֹהִים אֲנִי ה'
אֱלֹהֵיכֶם:
וְחֹזֵר וְאוֹמֵר ה' אֱלֹהֵיכֶם אֱמֹת.

5. Additional scriptural selections for meditation now follow. Different prayerbook traditions suggest different texts, some texts being more universally recommended than others. Presumably the idea is that you fall asleep somewhere in the midst of reciting all of these.

Psalm 90:17

May the pleasantness of the Lord our God be upon us, and may the work of our hands be establish - yea, may He establish the work of our hands.

Psalm 149:5-6

The pious (tzaddikim) shall exult in honor; may they sing and rejoice upon their beds. The spears/exaltations of G-d are in their throats & a double edged sword is in their hands.

Song of Songs 3:7-8

Behold the bed of Solomon: sixty warriors / strong men surrounding it, from among the warriors / strong men of Israel. All of them sword-bearers, all of them learned in war; each man with his scabbard on his thigh, from the fear of nighttimes.

[Repeat 3 times]

Numbers 6:24-26

The L-rd will bless you & protect you.
The L-rd will shine His countenance upon you & give you grace.
The L-rd will lift His countenance upon you & bestow upon you peace.

Psalm 90:17

וַיְהִי נֹעַם אֲדוֹשֵׁם אֱלֹהֵינוּ עָלֵינוּ וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָה עָלֵינוּ וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָהוּ.

Psalm 149:5-6

יַעֲלִזוּ חֲסִידִים בְּכָבוֹד יִרְנְנוּ עַל מִשְׁכְּבוֹתָם: רוּמָמוֹת אֵל בְּגֵרוֹנָם וְחֶרֶב פִּיפְיוֹת בְּיָדָם:

Song of Songs 3:7-8

הִנֵּה מִטָּתוֹ שָׁלְשָׁלְמָה נְשִׁים גְּבָרִים סָבִיב לָהּ מִגְּבָרֵי יִשְׂרָאֵל: כָּלֵם אֶחָזִי חֶרֶב מִלְמָדֵי מִלְחָמָה אִישׁ חָרְבוֹ עַל יָרְכוֹ מִפָּחַד בְּלִילוֹת: ג' פַּעַמִּים

Numbers 6:24-26

יְבָרְכֶךָ ה' וַיִּשְׁמְרֶךָ:
יָאֵר ה' פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ:
יִשָּׂא ה' פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם:

6. Some add the following kavana before Psalm 91. Some say Psalm 91 immediately after "veyehi noam - may the pleasantness of the Lord."

When you lie down, do not fear; lie down and let your sleep be pleasant.
Guard me as the pupil of your eye; hide me in the shadow of your wings.
I lay down and I will sleep; awaken me [again] for G-d, I rely upon You.
In Your Hands I deposit my Soul. Redeem me, L-rd, G-d of Truth.

Psalm 91

He who sits in the shelter of the Supreme

אם תִּשְׁכַּב לֹא תִפְחָד וְשִׁכְבָתְךָ וְעַרְבָתְךָ שְׁנֵתָה:
שְׁמֵרְנִי כְּאִישׁוֹן בַּת עֵינַי בְּצַל כְּנָפֶיךָ תִּסְתִּירֵנִי: אָנֹכִי
שִׁכְבָתִּי וְאִישְׁנָה הִקְיִצְתִּי כִּי ה' יִסְמְכֵנִי: בְּיָדְךָ
אֶפְקִיד רוּחִי פְדִיתָה אוֹתִי ה' אֵל אֲמֹת:

Psalm 91

יָשֵׁב בְּסִתְרַי עָלְיוֹן בְּצַל שְׁדַי יִתְלוֹנֵן:
אָמַר לֵה' מִחֲסִי וּמְצוּדָתִי אֱלֹהֵי אֲבֹתַי בּוֹ:
רוּחַ יִשְׁנָה הִקְיִצְתִּי כִּי ה' יִסְמְכֵנִי: בְּיָדְךָ אֶפְקִיד רוּחִי פְדִיתָה אוֹתִי ה' אֵל אֲמֹת:

He who sits in the shadow of the Supreme One, in the Shadow of the L-rd will he dwell. I say to the L-rd "You are my refuge & my fortress, my L-rd; I will trust in Him."

For He will save you from the ensnaring trap, from destructive pestilence.

With his pinion will he cover you, & under His wings you will be protected.

His truth is shield & armor.

You shall not be afraid of the terror of night, [nor] of the arrow that flies by day. [Not] from pestilence that walks in the dark, [nor] from a destroyer that damages at noonday.

A thousand will encamp at your [left] side & ten-thousand by your right & to you they will not come near.

Only with your eyes you shall glimpse, seeing the retribution of the wicked.

Because [you said] "You, L-rd, are my refuge" you have made the Supreme G-d your abode.

No evil shall befall you, nor any plague come to your dwelling.

For He has instructed His angels regarding you, to protect you in all your ways.

On palms they will carry you, lest you stub your foot on a stone.

Upon lion and serpent you shall tread; you will trample the young lion & the snake.

[God says:]

"Because he desired My Name - I will protect him & I will lift him - for he knows My Name. He will call Me & I will answer him - I am with him in distress; I will release him & I will give him honor. I will satiate him with length of days & I will show him My salvation."

כִּי יוֹשֵׁב בְּצֵל שֹׁמֵר אֶת צִלְּמוֹת יְהוָה
בְּאֲבֵרָתוֹ יִסֹּף לֵהּ וְתַחַת כַּנְּפוֹי תִּחְסֶה צִנּוֹה
וְסִחְרָה אָמְתוֹ:

לֹא תִירָא מִפֶּחַד לַיְלָה מִחֶץ יַעֲוֹף יוֹמָם:
מִדָּבָר בְּאֶפֶל יִהְלֶה מִקֶּטֶב יִשׁוּד צְהָרִים:
יִפֹּל מִצֵּדָה אֶלָּה וּרְבֵבָה מִיַּמִּינָה אֶלָּה לֹא
יִגָּשׁ:

רַק בְּעֵינָיֶה תְּבִיט וְשִׁלְמַת רְשָׁעִים תִּרְאֶה:
כִּי אַתָּה ה' מַחְסֵי עֲלִיוֹן שְׂמֹתָ מְעוֹנָה:
לֹא תֵאָנֶה אֶלָּה רַעַה וְנִגַע לֹא יִקְרַב
בְּאֲהָלָה:

כִּי מִלְאָכָיו יִצְוֶה לֵהּ לְשַׁמְרָה בְּכָל דְרָכָיֶה:
עַל כַּפַּיִם יִשְׂאוּנָהּ פֶּן תִּגַּף בְּאֲבָן רִגְלָה:
עַל שַׁחַל וּפְתָן תִּדְרֹךְ תִּרְמַס כְּפִיר וְתַנִּין:
כִּי בִי חָשַׁק וְאֶפְלָטָהּ אֲשַׁגְּבֶהּ כִּי יַדַע
שְׁמִי:

יִקְרָאנִי וְאֶעֱנֶהּ עִמּוֹ אֲנֹכִי בְצָרָה אֲחַלְצֶהּ
וְאֲכַבְּדֶהּ:

אֲרֵךְ יָמִים אֲשַׁבֵּיעֶהּ וְאִרְאֶהּ בִּישׁוּעָתִי:

7. The following blessings are mostly repeats from the Maariv evening service. Some begin this section with Psalm 3. In other traditions, the core blessing here, Hashkivenu, actually comes before saying the Shema itself.

God! How great and how many are my troubles that are come upon me. Many have said to me: There is no salvation in Him, in God - Selah. But thou, O LORD, art a shield about me; my glory, and the lifter up of my head.

With my voice I call unto the LORD, and He answereth me out of His holy mountain. Selah.

I lay me down, and I sleep; I awake, for the LORD sustaineth me. I am not afraid of the myriad that have set themselves against me round about.

Arise, O LORD; save me, O my God; for Thou hast smitten all mine enemies upon the cheek; Thou hast broken the teeth of the wicked.

Salvation belongs to the LORD; Thy blessing be upon Thy people. Selah.

Hashkivenu - Lay us down to peace:

Lay us down, our Father, in peace, & raise us up, our King, to good life and to peace. And spread upon us the sukkah of your peace, & fix us, our King, with good advice before you, delivering us speedily for the sake of your name. Guard us, and deflect from us any enemy, pestilence, sword, illness, suffering, evil, pain, destruction or plague.

Deflect the Accuser [ha'Satan] from before us and from after us, and in the shadow of your wings secrete us, for you are God of mercy and grace.

And guard our goings out and our comings in for good life & peace, from now & ever more. [Blessed is the One that guards His people Israel for eternity.]

Blessed is the Lord by day:

Blessed is the Lord by day. Blessed is the Lord by night. Blessed is the Lord in our lying down. Blessed is the Lord in our rising up. For in Your hand are the souls of the living and the dead, for in God's hand is the life-force of all living beings, and the spirit of mortal man.

ה" מה רבו צָרֵי רַבִּים קָמִים עָלַי: רַבִּים
אֹמְרִים לְנַפְשִׁי אֵינִי יְשׁוּעָתָה לֹא בְּאֱלֹקִים
סֵלָה: וְאַתָּה ה' מִגֵּן בְּעַדִּי כְּבוֹדִי וַיֹּמְרִים
רֹאשִׁי: קוֹלִי אֵל ה' אֶקְרָא וַיַּעֲנֵנִי מִהַר
קִדְשׁוֹ סֵלָה: אֲנִי שָׁכַבְתִּי וַאֲיִשְׁנָה הִקְיִצוּתִי
כִּי ה' יִסְמְכֵנִי: לֹא אִירָא מִרַבָּבוֹת עִם אֲשֶׁר
סָבִיב שְׁתוּ עָלַי: קוֹמָה ה' הוֹשִׁיעֵנִי אֱלֹקֵי
כִּי הִפִּיתָ אֶת כָּל אֲבִי לְחַי שְׁנַי רְשָׁעִים
שִׁבְרָתָ: לֹה הִיְשׁוּעָה עַל עַמְּךָ בְּרַכְתָּהּ
סֵלָה:

Lay us down to peace:

הַשְׁכִּיבֵנו ה' אֱלֹקֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ
מִלְּפָנָיו לְחַיִּים טוֹבִים וּלְשָׁלוֹם, וּפְרֵשׁ עָלֵינוּ
סִכַּת שְׁלוֹמְךָ, וְתַקְּנֵנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ,
וְהוֹשִׁיעֵנו מִהַרָּה לְמַעַן שְׁמֶךָ, וְהִגֵּן בְּעַדֵּנוּ,
וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר, וְתָרַב, וְרָעַב
וְיָגוֹן, וְהִסֵּר שָׁטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ, וּבְצִל
כְּנָפֶיךָ תִּסְתִּירֵנוּ, כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם
אַתָּה. וְשִׁמְרֵ צִאתָנוּ וּבוֹאָנוּ לְחַיִּים טוֹבִים
וּלְשָׁלוֹם מֵעַתָּה וְעַד עוֹלָם.

Blessed by day:

בְּרוּךְ ה' בַּיּוֹם. בְּרוּךְ ה' בַּלַּיְלָה. בְּרוּךְ ה'
בְּשֹׁכְבֵנו. בְּרוּךְ ה' בְּקוּמֵנו. כִּי בְּיָדְךָ
נַפְשׁוֹת הַחַיִּים וְהַמֵּתִים אֲשֶׁר בְּיָדוֹ נָפֵשׁ כָּל
חַי וְרוּחַ כָּל בָּשָׂר אִישׁ: בְּיָדְךָ אֶפְקִיד רוּחֵי
פְּדִיתָה אוֹתֵי ה' אֵל אֲמַת: אֱלֹקֵינוּ
שֹׁבְשָׁמִים יַחַד שְׁמֶךָ וְקִיָּם מִלְּכוּתְךָ תָּמִיד
וּמֶלֶךְ עָלֵינוּ לְעוֹלָם וָעֶד:

Let our eyes see:

יִרְאוּ עֵינֵינוּ וַיִּשְׂמַח לִבֵּנו וְתִגַּל נַפְשֵׁנוּ
בִּישׁוּעָתְךָ בְּאֲמַת בְּאֲמַר לְצִיּוֹן מֶלֶךְ
אֱלֹהֶיךָ: ה' מֶלֶךְ ה' מֶלֶךְ ה' יְמֶלֶךְ לְעוֹלָם
וָעֶד: כִּי הַמְּלָכוֹת שְׁלָחָה הִיא וּלְעוֹלָמִי עַד
תִּמְלֹךְ בְּכַבוֹד כִּי אֵינִי לְגוֹ מֶלֶךְ אֱלֹהֵי אֲתָה:

Into your hand I commend my soul;
rescue me, Lord, God of truth.
Our God who is in heaven, unify your
name and establish your kingdom
eternally, and rule upon us for ever and
ever.

Let our eyes see:

Let our eyes see and our hearts be glad
and our souls rejoice in truth in your
salvation, as we say to Zion: Your God
reigns!
God has reigned; God reigns now; God
will reign forever and ever.
For sovereignty itself is yours, and
forever and ever you will reign in glory,
for we have no king but you.

8. And just in case you are still awake, here are some more short scriptural selections. Some are repeated 3 times, like mantras.

Genesis 48:16 (Jacob blesses Ephraim and Menashe, Joseph's sons):

May the angel that rescued me from all evil bless the lads; and may my name be called upon them, and the name of my fathers Abraham and Isaac, and may they wax many in the midst of the land.

Exodus 15:26 (Immediately after the crossing of the Red Sea and Song of the Sea):

And [Moses] said: 'If you will diligently hearken to the voice of the LORD your God, and will do that which is right in His eyes, and will give ear to His commandments, and keep all His statutes, I will put none of the diseases upon thee, which I have put upon the Egyptians; for I am the LORD that healeth thee.'

Zecharia 3:2

And the LORD said unto Satan: 'The LORD rebuke thee, O Satan, yea, the LORD that hath chosen Jerusalem rebuke thee; is not this man a brand plucked out of the fire?'

Psalms 121:4 - three times

Behold, the Guardian of Israel neither slumbers nor sleeps.

Genesis 49:18 - three times each

For your salvation, O Lord, do I hope.
I hope, O Lord, for your salvation.
O Lord, for your salvation I hope.

Invocation of the archangels - three times:

In the name of the Lord, God of Israel: On my right hand is Michael, on my left is Gavriel, before me Uriel and behind me Rafael.

And upon my head is the Shechinah of El.

Genesis 48:16

הַמַּלְאָךְ הַגָּאֵל אֹתִי מִכָּל רָע יְבָרֶךְ אֶת הַנְּעָרִים, וַיְקַרָּא בָהֶם שְׁמִי וְשֵׁם אֲבֹתַי, אַבְרָהָם וְיִצְחָק, וַיְדַגְּוּ לְרַב בְּקָרֵב הָאָרֶץ:

Exodus 15:26

וַיֹּאמֶר אִם שְׁמוֹעַ תִּשְׁמַע לְקוֹל ה' אֱלֹהֶיךָ וְהִישָׁר בְּעֵינָיו תַּעֲשֶׂה, וְהִצַּלְתָּ לְמִצְוֹתָיו וְשִׁמְרָתָ כָּל חֻקָּיו, כָּל הַמִּצְוָה אֲשֶׁר שִׁמְרָתָ בְּמִצְוֹתַי לֹא אֲשִׁים עָלֶיךָ, כִּי אֲנִי ה' רִפְאֵךְ:

Zecharia 3:2

וַיֹּאמֶר ה' אֶל הַשָּׁטָן, יִגְעַר ה' בָּךְ הַשָּׁטָן, וַיִּגְעַר ה' בָּךְ הַבַּחֲר בִּירוּשָׁלַיִם, הֲלוֹא זֶה אֹד מִצֵּל מֵאֵשׁ:

Psalms 121:4

(ג"פ:) הַיְהִי לֹא יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:

Genesis 49:18 - three times each

(ג"פ:) לִישׁוּעָתְךָ קִוִּיתִי ה': קִוִּיתִי ה' לִישׁוּעָתְךָ: ה' לִישׁוּעָתְךָ קִוִּיתִי:

Invocation of the archangels

(ג"פ:) בְּשֵׁם ה' אֱלֹהֵי יִשְׂרָאֵל, מִיְמִינִי מִיכָאֵל, וּמִשְׁמָאלֵי גַבְרִיאֵל, וּמִלְפָּנַי אֹרִיאֵל, וּמֵאַחֲרַי רַפָּאֵל, וְעַל רֹאשִׁי שְׁכִינַת אֵל:

9. In the more kabbalistically influenced traditions, some sources recommend saying the complete Ashamnu confessional, as on Yom Kippur.

Stand to say the vidui, with your head bowed, beating your breast with your fist at each word. Don't say on Shabbat or Yom Tov (or other days Tachanun is omitted), or on motzei Shabbat or Yom Tov, if before midnight (midpoint between dusk-dawn).

Please, O Lord, our God and God of our ancestors: may our prayer come before you. And do not hide yourself, our king, from our entreaty. For we are not so arrogant and brazen as to say before you, O Lord, our God and God of our ancestors, that we are fully righteous and have not sinned. Rather, we have sinned. We have erred. We have polluted. We and our ancestors, and the members of our households:

Ashamnu– we have trespassed; Bagadnu– we have dealt treacherously; Gazalnu– we have robbed; Dibarnu dofi– we have spoken slander; He'veinu– we have acted perversely; V'hirshanu– we have done wrong; Zadnu– we have acted presumptuously; Hamasnu– we have done violence; Tafalnu sheker– we have practiced deceit; Yaatsnu ra– we have counseled evil; Kizavnu– we have spoken falsehood; Latsnu– we have scoffed; Maradnu– we have revolted; Niatsnu– we have blasphemed; Sararnu– we have rebelled; Avinu– we have committed iniquity; Pashanu– we have transgressed; Tsararnu– we have oppressed; Kishinu oref– we have been stiff necked; Rashanu– we have acted wickedly; Shichatnu– we have dealt corruptly; Tiavnu– we have committed abomination; Tainu– we have gone astray; Titanu– we have led others astray.

(כו) יעמוד ויאמר וידוי, וישחה ראשו, ויכה באגרופו על לבו בכל תיבה של הודוי, ואין לאומרו בליל שבת ובשאר ימים שאין אומרים בהם תחנון. וכן אין לאומרו במוצ"ש עד חצות הלילה, וכן במוצאי יו"ט ור"ח, וכיוצא בזה.

(כז) אָנָּהּ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. תְּבֹא לְפָנֶיךָ תְּפִלָּתֵנוּ. וְאַל תִּתְעַלֵּם מִלִּפְנֵי מִתְחַנְּנֵנוּ. שְׂאִין אֲנַחְנוּ עֲזֵי פָנִים וְקָשִׁי עֲרָף לֹמֵר לְפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ צְדִיקִים אֲנַחְנוּ וְלֹא חָטְאנוּ. אֶבֶל חָטְאנוּ. עֲוִינוּ. פָּשַׁענוּ. אֲנַחְנוּ וְאֲבוֹתֵינוּ וְאֲנָשֵׁי בֵיתֵנוּ:

אֲשַׁמְנוּ. בָּגַדְנוּ. גָּזַלְנוּ. דִּבַּרְנוּ דָּפִי וְלָשׁוֹן הָרַע. הִעֲוִינוּ. וְהִרְשַׁעְנוּ. זָדְנוּ. חָמְסְנוּ. שָׂפַלְנוּ שָׂקָר וּמְרָמָה. יַעֲצֵנוּ יַעֲצוֹת רָעוֹת. כּוֹזְבֵנוּ. כָּעֵסְנוּ. לָצְנוּ. מָרְדְנוּ. מְרִינוּ דְבַר־יָד. נֹאצְנוּ. נֹאפְנוּ. סָרְרְנוּ. עֲוִינוּ. פָּשַׁעְנוּ. פָּגַמְנוּ. צָרְרְנוּ. צַעַרְנוּ אֵב וְאֵם. קָשִׁינוּ עֲרָף. רָשַׁעְנוּ. שִׁחַתְנוּ. תַּעֲבָנוּ. תַּעֲוִינוּ וְתַעֲתַעְנוּ.

וְסָרְנוּ מִמִּצְוֹתֶיךָ וּמִמְשַׁפְּטֶיךָ הַטּוֹבִים וְלֹא שָׁוָה לָנוּ. וְאַתָּה צְדִיק עַל כָּל הַבָּא עָלֵינוּ. כִּי אָמַת עָשִׂיתָ. וְאֲנַחְנוּ הִרְשַׁעְנוּ:

And we have turned aside from your mitzvot and your good laws, and it has not been appropriate for us. But you are righteous with everything that comes to you, for you act with truth, whereas we mess things up.

10. Some also add the great mystical poem Ana b'Koach, an acrostic alluding to God's 42-letter name. In addition to saying the whole prayer, there is a practice to then repeat the line pertaining to that day (first line on Saturday night / Day 1 / Sunday, second line on Sunday night / Day 2 / Monday, etc) three times. Conclude with the line "Baruch shem kavod..." in a whisper.

Ana B'Khoach: The 42 Letter Name	ליל א
<i>(Sat night/Sunday):</i> We beg thee with the strength and greatness of thy right arm-Untangle our knotted fate.	אָנָא בְּכַח, גְּדוּלַת יְמִינְךָ, תַּתִּיר צְרוּרָה: (אב"ג ית"ן)
<i>(Sunday night/Monday):</i> Accept your people's song, elevate and purify us, o awesome one.	קַבֵּל רִנַּת, עַמְּךָ. שִׁגְבֵנוּ, טְהַרְנוּ נוֹרָא: (קר"ע שט"ן)
<i>(Monday night):</i> Please, heroic one, those who pursue your uniqueness- guard them as the pupil of an eye.	נָא גִבּוֹר, דּוֹרְשֵׁי יְחִוּדְךָ, כְּכַבַּת שְׁמֶרֶם: (נג"ד יכ"ש)
<i>(Tuesday night):</i> Bless them, purify them, pity them, may your righteousness always reward them.	בְּרַכֵם טְהַרֵם, רַחֲמֵי צְדָקָתְךָ, תְּמִיד גְּמֹלֵם: (בט"ר צת"ג)
<i>(Wednesday night):</i> Powerful and Holy One, in goodness lead your flock.	ליל ה
<i>(Thursday night):</i> Unique and proud one, to your people turn, who remember your holiness.	חֲסִין קְדוֹשׁ, בְּרַב טוֹבָךָ, נְהַל עֲדָתְךָ: (חק"ב טנ"ע)
<i>(Erev Shabbat, Friday night):</i> Accept our cries, and hear our screams, o knower of mysteries!	ליל ו
<i>Whispered:</i> Blessed is the name of the One, the glory of whose kingdom is forever and ever.	יְחִיד גֹּאֵה, לְעַמְּךָ פְּנֵה, זוֹכְרֵי קִדְשֶׁתְךָ: (יג"ל פז"ק)
	ליל ז
	שׁוֹעֲתֵנוּ קַבֵּל, וּשְׁמַע צַעֲקוֹתֵנוּ, יוֹדַע תַּעֲלוּמוֹת: (שק"ו צי"ת)
	בְּלַחֲשׁ:
	בְּרוּךְ, שֵׁם כְּבוֹד מַלְכוּתוֹ, לְעוֹלָם וָעֶד:

11. Still awake? Some now add the following: psalm 128, followed by Adon Olam, and then the first 4 psalms of the Book of Psalms. If you can get through all this and still be awake, you either have epic powers of clarity, or a serious case of insomnia.

Psalm 128

1 A Song of Ascents.

Happy is every one that feareth the LORD, that walketh in His ways.

2 When thou eatest the labour of thy hands, happy shalt thou be, and it shall be well with thee.

3 Thy wife shall be as a fruitful vine, in the innermost parts of thy house; thy children like olive plants, round about thy table.

4 Behold, surely thus shall the man be blessed that feareth the LORD.

5 The LORD bless thee out of Zion; and see thou the good of Jerusalem all the days of thy life;

6 And see thy children's children. Peace be upon Israel!

Adon Olam

Psalm 1

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

2 But his delight is in the law of the Lord; and in his law doth he meditate day and night.

3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

4 The ungodly are not so: but are like the chaff which the wind driveth away.

5 Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.

6 For the Lord knoweth the way of the righteous: but the way of the ungodly shall perish.

Psalm 2

Why do the heathen rage, and the

שיר המעלות, אֲשֶׁר־י כָּל יִרְאֵה ה', הַהֲלֵךְ
בְּדַרְכָּיו: גִּייעַ כַּפָּיִךְ כִּי תֹאכַל אֲשֶׁר־יָדְךָ וְטוֹב
לָךְ: אֲשֶׁתְּךָ כַּגֶּפֶן כִּפְּפֹן פּוֹרֵיָהּ בְּיַרְכְּתֵי בֵיתְךָ
בְּנֵי־יָדְךָ כַּשְׂתִּילֵי זֵיתִים סָבִיב לְשִׁלְחָנְךָ: הִנֵּה
כִּי כֹן יִבְרַךְ גֹּבֵר יִרְאֵה ה': יְבָרְכֶךָ ה' מִצִּיּוֹן,
וְרֹאֵה בְטוֹב יְרוּשָׁלַיִם כָּל יְמֵי חַיֶּיךָ: וְרֹאֵה
בְּנִים לְבָנֶיךָ, שְׁלוֹם עַל יִשְׂרָאֵל:
(ג:פ) רְגֵזוּ וְאַל תִּחְטְאוּ, אִמְרוּ בְלִבְבְּכֶם עַל
מִשְׁכַּבְּכֶם וְדַמּוּ סֵלָה:

אֲדוֹן עוֹלָם אֲשֶׁר מְלֹךְ, בְּטָרֶם כָּל יִצִיר
נִבְרָא: לַעֵת נַעֲשֶׂה בְחֶפְצוֹ כָּל, אֲזִי מְלֹךְ
נִשְׁמוּ נִקְרָא: וְאַחֲרֵי כָכֵל הַכֵּל, לְבָדוּ
יְמֵלְךָ נִרְאָה: וְהוּא הָיָה וְהוּא הֵנָּה, וְהוּא
יִהְיֶה בְתַפְאֲרָה: וְהוּא אֶחָד וְאֵין שְׁנַיִם,
לְהַמְשִׁיל לּוֹ לְהַחְבִּירָה: בְּלִי רֵאשִׁית בְּלִי
תַּכְלִית, וְלוֹ הָעֵז וְהַמְשָׁרָה: וְהוּא אֵלֵי וְחֵי
גְּאֻלִי, וְצוּר חֲבֻלִי בְּעַת צָרָה: וְהוּא נָסִי
וּמְנוּס לִי, מִנֶּת כּוֹסֵי בָיִם אֶקְרָא: בְּיָדוֹ
אֶפְקִיד רוּחִי, בְּעַת אִישָׁן וְאַעֲרָה: וְעַם
רוּחִי גֹוִיתִי ה' לִי וְלֹא אֵירָא:

א אֲשֶׁר־י הָאִישׁ אֲשֶׁר לֹא הֵלֵךְ בְּעֵצַת רְשָׁעִים,
וּבְדַרְךָ חַטָּאִים לֹא עָמַד וּבְמוֹשֵׁב לְצִיִּים לֹא יָשָׁב: כִּי
אִם בְּתוֹרַת ה' חֶפְצוֹ, וּבְתוֹרַתוֹ יִהְיֶה יוֹמָם וְלַיְלָה:
וְהִנֵּה כְּעֵץ שְׂתוּל עַל פְּלִגֵי מַיִם, אֲשֶׁר פְּרִיּוֹ יִתֵּן
בְּעֵתוֹ וְעָלְהוּ לֹא יִבּוֹל, וְכָל אֲשֶׁר יַעֲשֶׂה יִצְלִיחַ: לֹא
כֹן הַרְשָׁעִים, כִּי אִם כַּמֶּזֶץ אֲשֶׁר תִּדְפְּנוּ רוּחַ: עַל כֵּן
לֹא יִקְמוּ רְשָׁעִים בְּמִשְׁפָּט, וְחַטָּאִים בְּעֵדוּת צְדִיקִים:
כִּי יוֹדַע ה' דָּרֶךְ צְדִיקִים, וְדַרְךָ רְשָׁעִים תֹּאבֵד:

ב לְמָה רָגְשׁוּ גוֹיִם, וְלֹא־מִיִּם יִהְיֶה רִיק: יִתְיַצְּבוּ
מַלְכֵי אַרְצַם, וְרוֹזְנִים נוֹסְדוּ יַחַד, עַל ה' וְעַל מְשִׁיחוֹ:
נִנְתְּקָה אֶת מוֹסְרוֹתֵימוֹ, וְנִשְׁלִיכָה מִמֶּנּוּ עֲבֹתֵימוֹ:
יּוֹשֵׁב בְּשָׂמַיִם יִשְׁחַק, אֲדוּשָׁם יִלְעַג לָמוֹ: אִזְּדַבֵּר
אֱלִימוֹ בְּאָפוֹ, וּבְחִירוֹנוֹ יִבְהַלְמוּ: וְאֲנִי נֹסַכְתִּי מִלְּכֵי,
עַל צִיּוֹן הַר קֹדְשִׁי: אֲסַפְּרָה אֶל חֶק, ה' אֲמַר אֱלִי

people imagine a vain thing?

² The kings of the earth set themselves, and the rulers take counsel together, against the Lord, and against his anointed, saying,

³ Let us break their bands asunder, and cast away their cords from us.

⁴ He that sitteth in the heavens shall laugh: the Lord shall have them in derision.

⁵ Then shall he speak unto them in his wrath, and vex them in his sore displeasure.

⁶ Yet have I set my king upon my holy hill of Zion.

⁷ I will declare the decree: the Lord hath said unto me, Thou art my Son; this day have I begotten thee.

⁸ Ask of me, and I shall give thee the heathen for thine inheritance, and the uttermost parts of the earth for thy possession.

⁹ Thou shalt break them with a rod of iron; thou shalt dash them in pieces like a potter's vessel.

¹⁰ Be wise now therefore, O ye kings: be instructed, ye judges of the earth.

¹¹ Serve the Lord with fear, and rejoice with trembling.

¹² Kiss the Son, lest he be angry, and ye perish from the way, when his wrath is kindled but a little. Blessed are all they that put their trust in him.

Psalm 3

Lord, how are they increased that trouble me! many are they that rise up against me.

² Many there be which say of my soul, There is no help for him in God. Selah.

³ But thou, O Lord, art a shield for me; my glory, and the lifter up of mine head.

⁴ I cried unto the Lord with my voice, and he heard me out of his holy hill. Selah.

⁵ I laid me down and slept; I awaked;

בְּנֵי אֱתָהּ, אֲנִי הַיּוֹם יִלְדָתִיךָ: שְׁאַל מִמֶּנִּי וְאֶתְנֶה
גוֹיִם נִחְלָתָהּ, וְאַחֲזַתָּהּ אֶפְסֵי אֶרֶץ: תִּרְעַם בְּשִׁבְט
בְּרָזֶל, כְּכִלֵּי יוֹצֵר תִּנְפְּצָם: וְעַתָּה מְלָכִים הִשְׁכִּילוּ,
הַיּוֹסְרוּ שְׁפָטֵי אֶרֶץ: עֲבָדוּ אֶת ה' בִּירְאָה, וְגִילוּ
בְּרַעְדָּה: נִשְׁקוּ בַר, פֶּן יֵאָנַף וְתִאֲבָדוּ דָרְדָה, כִּי יִבְעַר
כַּמְעַט אָפוּ, אֲשֶׁרֵי כָל חוֹסֵי בוֹ:

ג מְזֻמּוֹר לְדוֹד, בְּבָרְחוֹ מִפְּנֵי אֲבָשָׁלוֹם בְּנוֹ: ה' מָה
רְבוּ צָרֵי, רַבִּים קָמִים עָלַי: רַבִּים אֲמָרִים לְנַפְשִׁי,
אֵין יְשׁוּעָתָהּ לוֹ בְּאַלְקִים סְלָה: וְאֶתָּה ה' מִגֵּן בְּעַדִּי,
כְּבוֹדִי וּמְרִים רֵאשִׁי: קוֹלִי אֵל ה' אֶקְרָא, וַיַּעֲנֵנִי
מִהָר קִדְשׁוֹ סְלָה: אֲנִי שָׁכַבְתִּי וְאִישְׁנָה, הִקְיִצוּתִי כִּי
ה' יִסְמְכֵנִי: לֹא אִירָא מְרַבּוֹת עָם, אֲשֶׁר סָבִיב
שְׁתוּ עָלַי: קוֹמָה ה' הוֹשִׁיעֵנִי אֱלֹקֵי, כִּי הִכִּיתָ אֶת
כָּל אִיבֵי לְחֵי, שְׁנֵי רִשְׁעִים שִׁבְרָתָ: לֵה' הִיְשׁוּעָה,
עַל עַמְּךָ בְּרַכְתָּהּ סְלָה:

ד לְמַנְצֶחַ בְּנִגְיִנוֹת מְזֻמּוֹר לְדוֹד: בְּקִרְאֵי עֲנֵנִי אֱלֹקֵי
צְדָקִי, בַּצָּר הִרְחַבְתָּ לִּי, חָנּוּנִי וְשִׁמְעַתְּפִלְתִּי: בְּנֵי
אִישׁ, עַד מָה כְּבוֹדִי לְקַלְמָה תִּתְּאָהֲבוּ רִיק, תִּבְקָשׁוּ
כָזָב סְלָה: וּדְעוּ כִּי הִפְלָה ה' חֹסֵיד לוֹ, ה' יִשְׁמַע
בְּקִרְאֵי אֱלֹיו: רְגִזוּ וְאַל תִּחַטְּאוּ, אֲמָרוּ בְּלִבְבְּכֶם עַל
מִשְׁפַּבְּכֶם וְדַמּוּ סְלָה: זָבָחוּ זָבַחַי צְדָק, וּבִטְחוּ אֵל
ה': רַבִּים אֲמָרִים מִי יִרְאֲנוּ טוֹב, נָסָה עָלֵינוּ אוֹר
פְּנִיָה ה': נִתְתָּה שְׁמִחָה בְּלִבִּי, מֵעַת דָּגַנְתִּי וְתִירוֹשָׁם
רְבוּ: בְּשָׁלוֹם יִחַדּוּ אֲשַׁכְּבָה וְאִישׁוֹ, כִּי אֶתָּה ה'
לְכָדָד לְבִטַח תוֹשִׁיבֵנִי:

for the Lord sustained me.

⁶ I will not be afraid of ten thousands of people, that have set themselves against me round about.

⁷ Arise, O Lord; save me, O my God: for thou hast smitten all mine enemies upon the cheek bone; thou hast broken the teeth of the ungodly.

⁸ Salvation belongeth unto the Lord: thy blessing is upon thy people. Selah.

Psalm 4

Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer.

² O ye sons of men, how long will ye turn my glory into shame? how long will ye love vanity, and seek after leasing? Selah.

³ But know that the Lord hath set apart him that is godly for himself: the Lord will hear when I call unto him.

⁴ Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.

⁵ Offer the sacrifices of righteousness, and put your trust in the Lord.

⁶ There be many that say, Who will shew us any good? Lord, lift thou up the light of thy countenance upon us.

⁷ Thou hast put gladness in my heart, more than in the time that their corn and their wine increased.

⁸ I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.

