

**BARUCH** atah, Adonai Eloheinu

v'Elohei avoteinu v'imoteinu, Elohei

Avraham, Elohei Yitzchak v'Elohei Yaakov,

Elohei Sarah, Elohei Rivkah, Elohei

Rachel v'Elohei Leah. Ha-El hagadol

hagibor v'hanora, El elyon, gomeil

chasadim tovim, v'koneih hakol, v'zocheir

chasdei avot v'imahot, umeivi g'ulah

liv'nei v'neihem l'maan sh'mo b'avahav.

\*SHABBAT SHUVAH —

Zochreinu l'chayim,

Melech chafeitz bachayim,

v'chorveinu b'sefer hachayim,

l'maancha Elohim chayim.

Melech ozeir umoshia umagen.

Baruch atah, Adonai,

magein Avraham v'ezrat Sarah.

**BLESSED ARE YOU**, Adonai our God,  
God of our fathers and mothers,  
God of Abraham, God of Isaac, and God of Jacob,  
God of Sarah, God of Rebecca, God of Rachel, and God of Leah,  
the great, mighty and awesome God, transcendent God  
who bestows lovingkindness, creates everything out of love,  
remembers the love of our fathers and mothers,  
and brings redemption to their children's children for the sake of the Divine Name.

\*SHABBAT SHUVAH — Remember us for life, O Sovereign who delights in life,  
and inscribe us in the Book of Life, for Your sake, Living God.

Sovereign, Deliverer, Helper and Shield,

Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

**בָּרוּךְ אַתָּה, יי, מִגֵּן אַבְרָהָם וְעֶזְרַת שָׂרָה.**

Baruch atah, Adonai, magein Avraham v'ezrat Sarah.

\*SHABBAT SHUVAH: The Shabbat between Rosh HaShanah and Yom Kippur.

For those who choose: At the beginning and end of the blessing, one bends the knees and bows from the waist at the word **בָּרוּךְ Baruch** and stands straight at the word **יי Adonai**.

The content of this prayer has to do with *the merit of our ancestors*. This is traditionally conceived of as a sort of bank account into which the Patriarchs and Matriarchs deposited funds of righteousness that were so great that they covered all future generations. *Judith Z. Abrams*

**בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ**  
**וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי**  
**אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב,**  
**אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי**  
**רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל**  
**הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל**  
**חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר**  
**חֲסָדֵי אֲבוֹת וְאִמּוֹת, וְיַמְבִּיא גְאֻלָּה**  
**לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.**

— SHABBAT SHUVAH\*

זְכֹרְנוּ לְחַיִּים,

מֶלֶךְ חַפֵּץ בַּחַיִּים,

וְקֹתְבֵנוּ בְּסֶפֶר הַחַיִּים,

לְמַעַן אֱלֹהִים חַיִּים.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן.

**בָּרוּךְ אַתָּה, יי,**

**מִגֵּן אַבְרָהָם וְעֶזְרַת שָׂרָה.**

אבות ואמהות

גבורות

קדשה

קדשת היום

עבודה

הודאה

שלום

תפלת הלב