

Psalm 145:  
Prayer 1

A Psalm of praise by David: I will exalt You, my  
G-d the King, and bless Your Name forever. Every  
Day I will bless You, and extol Your Name forever.  
The L-rd is great and exceedingly exalted: there is  
No limit to His greatness. One generation to another  
Will praise Your works and tell of Your mighty acts.  
I will speak of the splendor of Your glorious  
Majesty and of Your wondrous deeds. They will  
Proclaim the might of Your awesome acts, and I  
Will recount Your greatness. They will express the  
Remembrance of Your abounding goodness, and  
Sing of Your righteousness. The L-rd is gracious  
And compassionate, slow to anger and of great  
Kindness. The L-rd is good to all, and His mercies  
Extend over all His works. L-rd all Your works  
Will give thanks to You, and Your pious ones will  
Bless You. They will declare the glory of Your  
Kingdom, and tell of Your strength, to make known  
To mankind His mighty acts, and the glorious  
Majesty of His kingdom. Your kingship is a  
Kingship over all worlds, and Your dominion is  
Throughout all generations. The L-rd supports all  
Who fall, and straightens all who are bent. The eyes  
Of all look expectantly to You, and You give them  
Their food at the proper time. You open Your hand  
And satisfy the desire of every living thing. The  
L-rd is righteous in all His ways, and benevolent in  
All His deeds. The L-rd is close to all who call upon  
Him, to all who call upon Him in truth. He fulfills  
The desire of those who fear Him, hears their cry  
And delivers them. The L-rd watches over all who  
Love Him, and will destroy all the wicked. My  
Mouth will utter the praise of the L-rd, and let all  
Flesh bless His holy Name forever.

“Amidah” (Standing) Prayer  
Prayer 2

Blessed are You, G-d, the Supreme Being Who bestows abundant kindness.

Please endow us graciously with wisdom, under standing, and knowledge.

Please accept our repentance, and forgive us for our errors and sins.

Grant complete healing for all our wounds and ailments.

Bestow upon us all the needs for our sustenance from Your bounty.

Hasten the day of which it is said: “G-d will be King over the entire earth; in that day G-d will be One and His Name One;” “For then I will turn the peoples to pure language, so that all will call upon the Name of G-d to serve Him with one purpose;” and “They will not harm or destroy on all My holy mountain, for the earth will be filled with knowledge of G-d as water covering the sea bed.”

Hear our voice, G-d our merciful Father, have compassion upon us and accept our prayers in mercy and favor. (Other requests' may be inserted here.) Blessed are You, G-d, Who hears prayer.

“Prayer of the Repentant”

Prayer 3

O G-d, I have erred, sinned and willfully transgressed before You, and I have done that which is evil in Your eyes, especially with the sin(s) of ... (quietly state the specific sins or errors).

I am sincerely ashamed of my sins, and I repent and firmly undertake not to do so again.,

Please G-d, in Your infinite grace and compassion, forgive my sins and transgressions and grant me atonement, as it is written: “Let the wicked abandon his way and the man of iniquity his thoughts; and let him return unto G-d, and He will show him compassion, and to our G-d, for He will pardon abundantly.” And it is written: “Do I desire at all that the wicked should die, says the L-rd, G-d; it is rather that he return from his ways And live!”

#### Prayer 4

(Bow down and up once, when you say "We bend the knee")

We bend the knee, bow down, and offer praise,  
Before the supreme King of kings, the Holy One  
Blessed be He, Who stretches forth the Heavens and  
Establishes the earth, the seat of whose glory is in  
The heavens above, and the abode of Whose  
Majesty is in the loftiest heights. He is our G-d;  
There is none else. Truly, He is our King; there us  
Nothing besides Him, as it is written in His Torah:  
"Know this day and take unto your heart that the  
L-rd is G-d; in the Heavens above and upon the  
Earth below there is nothing else."

And therefore we hope to You, L-rd our G-d,  
That we may speedily behold the splendor of Your  
Might, to banish idolatry from the earth - and false  
gods will be utterly destroyed; to perfect the world  
Under the sovereignty of the Almighty. All mankind  
Shall invoke Your Name, to turn to You all the  
Wicked of the earth. Then all the inhabitants of the  
World will recognize and know that every knee  
Should bend to You, every tongue should swear by  
Your Name. Before You, L-rd our G-d, they will  
Bow and prostrate themselves, and give honor to the  
Glory of Your Name; and they will all take upon  
Themselves the yoke of Your kingdom. May You  
Soon reign over them forever and ever, for kingship  
Is Yours, and to all eternity You will reign in glory,  
As it is written in Your Torah: "The L-rd will reign  
forever and ever." And it is said: "The L-rd shall  
Be King over the entire earth; on that day the L-rd  
Shall be One and His Name One."