

Evening Prayer  
(before bed)

Psalm 91  
Prayer 1

Whoever dwells in the shelter of the Most High,  
Who abides in the shadow of the Almighty: I say of  
The L-rd who is my refuge and my stronghold, my  
G-d in whom I trust, that He will save you from the  
Ensnaring trap, from the destructive pestilence. He  
Will cover you with His pinion, and you will find  
Refuge under His wings; His truth is a shield and an  
Armor. You will not fear the terror of the night, nor  
The arrow that flies by day, nor the pestilence that  
Prowls in the darkness, nor the destruction that  
Ravages at noon. A thousand may fall at your side,  
And ten thousand at your right, but it shall not reach  
You. You need only look with your eyes, and you  
Will see the retribution of the wicked. Because you  
[have said,] "The L-rd is my shelter," and you have  
Made the Most High your haven, no evil will befall  
You, no plague will come near your tent. For He  
Will instruct His angels in your behalf, to guard you  
In all your ways. They will carry you in their hands,  
Lest you injure your foot upon a rock. You will tread  
Upon the lion and the viper; you will trample upon  
The young lion and the serpent. Because he desires  
Me, I will deliver him; I will fortify him, for he  
Knows My Name. When he calls on Me, I will  
Answer him; I am with him in distress. I will deliver  
Him and honor him. I will satisfy him with long life,  
And show him My deliverance.

Psalm 121

Prayer 2

A song of Ascents. I lift my eyes to the mountains;  
From where will my help come? My help will come  
From the L-rd, Maker of Heaven and earth. He will  
Not let your foot falter; your Guardian does not  
Slumber. Indeed, the Guardian of Israel neither  
Slumbers nor sleeps. The L-rd is your Guardian; the  
L-rd is your protective shade at your right hand.  
The sun will not harm you by day, nor the moon by  
Night. The L-rd will guard you from all evil; He  
Will guard your soul. The L-rd will guard your  
Going and your coming, from now and for all time.

"Adon Olom"

Prayer 3

Lord of the universe  
Who reigned before anything was created

At the time when He made all by His will,  
Then was His Name proclaimed King.

And after all things will be uplifted,  
The Awesome One will reign alone.

He was, He is,  
And He shall be in glory.

He is One, and there is no other  
To compare to Him, to call His equal.

Without beginning, without end -  
Power and dominion belong to Him.

He is my G-d and my ever-living Redeemer,  
The strength of my lot in time of distress.

He is my banner and my refuge,  
My portion on the day I call.

Into His hand I entrust my spirit  
When I sleep and when I wake.

And with my soul, my body too,  
The L-rd is with me, I shall not fear.

“Prayer of the Repentant”

Prayer 4

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!”

Psalm 51  
Prayer 5

For the choirmaster, a Psalm by David, when Nathan the prophet came to him after he had gone To Bathsheba. Be gracious to me, O G-d, in keeping With Your kindness, in accordance with Your Abounding compassion. Erase my transgressions. Cleanse me thoroughly of my wrongdoing, and Purify me of my sin. For I acknowledge my Transgressions, and my sin is always before me. Against You alone have I sinned, and done that Which is evil in Your eyes; [forgive me] so that You Will be justified in Your verdict, vindicated in Your judgment . Indeed, I was begotten in iniquity, and in Sin did my mother conceive me. Indeed, You desire Truth in the innermost parts; teach me the wisdom Of concealed things. Purge me with hyssop and I Shall be pure; cleanse me and I shall be whiter than Snow. Let me hear joy and gladness; then the bones That You have shattered will rejoice. Hide Your face From my sins, and erase all my trespasses. Create in Me a pure heart, O G-d, and renew within me an Upright spirit. Do not cast me out from before You, And do not take Your spirit of Holiness away from Me. Restore to me the joy of Your deliverance, and Support me with a spirit of generosity. I will teach Transgressors Your ways, and sinners will return to You. Save me from bloodguilt, O G-d, G-d of my deliverance; my tongue will sing joyously of Your Righteousness. My L-rd, open my lips, and my Mouth shall declare Your praise. For You do not Desire that I bring sacrifices, nor do You wish burnt Offerings. The offering [desirable] to G-d is a Contrite spirit; a contrite and broken heart, G-d, You do not disdain. In Your goodwill, bestow Goodness upon Zion; rebuild the walls of Jerusalem. Then You will desire offerings of Righteousness, burnt-offering and whole-offering; Then they will offer bulls upon Your altar.

Prayer 6

(Recite the following:

When you lie down, you will not be afraid; you will  
Lie down, and your sleep will be sweet.

May I sleep well; may I awake in mercy.

I entrust my spirit into Your hand; You will redeem  
Me G-d, G-d of truth!)