

Morning Prayer:

“Upon Awakening”

Prayer 1

I offer thanks to You, living and eternal King,
For You have mercifully restored my soul within me,
Your faithfulness is great.

“Adon Olom”

Prayer 2

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.

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Psalm 145:
Prayer 3

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.

Prayer 4

Our Father, merciful Father, Who is compassionate,
Have mercy on us, and grant our heart
Understanding to comprehend and to discern, to
Perceive, to learn and to teach, to observe, to
Practice, and to fulfill Your will with love.
Enlighten our eyes in Your wisdom, cause our
Hearts to cleave to Your Seven Commandments, and
Unite our hearts to love and fear Your Name, and
May we never be put to shame, disgrace or
Stumbling. Because we trust in Your holy, great and
Awesome Name, may we rejoice and exult in Your
Salvation. L-rd our G-d, may Your mercy and Your
Abounding kindness never forsake us.

Prayer 5

Almighty G-d, we accept upon ourselves that
Which is written in Your Torah: "You shall know
This day and take to your heart that the L-rd [alone]
Is G-d, in the heavens above and on the earth below
- There is none other!"

We affirm the precepts of : "You shall love the
L-rd, your G-d, with all your heart, and all your
Soul, and all your might," and "Fear the L-rd, your
G-d, and serve Him, and in His Name [alone] shall
You vow:" and, as it says, "Fear G-d and keep His
Commandments, for that is a person's entire duty."

“Amidah” (Standing) Prayer
Prayer 6

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 hearing 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 7

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 20

Prayer 8

For the choirmaster, a Psalm by David. May the L-rd answer you on the day of distress; may the Name of the G-d of Jacob fortify you. May He send your help from the Sanctuary, and support you from Zion. May He remember all your offerings, and always accept favorably your sacrifices. May He grant you your heart's desire, and fulfill your every plan. We will rejoice in your deliverance, and raise our banners in the Name of our G-d; may the L-rd fulfill all your wishes. Now I know that the L-rd has delivered His anointed one, answering him from His holy Heavens with the mighty saving power of His right hand. Some [rely] upon chariots and some upon horses, but we invoke the Name of the L-rd our G-d. They bend and fall, but we rise and are invigorated. L-rd, deliver us; may the King answer us on the day we call.

Prayer 9

(look in prayers for the days of the week, to know what to end with).

