

אֲדֹנָי שְׂפָתַי אֲדַבֵּר

Siddur Sim Shalom page 35B

אֲדֹנָי שְׂפָתַי תִּפְתָּח

וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai, open my lips

And my mouth shall recite Your praise.

Big Idea: Help me pray!

Before beginning the “*Amida*”, the central prayer of the service, we recite this verse from Psalm 51:

"Adonai, open up my lips that my mouth may declare Your praise."

Before we begin praying, we ask God to help us pray deeply, and to hear our prayer. This helps us to get ready for our prayer, and makes it a more meaningful and personal experience of connecting with God.

Did you know?

עֲמִידָה *Amida* - literally means “Standing”

We stand while reciting this phrase, and while praying the entire *Amida* – it is a very important part of the service, and standing while praying is a way in which we show respect to God.



Did you know?

Towards the end of the *Amida* there is a “personal prayer” in which we can pray for the things we want in our life. We can pray for healing of loved ones, or thank God for the good that has happened in our lives.

We then end with a communal prayer for peace which we sing together (such as Oseh Shalom or Sim Shalom).

