 Amidah
Avot and Imahot, Gvurot & K’dushah
Siddur Sim Shalom pg. 35b

From Sh’mini Atzeret until Pesach
14. מָכַלֵלָה תָּנִים בְּכַסְרָה, מָחַזֶּה מַחְיָה בְּרָחָמָיו רֹאִים.
15. סומָךְ בּוֹכָלִים, רֵזֲגֵה חֹלִים, מַחְיָה אסְפִירִים.
16. וְכָלּוֹנֵיהֶם לְנַשַּׁעְיָה שִׂיפָר.
17. מִי כָּמָה בֵּטָל אֵבָרֹוֹת וּמַי דְוָאָה לַיִּדָּו.
18. בְּלִילָה מַמְיָה וּמַמְיָה מִקְצְפָרִים יְשֻׁשְׁהָ.
19. אֶנֵּאָם אֶשְׁפָּה לַחֲיוֹת מַמְיָה.
20. בֵּרוֹחָה אֲפָה בּ, מַמְיָה מַמְיָה.
21. אָשֶׁה קָוָנָה יְשֵׁמַת קָוָנָה.
22. וְקָוָנָה בּכָל יְמֵי יְבָלִילֵה קָלָה.
23. בֵּרוֹחָה אֲפָה בּ, קָוָנָה קָוָנָה.
Translation:

Adonai, open my lips so my mouth shall say Your praise.

1. * Praised Are You Adonai our God and the God of our ancestors
2. God of Abraham, God of Isaac and God of Jacob
3. God of Sarah, God of Rebecca, God of Rachel, and God of Leah.
4. The God who is great, courageous and fearsome, God of everything,
5. Providing kindness and caring, and delivers everything,
6. Who remembers the kindness for our ancestors,
7. and redeems their descendants,
8. with God’s name with love.
9. Ruler who helps, redeems, saves and protects.
11. You are a hero forever Adonai,
12. Revives the dead, and Brings great salvation.
13. You bring back the wind, and allows the rain to fall. From Sh’mini Atzeret until Pesach
14. Provides life with kindness, Revives the dead with great mercy,
15. Supports the downtrodden, Healer of the ill; One who frees the bound.
16. You keep Your faith with those who dwell on the earth,
17. There is none like You, courageous one, and who is like you?
18. Ruler who is the master of death, and life and deliverance.
19. Your faith can revive the dead.
20. Praised are You Adonai, who revives the dead.
21. You are holy, and Your name is holy,
22. Holy are the ones who praise you every day.
23. Praised are You Adonai, the Holy God.
BIG Idea - Connection to God and Our Ancestors

This section of the Amidah contains three blessings:

Avot v’imahot ➢ The first blessing in the Amidah. The name literally means “fathers and mothers,” and refers to the important men and women who founded Judaism: Abraham, Isaac and Jacob (fathers) and Sarah, Rebecca, Rachel and Leah (mothers). This reminds us to stay connected to our Jewish history.

G’vurot ➢ The second blessing in the Amidah. The name literally means “mighty deeds.” This blessing lists the many things God can do. It reminds us what God can do with God’s amazing powers.

K’dushah ➢ The third blessing in the Amidah. The name literally means “holiness”. The K’dushah prayer is about God’s holiness. It reminds us that God is unique, and special. God’s essence is no unique, that we have a name for it – holiness.

Did you know?

Amida - literally means “Standing.”

We stand while praying the Amidah – it is a very important part of the service, and standing while praying is a way in which we show respect to God.

Bend and bow

At two points in the prayer, we bend and bow:

- Lines 1 & 10, (marked with *)
- When we say בּ רוּךְ we bend the knees
- When we say אַתּ ה, our knees are still bent, and we also bow our upper body forward.
- We can rise and straighten up when we say יי (Adonai)

Try it!

Did you know?

Towards the end of the Amidah 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 Shalom Rav, Oseh Shalom or Sim Shalom).