

עמידה Amidah

אבות ואמהות, גבורות וקדושה Avot and Imahot, Gvurot & K'dushah

Siddur Sim Shalom pg. 35b

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ.

1. * בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

2. אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,

3. אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבֵּקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה.

4. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן,

5. גּוֹמֵל חֲסָדִים טוֹבִים, וְקֹנֶה הַכֹּל,

6. וְזוֹכֵר חֲסָדֵי אֲבוֹת,

7. וּמַבִּיא גּוֹאֵל לִבְנֵי בְנֵיהֶם,

8. לְמַעַן שְׁמוֹ בְּאַהֲבָה.

9. מֶלֶךְ עוֹזֵר וּפּוֹקֵד וּמוֹשִׁיעַ וּמַגֵּן.

10. * בָּרוּךְ אַתָּה יְיָ, מַגֵּן אַבְרָהָם וּפֹקֵד שָׂרָה.

11. אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,

12. מַחְיֶה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.

13. מְשַׁיֵּב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם. From Sh'mini Atzeret until Pesach

14. מְכַלְכֵּל חַיִּים בְּחֶסֶד, מַחְיֶה מֵתִים בְּרַחֲמִים רַבִּים,

15. סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,

16. וּמְקַיֵּם אֲמוּנָתוֹ לַיִּשְׂרָאֵל עַד עַד,

17. מִי כְמוֹךָ בַּעַל גְּבוּרֹת וּמִי דוֹמֶה לָךְ,

18. מְלֶכֶךְ מַמְיֵת וּמַחְיֶה וּמַצְמִיחַ יְשׁוּעָה.

19. וְנֶאֱמָן אֶתָּה לְהַחְיֹת מֵתִים.

20. בְּרוּךְ אַתָּה יְיָ, מַחְיֶה הַמֵּתִים.

21. אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,

22. וְקָדוֹשִׁים בְּכָל יוֹם יְהִלְלוּךָ סְלָה.

23. בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

Lines 1 & 10 are marked with * to remind us to bend and bow – see “Big idea” for explanation.

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.
10. * Praised Are You Adonai protector of Abraham, and redeemer of Sarah.
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 *Amida*. 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.

Key words:

פָּרוּךְ - praised
אֱלֹהֵינוּ - our God
בְּאַהֲבָה - with love
מֶלֶךְ - king/ruler
לְעוֹלָם - forever
חַיִּים - life

Did you know?

עֲמִידָה *Amida* - literally means “Standing.”



We stand while praying the *Amida* – 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 פָּרוּךְ we bend the knees
- When we say אֱתָהּ our knees are still bent, and we also bow our upper body forward.
- We can rise and straighten up when we say יְיָ (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).

