

הַשְּׁכִיבֵנוּ Hashkiveinu

Siddur Sim Shalom, page 33

1. הַשְּׁכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,

2. וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים.

3. וּשְׁמֹר צִאתָנוּ וּבֹאֵנוּ,

4. לְחַיִּים וּלְשָׁלוֹם,

5. מִעֲתָה וְעַד עוֹלָם.

Big Idea - Protect us tonight!

Hashkiveinu is recited first in the synagogue and can also be recited at home as a bedtime prayer.

It is difficult for us, nowadays, to imagine how frightening the night must have been to our ancestors. For them it was a time of danger from wild beasts, disease, and enemy attacks.

In the prayer, we ask God to provide us with protection, and to wake us up with *Chayim* – life, and *shalom* – peace.



Translation:

Lie us down, Adonai Our God, in peace,
And rise us up, our Ruler, for life.

And guard our going and returning,
For life and for peace,
From now and forever.

Lie us down, Our God, in peace
And rise us up for life.

Key words:

אֱלֹהֵינוּ – our God

שָׁלוֹם - peace

עַד עוֹלָם - forever

חַיִּים - life