

Adonai Oz יי עז

Sim Shalom pg. 20

יי עז לעמו יתן,

יי יברך את עמו בשלום.

**Translation:**

Adonai will give God's people strength,

Adonai will bless God's people with peace.

## BIG Idea - with God's help!

This prayer appears in a few different places in Jewish services:

- Kabbalat Shabbat - the welcoming of Shabbat on Friday evenings, as the ending of psalm 29 – Mizmor L'David (Siddur Sim Shalom page 29)
- Saturday morning Torah service – as part of the Ein Kamocha prayer (Siddur Sim Shalom page 139)
- Birkat Hamazon – blessing after meals (Siddur Sim Shalom page 343)

### Key Words:

יְיָ - Adonai

עֹז – strength, power

יְבָרֵךְ - will bless

בְּשָׁלוֹם – with peace

### What do you think?

Power or peace...

- The psalm is asking God for power and strength – but also for peace. Why do you think we might be asking for both?
- Might we ever need strength to achieve peace, or peace to achieve strength?

### What is a psalm?

Adonai Oz can be found in Psalm 29. But what is a psalm anyway?

One of the books of the Jewish bible is called “The Book of Psalms”. It is a collection of 150 different poems. Some say most of these poems were written by King David, while many believe they were written by many people and combined into one collection. Either way, they were written a very long time ago, about 2500-3000 years ago!

### How do we use the psalms?

- Many psalms are included in the prayers we use in Shabbat services.
- Many Jewish people choose to recite psalms when a loved one is very sick or injured. They believe it helps to heal their loved one.
- When people need inspiration, emotional support or if they feel in awe of a great sight, they may recite psalms as a source of help or gratitude.