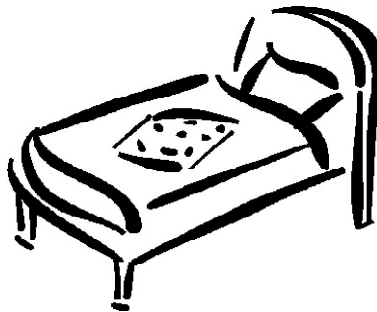


# קריאת שמע על המטה



## The Bedtime Shema

**Published in Large Print by  
JBI International, Inc.**

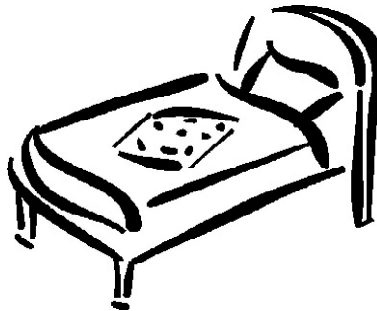
**110 East 30th Street  
New York, NY 10016**

**Phone: 212-889-2525  
800-433-1531**

**E-mail: [library@jbilibrary.org](mailto:library@jbilibrary.org)  
Website: [www.jbilibrary.org](http://www.jbilibrary.org)**



# קריאת שמע על המטה



## The Bedtime Shema

**Published in Large Print by  
JBI International, Inc.**

**110 East 30th Street  
New York, NY 10016  
Phone: 212-889-2525  
800-433-1531**

**E-mail: [library@jbilibrary.org](mailto:library@jbilibrary.org)  
Website: [www.jbilibrary.org](http://www.jbilibrary.org)**

## קריאת שמע על המטה

רבונו של עולם, הריני מוחל לְכָל מִי שֶׁהִכְעִיס וְהִקְנִיט  
אוֹתִי, אוֹ שִׁחַטָּא כְּנֶגְדִי, בֵּין בְּגוֹפִי בֵּין בְּמִמוֹנִי, בֵּין בְּכַבּוּדִי  
בֵּין בְּכָל אֲשֶׁר לִי, בֵּין בְּאַנְס בֵּין בְּרָצוֹן, בֵּין בְּשׂוֹגֵג בֵּין  
בְּמִזִּיד, בֵּין בְּדַבּוּר בֵּין בְּמַעֲשֵׂה, בֵּין בְּמַחֲשָׁבָה בֵּין בְּהִרְהוּר,  
בֵּין בְּגִלְגוּל זֶה בֵּין בְּגִלְגוּל אֲחֵר, לְכָל בַּר יִשְׂרָאֵל, וְלֹא  
יַעֲנֵשׁ שׁוֹם אָדָם בְּסִבָּתִי. יְהִי רָצוֹן מִלְּפָנֶיךָ, יי אֱלֹהֵי וְאֱלֹהֵי  
אֲבוֹתַי, שֶׁלֹּא אֶחַטָּא עוֹד, וּמָה שִׁחַטָּאתִי לְפָנֶיךָ מְחֹק  
בְּרַחֲמֶיךָ הַרְבִּים, אֲבָל לֹא עַל יְדֵי יְסוּרִים וְחֻלָּיִים רָעִים. יְהִיו  
לְרָצוֹן אִמְרֵי פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ, יי צוּרֵי וְגֹאֲלֵי.

## ברכת המפיל

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמִּפִּיל חֲבָלֵי שֵׁנָה עַל  
עֵינַי, וְתַנּוּמָה עַל עַפְעָפִי. וְיְהִי רָצוֹן מִלְּפָנֶיךָ, יי אֱלֹהֵי וְאֱלֹהֵי  
אֲבוֹתַי, שֶׁתְּשַׁכֵּיבְנִי לְשָׁלוֹם, וְתַעֲמִידְנִי לְשָׁלוֹם, וְאַל יִבְהַלּוּנִי  
רַעִיוֹנֵי וְחִלּוּמוֹת רָעִים וְהִרְהוּרִים רָעִים, וְתִהְיֶה מִטָּתִי שְׁלָמָה  
לְפָנֶיךָ, וְהָאֵר עֵינַי פֶּן אֵישָׁן הַמּוֹת, כִּי אַתָּה הַמֵּאִיר לְאִישׁוֹן  
בֵּת עֵינַי. בְּרוּךְ אַתָּה יי, הַמֵּאִיר לְעוֹלָם כְּלוֹ בְּכַבּוּדּוֹ.

# The Bedtime Shema

Master of the universe, I hereby forgive anyone who angered or antagonized me or who sinned against me — whether against my body, my property, my honor or against anything of mine; whether he did so accidentally, willfully, carelessly, or purposely; whether through speech, deed, thought, or notion; whether in this transmigration or another transmigration — I forgive every Jew. May no man be punished because of me. May it will be Your will, O Lord, my God and the God of my forefathers, that I may sin no more. Whatever sins I have done before You, may You blot out in Your abundant mercies, but not through suffering or bad illnesses. May the expressions of my mouth and the thoughts of my heart find favor before You, O Lord, my Rock and my Redeemer.<sup>1</sup>

## HAMAPIL

Blessed are You, O Lord, our God, KING of the universe, who casts the bonds of sleep upon my eyes and slumber upon my eyelids. May it be Your will, O Lord, my God and the God of my forefathers, that You lay me down to sleep in peace and rise me erect in peace. May my ideas, bad dreams, and bad notions not confound me; may my offspring be perfect before You, and may You illuminate my eyes lest I die in sleep,<sup>2</sup> Who illuminates the pupil of the eye. Blessed are You, O Lord, Who illuminates the entire world with His glory.

---

(1) *Psalms* 19:15. (2) Cf. 13:4.

(אל מֶלֶךְ נֶאֱמָן.)

שִׁמְעֵ | יִשְׂרָאֵל, יְיָ | אֱלֹהֵינוּ, יְיָ | אֶחָד.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

וְאֶהְבֶּתְךָ אֵת יְיָ | אֱלֹהֶיךָ, בְּכָל | לְבַבְךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל  
מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר | אָנֹכִי מְצַוְךָ הַיּוֹם, עַל |  
לְבַבְךָ. וְשִׁנַּנְתָּם לְבִנְיָךָ, וְדַבַּרְתָּ בָּם, בְּשַׁבְּתְךָ בְּבֵיתְךָ, וּבְלִכְתּוֹךָ  
בַּדֶּרֶךְ, וּבְשֹׁכְבְךָ, וּבְקוּמְךָ. וְקִשַּׁרְתָּם לְאוֹת | עַל יָדְךָ, וְהָיוּ  
לְטַטְפֹּת בֵּין | עֵינֶיךָ. וְכִתַּבְתָּם | עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

וְיְהִי נָעַם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ, וּמַעֲשֵׂה יַדֵּינוּ כּוֹנֵנָה עָלֵינוּ,  
וּמַעֲשֵׂה יַדֵּינוּ כּוֹנֵנָהוּ.

## תהלים צא

יֹשֵׁב בְּסֹתֶר עֲלִיּוֹן, בְּצֵל שַׁדַּי יִתְלוֹנֵן. אֹמֵר לִי מַחְסֵי  
וּמְצוּדָתִי, אֱלֹהֵי אֲבֹטָח בּוֹ. כִּי הוּא יִצִּילְךָ מִפֶּחַ יְקוּשׁ, מִדְּבַר  
הַיּוֹת. בְּאֲבָרְתוֹ יִסֹּךְ לָךְ, וְתַחַת כְּנַפָּיו תִּחְסֶה, צָנָה וְסַחָרָה  
אֲמַתּוֹ. לֹא תִירָא מִפֶּחַד לִילָה, מִחֶץ יְעוֹף יוֹמָם. מִדְּבַר בְּאִפְלִ  
יְהִלְךָ, מִקֶּטֶב יָשׁוּד צְהָרִים. יִפֹּל מִצִּדְךָ אֵלֶיךָ וּרְבָבָה מִימִינְךָ,

(God, trustworthy King.)

*Recite the first verse with the right hand covering the eyes.*  
**Hear, O Israel, the Lord is our God, the Lord is One.**<sup>1</sup>

*In an undertone:*

Blessed is the Name of His glorious kingdom for all eternity.

*Deuteronomy 6:5-9*

You shall love the Lord, your God, with all your heart, with all your soul and with all your resources. Let these matters that I command you today be upon your heart. Teach them thoroughly to your children and speak of them while you sit in your home, while you walk on the way, when you retire and when you arise. Bind them as a sign upon your arm and let them be tefillin between your eyes. And write them on the doorposts of your house and upon your gates.

May the pleasantness of my Lord, our God, be upon us — may He establish our handiwork for us; our handiwork may He establish.<sup>2</sup>

*Psalms 91*

Whoever sits in the refuge of the Most High, he shall dwell in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, I will trust in Him." For He will deliver you from the ensnaring trap, from devastating pestilence. With His pinion He will cover you, and beneath His wings you will be protected; shield and armor is His truth. You shall not fear the terror of night; nor the arrow that flies by day; nor the pestilence that walks in gloom; nor the destroyer who lays waste at noon. Let a thousand encamp at your side and myriad at your right

---

(1) *Deuteronomy 6:4.* (2) *Psalms 90:17.*

אֱלֹהֶיךָ לֹא יִגָּשׁ. רַק בְּעֵינֶיךָ תִּבְיֹט, וְשָׁלַמְתָּ רַשְׁעִים תִּרְאֶה. כִּי  
אֶתָּה יְיָ מַחֲסִי, עֲלִיּוֹן שָׁמַתָּ מְעוֹנֶךָ. לֹא תֵאָנֶה אֱלֹהֶיךָ רָעָה,  
וְנִגַּע לֹא יִקְרַב בְּאַהֲלֶךָ. כִּי מִלְּאֲכִיו יִצְוֶה לָךְ, לְשֹׁמְרֶךָ בְּכָל  
דְּרָכֶיךָ. עַל כַּפַּיִם יִשְׁאַוְנֶךָ, פֶּן תִּגָּף בְּאַבְן רִגְלֶךָ. עַל שַׁחַל  
וּפְתָן תִּדְרֹךְ, תִּרְמַס כְּפִיר וְתַנִּין. כִּי בִי חָשַׁק וְאַפְלָטָהוּ,  
אֲשַׁגְּבֶהוּ כִּי יָדַע שְׁמִי. יִקְרָאֵנִי וְאַעֲנֶהוּ, עָמוּ אֲנֹכִי בְּצָרָה,  
אֲחַלְצֶהוּ וְאַכְבְּדֶהוּ. אַרְךָ יָמִים אֲשַׁבֵּיעֶהוּ, וְאַרְאֶהוּ בִישׁוּעָתִי.  
אַרְךָ יָמִים אֲשַׁבֵּיעֶהוּ, וְאַרְאֶהוּ בִישׁוּעָתִי.

### תהלים ג: ב-ט

יְיָ, מָה רַבּוּ צָרֵי, רַבִּים קָמִים עָלַי. רַבִּים אֹמְרִים לְנַפְשִׁי, אִין  
יִשׁוּעָתָה לּוֹ בֵּאלֹהִים סִלָּה. וְאַתָּה יְיָ מָגֵן בְּעַדִּי, כְּבוֹדִי וּמְרִים  
רֹאשִׁי. קוֹלִי אֵל יְיָ אֶקְרָא, וַיַּעֲנֵנִי מִהַר קָדְשׁוֹ סִלָּה. אֲנִי  
שָׁכַבְתִּי וְאַיִשָּׁנָה, הִקִּיצוּתִי, כִּי יְיָ יִסְמְכֵנִי. לֹא אִירָא מִרַבְּבוֹת  
עָם, אֲשֶׁר סָבִיב שָׁתוּ עָלַי. קוֹמָה יְיָ, הוֹשִׁיעֵנִי אֱלֹהֵי, כִּי הִכִּיתָ  
אֶת כָּל אִיְבֵי לְחֵי, שְׁנֵי רַשְׁעִים שִׁבְרָתָ. לִי יְיָ הִישׁוּעָה, עַל עַמְּךָ  
בְּרַכְּתֶךָ סִלָּה.



hand, but to you they shall not approach. You will merely peer with your eyes and you will see retribution of the wicked. Because [you said,] “You, O Lord, are my refuge,” you have made the Most High your dwelling place. No evil will befall you, nor will any plague come near your tent. He will charge His angels for you, to protect you in all your ways. On your palms they will carry you, lest you strike your foot against a stone. Upon the lion and the viper you will tread; you will trample the young lion and the serpent. For he has yearned for Me and I will deliver him; I will elevate him because he knows My Name. He will call upon Me and I will answer him, I am with him in distress, I will release him and I will honor him. With long life will I satisfy him, and I will show him My salvation. With long life will I satisfy him, and I will show him My salvation.

*Psalm 3:2-9*

O Lord, how many are my tormentors! The great rise up against me! The great say of my soul. “There is no salvation for him from God — Selah!” But You O Lord are a shield for me, for my soul, and the One Who raises my head. With my voice I call out to the Lord, and He answers me from His holy mountain — Selah. I lay down and slept, yet I awoke, for the Lord supports me. I fear not the myriad people deployed against me from every side. Rise up, O Lord; save me, my God; for You struck all of my enemies on the cheek, you broke the teeth of the wicked. Salvation is the Lord's, upon Your people is Your blessing — Selah.

הִשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְּפָנֶיךָ לְחַיִּים, וּפְרוֹשׁ  
עַלֵּינוּ סִפְתָּ שְׁלוֹמְךָ, וְתִקַּנְנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ  
לְמַעַן שְׁמֶךָ. וְהִגֵּן בְּעַדֵּנוּ, וְהִסֵּר מֵעַלֵּינוּ אוֹיֵב, דָּבָר, וְחָרֵב,  
וְרָעַב, וַיִּגְוֶן, וְהִסֵּר שָׁטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ, וּבִצֵּל כְּנַפְיֶךָ  
תִּסְתִּירֵנוּ, כִּי אֵל שׁוֹמְרָנוּ וּמַצִּילֵנוּ אַתָּה, כִּי אֵל מֶלֶךְ חַנוּן  
וְרַחוּם אַתָּה, וְשָׁמוֹר צִאתָנוּ וּבּוֹאֵנוּ, לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה  
וְעַד עוֹלָם.

בָּרוּךְ יְיָ בַּיּוֹם, בָּרוּךְ יְיָ בְּלֵילָהּ, בָּרוּךְ יְיָ בְּשַׁכְּבֵנוּ, בָּרוּךְ יְיָ  
בְּקוּמָנוּ. כִּי בִידֶךָ נַפְשׁוֹת הַחַיִּים וְהַמֵּתִים, אֲשֶׁר בִּידוֹ נַפֵּשׁ  
כָּל חַי וָרוּחַ כָּל בֶּשֶׂר אִישׁ. בִּידֶךָ אֶפְקֵיד רוּחִי, פְּדִיתָה אוֹתִי,  
יְיָ, אֵל אֱמֶת. אֱלֹהֵינוּ שְׁבַשְׁמִים, יְחַד שְׁמֶךָ, וְקִיָּם מִלְּכוּתְךָ  
תָּמִיד, וּמְלוֹךְ עַלֵּינוּ לְעוֹלָם וָעֶד.

יִרְאוּ עֵינֵינוּ, וַיִּשְׂמַח לִבֵּנוּ, וְתִגַּל נַפְשֵׁנוּ בִּישׁוּעָתְךָ בְּאֱמֶת,  
בְּאֱמוּנָה לְצִיּוֹן, מֶלֶךְ אֱלֹהֵיךָ. יְיָ מֶלֶךְ, יְיָ מֶלֶךְ, יְיָ יְמִלּוֹךְ לְעוֹלָם  
וָעֶד. כִּי הַמְּלָכוֹת שֶׁלְּךָ הֵיא, וְלְעוֹלָמֵי עֶד תִּמְלוֹךְ בְּכָבוֹד, כִּי  
אֵין לָנוּ מֶלֶךְ אֶלָּא אַתָּה.

Lay us down to sleep, O Lord, our God, in peace, raise us erect, our King, to life; and spread over us the shelter of your peace. Set us aright with good counsel from before Your Presence, and save us for Your Name's sake. Shield us, remove from us foe, plague, sword, famine, and woe; and remove spiritual impediment from before us and behind us, and in the shadow of your wings shelter us<sup>1</sup> — for God Who protects and rescues us are You; for God, the Gracious and Compassionate King, are You.<sup>2</sup> Safeguard our going and coming — for life and for peace — from now to eternity.<sup>3</sup>

Blessed is the Lord by day; blessed is the Lord by night; blessed is the Lord when we retire; blessed is the Lord when we arise. For in Your hand are the souls of the living and the dead. He in Whose hand is the soul of all the living and the spirit of every human being.<sup>4</sup> In Your hand I shall entrust my spirit, You redeemed me, O Lord, God of truth.<sup>5</sup> Our God, Who is in heaven, bring unity to your Name; establish Your kingdom forever and reign over us for all eternity.

May our eyes see, our heart rejoice and our soul exult in Your salvation in truth, when Zion is told, “Your God has reigned!”<sup>6</sup> the Lord reigns,<sup>7</sup> the Lord has reigned,<sup>8</sup> the Lord will reign for all eternity.<sup>9</sup> For the kingdom is Yours and You will reign for all eternity in glory, for we have no King but You.

---

(1) Cf. *Psalms* 17:18. (2) Cf. *Nehemiah* 9:31. (3) *Psalms* 121:8. (4) *Job* 12:10. (5) *Psalms* 31:6. (6) Cf. *Isaiah* 52:7. (7) *Psalms* 10:16. (8) 93:1 et al. (9) *Exodus* 15:18.

הַמִּלְאָךְ הַגָּאֵל אֶתִּי מִכָּל רָע יְבָרֵךְ אֶת הַנְּעָרִים, וַיִּקְרָא בָהֶם  
שְׁמִי וְשֵׁם אֲבוֹתַי אֲבֵרָהֶם וַיִּצְחָק, וַיִּדְגּוּ לָרֹב בְּקִרְבֵּי הָאָרֶץ.  
וַיֹּאמֶר, אִם שָׁמוּעַ תִּשְׁמַע לְקוֹל יְיָ אֱלֹהֶיךָ, וְהִישָׁר בְּעֵינָיו  
תַּעֲשֶׂה, וְהֶאֱזַנְתָּ לְמִצְוֹתָיו, וְשָׁמַרְתָּ כָּל חֻקָּיו, כָּל הַמַּחֲלָה  
אֲשֶׁר שָׁמַתִּי בַּמִּצְרַיִם לֹא אֲשִׁים עָלֶיךָ, כִּי אֲנִי יְיָ רַפְאֵךְ.  
וַיֹּאמֶר יְיָ אֵל הַשָּׁטָן, יִגְעַר יְיָ בְּךָ הַשָּׁטָן, וַיִּגְעַר יְיָ בְּךָ הַבַּיִת  
בִּירוּשָׁלַיִם, הֲלוֹא זֶה אוֹד מִצָּל מֵאֵשׁ. הִנֵּה מִטָּתוֹ שְׁלֹשְׁמָה,  
שְׂשִׁים גְּבָרִים סָבִיב לָהּ, מִגְּבֻרֵי יִשְׂרָאֵל. כָּלֵם אַחֲזֵי חָרֵב,  
מִלְּמַדֵּי מִלְחָמָה, אִישׁ חָרְבוֹ עַל יָרְכוֹ מִפְּחַד בַּלִּילוֹת.

ג' פַּעֲמִים: יְבָרְכֵךָ יְיָ וַיִּשְׁמְרֵךָ. יָאֵר יְיָ פָּנָיו אֵלֶיךָ וַיַּחֲנֹךָ. יֵשֵׁא  
יְיָ פָּנָיו אֵלֶיךָ וַיִּשֶׁם לְךָ שָׁלוֹם.

ג' פַּעֲמִים: הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל.

ג' פַּעֲמִים: לִישׁוּעָתְךָ קִוִּיתִי יְיָ. קִוִּיתִי לִישׁוּעָתְךָ יְיָ. יְיָ  
לִישׁוּעָתְךָ קִוִּיתִי.

May the angel who redeems me from all evil bless the lads, and may my name be declared upon them — and the names of my forefathers Abraham and Isaac — and may they proliferate abundantly like fish within the land.<sup>1</sup>

He said: “If you diligently heed the voice of the Lord, your God, and do what is proper in His eyes, and you listen closely to His commandments and observe His decrees — the entire malady that I inflicted upon Egypt I will not inflict upon you, for I am the Lord your Healer.”<sup>2</sup>

The Lord said to the Satan, “The Lord shall denounce you, O Satan, and the Lord, Who selects Jerusalem, shall denounce you again. This is indeed a firebrand rescued from flames.”<sup>3</sup>

Behold! The couch of Solomon! Sixty mighty ones round about it, of the mighty ones of Israel. All gripping the sword, learned in warfare, each with his sword on his thigh, from fear in the nights.<sup>4</sup>

*Recite three times:* May the Lord bless you and safeguard you. May the Lord illuminate His countenance for you and be gracious to you: May the Lord turn His face toward you and establish peace for you.<sup>5</sup>

*Recite three times:* Behold, the Guardian of Israel neither slumbers nor sleeps.<sup>6</sup>

*Recite three times:* For Your salvation do I long, O Lord.<sup>7</sup> I do long, O Lord, for your salvation. O Lord, for Your salvation do I long.

---

(1) *Genesis* 48:16. (2) *Exodus* 15:26. (3) *Zechariah* 3:2. (4) *Song of Songs* 3:7-8. (5) *Numbers* 6:24-26. (6) *Psalms* 121:4. (7) *Genesis* 49:18.

ג' פעמים: בְּשֵׁם יְיָ אֱלֹהֵי יִשְׂרָאֵל, מִיְמֵינִי מִיְכָאֵל, וּמִשְׂמֵאלִי  
גְּבֻרֵי־אֵל, וּמִלְּפָנֵי אֲוִרֵי־אֵל, וּמֵאַחֲזֵרֵי רְפָאֵל, וְעַל רֹאשֵׁי  
שְׂכִינַת אֵל.

### תהלים קכח

שִׁיר הַמַּעֲלוֹת, אֲשֶׁר־י כָּל יִרְאֵ יְיָ, הֵהֱלֶךְ בְּדַרְכָּיו. יִגִּיעַ כַּפְיֶךָ  
כִּי תֹאכַל, אֲשֶׁר־יךָ וְטוֹב לָךְ. אֲשַׁתֶּךָ כְּגִפְנֵן פֹּרִיָה בִירְכָתִי  
בֵּיתְךָ, בְּנִיךָ כְּשֶׁת־לִי זֵיתִים, סָבִיב לְשִׁלְחָנְךָ. הִנֵּה כִי כֹן יְבָרֶךְ  
גְּבֻר, יִרְאֵ יְיָ. יְבָרְכֶךָ יְיָ מִצִּיּוֹן, וְרֵאָה בְּטוֹב יְרוּשָׁלָּיִם, כָּל יְמֵי  
חַיֶּיךָ. וְרֵאָה בָּנִים לְבְנֶיךָ, שָׁלוֹם עַל יִשְׂרָאֵל.

ג' פעמים: רְגִזּוּ וְאֵל תַּחֲטְאוּ, אִמְרוּ בְּלִבְבְּכֶם עַל מִשְׁפְּבְּכֶם,  
וְדַמּוּ סִלָּה.

*Recite three times:* In the Name of the Lord, God of Israel: may Michael be at my right, Gabriel at my left, Uriel before me, and Raphael behind me; and above my head the Presence of God.

*Psalm 128*

A song of ascents. Praiseworthy is each person who fears the Lord, who walks in His paths. When you eat the labor of your hands, you are praiseworthy, and it is well with you. Your wife shall be like a fruitful vine in the inner chambers of your home; your children shall be like olive shoots surrounding your table. Behold! For so is blessed the man who fears the Lord. May the Lord bless you from Zion, and may you gaze upon the goodness of Jerusalem, all the days of your life. And may you see children born to children, peace upon Israel.

*Recite three times:* Tremble and sin not. Reflect in your hearts while on your beds, and be utterly silent. Selah.<sup>1</sup>

(1) *Psalms 4:5.*

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ,  
לַעֲת נַעֲשֶׂה בְּחַפְצוֹ כָּל,  
וְאַחֲרֵי כָּלֹת הַכֹּל,  
וְהוּא הָיָה, וְהוּא הוֹה,  
וְהוּא אֶחָד וְאֵין שֵׁנִי,  
בְּלִי יְרֵאֻשִׁית בְּלִי תַכְלִית,  
וְהוּא אֵלֵי וְחֵי גֵאֲלֵי,  
וְהוּא נֶסִי וּמְנוֹס לִי,  
בְּיָדוֹ אֶפְקִיד רוּחֵי,  
וְעַם רוּחֵי גּוֹיֹתַי,

בְּטָרֵם כָּל יַצִּיר נִבְרָא.  
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.  
לְבַדּוֹ יִמְלוֹךְ נוֹרָא.  
וְהוּא יִהְיֶה, בְּתַפְאֲרָה.  
לְהַמְשִׁיל לּוֹ לְהַחֲבִירָה.  
וְלוֹ הָעֵז וְהַמְשָׁרָה.  
וְצוֹר חֲבֵלֵי בְעֵת צָרָה.  
מִנַּת כּוֹסֵי בַיּוֹם אֶקְרָא.  
בְּעֵת אִישׁוֹן וְאַעֲרָה.  
יֵי לִי וְלֹא אִירָא.

לילה טוב!  
**Good Night!**



He is the eternal Lord who reigned  
Before any being was created.  
At the time when all was made by his will,  
He was at once acknowledged as King.  
And at the end, when all shall cease to be,  
The revered God alone shall still be King.  
He was, he is, and he shall be  
In glorious eternity.  
He is One, and there is no other  
To compare to him, to place beside him.  
He is without beginning, without end;  
Power and dominion belong to him.  
He is my God, my living Redeemer,  
My stronghold in times of distress.  
He is my guide and my refuge,  
my share of bliss the day I call.  
To him I entrust my spirit  
when I sleep and when I wake.  
As long as my soul is with my body  
the Lord is with me; I am not afraid.

