

1st Blessing: Avot — Ancestors

Take three steps backward, then three steps forward, while reciting this kavanah:

אֲדַנִּי שִׁפְתַי תִּפְתַּח וּפִי יִגִּיד תְּהִלָּתְךָ.

Adonai s'fa-tai tiftach u-fi ya-gid t'hi-la-te-cha. Adonai, open my lips, so that my mouth may speak Your praise.

On “Baruch,” bend your knees slightly; on “Atah,” bend slightly at the waist; stand straight for “Adonai”

בְּרוּךְ אַתָּה, יי

Ba-ruch A-tah, Adonai Blessed are You, Adonai

Matriarchs explicit:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

our God and God of our ancestors:

Elo-hei-nu vei-lo-hei avo-tei-nu v'i-mo-tei-nu:

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב;

אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,

אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה.

God of Abraham, God of Isaac, and God of Jacob;

God of Sarah, God of Rebekah,

God of Rachel, and God of Leah;

Elo-hei Av-ra-ham, Elo-hei Yitz-chak, vEi-lo-hei Ya-akov.

Elo-hei Sa-rah, Elo-hei Riv-kah,

Elo-hei Ra-cheil, vEi-lo-hei Lei-ah.

Matriarchs implicit:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

our God and God of our ancestors:

Elo-hei-nu vei-lo-hei avo-tei-nu:

אֱלֹהֵי אַבְרָהָם,

אֱלֹהֵי יִצְחָק,

וְאֱלֹהֵי יַעֲקֹב.

God of Abraham,

God of Isaac,

and God of Jacob;

Elo-hei Av-ra-ham,

Elo-hei Yitz-chak,

vEi-lo-hei Ya-akov.

Ha-Eil ha-ga-dol

ha-gi-bor v'ha-no-ra,

Eil el-yon,

go-meil chasa-dim to-vim,

v'ko-neih ha-kol,

v'zo-cheir

chas-dei a-vot (v'i-ma-hot)

u-mei-vi go-eil

li-v'nei v'nei-hem

l'ma-an sh'mo b'a-havah.

הָאֵל הַגָּדוֹל

הַגִּבּוֹר וְהַנּוֹרָא,

אֵל עֵלְיוֹן,

גּוֹמֵל חֲסָדִים טוֹבִים,

וְקוֹנֵה הַכּוֹל,

זוֹכֵר

חֲסָדֵי אֲבוֹת (וְאִמּוֹת),

וְיָבִיא גּוֹאֵל

לְבָנֵי בְנֵיהֶם

לְמַעַן שְׁמוֹ בְּאַהֲבָה.

the great, the mighty,

and the awesome God; (*DEUT. 10:17; NEHEMIAH 9:32*)

God most high (*GENESIS 14:22*);

You who render acts of true kindness;

Creator and Owner of all,

You who remember

the loving deeds of our ancestors

and will lovingly bring a redeemer

to their children's children

for the sake of Your name.