

Prayers for the Moment

Blessing for Those Freed From Captivity

Blessed are You, Adonai our God, Ruler of the universe, who frees the captive.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַתִּיר
אֲסוּרִים

Baruch atah adonai eloheinu melech ha'olam, matir asurim.

Blessing Upon Hearing Good News

Blessed are You, Adonai our God, Ruler of the universe, who is good and who bestows good.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַטוֹב וְהַמֵּיטִיב

Baruch atah adonai eloheinu melech ha'olam, ha-tov v'hameytiv.

Blessing for Escaping Danger

Blessed are You, Adonai our God, Ruler of the universe, who rewards the undeserving with goodness, and who has rewarded me with goodness.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַגּוֹמֵל לְחַיִּיבִים טוֹבוֹת שְׂגָמְלָנִי כָּל
טוֹב

Baruch atah adonai eloheinu melech ha'olam, hagomel lechayavim tovot, sheg'malani kol tov.

Blessing Upon Reaching a New Season

Blessed are You, Adonai our God, Ruler of the universe, who has allowed us to live, has preserved us, and has enabled us to reach this season.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ
לְזֶמֶן הַזֶּה

Baruch atah adonai eloheinu melech ha'olam, shehecheyanu vi-kimanu vi-higiyanu la-z'man ha-zeh.

Mi Shebeirach, Debbie Friedman

Mi shebeirach avoteinu , m'kor hab'racha l'imoteinu May the source of strength Who blessed the ones before us Help us find the courage to make our lives a blessing And let us say Amen

Mi shebeirach imoteinu M'kor habrachah l'avoteinu Bless those in need of healing with r'fuah sh'leimah The renewal of body, the renewal of spirit And let us say Amen

Hashkiveinu, translation from Mishkan T'fillah

Spread over us the sukkah of your peace

וּפְרוֹשׁ עָלֵינוּ סֻכַּת שְׁלוֹמְךָ

U'fros aleinu sukkat shlomekha

Grant, O God, that we lie down in peace, and raise us up, our Guardian, to life renewed. Spread over us the shelter of Your peace. Guide us with good counsel; for Your Name's sake, be our help. Shield and shelter us under the shadow of Your wings. Defend us against enemies, illness, war, famine and sorrow. Distance us from wrongdoing. For You, God, are gracious and merciful. Guard our going and coming, to life and to peace evermore.

Blessing Upon Hearing Bad News or News of Someone's Death

Blessed are You, Adonai our God, Ruler of the universe, the True Judge.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, דֵּיין הָאֱמֶת.

Baruch atah adonai eloheinu melech ha'olam, dayyan haemet.

May It Be Your Will, Rabbi Tamar Elad Applebaum

May it be Your will, our brothers and sisters, that just as you found strength and courage in that terrible hell, so too you will find strength as you return and walk the path of healing. May you be surrounded by the thousands of loving people who never stopped caring, hoping, acting, and striving.

May it be Your will that we can provide you and your families with material, emotional, and spiritual support and comfort. May we together weave the thread of hope and rescue, and may this return bring forth peace and good messages.

May it be Your will that together we safeguard our home. That we cherish the light revealed through the deeds of all those who never ceased to act and cry out for your return.

May it be Your will that the memory of those we could not bring back in peace, and of those who fell in battle, never depart from us. May their memory be an eternal flame — of pain and hope, sorrow and consolation.

God Who makes peace in His heavens, may You make peace for us, and for all Israel, and for all who dwell on earth — and let us say, Amen.

Questions for Discussion:

- Which prayers do you think contain a meaningful message for today?
- What kinds of values, ideas, or themes do you see expressed in these prayers? Which ones resonate with you? Which ones do not?