

WEEKDAY SUPPLEMENTAL PRAYERS

Online Together Series

Avinu Malkeinu - Praying for Help

אָבִינוּ מֶלְכֵנוּ חַנּוּן וְעֲנּוּן, כִּי אֵין בָּנוּ מַעֲשִׂים, עֲשֵׂה עִמָּנוּ צְדָקָה וְחַסֵּד וְהוֹשִׁיעֵנוּ.

A-vi-nu mal-kay-nu, cha-nay-nu va-a-nay-nu,

a-vi-nu mahl-kay-nu, cha-nay-nu va-a-nay-nu, ki ein ba-nu ma-a-sim.

A-say i-ma-nu tze-da-ka va-che-sed, a-say i-ma-nu tze-da-ka va-che-sed, ve-ho-shi-ei-nu.

Our Father, Our Sovereign! Have mercy on us and answer us for we do not have the deeds. Deal with us charitably and kindly and help us.

Healing Misheberach

Mi shebeirach avoteinu, Mekor ha-bracha le-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, Mekor ha-brachah le-avoteinu,

Bless those in need of healing with *refuah shleimah*,

The renewal of body, the renewal of spirit, and let us say, Amen

23rd Psalm for those who have passed away

A song of David. The L-rd is my shepherd; I shall not want.

G-d causes me to lie down in green pastures; G-d leads me beside still waters.

G-d restores my soul; G-d leads me in paths of righteousness for G-d's name's sake.

Even as I walk in the valley of the shadow of death, I will fear no evil

for You are with me;

Your rod and Your staff, they comfort me.

You set a table before me in the presence of my adversaries;

You anointed my head with oil; my cup overflows.

May only goodness and kindness pursue me all the days of my life,

and I will dwell in the house of the L-rd for length of days.