

# selichot prayers taken from the siddur

LEARNING THE PROTOCOL OF THE KING

Rico Cortes

# Shalom and Welcome

Welcome to Wisdom in Torah. This little booklet contains the Selichot prayers for our time of Repentance during the month of Elul, starting August 31, to the day of Yom Kippur. On Wisdom in Torah website I will be doing the opening prayers by only using the psalms. Then I will read from the Selichot Siddur.

For those who do not know Selichot are prayers for forgiveness and Siddur is a prayer book.

The opening prayers are listed separately so you can pick which ones you want to start with. Then continue with the prayers in the Siddur.

I really pray that we can all put our hearts, minds, and souls into approaching our father who is our king. Remember, the principle is for us to be together praying to the father as one people, one nation, one mind, one heart, one voice and one soul.



Shalom

Rico

## To Contact Rico

Rico Cortes

P.O. Box 1845

Auburndale, Florida, 33823

<http://wisdomintorah.torahteachers.com/>

[wisdomintorah1@gmail.com](mailto:wisdomintorah1@gmail.com)

# Selichot Prayers using the Psalms and the Siddur

Learning the Protocol of the King

## The Four Steps of Repentance

Teshuvah (Return or Repentance) is a generous gift from G-d, which allows us to erase our improper actions through a four-step process (see below).

The Torah tells us that no matter how far we stray or how many times we sin, G-d will wait for us to return to him through Teshuvah.

There are four basic parts to Teshuvah:

1. Leaving the Sin
2. Regret
3. Confession Before G-d
4. Acceptance for the Future

### 1. Leaving the Sin

Leaving the sin consists of stopping the commission of the sinful act. One cannot do Teshuvah if one continues to do the sin, even if he or she were to perform the next three steps perfectly.

### 2. Regret

Regret consists in sincerely regretting one's wrong action. One must be genuinely ashamed and embarrassed over one's sins.

### 3. Confession Before G-d

Acceptance for the future consists of resolving in one's heart never to commit the sin ever again.

### 4. Acceptance for the Future

Confession before G-d consists of an oral confession spoken out loud, in which one formulates in words the commitments and attitudes one has reached in his or her heart. One should say, "I have sinned, I have done such and such; I deeply regret my actions, and I declare before G-d, Who knows my innermost thoughts, that I will never do this sin again."

**What YHVH is really looking for is the sincerity of the effort that a person puts into their Teshuvah!**

Source: <http://www.ou.org/chagim/elul/foursteps.html>

## Introduction to Prayer

Psalm 51:15 O YHVH, open my lips, And that my mouth declare Your praise.

## Shema

### Devarim 6:

- 4 "Hear, O Yisra'el: YHVH our Elohim, YHVH is one!  
5 "And you shall love YHVH your Elohim with all your heart, and with all your being, and with all your might.  
6 "And these Words which I am commanding you today shall be in your heart,  
7 and you shall impress them upon your children, and shall speak of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up,  
8 and shall bind them as a sign on your hand, and they shall be as frontlets between your eyes.  
9 "And you shall write them on the doorposts of your house and on your gates.

### Devarim 11:

- 13 "And it shall be that if you diligently obey My commands which I command you today, to love YHVH your Elohim and to serve Him with all your heart and with all your being,  
14 then I shall give you the rain for your land in its season, the early rain and the latter rain, and you shall gather in your grain, and your new wine, and your oil.  
15 "And I shall give grass in your fields for your livestock, and you shall eat and be satisfied.  
16 "Guard yourselves, lest your heart be deceived, and you turn aside and serve other mighty ones and bow down to them.  
17 "Then the displeasure of YHVH shall burn against you, and He shall shut up the heavens, and there be no rain, and the land not give its increase. And you shall perish quickly from the good land which YHVH is giving you.  
18 "And you shall lay up these Words<sup>1</sup> of Mine in your heart and in your being, and shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. Footnote: 1 See footnote at 5:22.  
19 "And you shall teach them to your children, speaking of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up,  
20 and shall write them on the doorposts of your house and on your gates,  
21 so that your days and the days of your children are increased on the soil of which YHVH swore to your fathers to give them, as the days of the heavens on the earth.

### Numbers 15:

- 37 And YHVH spoke to Mosheh, saying,  
38 "Speak to the children of Yisra'el, and you shall say to them to make tzitziyot<sup>1</sup> on the corners of their garments throughout their generations, and to put a blue cord in the tzitzit<sup>1</sup> of the corners. Footnote: 1 See Explanatory notes – "Tzitzit" – plural Tzitziyot.  
39 "And it shall be to you for a tzitzit, and you shall see it, and shall remember all the commands of YHVH and shall do them, and not search after your own heart and your own eyes after which you went whoring,  
40 so that you remember, and shall do all My commands, and be set-apart unto your Elohim.  
41 "I am YHVH your Elohim, who brought you out of the land of Mitsrayim, to be your Elohim. I am YHVH your Elohim."

## Blessing after the Shema

And certain, established and enduring, fair and faithful, beloved and cherished, delightful and pleasant, awesome and powerful, correct and accepted, good and beautiful is this affirmation to us forever and ever.

True – the God of the universe is our King; the Rock of Jacob is the Shield of our salvation. From generation to generation He endures and His Name endures and His throne is well established; His sovereignty and faithfulness endure forever. His words are living and enduring, faithful and delightful forever and to all eternity;

for our forefathers and for us, for our children and for our generations, and for all the generations of Your servant Israel's offspring.

Upon the earlier and upon later generations, this affirmation is good and enduring forever. True and faithful, it is an unbreakable decree. It is true that You are the YHVH, our God and the God of our forefathers, our King and the King of our forefathers, our Redeemer, the Redeemer of our forefathers; our Molder, the Rock of our salvation; our Liberator and our Rescuer – this has ever been Your Name. There is no God but you.

## ASHREI – Contentment Awaits (Psalm 145)

### Ashrei Psalm 145

Contentment awaits those who dwell in Your house; may they always praise You, Selah. Contentment awaits the people for whom this is so, contentment awaits the people whose God is the LORD.

I will exalt you, my God the King, and I will bless Your Name forever and ever. Every day I will bless You and I will laud Your Name forever and ever. The LORD is great and exceedingly lauded, and His greatness is beyond investigation. Each generation will praise Your deeds to the next and of Your mighty deeds they will tell; The splendorous glory of Your power and Your wondrous deeds I shall discuss. And of Your awesome power they will speak, and Your greatness I shall relate. A recollection of Your abundant goodness they will utter, and of Your righteousness they will sing exultantly.

Gracious and merciful is the LORD, slow to anger, and great in kindness. The LORD is good to all; His mercies are on all His works. All Your works shall thank You, O LORD, and your devout ones will bless You. Of the glory of Your kingdom they will speak, and of Your power they will tell; To inform human beings of His mighty deeds, and the glorious splendor of His kingdom. Your kingdom is a kingdom spanning all eternities, and Your dominion is throughout every generation.

The LORD supports all those who are fallen and straightens all those who are bent. The eyes of all look to You with hope, and You give them their food in its proper time; You open Your hand, and satisfy the desire of every living thing. Righteous is the LORD in all His ways, and magnanimous in all His deeds. The LORD is close to all who call upon Him— to all who call upon Him sincerely. The will of those who fear Him He will do, and their cry He will hear and save them. The LORD protects all who love Him; but all the wicked He will destroy.

### Half-Kaddish

English translation	Transliteration	Aramaic / Hebrew
1	May His great name be exalted and sanctified <sup>b</sup> is <b>God's great name.</b> <sup>a</sup>	<i>Yitgaddal veyitqaddash shmeh rabba</i> ויתקדש ויתגדל רבא שמה.
2	in the world which He created according to His will!	<i>Be'alma di vra khir'uteh</i> ברא די בעלמא כרעותה
3	May He establish His kingdom	<i>veyamlikh malkhuteh</i> מלכותה וימליך
4	and may His salvation blossom and <b>His anointed</b> be near. <sup>ad</sup>	<i>[veyatzmah purqaneh viqarev (qetz) meshi'eh]</i> פקנה ויצמה משיחה (ויקרב)
5	during your lifetime and during your days	<i>behayekh'on uvyomekh'on</i> וביומיו וביומיו
6	and during the lifetimes of all the <b>House of Israel,</b>	<i>uvhaye dekh'ol bet yisrael</i> בית דכל ובחיי ישראל
7	speedily and very soon! And say, <b>Amen.</b> <sup>a</sup>	<i>be'agala uvizman qariv ve'imru amen</i> ובזמן בעגלא ואמן ואמרו. קריב

## Selichot Prayers taken from the Siddur

*The next two lines are recited by the congregation and then the leader:*

8	May His great name be blessed	<i>yehe shmeh rabba mevarakh</i>	רַבָּא שְׁמֵהּ יְהוָה מְבָרַךְ
9	for ever, and to all eternity!	<i>le'alam ul'alme 'almaya</i>	וְלְעַלְמֵי לְעַלְמֵי עַלְמֵיָא
10	Blessed and praised, glorified and exalted,	<i>Yitbarakh veyishtabbah veyitpaar veyitromam</i>	וְיִשְׁתַּבַּח וְיִתְבָּרַךְ וְיִתְרַומַם וְיִתְפָּאֵר
11	extolled and honoured, adored and lauded	<i>veyitnasse veyithaddar veyit'alleh veyithallal</i>	וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֵּל וְיִתְעַלֶּה
12	be the name of the Holy One, blessed be He, <sup>a</sup>	<i>shmeh dequdsha, brikh hu.</i>	בְּרִיךְ דְקֻדְשָׁא שְׁמֵהּ אוּה.
13	above and beyond all the blessings,	<i>le'ella (l'ella mikkol) min kol birkhata</i>	(מִכֹּל לְעֵלְאָא) לְעֵלְאָא בְּרִכְתָּא כָּל מִן
14	hymns, praises and consolations	<i>veshirata tushbehata venehemata</i>	תְּשִׁיבָהּ וְשִׁירָתָא וְנִחְמָתָא
15	that are uttered in the world! And say, Amen. <sup>a</sup>	<i>daamiran be'alma ve'imru amen</i>	בְּעֵלְמֵי דְאִמְרִין אָמֵן וְאָמְרוּ

*The half kaddish ends here.*

*Here the "complete kaddish" includes:*

16	<sup>e</sup> May the prayers and supplications	<i>Titqabbal tzlothon uva'ut'hon</i>	צְלוֹתְהוֹן תִּתְקַבַּל וּבְעוֹתְהוֹן
17	f all Israel	<i>d'khol bet yisrael</i>	יִשְׂרָאֵל בֵּית דְּכָל
18	be accepted by their Father who is in Heaven; And say, Amen. <sup>a</sup>	<i>qodam avuhon di bishmayya, v'imru amen</i>	

## Psalms of Selichot

### Psalm 27:

- 1 YHVH is my light and my deliverance; Whom should I fear? YHVH is the refuge of my life; Whom should I dread?
- 2 When evil-doers come against me To eat up my flesh, My adversaries and my enemies, They shall stumble and fall.
- 3 Though an army encamps against me, My heart does not fear; Though battle comes up against me, Even then I would be trusting.
- 4 One matter I asked of YHVH – this I seek: To dwell in the House of YHVH All the days of my life, To see the pleasantness of YHVH, And to inquire in His Hēkal.
- 5 For in the day of evil He hides me in His booth; In the covering of His Tent He hides me; On a rock He raises me up.
- 6 And now my head is lifted up above my enemies all around me; And I offer in His Tent with shouts of joy; I sing, yea, I sing praises to YHVH.
- 7 Hear, O YHVH, when I cry with my voice! And show me favour, and answer me.
- 8 To my heart You have said, "Seek My face." Your face, YHVH, I seek.

- 9 Do not hide Your face from me; Do not turn Your servant away in displeasure; You have been my help; Do not leave me nor forsake me, O Elohim of my deliverance.
- 10 When my father and my mother have forsaken me, Then YHVH does take me in.
- 11 Teach me Your way, O YHVH, And lead me in a smooth path, because of my enemies.
- 12 Do not give me over To the desire of my adversaries; For false witnesses have risen against me, And they breathe out cruelty to me.
- 13 What if I had not believed To see the goodness of YHVH In the land of the living!
- 14 Wait on YHVH, be strong, And let Him strengthen your heart! Wait, I say, on YHVH!

**Psalm 130:**

- 1 Out of the depths I have cried to You, O YHVH.
- 2 O YHVH, hear my voice! Let Your ears be attentive To the voice of my prayers.
- 3 O Yah, if You should watch crookednesses, O YHVH, who would stand?
- 4 But with You there is forgiveness, That You might be feared.
- 5 I looked to YHVH, My being has looked, And for His word I have waited.
- 6 My being looks to YHVH More than those watching for morning, watching for morning.
- 7 O Yisra'el, wait for YHVH; For with YHVH there is kindness. And with Him is much redemption,
- 8 For He shall redeem Yisra'el From all his crookednesses.

**Psalm 17:**

- 1 Hear righteousness, YHVH, Listen to my cry; Give ear to my prayer, From lips without deceit.
- 2 Let my right-ruling go out from Your presence; Let Your eyes see what is straight.
- 3 You have examined my heart; You have visited me in the night; You have tried me – You find I have not schemed; My mouth would not transgress.
- 4 As for the deeds of men – By the word of Your lips, I have kept myself from the paths of the destroyer.
- 5 My steps have held fast to Your paths, My feet have not slipped.
- 6 I have called upon You, for You answer me, O El; Incline Your ear to me, hear my speech.
- 7 Let Your kindness be distinguished, You who save by Your right hand those who take refuge From those who rise up.
- 8 Guard me as the apple of Your eye. Hide me under the shadow of Your wings,
- 9 From the face of the wrong who ravage me, From my deadly enemies who surround me.
- 10 They are enclosed in their own fat, They speak proudly with their mouths,
- 11 They have now surrounded us in our steps, They set their eyes to cast us to the ground,
- 12 Like a lion who is eager to tear his prey, And as a young lion crouching in cover.
- 13 Arise, O YHVH, Confront him, cause him to bend; Deliver my being from the wrong by Your sword,
- 14 From men by Your hand, O YHVH, From men of the world whose portion is in this life, And You fill their bellies with Your treasure, They are satisfied with children, And shall leave their riches to their babes.
- 15 As for me, let Me see Your face in righteousness; I am satisfied to see Your appearance when I awake.

**Psalm 32:**

- 1 Blessed is he whose transgression is forgiven, Whose sin is covered.
- 2 Blessed is the man to whom YHVH imputes no crookedness, And in whose spirit there is no deceit.
- 3 When I kept silent, my bones became old Through my groaning all the day.
- 4 For day and night Your hand was heavy upon me; My sap was turned into the droughts of summer. Selah.
- 5 I acknowledged my sin to You, And my crookedness I did not hide. I have said, "I confess my transgressions to YHVH," And You forgave the crookedness of my sin. Selah.



- 6 Therefore, let every kind one pray to You While You might be found; Even in a flood of great waters They would not reach him.
- 7 You are my hiding place; You preserve me from distress; You surround me with songs of deliverance. Selah.
- 8 "Let Me instruct you and teach you in the way you should go; Let Me counsel, My eye be on you.
- 9 Do not be like the horse, like the mule, With no understanding, with bit and bridle, Else they do not come near you."
- 10 Many are the sorrows of the wrong; But as for the one trusting in YHVH, Kindness surrounds him.
- 11 Be glad in YHVH and exult, you righteous; And shout for joy, all you upright in heart!

**Psalm 51:**

- 1 Show me favor, O Elohim, According to Your kindness; According to the greatness of Your compassion, Blot out my transgressions.
- 2 Wash me completely from my guilt, And cleanse me from my sin.
- 3 For I know my transgressions, And my sin is ever before me.
- 4 Against You, You alone, have I sinned, And done evil in Your eyes; That You might be proven right in Your words; Be clear when You judge.
- 5 See, I was brought forth in crookedness, And in sin my mother conceived me.
- 6 See, You have desired truth in the inward parts, And in the hidden part You make me know wisdom.
- 7 Cleanse me with hyssop, and I am clean; Wash me, and I am whiter than snow.
- 8 Let me hear joy and gladness, Let the bones You have crushed rejoice.
- 9 Hide Your face from my sins, And blot out all my crookedness.
- 10 Create in me a clean heart, O Elohim, And renew a steadfast spirit within me.
- 11 Do not cast me away from Your presence, And do not take Your Set-apart Spirit from me.
- 12 Restore to me the joy of Your deliverance, And uphold me, Noble Spirit!
- 13 Let me teach transgressors Your ways, So that sinners turn back to You.
- 14 Deliver me from blood-guilt, O Elohim, Elohim of my deliverance, Let my tongue sing aloud of Your righteousness.
- 15 O YHVH, open my lips, And that my mouth declare Your praise.
- 16 For You do not desire slaughtering, or I would give it; You do not delight in burnt offering.
- 17 The slaughterings of Elohim are a broken spirit, A heart broken and crushed, O Elohim, These You do not despise.
- 18 Do good in Your good pleasure to Tsiyon; Build the walls of Yerushalayim.
- 19 Then You would delight in slaughterings of righteousness, In burnt offering and complete burnt offering; Then young bulls would be offered on Your altar.

**Psalm 65:**

- 1 To You, stillness, praise, in Tsiyon, O Elohim; And to You a vow is paid.
- 2 To You who hears all prayer, all flesh comes.
- 3 Crooked matters were mightier than I; As for our transgressions, You do cover them.
- 4 Blessed is the one You choose, And bring near to dwell in Your courts. We are satisfied with the goodness of Your house, Your set-apart Hēkal.
- 5 By awesome deeds in righteousness You answer us, O Elohim of our deliverance, The Trust of all the ends of the earth, And the distant seas;
- 6 Who established the mountains by His strength, Being girded with might;
- 7 Who stills the roaring of the seas, The roaring of their waves, And the uproar of the peoples.



- 8 And they who dwell in the farthest parts, Are afraid of Your signs; You make the outgoings of the morning and evening rejoice.
- 9 You have visited the earth and watered it, You greatly enrich it; The river of Elohim is filled with water; You provide their grain, For so You have prepared it.
- 10 Its ridges have been filled, Its furrows have been deepened, You make it soft with showers, You bless its growth.
- 11 You have crowned the year with Your goodness, And Your paths drip with fatness.
- 12 The pastures of the wilderness drip, And the hills are girded with rejoicing.
- 13 The meadows are dressed in flocks, And valleys are covered with grain; They shout for joy and sing.

**Psalm 85:**

- 1 YHVH, You shall take pleasure in Your land; You shall turn back the captivity of Ya'aqob.
- 2 You shall take away the crookedness of Your people; You shall cover all their sin. Selah.
- 3 You shall withdraw all Your wrath; You shall turn from Your fierce displeasure.
- 4 Turn back to us, O Elohim of our deliverance, And cause Your vexation toward us to cease.
- 5 Would You be enraged with us forever? Would You draw out Your displeasure From generation to generation?
- 6 Would You not revive us again, For Your people to rejoice in You?
- 7 Show us Your kindness, O YHVH, And give us Your deliverance.
- 8 Let me hear what Ėl YHVH speaks, For He speaks peace to His people And to His kind ones; And let them not turn again to folly.
- 9 Truly, His deliverance is near to those who fear Him, For esteem to dwell in our land.
- 10 Kindness and truth shall meet, Righteousness and peace shall kiss.
- 11 Truth sprouts forth from the earth, And righteousness looks down from heaven,
- 12 Indeed, YHVH gives what is good, And our land yields its increase.
- 13 Righteousness goes before Him, And prepares a way for His footsteps.

**Psalm 102:**

- 1 O YHVH, hear my prayer, And let my cry come to You.
- 2 Do not hide Your face from me In the day of my distress; Incline Your ear to me; In the day I call, answer me speedily.
- 3 For my days are consumed like smoke, And my bones are burned like a hearth.
- 4 My heart is stricken and withered like grass, For I have forgotten to eat my bread.
- 5 Because of the sound of my sighing My bones have cleaved to my flesh.
- 6 I have been like a pelican of the wilderness, I have been like an owl of the desert.
- 7 I have watched, and I am As a bird alone on the house-top.
- 8 My enemies reproached me all day long, Those who rave against me have sworn against me.
- 9 For I have eaten ashes like bread, And mixed my drink with tears,
- 10 Because of Your displeasure and Your wrath; For You have lifted me up And thrown me down.
- 11 My days are like a shadow that lengthens, And I wither away like grass.
- 12 But You, O YHVH, shall be enthroned forever, And the remembrance of You be to all generations.
- 13 You Yourself shall arise And have compassion on Tsiyon, For the time to favor her, The appointed time, has come.
- 14 For Your servants have been pleased with her stones, And they favor her dust.
- 15 And the nations shall fear the Name of YHVH, And all the sovereigns of the earth Your esteem,
- 16 For YHVH shall build up Tsiyon, He shall appear in His esteem.

- 17 He shall turn unto the prayer of the destitute, And He shall not despise their prayer.  
18 This is written for a generation to come, So that a people to be created praise Yah.  
19 For He looked down From the height of His set-apart place; From heaven YHVH viewed the earth,  
20 To hear the groaning of the prisoner, To release those appointed to death,  
21 To declare the Name of YHVH in Tsiyon, And His praise in Yerushalayim,  
22 When peoples gather together, And reigns, to serve YHVH.  
23 He has humbled my strength in the way; He has shortened my days.  
24 I said, "O my Ĕl, Do not take me away in the midst of my days; Your years are throughout all generations.  
25 "You did found the earth of old, And the heavens are the work of Your hands.  
26 "They shall perish, but You remain; And all of them grow old like a garment; You change them like a coat,  
And they are changed.  
27 "But You are the same, And Your years have no end.  
28 "The sons of Your servants continue, And their seed is established before You."

**Psalm 27:**

- 1 YHVH is my light and my deliverance; Whom should I fear? YHVH is the refuge of my life; Whom should I dread?  
2 When evil-doers come against me To eat up my flesh, My adversaries and my enemies, They shall stumble and fall.  
3 Though an army encamps against me, My heart does not fear; Though battle comes up against me, Even then I would be trusting.  
4 One matter I asked of YHVH – this I seek: To dwell in the House of YHVH All the days of my life, To see the pleasantness of YHVH, And to inquire in His Hēkal.  
5 For in the day of evil He hides me in His booth; In the covering of His Tent He hides me; On a rock He raises me up.  
6 And now my head is lifted up above my enemies all around me; And I offer in His Tent with shouts of joy; I sing, yea, I sing praises to YHVH.  
7 Hear, O YHVH, when I cry with my voice! And show me favor, and answer me.  
8 To my heart You have said, "Seek My face." Your face, YHVH, I seek.  
9 Do not hide Your face from me; Do not turn Your servant away in displeasure; You have been my help; Do not leave me nor forsake me, O Elohim of my deliverance.  
10 When my father and my mother have forsaken me, Then YHVH does take me in.  
11 Teach me Your way, O YHVH, And lead me in a smooth path, because of my enemies.  
12 Do not give me over To the desire of my adversaries; For false witnesses have risen against me, And they breathe out cruelty to me.  
13 What if I had not believed To see the goodness of YHVH In the land of the living!  
14 Wait on YHVH, be strong, And let Him strengthen your heart! Wait, I say, on YHVH!

**Psalm 103:**

- 1 Bless YHVH, O my being, And all that is within me, Bless His set-apart Name!  
2 Bless YHVH, O my being, And do not forget all His dealings,  
3 Who forgives all your crookedness, Who heals all your diseases,  
4 Who redeems your life from destruction, Who crowns you with kindness and compassion,  
5 Who satisfies your desire with the good, Your youth is renewed like the eagle's.  
6 YHVH is doing righteousness And right-ruling for all the oppressed.  
7 He made known His ways to Mosheh, His acts to the children of Yisrā'el.

- 8 YHVH is compassionate and showing favor, Patient, and great in kindness.
- 9 He does not always strive, nor maintain it forever.
- 10 He has not done to us according to our sins, Nor rewarded us according to our crookedness.
- 11 For as the heavens are high above the earth, So great is His kindness toward those who fear Him;
- 12 As far as east is from west, So far has He removed our transgressions from us.
- 13 As a father has compassion for his children, So YHVH has compassion for those who fear Him.
- 14 For He knows how we are made; He remembers that we are dust.
- 15 As a flower of the field, so he flourishes.
- 16 For the wind blows over it, and it is no more, And its place no longer remembers it.
- 17 But the kindness of YHVH Is from everlasting to everlasting Upon those who fear Him, And His righteousness to children's children,
- 18 To those who guard His covenant, And to those who remember His orders to do them.
- 19 YHVH has established His throne in the heavens, And His reign shall rule over all.
- 20 Bless YHVH, you His messengers, Mighty in power, who do His Word, Listening to the voice of His Word.
- 21 Bless YHVH, all you His hosts, You His servants, who do His pleasure.
- 22 Bless YHVH, all His works, In all places of His rule. Bless YHVH, O my being!

**Psalm 104:**

- 1 Bless YHVH, O my being! O YHVH my Elohim, You have been very great: You have put on excellency and splendor,
- 2 Covering Yourself with light as with a garment, Stretching out the heavens like a curtain,
- 3 Who is laying the beams of His upper rooms in the waters, Who is making thick clouds His chariot, Who is walking on the wings of the wind,
- 4 Making His messengers the winds, His servants a flame of fire.
- 5 He established the earth on its foundations, So that it would not totter forever,
- 6 You covered it with the deep as with a garment; The waters stood above the mountains.
- 7 At Your rebuke they flee; At the voice of Your thunder they hurry away.
- 8 They go up the mountains; They go down the valleys, To the place which You founded for them.
- 9 You did set a boundary, they do not pass over, They do not return to cover the earth.
- 10 Who is sending the springs into the valleys, They flow among the hills.
- 11 They give drink to every beast of the field; Wild donkeys break their thirst.
- 12 The birds of the heavens dwell beside them; They sing from between the branches.
- 13 Watering the hills from His upper rooms; The earth is satisfied with the fruit of Your works.
- 14 Causing the grass to grow for the cattle, And plants for the service of mankind, To bring forth food from the earth,
- 15 And wine that makes glad the heart of man, Oil to make the face shine, And bread which sustains man's heart.
- 16 The trees of YHVH are satisfied, The cedars of Lebanon which He planted,
- 17 Where the birds do make nests; The stork has her home in the fir trees.
- 18 The high hills are for wild goats; Rocks a refuge for rock badgers.
- 19 He made the moon for appointed times; The sun knows its going down.
- 20 You put darkness, and it is night, In it all the beasts of the forest creep.
- 21 The young lions are roaring for prey, And seeking their food from El.
- 22 The sun arises – they withdraw And lie down in their dens.

- 23 Man goes out to his work, And to his labor, till evening.  
24 O YHVH, how many have been Your works! You have made all of them in wisdom. The earth is filled with Your possessions.  
25 There is the sea, great and wide, In which are innumerable swarms, Living creatures, small with great.  
26 There do ships go; That Leviathan which You made, to play there.  
27 All of them wait for You, To give their food in due season.  
28 You give to them, they gather in; You open Your hand, they are satisfied with good.  
29 You hide Your face, they are alarmed; You take away their breath, they die and return to their dust;  
30 You send forth Your Spirit, they are created; And You renew the face of the earth.  
31 The esteem of YHVH is forever, YHVH rejoices in His works,  
32 Who looks on the earth, and it trembles; He touches the mountains, and they smoke.  
33 I sing to YHVH as long as I live, I sing praise to my Elohim while I exist.  
34 My meditation on Him is sweet; I rejoice in YHVH.  
35 Let sinners be consumed from the earth, And let the wrong be no more. Bless YHVH, O my being! Praise Yah!

### **Shema Israel, YHVH, Eloheynu, YHVH echad.**

YHVH Hu HaElohim!	YHVH He is Elohim!
YHVH Hu HaElohim!	YHVH He is Elohim!
YHVH Hu HaElohim!	YHVH He is Elohim!
YHVH Hu HaElohim!	YHVH He is Elohim!

YHVH reigns, YHVH reigned , YHVH will reign for ever and ever.

Create in me a clean heart, O Elohim, And renew a steadfast spirit within me.

Do not cast me away from Your presence, And do not take Your Set-apart Spirit from me.

I cry with my whole heart, ANSWER ME!

YHVH, I will keep your statutes and commandments, for your Right Hand is outstretched to receive those who Repent.

May the expressions of my mouth and the thoughts of my heart always find favor before you, YHVH, my Rock and my Redeemer.

# Selichot Prayers taken from the Siddur

## The Orot Sephardic Selichot

### **EI Melech / GOD KING**

El, King, who sits in judgment on a throne of mercy and acts with kindness,  
Who forgives the iniquities of His people, removes sins one by one,  
abundantly grants forgiveness to transgressors and pardon to sinners,  
Who performs righteous deeds with all those of flesh and spirit:  
not according to their wickedness does He exact retribution.

EL, you taught us to recite the Thirteen Attributes of Mercy, therefore, recall for us today the covenant of the Thirteen Attributes, as you made known to the humble one in ancient times.

Such is it written in Your Torah: "YHVH descended in the cloud and stood there with him, and called out with the Name: YHVH and there it was stated:  
YHVH passed by before him and called out:

YHVH, YHVH

1. Elohim
2. Compassionate One
3. Gracious One,
4. Who is slow
5. to anger
6. and abounding in kindness
7. and Truth
8. He keeps kindness
9. for thousands of generations,
10. bears iniquity
11. sin
12. and transgression,
13. and absolves those who repent.

May you forgive our iniquity and our transgression, and take us as your inheritance.  
and YHVH said to Moshe: I will cause My entire Goodness to pass before you.  
and I will call in the Name of YHVH before you, I will show grace to whomever I will be gracious,  
and I will show compassion to whomever I will show compassion.

### **Ata Ha Melech / You are King**

Hear Heavens turn your attention; turn your ear to me.

Now, falling to my face, I am returning from my sin and embezzlement,

O My Eli (YHVH) you are my King.

I will bow my head and go down on my knees the one who makes life good, show me the way

So I won't be like a wanderer, when the days passed, when the strange dark days has passed by.

PLEASE, show mercy O King, King, King of Kings

## ASHREI – Contentment Awaits (Psalm 145)

### Ashrei Psalm 145

Contentment awaits those who dwell in Your house; may they always praise You, Selah. Contentment awaits the people for whom this is so, contentment awaits the people whose God is the LORD.

I will exalt you, my God the King, and I will bless Your Name forever and ever. Every day I will bless You and I will laud Your Name forever and ever. The LORD is great and exceedingly lauded, and His greatness is beyond investigation. Each generation will praise Your deeds to the next and of Your mighty deeds they will tell; The splendorous glory of Your power and Your wondrous deeds I shall discuss. And of Your awesome power they will speak, and Your greatness I shall relate. A recollection of Your abundant goodness they will utter, and of Your righteousness they will sing exultantly.

Gracious and merciful is the LORD, slow to anger, and great in kindness. The LORD is good to all; His mercies are on all His works. All Your works shall thank You, O LORD, and your devout ones will bless You. Of the glory of Your kingdom they will speak, and of Your power they will tell; To inform human beings of His mighty deeds, and the glorious splendor of His kingdom. Your kingdom is a kingdom spanning all eternities, and Your dominion is throughout every generation.

The LORD supports all those who are fallen and straightens all those who are bent. The eyes of all look to You with hope, and You give them their food in its proper time; You open Your hand, and satisfy the desire of every living thing. Righteous is the LORD in all His ways, and magnanimous in all His deeds. The LORD is close to all who call upon Him— to all who call upon Him sincerely. The will of those who fear Him He will do, and their cry He will hear and save them. The LORD protects all who love Him; but all the wicked He will destroy.

### Half-Kaddish

English translation	Transliteration	Aramaic / Hebrew
1	May His great name be exalted and sanctified <sup>b</sup> is <b>God's great name</b> . <sup>a</sup>	<i>Yitgaddal veyitqaddash shmeh rabba</i> ויתקדש ויתגדל רבא שמה.
2	in the world which He created according to His will!	<i>Be'alma di vra khir'uteh</i> ברא די בעלמא כרעותה
3	May He establish His kingdom	<i>veyamlikh malkhuteh</i> מלכותה וימליך
4	and may His salvation blossom and <b>His anointed</b> be near. <sup>ad</sup>	<i>[veyatzmah purqaneh viqarev (qetz) meshi'eh]</i> פרוקנה ויצמח משיחיה (ויקרב)
5	during your lifetime and during your days	<i>behayekhona uvyomekhona</i> וביומך וביומך
6	and during the lifetimes of all the <b>House of Israel</b> ,	<i>uvhayehon bet yisrael</i> בית דכל ובחיי ישראל
7	speedily and very soon! And say, <b>Amen</b> . <sup>a</sup>	<i>be'agala uvizman qariv ve'imru amen</i> ובזמן בעגלא אמנו ואמרו. קריב
<i>The next two lines are recited by the congregation and then the leader:</i>		
8	May His great name be blessed	<i>yehe shmeh rabba mevarakh</i> רבא שמה יהא מברך
9	for ever, and to all eternity!	<i>le'alam ul'alme 'almaya</i> ולעלמי לעלמי עלמיא

10	Blessed and praised, glorified and exalted,	<i>Yitbarakh veyishtabbah veyitpaar veyitromam</i>	וְיִשְׁתַּבַּח יִתְבָּרַךְ וְיִתְרַומֵם וְיִתְפָּאֵר
11	extolled and honoured, adored and lauded	<i>veyitnasse veyithaddar veyit'alleh veyithallal</i>	וְיִתְהַדָּר שְׁאוֹתָנֵנּוּ וְיִתְהַלֵּל וְיִתְעַלֶּה
12	be the name of the Holy One, blessed be He, <sup>a</sup>	<i>shmeh dequdsha, brikh hu.</i>	בְּרִיךְ דְּקֻדְשָׁא שְׁמֵהּ אוּה.
13	above and beyond all the blessings,	<i>le'ella (l'ella mikkol) min kol birkhata</i>	(מִכֹּל לְעֵלָּא) לְעֵלָּא בְּרִכְתָּא כָּל מִן
14	hymns, praises and consolations	<i>veshirata tushbehata venehemata</i>	תְּשִׁירָתָא וְשִׁירָתָא וְנִחְמָתָא
15	that are uttered in the world! And say, Amen. <sup>a</sup>	<i>daamiran be'alma ve'imru amen</i>	בְּעֵלְמָא דְּאִמְרִין אָמֵן וְאָמֵן

*The half kaddish ends here.*

### Nehemiah 1:

5 and I said, "I pray, YHVH Elohim of the heavens, O great and awesome Ēl, guarding the covenant and kindness with those who love You, and with those guarding Your commands,

6 please let Your ear be attentive and Your eyes open, to hear the prayer of Your servant which I am praying before You now, day and night, for the children of Yisra'el Your servants, and confess the sins of the children of Yisra'el which we have sinned against You. Both my father's house and I have sinned.

7 "We have acted very corruptly against You, and have not guarded the commands, nor the laws, nor the right-rulings which You commanded Your servant Mosheh.

8 "Please remember the word that You commanded Your servant Mosheh, saying, "If you trespass, I shall scatter you among the peoples,

9 but if you shall turn back to Me, and guard My commands and do them, though you were cast out to the end of the heavens, I shall gather them from there, and bring them to the place which I have chosen, to make My Name dwell there."

10 "And they are Your servants and Your people, whom You have redeemed by Your great power, and by Your strong hand.

11 "O YHVH, I pray, please let Your ear be attentive to the prayer of Your servant, and to the prayer of Your servants who delight to fear Your Name. And let Your servant prosper this day, I pray, and grant him compassion in the presence of this man." For I was cupbearer to the sovereign.

### Ben Adam

Son of Man! Why do you slumber? Arise and call out in supplication; pour out words of prayer; seek forgiveness from the Master of Masters.

Wash and purify yourself; do not delay before the days depart.

And hurriedly run for Help before He who dwells on high.

From transgression and also evil flee and be dreadful of tragedy.

O please pay heed to those who know your Name—the loyal ones of Israel.

For your, Adonai, is righteousness and ours is nothing but shame.

Stand up like a man and be courageous, to confess your sins.

Seek God (YHVH), Almighty, in earnest to atone for your sins,

for never are hidden secrets from Him.

And every utterance that is spoken is read before him.



May He who is merciful have mercy upon us, as a father has mercy for his children.  
For your, Adonai, is righteousness and ours is nothing but shame.

## **Lema'anchah, Elohai (done during Yom Teruah and Yom Kippur)**

### **Lema'anchah, Elohai /English Words:**

For your sake, my Elohai, favor this people who seek you in the morning,  
to implore your presence in the morning ma-amad.  
Adonai, hearken! Act! do not delay!

For your sake, my Elohai,  
draw up from the depths of the sea those sated with gall and wormwood  
in the places of the their wandering and captivity.  
Gaze upon their oppression and their suffering: do not turn to their rebelliousness!  
Incline your ear to their petition in the morning prayer!  
Adonai, hearken! Act! Do not delay!

For your sake, my Elohai, demonstrate a sign of goodness:  
Bestow grace upon sorrowful souls thirsting for waters of salvation!  
Gather those cast off and dispersed to all corners:  
From the severity of their hardship, their skin has become so blackened!  
Adonai, Hearken! Act! Do not delay!

For your sake, My Elohai, may your compassion be stirred!  
From the abode of your heavens, heed the voice of your people  
who bear the yoke of your fury, anger and rage.  
From bearing the dread of you, their heart is beset by grief!  
Adonai, hearken! Act! Do not delay!

For your sake, my Elohai, be compassionate to your impoverished ones!  
Gladden them from their grief. In your counsel lead them: make wondrous your acts of kindness!  
O please take pity on them and be compassionate, on those who are borne from the womb, LO!  
from the very inception of dawn!  
Adonai, hearken! Act! do not delay!

Adonai, hear! Adonai, Fogive! Adonai, listen and do! do not delay.  
Do so for Your own sake, my Eloha, for your name is invoked upon your city and upon your people.  
Bring us back to you, Adonai, and we shall return, renew our days as of old.

O king who is extolled in the encampments of holy ark, cleanse us of transgression and of all culpability!  
O forgive us though our sins be manifold: Answer us for the sake of the hewn rocks (forefathers)!

Let the gates of repentance never be shut closed; let our outcries be brought near before you!  
We have come near to you, and may we find favor as burnt offerings of bulls and sheep!

We have returned in repentance to you, our youth and our aged! supported and secure in your abundant mercies!  
Surely be compassionately merciful upon us, O Rock, Who dwells in the Heights!  
Elohim, KING, Who sits in judgment on a Throne of Mercy.....

## **Viduy (Confession)**

### **Daniel 9:**

3 So I set my face toward YHVH the Elohim to seek by prayer and supplications, with fasting, and sackcloth,  
and ashes.

4 And I prayed to YHVH my Elohim, and made confession, and said, "O YHVH, great and awesome Ēl, guarding the covenant and the kindness to those who love Him, and to those who guard His commands.

5 "We have sinned and did crookedness, and did wrong and rebelled, to turn aside from Your commands and from Your right-rulings.

6 "And we have not listened to Your servants the prophets, who spoke in Your Name to our sovereigns, our heads, and our fathers, and to all the people of the land.

7 "O YHVH, to You is the righteousness, and to us the shame of face, as it is this day – to the men of Yehudāh, to the inhabitants of Yerushalayim and all Yisra'ēl, those near and those far off in all the lands to which You have driven them, because of their trespass which they have trespassed against You.

8 "O Master, to us is the shame of face, to our sovereigns, to our heads, and to our fathers, because we have sinned against You.

9 "To YHVH our Elohim are the compassions and forgivenesses, for we have rebelled against Him.

10 "And we have not obeyed the voice of YHVH our Elohim, to walk in His Torah, which He set before us through His servants the prophets.

11 "And all Yisra'ēl have transgressed Your Torah, and turned aside, so as not to obey Your voice. So the curse and the oath written in the Torah of Mosheh the servant of Elohim have been poured out on us, for we have sinned against Him.

12 "And He has confirmed His words, which He spoke against us and against our rulers who judged us, by bringing upon us great evil. For under all the heavens there has not been done like what was done to Yerushalayim.

13 "As it is written in the Torah of Mosheh, all this evil has come upon us, and we have not entreated the face of YHVH our Elohim, to turn back from our crookednesses, and to study Your truth.

14 "Hence YHVH has watched over the evil and has brought it upon us. For YHVH our Elohim is righteous in all the works which He has done, but we have not obeyed His voice.

15 "And now, O YHVH our Elohim, who brought Your people out of the land of Mitsrayim with a strong hand, and made Yourself a Name, as it is this day – we have sinned, we have done wrong!

16 "O YHVH, according to all Your righteousness, I pray, let Your displeasure and Your wrath be turned away from Your city Yerushalayim, Your set-apart mountain. For, because of our sins, and because of the crookednesses of our fathers, Yerushalayim and Your people have become a reproach to all those around us.

17 "And now, our Elohim, hear the prayer of Your servant, and his supplications, and for the sake of YHVH cause Your face to shine on Your set-apart place, which is laid waste.

18 "O my Elohim, incline Your ear and hear. Open Your eyes and see our wastes, and the city which is called by Your Name. For we do not present our supplications before You because of our righteous deeds, but because of Your great compassions.

19 "O YHVH, hear! O YHVH, forgive! O YHVH, listen and act! Do not delay for Your own sake, my Elohim, for Your city and Your people are called by Your Name."

### **Eloheynu Shebbashamayim**

Our Elohim in heaven, hear our voice and accept our prayer with favor. *amen*

Eloheynu in heaven, do not allow us to be destroyed in our long exile. *amen*.

Eloheynu in heaven, recall Your covenant and do not forget us. *amen*

Bless your bread and our water; *amen* Herald for us good tidings; *amen*

Eradicate from us all harsh and evil decrees; *amen*.

Eloheynu in heaven, decree for us good decrees. *amen*

Reveal the glory of your kingdom over us speedily. *amen*

Eloheynu in heaven, we have sought you, make yourself available to us. *amen*

Eloheynu in heaven, be receptive to us today and each and every day in our prayers. *amen*

Cause us to return with perfect repentance before You. *amen*  
Eloheynu in heaven, do not embarrass us from our hope. *amen*  
We shall call out and you will answer us. *amen*  
Eloheynu in heaven, remember us favorably before you. *amen*  
Exonerate us in our judgment. *amen*  
Our GOD in heaven, have mercy on us, and on our children and on our infants. *amen*  
(*have pity and have compassion for us. amen*)  
Eloheynu in heaven, purify us from our iniquities. *amen*  
Eloheynu in heaven, may your mercies be stirred for us. *amen*.  
Eloheynu in heaven, perform for us a sign for good.  
Perform for us a sign of salvation.  
Perform for us a sign for compassion.  
Let those who hate us see and be shamed; let our foes see and be disgraced;  
For you, YHVH have helped us and consoled us.  
In times of anger, recall your love.  
In times of anger, recall you mercy.  
In times of anger, recall the binding of Isaac. (Yeshua)  
Look at the Covenant; do not nullify your covenant with us.  
Answer us at this exact time.

### **Elohim Ata Yada'ata**

O Elohim, you know of my foolishness and my sins; all my transgressions are not concealed from you. When I think of the enormity of my wrongdoing, I feel like water that has been spilled and as if all my bones have come asunder; heed the sound of my supplications.

At times of anger recall your mercy for he who knocks at the gates of your compassion; who stands as supplicant servant asking for your forgiveness. My eyes opened before the night watches to tell of your greatness. I shall proclaim your might to the generation, Your power, to all who are yet to come.

Uncover my eyes so that I may see wonders from your Torah. (heart) They shall sing out your name those who yearn for the hidden end; return to their dwellings the exiles who are spread out in all the corners of the earth. For you are YHVH, Elohim, YHVH of Host. Elohim, of host bring us back. With wondrous things may you respond to us in righteousness. Gaze upon the face of your anointed one and see our protector. And all who trust in you shall rejoice; forever shall they joyously sing.

### **Anenu, (answer us) our Father, Anenu!**

Answer us, our creator, answer us!  
Answer us, our Redeemer, answer us!  
Answer us, Elohai Abraham, Answer us!  
Answer us, the One feared by Isaac, Answer us!  
Answer us, Mighty One of Ya'acob, Answer us!  
Answer, Shield of David, Answer us!  
Answer us, who answers in time of favor, Answer us!  
Answer us, You who answer in time of distress, Answer us!  
Answer us, you who answers in time of mercy, Answer us!  
Answer us, Elohim of Heaven, Answer us!  
Answer us, Elohim of Yeshu, Answer us!  
Answer us, in the merit of your Messiah, Answer us!  
Answer us, Compassionate and Gracious One, Answer us!  
Compassionate and Gracious One we have sinned before you; have Mercy on us!

## Adon Hasselihot

Master of Forgiveness, examiner of hearts, the revealer of depths, speaker of justice.

*We have sinned before You; have mercy upon us!*

He who is magnificent in wonders, who is expert in comforting, who recalls the covenant with the Patriarchs, who investigates the emotions.

*We have sinned before You; have mercy upon us!*

He who is good and does good for his creations, who knows all hidden things, who overlooks iniquities, who is clothed in righteousness.

*We have sinned before You; have mercy upon us!*

He who is full of merits, who is awesome in praises, who pardons iniquities, who answers in times of distress.

*We have sinned before You; have mercy upon us!*

He who performs salvations, who sees future events, who calls the future generation, who rides in the highest heavens, who hears prayers, who is perfect in knowledge.

*We have sinned before You; have mercy upon us!*

Compassionate Elohim is your name;

Elohim who is Gracious is your name;

Elohim who is slow to anger is your name;

Full of Compassion is your name.

Your Name is called upon us; O YHVH, act for the sake of your great Name.

## EI Rahum Shemach

Compassionate Elohim is your name; Gracious Elohim is your name;

see the oppression of your people; have mercy on your world.

Splendorous Elohim is your name; Blessed Elohim is your name; Great Elohim is your name;

Preeminent Elohim is your name; see the oppression of your people;

Magnificent Elohim is your name; Modest Elohim is your name;

Meritorious Elohim is your name; Gracious Elohim is your Name;

See the oppression of your people; have mercy on your world; (compassionate Elohim)

Pure Elohim is your name; Unique Elohim is your name; Mighty Elohim is your name;

Elohim for eternity is your name; see the oppression of your world. (Compassionate Elohim)

Elohim, who is King is your Name; Awesome Elohim is your name; Elohim who Sustains is your name;

Elohim who helps is your name; see the oppression of your people;

have mercy on your world. (Compassionate Elohim)

O Adonai, act for the sake of your name; and have pity upon Israel, Your people.

O Adonai, act for the sake of Yeshua your anointed, Your Son; and have pity upon Israel, Your people.

O Adonai, act for the sake of Abraham, whom you counted his faith as righteousness;

and have pity upon Israel, your people.

O Adonai, act for the sake of Isaac, who was bound in your mountain; and have pity upon Israel, your people.

O Adonai, act for the sake of Ya'acob, who was answered upon a ladder from your high places;

and have pity upon Israel your people.

Act for the sake of your name. Act for the sake of your truth.

Act for the sake of your covenant. Act for the sake of your Torah.

Act for the sake of your Magnificence. Act for the sake of your meeting Place.

Act for the sake of your kindness. Act for the sake of your Goodness.

Act for the sake of your honor. Act for the sake of those who study your Torah.

Act for the Sake of your kingdom. Act for the sake of your Eternal name.

Act for the sake of your glory.

## **Yah, Shema / Yah Hear**

O Yah, hearken to your poor who plead before you, Our Father, to your children do not close your ear.

O Yah, a nation from the depths called from an abundance of troubles: please do not turn them away empty-handed today from before you.

Their treachery and their iniquity erase, along with their abundant blatant sins, and if you will not act for their sake, act, my Rock, for your sake.

Erase their offense today and favor their speech like a gift: guide their heart to You, and let Your ear be attentive.

Turn to the tears on their faces and gather the straying flock: appoint for Yourself a shepherd, and tent in a goodly fashion to your sheep.

Those who walk on a straight path herald to them forgiveness today: and with the morning prayer, grant them Your grace.

### **Psalm 25:**

1 To You, O YHVH, I lift up my being.

2 O my Elohim, in You I have put my trust; Let me not be ashamed; Let not my enemies exult over me.

3 Indeed, let no one who waits on You be ashamed; Let those who are treacherous without cause be ashamed.

4 Show me Your ways, O YHVH; Teach me Your paths.

5 Lead me in Your truth and teach me, For You are the Elohim of my deliverance; On You I wait all the day.

6 Remember, O YHVH, Your compassion and Your kindnesses, For they are from everlasting.

7 Do not remember the sins of my youth, and my transgressions; According to Your kindness remember me, For Your goodness' sake, O YHVH.

8 Good and straight is YHVH; Therefore He teaches sinners in the way.

9 He guides the meek ones in right-ruling, And He teaches the meek ones His way.

10 All the paths of YHVH are kindness and truth, To those who guard His covenant and His witnesses.

11 For Your Name's sake, O YHVH, You shall pardon my crookedness, though it is great.

12 Who, then, is the man that fears YHVH? He teaches him in the way he should choose.

13 His life dwells in good, And his seed inherits the earth.

14 The secret of YHVH is with those who fear Him, And He makes His covenant known to them.

15 My eyes are ever toward YHVH, For He brings my feet out of the net.

16 Turn Your face to me, and show me favour, For I am lonely and afflicted.

17 The distresses of my heart have enlarged; Oh, bring me out of my distresses!

18 Look on my affliction and my toil, And forgive all my sins.

19 See how many my enemies have become; And they hate me with a violent hatred.

20 Oh, guard my life, and deliver me; Let me not be ashamed, for I have taken refuge in You.

21 Let integrity and straightness guard me, For I have waited for You.

22 Redeem Yisra'el, O Elohim, Out of all his distresses!

## **Elecha YHVH**

Toward You, Adonai, I have raised up my eyes; hear the sound of my pleas as befits Your great kindness. I have trusted in your Name and have spread out my palms; I have taken words and have come unto You. My sorrows have been overpowering and my groans have increased, for all of my sins have set before you. My delicate soul dissipates from grief; release from anxiety the soul of your servant. Remove my sin, O Elohim of my salvation; also my tears may you place in Your flask.

In times of anger, Your mercy may you recall and reconsider, and gladden and console the soul of your servant. Recall my poverty and my sadness, my bitterness from my earliest existence; until when, against me will You renew your witnesses?

My oppressors have humiliated me as have my enemies and my adversaries; please hear my statements when I approach in fear of you. The haughty people have set for me snares and traps, in them are trapped the legs of Your loved ones. They set traps for me and they testify falsely against me; strangers have engulfed me, O Rock-other than You. O Rock, reveal Your glory to a people who are led and helped and Your hidden good grant to your remnants.

Those oppressed under much pressure do not distance yourself from them; recall Abraham, Isaac and Yisrael, Your servants. O compassionate One, be a support to a people sated with bitter herbs; and act, please, for the sake of our forefathers. Shaddai, You have been powerful in all that you have done, for you are righteous and righteousness is your cloak. May You forgive my sin, for my hope is in You, my King; and set straight my path, my Elohim, to serve you. May you turn to my prayer and to my expression of song, for You are my hope and who will not testify about You? Toward you, Adonai, I have raised up my eyes; hear the sound of my plea as befits Your great kindness.

Our Father, the merciful Father, save us for the sake of Your Name. Our Elohim, Elohim of our forefathers, save us for the sake of Your Name. When we are in distress we call on You; save us for the sake of your Name. Bestow upon us Your stirring Mercies, and save us for the sake of your Name. We have sought You, so make Yourself available to us; Respond to us today, and each and every day, in our prayer; and save us for the sake of Your name. Do not embarrass us from our hope; and save us for the sake of your name. Remember, us favorably before you; and save us for sake of Your name. Purify us from the defilement of our iniquities; and save us for the sake of Your Name.

Our Father our King, You are our Father; Our Father, our King, we have none but You; our Father, our King, have mercy on us. If we have done good deeds, You are our Father, and if we have evil deeds, we have none but You, Our Father, our King, have mercy on us. If our sins are many, You are our Father, you are the Rock of our salvation, we have none but You; Our Father, our King have mercy on us. If we have spoken much You are our Father. Remember that we are merely physical substance, we have none but you.

Our Father, our King have mercy on us. If we have sinned to you, You are our Father, our Master! Forgive us, we have none but You; our Father, our King, have mercy on us. To You, Adonai, we have hoped You are our Father; for you are our Father; for You are our Father, we have none but You; Our Father, our King have mercy on us. To You we spread our hands in prayer, You are our Father; make to us a healing, we have none but You; Deal with us with righteousness and kindness for the sake of Your great Name, and save us.

## Hon Tahon

Be merciful to Your children who are returning to You, and who stand before You with trepidation, fearful of the time they will be called to judgment; it is for that reason that they come in distress. Recall compassion, on the Day of Judgment; do away with anger and wrath at the time You will judge those who fear You and those who are engrossed in Your Name they who are sitting in judgment. Bring near to me the year of the Redeemer and redeem me; upon restful waters, O Elohim, lead me. And recall for me the merit of the perfect man, place like a seal upon Your heart. If you were to keep an accounting of sins for me to create for me a burden, see, my Rock and my Redeemer, how can I carry them? I cannot carry them upon myself; rather, the evil of my actions may You carry, O Elohim be merciful on with us.

### Psalm 130:

- 1 A Song of degrees. Out of the depths have I cried unto thee, O YHVH.
- 2 Adonia, hear my voice: let thine ears be attentive to the voice of my supplications.
- 3 If thou, YHVH, shouldest mark iniquities, O Adonai, who shall stand?
- 4 But there is forgiveness with thee, that thou mayest be feared.
- 5 I wait for the YHVH, my soul doth wait, and in his word do I hope.

6 My soul waiteth for the Lord more than they that watch for the morning: I say, more than they that watch for the morning.

7 Let Israel hope in the YHVH: for with the YHVH there is mercy, and with him is plenteous redemption.

8 And he shall redeem Israel from all his iniquities.

**Psalm 133:**

1 O YHVH, my heart has not been proud, Nor have my eyes been haughty. Neither have I concerned myself with great matters, Nor with those too wondrous for me.

2 Have I not calmed, and kept my being silent, Like one weaned by its mother? My being is like one weaned.

3 O Yisra'el, wait for YHVH, Now and forever.

May the expressions of my mouth and the thoughts of my heart always find favor before you, YHVH, my Rock and my Redeemer.