

# קבלת שבת

The Psalms begin on page 15.

On שבת חול המועד, or any שבת that coincides with or follows יום טוב, the service begins with Psalm 92, page 23.

## שְׁלוֹם עֲלֵיכֶם

שְׁלוֹם עֲלֵיכֶם מְלֹאכֵי הַשָּׁרֵת, מְלֹאכֵי עֲלִיוֹן,  
(מ) מְלֹךְ מְלֵכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
בוֹאֲכֶם לְשֵׁלוֹם מְלֹאכֵי הַשָּׁלוֹם, מְלֹאכֵי עֲלִיוֹן,  
(מ) מְלֹךְ מְלֵכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
בְּרֻכּוֹנֵי לְשֵׁלוֹם מְלֹאכֵי הַשָּׁלוֹם, מְלֹאכֵי עֲלִיוֹן,  
(מ) מְלֹךְ מְלֵכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
צְאֲתֶכֶם לְשֵׁלוֹם מְלֹאכֵי הַשָּׁלוֹם, מְלֹאכֵי עֲלִיוֹן,  
(מ) מְלֹךְ מְלֵכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

## שבת המלכה

הַחֲמָה מְרֹאשׁ הָאֵילָנוֹת נִסְתַּלְקָה,  
בָּאוּ וְנִצָּא לְקִרְאֵת שַׁבַּת הַמְּלָכָה.  
הִנֵּה הִיא יוֹרֶדֶת הַקָּדוֹשָׁה הַבְּרוּכָה,  
וְעֹמָה מְלֹאכֵים צָבָא שְׁלוֹם וּמְנוּחָה.  
בוֹאֵי, בוֹאֵי, הַמְּלָכָה. בוֹאֵי, בוֹאֵי, הַכֶּלֶה.  
שְׁלוֹם עֲלֵיכֶם מְלֹאכֵי הַשָּׁלוֹם.

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*The hymn Shalom Aleikhem first appeared in a seventeenth-century siddur in Germany. The familiar prefix מ (here included in parentheses), is a more recent, questionable addition to the text. It was not, in fact, originally included in the well-known musical setting composed by Rabbi Israel Goldfarb, in 1918.*

# KABBALAT SHABBAT

*The Kabbalat Shabbat Psalms begin on page 15.*

*On Shabbat Ḥol Ha-mo'ed, or any Shabbat  
that coincides with or follows a Festival,  
the service begins with Psalm 92, page 23.*



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## SHALOM ALEIKHEM

Shalom aleikhem mal'akhei ha-sharet, mal'akhei Elyon,  
(Mi-)melekh malkhei ha-m'lakhim, Ha-kadosh Barukh Hu.

Bo'akhem l'shalom mal'akhei ha-shalom, mal'akhei Elyon,  
(Mi-)melekh malkhei ha-m'lakhim, Ha-kadosh Barukh Hu.

Bar'khuni l'shalom mal'akhei ha-shalom, mal'akhei Elyon,  
(Mi-)melekh malkhei ha-m'lakhim, Ha-kadosh Barukh Hu.

Tzet'khem l'shalom mal'akhei ha-shalom, mal'akhei Elyon,  
(Mi-)melekh malkhei ha-m'lakhim, Ha-kadosh Barukh Hu.

We wish you peace, attending angels,  
angels of the most sublime,  
the highest Sovereign — the Holy Exalted One.

Come to us in peace, bless us with peace,  
take your leave in peace,  
angels of peace, angels of the most sublime,  
the highest Sovereign — the Holy Exalted One.



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## SHABBAT HA-MALKAH

Ha-ḥamah me-rosh ha-ilanot nistalkah,  
bo-u v'netze likrat Shabbat ha-malkah.  
Hinei hi yoredet ha-k'doshah ha-b'rukhaḥ,  
v'imah mal'akhim tz'va shalom u-m'nuḥah.  
Bo-i, bo-i, ha-malkah. Bo-i, bo-i, ha-kallah.  
Shalom aleikhem mal'akhei ha-shalom.

The sun on the treetops no longer is seen.  
Come, let us welcome Shabbat, the true Queen.  
Behold her descending, the holy, the blessed,  
and with her God's angels of peace and of rest.  
Come now, dear Queen, with us abide.  
Come now, come now, Shabbat, our Bride.  
*Shalom aleikhem*, angels of peace.

— Ḥayim Naḥman Bialik

## יְדִיד נֶפֶשׁ

יְדִיד נֶפֶשׁ, אָב הַרְחֵמֵן, מְשׁוֹף עֲבָדְךָ אֶל רְצוֹנְךָ  
 יְרוּץ עֲבָדְךָ כְּמוֹ אֵיל, יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרָךְ  
 יַעֲרֵב לוֹ יְדִידוֹתֶךָ מִנְפֶת צוּף וְכָל־טַעַם.

הַדּוֹר, נְאֻה, זִיו הָעוֹלָם, נִפְשֵׁי חוֹלַת אֶהְבְּתֶךָ  
 אָנָּה, אֶל נָא, רִפֵּא נָא לֵה בְּהִרְאוֹת לֵה נְעַם זִיוֶךָ  
 אִז תִּתְחַזֵּק וְתִתְרַפֵּא, וְהִיִּתֶה לְךָ שְׁפָחַת עוֹלָם.

וְתִיק, יְהִמּוּ רַחֲמֶיךָ, וְחוּס נָא עַל בֶּן אוֹהֶבְךָ  
 כִּי זֶה כְּמָה נִכְסוּף נִכְסוּף לְרְאוֹת בְּתַפְאֲרַת עֲוֶךָ  
 אָנָּה, אֵלֵי, מִחֲמַד לְבִי, חוֹשֶׁה נָא, וְאֵל תִּתְעַלֵּם.

הַגִּלָּה נָא וּפְרוֹשׁ, חֲבִיב, עָלֵי אֶת־סִפְת שְׁלוֹמְךָ  
 תִּנְאִיר אֶרֶץ מִכְבוֹדְךָ, נִגְלֶה וְנִשְׁמַחָה בְּךָ  
 מִהֵרָ, אֶהוּב, כִּי בָּא מוֹעֵד, וְחֻנְנִי כִימֵי עוֹלָם.



### A SABBATH PRAYER

Dear God, help us now to make this a new Shabbat.  
 After noise, we seek quiet;  
 after crowds of indifferent strangers,  
 we seek to touch those we love;  
 after concentration on work and responsibility,  
 we seek freedom to meditate,  
 to listen to our inward selves.  
 We open our eyes to the hidden beauties  
 and the infinite possibilities  
 in the world You are creating;  
 we break open the gates of the reservoirs  
 of goodness and kindness in ourselves and in others;  
 we reach toward one holy perfect moment of Shabbat.

— Ruth Brin

*Some congregations begin Kabbalat Shabbat with this lyrical poem, composed in sixteenth-century Eretz Yisrael by Rabbi Eleazar Azikri. The poet speaks of his passionate love for God — an inspirational prologue to the psalms which follow. Like the Song of Songs, also recited in some congregations before the Shabbat service, its role is to bring us into Shabbat with a willing heart.*



## YEDID NEFESH

Soul mate, loving God, compassion's gentle source,  
 Take my disposition and shape it to Your will.  
 Like a darting deer will I rush to You.  
 Before Your glorious presence humbly will I bow.  
 Let Your sweet love delight me with its thrill,  
 Because no other dainty will my hunger still.

How splendid is Your light, illumining the world.  
 My soul is weary yearning for Your love's delight.  
 Please, good God, do heal her; reveal to her Your face,  
 The pleasure of Your presence, bathed in Your grace.  
 She will find strength and healing in Your sight;  
 Forever will she serve You, grateful, with all her might.

What mercy stirs in You since days of old, my God.  
 Be kind to me, Your own child; my love for You requite.  
 With deep and endless longing I yearned for Your embrace,  
 To see my light in Your light, basking in Your grace.  
 My heart's desire, find me worthy in Your sight.  
 Do not delay Your mercy; please hide not Your light.

Reveal Yourself, Beloved, for all the world to see,  
 And shelter me in peace beneath Your canopy.  
 Illumine all creation, lighting up the earth,  
 And we shall celebrate You in choruses of mirth.  
 The time, my Love, is now; rush, be quick, be bold.  
 Let Your favor grace me, in the spirit of days of old.

תהלים צ"ה

לְכוּ נִרְנְנָה לַיהוָה, נִרְיַעָה לְצוּר יִשְׁעָנוּ.  
 נִקְדְּמָה פָּנֵינוּ בְּתוֹדָה, בְּזִמְרוֹת נִרְיַע לֹו.  
 כִּי אֵל גָּדוֹל יְהוָה,  
 וּמַלְאָךְ גָּדוֹל עַל כָּל־אֱלֹהִים.  
 אֲשֶׁר בִּידוֹ מְחַקְרֵי־אָרֶץ,  
 וְתוֹעֲפוֹת הָרִים לֹו.  
 אֲשֶׁר לֹו הַיָּם וְהוּא עֹשֶׂהוּ,  
 וַיִּבְשֹׁת יַדָיו יַצְרוּ.  
 בָּאוּ נִשְׁתַּחֲוֶה וְנִכְרַעָה,  
 נִבְרַכָה לְפָנֵי יְהוָה עֲשֹנוּ.  
 כִּי הוּא אֱלֹהֵינוּ,  
 וְאַנְחָנוּ עִם מְרַעִיתוֹ וְצֹאן יָדוּ,  
 הַיּוֹם אִם בְּקִלּוֹ תִשְׁמָעוּ.  
 אֵל תִּקְשׁוּ לִבְבְּכֶם כְּמַרְיָבָה,  
 כִּיּוֹם מָסָה בַּמִּדְבָּר.  
 אֲשֶׁר נִסּוּנִי אֲבוֹתֵיכֶם,  
 בְּחַנּוּנֵי גַם רָאוּ פַעְלֵי.  
 □ אַרְבָּעִים שָׁנָה אָקוּט בְּדוֹר,  
 וְאָמַר עִם תַּעֲי לִבְבֵּי הֵם, וְהֵם לֹא יָדְעוּ דְרָכֵי.  
 אֲשֶׁר נִשְׁבַּעְתִּי בְּאִפִּי אִם יִבְאוּן אֵל מְנוּחָתִי.

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*The Kabbalat Shabbat passages on pages 15-24 were compiled by the mystics of sixteenth-century Safed to introduce the Shabbat evening service. The opening six psalms extol God as the Creator of nature and the Master of history, and correspond to the six days of Creation. Lkha Dodi, the hymn welcoming Shabbat, envisioned as a royal bride, follows. This portion of the service ends with Psalms 92 and 93, tributes to Shabbat and to God's creative power.*

*God's essence is beyond human comprehension,  
but this psalm assures us that we can still recognize  
the Divine through discerning the way God intervenes  
in the affairs of the world, and by refusing to succumb  
to the rebelliousness of our ancestors.*

## PSALM 95

Let us sing to Adonai.  
Let us rejoice in our Creator!  
Let us greet God with thanksgiving,  
singing psalms of praise.

*Adonai is the foundation of all life,  
exalted beyond all that is worshiped.*

In God's hand rests the world He fashioned:  
sea and land,  
abyss and mountain peak.  
All are God's.

*Let us worship Adonai; exalt our Creator, our God.  
We are the flock guided by God;  
help is ours, even today,  
if only we would listen to the divine voice:*

“Harden not your heart  
in the way of your ancestors,  
who tried and tested Me in the wilderness,  
even though they had witnessed My miracles.

*“Forty years of contending with that generation  
led Me to say:  
They are wayward;  
they care not for My ways.*

“In indignation, therefore, did I vow:  
Never would they reach My land —  
the land of peace,  
the land of rest.”

תהלים צ"ו

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ, שִׁירוּ לַיהוָה כָּל-הָאָרֶץ.

שִׁירוּ לַיהוָה, בְּרִכּוֹ שְׁמוֹ,

בְּשָׁרוֹ מִיּוֹם לְיוֹם יִשׁוּעָתוֹ.

סִפְרוּ בְּגוֹיִם כְּבוֹדוֹ, בְּכָל-הָעַמִּים נִפְלְאוֹתָיו.

כִּי גָדוֹל יְהוָה וּמְהֻלָּל מְאֹד,

נֹרָא הוּא עַל כָּל-אֱלֹהִים.

כִּי כָל-אֱלֹהֵי הָעַמִּים אֱלִילִים,

וַיהוָה שָׁמַיִם עָשָׂה.

הוֹד וְהִדָּר לְפָנָיו, עֹז וְתַפְאֵרֶת בְּמִקְדָּשׁוֹ.

הִבּוּ לַיהוָה מִשְׁפָּחוֹת עַמִּים, הִבּוּ לַיהוָה כְּבוֹד וְעֹז.

הִבּוּ לַיהוָה כְּבוֹד שְׁמוֹ, שְׂאוּ מִנְחָה וּבָאוּ לְחַצְרוֹתָיו.

הִשְׁתַּחֲווּ לַיהוָה בְּהִדְרַת קִדְשׁ,

חִילוּ מִפְּנֵיו כָּל-הָאָרֶץ.

אָמְרוּ בְּגוֹיִם יְהוָה מֶלֶךְ,

אָף תִּבּוֹן תִּבֵּל בַּל תִּמוּט,

יִדִין עַמִּים בְּמִישְׁרִים.

יִשְׁמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ, יִרְעֵם הַיָּם וּמְלֵאוּ.

יַעֲלוּ שָׂדֵי וְכָל-אֲשֶׁר בּוֹ, אֲזוּ יִרְנְנוּ כָּל-עַצֵּי יַעַר.

□ לְפָנָי יְהוָה כִּי בָא, כִּי בָא לְשַׁפֵּט הָאָרֶץ,

יִשְׁפֹּט תִּבֵּל בְּצֶדֶק, וְעַמִּים בְּאַמוּנָתוֹ.

*In this psalm we are instructed to tell the nations  
that God is the Creator who formed the world  
on a sound foundation. God is the equitable Judge  
of both individuals and peoples.*

PSALM 96

Sing a new song to Adonai!  
Acclaim Adonai, all people on earth.

*Sing to Adonai;  
proclaim each day God's awesome might.  
Announce to the world God's glory and wonders.*

For Adonai is great, deserving of praise;  
Adonai alone is to be revered as God.

*All the gods of the nations are nothingness,  
but Adonai created the heavens.*

Majesty and might accompany God;  
splendor and strength adorn God's sanctuary.

*Acknowledge Adonai, all families of nations;  
acclaim God's majestic power.  
Acknowledge God's glory,  
and bring Him tribute.*

Worship Adonai in resplendent reverence;  
let the earth tremble in God's presence.

*Declare to the world: Adonai is sovereign.  
God has steadied the world, which stands firm,  
and judges all nations with fairness.*

Let the heavens rejoice; let the earth be glad.  
Let the sea and all it contains exult.

*Let field and forest sing for joy;  
Adonai comes to rule the earth:  
To rule the world justly,  
the nations with faithfulness.*



תהלים צ"ז

יהוה מֶלֶךְ תִּגַּל הָאָרֶץ, יִשְׁמְחוּ אַיִם רַבִּים.  
 עָנַן וַעֲרַפֶּל סָבִיבּוֹ, צֶדֶק וּמִשְׁפָּט מִכּוֹן כְּסָאוֹ.  
 אֵשׁ לִפְנֵי תֵלָהּ, וּתְלַהֵט סָבִיב צָרִיו.  
 הָאִירוּ בְּרַקִּיו תִּבְלֵל רְאֵתָהּ וּתְחַל הָאָרֶץ.  
 הָרִים כִּדְוֹנָה נִמְסוּ מִלִּפְנֵי יְהוָה,  
 מִלִּפְנֵי אֲדוֹן כָּל־הָאָרֶץ.  
 הִגִּידוּ הַשָּׁמַיִם צְדָקוֹ,  
 וְרָאוּ כָּל־הָעַמִּים כְּבוֹדוֹ.  
 יִבְשׂוּ כָּל־עַבְדֵי פֶסֶל הַמִּתְהַלְלִים בְּאֵלִילִים,  
 הַשֹּׁתְחָוּ לֹא כָּל־אֱלֹהִים.  
 שָׁמְעָה וַתִּשְׁמַח צִיּוֹן,  
 וַתִּגְלַנֶּה בְּנוֹת יְהוּדָה,  
 לְמַעַן מִשְׁפָּטֶיהָ יְהוָה.  
 כִּי אַתָּה יְהוָה עֲלִיוֹן עַל כָּל־הָאָרֶץ,  
 מְאֹד נִעְלִיתָ עַל כָּל־אֱלֹהִים.  
 אֲהַבִּי יְהוָה שְׁנָאוֹ רָע,  
 שֹׁמֵר נַפְשׁוֹת חֲסִידָיו, מִיַּד רָשָׁעִים יִצִּילֵם.  
 □ אִוֵּר זָרַע לְצַדִּיק, וּלְיִשְׂרָיִל לֵב שֹׁמְחָה.  
 שִׂמְחוּ צַדִּיקִים בִּיהוָה, וְהוֹדוּ לְזִכְרֵךְ קֹדְשׁוֹ.

*The highest goal of Jewish ethics is to imitate the attributes of divine providence, the ways in which God cares for us. This psalm reminds us that God is a righteous judge, and divine justice requires that we, similarly, practice justice and righteousness in our relations with one another.*

## PSALM 97

Adonai is Sovereign! Let the world rejoice.

*God's throne is founded on justice.  
Though God be clouded from view,  
divine justice reveals God's presence.*

God's lightning illumines the earth;  
fire consumes God's foes.  
Mountains melt like wax before Adonai;  
the earth trembles.

*The heavens proclaim God's righteousness;  
all people behold God's majesty.*

Shame covers those who worship idols,  
those who take pride in revering images  
which must themselves bow low before God.

*Hearing of Your judgments, Adonai,  
Zion exults and the cities of Judah rejoice.*

You are supreme over all the earth,  
highly exalted beyond all that is worshiped.

*Those who love Adonai, hate evil;  
God protects the faithful  
and saves them from the wicked.*

Light is stored for the righteous,  
joy for the honorable.

*Rejoice in Adonai, you who are righteous;  
acclaim the holiness of God's name.*

תהלים צ"ח  
מזמור.

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ, כִּי נִפְלְאוֹת עָשָׂה,  
הוֹשִׁיעָה לּוֹ יְמִינוּ וְזִרְעֵךָ קִדְשׁוֹ.  
הוֹדִיעַ יְהוָה יְשׁוּעָתוֹ,  
לְעֵינַי הַגּוֹיִם גָּלָה צְדָקָתוֹ.  
זָכַר חֲסִדוֹ וְאִמּוֹנָתוֹ לְבַיִת יִשְׂרָאֵל,  
רָאוּ כָּל־אֲפָסֵי אֶרֶץ אֶת יְשׁוּעַת אֱלֹהֵינוּ.  
הֲרִיעוּ לַיהוָה כָּל־הָאָרֶץ,  
פָּצְחוּ וְרִנְנוּ וְזָמְרוּ.  
זָמְרוּ לַיהוָה בְּכִנּוֹר,  
בְּכִנּוֹר וְקוֹל זְמֶרָה.  
בְּחִצְצוֹת וְקוֹל שׁוֹפָר  
הֲרִיעוּ לְפָנַי הַמַּלְאָךְ יְהוָה.  
יִרְעַם הַיָּם וּמְלֵאוֹ, תִּבְּל וְיִשְׁבִּי בָּהּ.  
נִהְרֹת יִמְחֲאוּ כָף, יִחַד הָרִים יִרְנְנוּ.  
□ לְפָנַי יְהוָה כִּי בָּא לְשַׁפֵּט הָאָרֶץ,  
יִשְׁפֹּט תִּבְּל בְּצַדֵּק וְעַמִּים בְּמִישְׁרִים.

*The psalmist describes the overwhelming joy he feels, secure in God's presence. Sing a new song, implores the author. Sing aloud!*

PSALM 98

Sing to Adonai a new song, for God has worked wonders.  
God's might has been triumphant,  
revealing supreme power to all.

*God has remembered His steadfast love  
and faithfulness to the House of Israel.*

The whole world has seen the triumph of our God.  
Let all on earth shout for joy  
and break into jubilant song!

*Sing praise to Adonai with the harp;  
with trumpets and horns make a joyful noise.*

Let the sea roar, and all its creatures;  
the world, and its many inhabitants.

*Let the rivers applaud in exultation,  
let the mountains all echo earth's joyous song.*

Adonai is coming to rule the earth:  
To sustain the world with kindness,  
to judge its people with fairness.

תהלים צ"ט

יהוה מֶלֶךְ יִרְגְּזוּ עַמִּים,  
 יֹשֵׁב בְּרוּבִים תְּנוּט הָאָרֶץ.  
 יהוה בְּצִיּוֹן גָּדוֹל, וְרֵם הוּא עַל כָּל-הָעַמִּים.  
 יוֹדוּ שְׁמֶךָ גָּדוֹל וְנוֹרָא, קְדוֹשׁ הוּא.  
 וְעַז מְלֶכֶךְ מִשְׁפָּט אָהֵב,  
 אֲתָה כּוֹנֵנֶת מִיִּשְׂרָאֵל,  
 מִשְׁפָּט וּצְדָקָה בִּיַעֲקֹב אֲתָה עֹשֵׂית.  
 רוּמְמוֹ יְהוָה אֱלֹהֵינוּ,  
 וְהִשְׁתַּחֲוּוּ לַהֲדָם רַגְלָיו, קְדוֹשׁ הוּא.  
 מֹשֶׁה וְאַהֲרֹן בְּכֹהֲנָיו וְשִׁמְוֹנִי בְּקִרְאֵי שְׁמוֹ  
 קִרְאִים אֶל יְהוָה וְהוּא יַעֲנֵם.  
 בְּעַמּוּד עָנָן יְדַבֵּר אֲלֵיהֶם,  
 שָׁמְרוּ עֲדוֹתָיו וְחֹק נִתֵּן לָמוֹ.  
 יְהוָה אֱלֹהֵינוּ אֲתָה עֲנִיתֵם,  
 אֶל נִשְׂא הָיִיתָ לָהֶם,  
 וְנָקַם עַל עֲלִילוֹתָם.  
 □ רוּמְמוֹ יְהוָה אֱלֹהֵינוּ  
 וְהִשְׁתַּחֲוּוּ לָהֶר קְדוֹשׁ,  
 כִּי קְדוֹשׁ יְהוָה אֱלֹהֵינוּ.

*The contrast between human and divine justice is the theme of this psalm. God alone judges the world with righteousness, and the children of Jacob are a superb example of the righteousness of divine judgment. Yet God, though bestowing compassion on Israel, does not show arbitrary favoritism. Even our greatest leaders must answer for their misdeeds.*

PSALM 99

Adonai is sovereign; nations tremble.  
God is enthroned on high; the very earth quivers.

*Adonai is great in Zion, exalted over all peoples.  
Let them praise God, for God is awesome, holy.*

A sovereign, mighty, rules with a love of justice;  
You alone bring about equity,  
ordaining justice and compassion  
for the people of Jacob.

*Exalt Adonai our God.  
Worship God, who is holy.*

Moses, Aaron, and Samuel,  
God's chosen ones,  
called out to Adonai,  
who answered them in a pillar of cloud.

*They zealously strove to obey the divine law,  
even when God's decrees were beyond their grasp.*

You responded to them with compassion,  
even as You rebuked them for their offenses.

*Extol Adonai, and bow toward God's holy mountain.  
Adonai our God is holy.*

*It is customary to stand for the recitation of this psalm.*

תהלים כ"ט

מְזִמּוֹר לְדָוִד.

הָבּוֹ לַיהוָה, בְּנֵי אֱלֹהִים, הָבּוֹ לַיהוָה כְּבוֹד וְעֹז.  
הָבּוֹ לַיהוָה כְּבוֹד שְׁמוֹ, הַשְׁתַּחֲוּוּ לַיהוָה בְּהַדְרַת קֹדֶשׁ.  
קוֹל יְהוָה עַל הַמַּיִם, אֵל הַכְּבוֹד הַרְעִים,  
יְהוָה עַל מַיִם רַבִּים.  
קוֹל יְהוָה בַּכַּחַ, קוֹל יְהוָה בְּהַדָּר.  
קוֹל יְהוָה שֹׁבֵר אַרְזִים, וַיִּשְׁבֵּר יְהוָה אֶת־אַרְזֵי הַלְּבָנוֹן.  
וַיִּרְקִידֵם כְּמוֹ עֵגֶל, לְבָנוֹן וְשָׁרְיוֹן כְּמוֹ בְּרֹאֲמִים.  
קוֹל יְהוָה חֹצֵב לְהַבּוֹת אֵשׁ.  
קוֹל יְהוָה יַחֲיִל מְדַבֵּר, יַחֲיִל יְהוָה מְדַבֵּר קֹדֶשׁ.  
קוֹל יְהוָה יַחֲוִל אֵילוֹת  
וַיַּחֲשֹׁף יַעֲרֹת, וּבְהִיכְלוֹ כֵּלֹ אִמֵּר כְּבוֹד.  
□ יְהוָה לַמַּבּוּל יֵשֵׁב, וַיִּשָּׁב יְהוָה מִלְּךָ לְעוֹלָם.  
יְהוָה עֹז לְעַמּוֹ יִתֵּן, יְהוָה יְבָרֵךְ אֶת־עַמּוֹ בְּשָׁלוֹם.

## אנא בכח

*Ana B'khoaḥ is a Kabbalistic poem that pleads for Israel's redemption from exile. Although of unknown authorship, tradition attributes it to a sage of the second century. Its seven lines of six words each — their first letters spelling out a secret divine name — have served as the basis of much mystical speculation.*

אֲנָא, בְּכַח גְּדֻלַּת יְמִינָךְ תַּתִּיר צְרוּרָה.  
קַבֵּל רִצַּת עַמְּךָ, שִׁגְבָנוּ, טְהַרְנוּ, נוֹרָא.  
נָא, גְבוּר, דּוֹרְשֵׁי יַחֲוֹדֶךָ כְּכַבַּת שְׁמֵרִם.  
בְּרַכְּם, טְהַרֶם, רַחֲמִם, צְדָקָתְךָ תְּמִיד גְּמִלִם.  
חֲסִין קְדוּשׁ, בְּרַב טוֹבָךְ נִהַל עֲדָתְךָ.  
יַחֲיִד גְּאֵה, לְעַמְּךָ פָּנֵה, זוֹכְרֵי קִדְשְׁתְּךָ.  
שׁוּעַתָּנוּ קַבֵּל, וּשְׁמַע צַעֲקָתָנוּ, יוֹדֵעַ תַּעֲלָמוֹת.  
בְּרוּךְ שֵׁם כְּבוֹד מְלֻכוֹתוֹ לְעוֹלָם וָעֶד.

*Psalm 29 portrays the power of God as revealed in a thunderous storm. Seven times “the voice of Adonai” is mentioned. Some interpret this as an allusion to the seven days of Creation, culminating in Shabbat.*

PSALM 29

*A Song of David.*

Acclaim Adonai, exalted creatures;  
 Acclaim Adonai, glorious and mighty.  
 Acclaim Adonai, whose name is majestic;  
 Worship Adonai in sacred splendor.

*The voice of Adonai thunders over rushing waters.*

*The voice of Adonai roars with might.*

*The voice of Adonai echoes with majesty.*

*The voice of Adonai shatters the cedars.*

Adonai splinters the cedars of Lebanon,  
 Making Mount Lebanon skip like a calf,  
 Compelling Siryon to leap like a ram.

*The voice of Adonai splits rock with lightning.*

*The voice of Adonai stirs the wilderness.*

*The voice of Adonai strips the forest bare,*

*While in God’s sanctuary all chant: Glory!*

Adonai sat enthroned at the Flood;  
 Adonai will sit enthroned forever,  
 Bestowing strength upon His people,  
 Blessing His people with peace.



## **A PRAYER FOR DELIVERANCE**

*Ana B'khoah forms a bridge between the awesome majesty of Psalm 29 and the reassuring anticipation of redemption in L'kha Dodi.*

God whose mighty hand makes nations free,  
 release all captives, hear our humble plea.  
 Accept this plaintive song we offer You  
*to praise and glorify Your name.*

Preserve the righteous ones who seek You,  
 who, in love, sing out Your oneness.  
 Guard and bless with Your great goodness  
*Your people who revere Your name.*

You, our God, who are alone exalted,  
 turn to us; hearken to our prayer,  
 our thoughts revealed, laid bare before You  
*as Your dominion ever we proclaim.*