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MAY THE ONE whose spirit is with us in every righteous deed, be with all who work for the good of humanity and bear the burdens of others, and who give bread to the hungry, who clothe the naked, and take the friendless into their homes. May the work of their hands endure, and may the seed they sow bring abundant harvest.

When you see the synagogue from a distance, say, "How fair are your tents, O Jacob, your dwellings, O Israel."

Upon arriving at the synagogue door, stop momentarily to arrange your clothes properly, and say, "I, through Your abundant love, enter Your house."

Then enter with dignity and awe, bowing slightly toward the holy ark, and say, "I bow down in awe at Your holy temple. I love Your temple abode, the dwelling place of Your glory."

Then walk in a bit, and, bowing again, say, "I will humbly bow down low before Adonai, my Maker."

Then leave some charity for the poor — as much as you can afford — and, concentrating within yourself, say, "Here I stand, ready and willing to perform the commandment, 'Love your neighbor as yourself.'" Then you may pursue the love of God.

Mikdash M'at, a traditional manual for prayer

MAH TOVU ohalecha, Yaakov, mishk'notecha, Yisrael!

Vaani b'rov chasd'cha
avo veitecha,
eshtachaveh el heichal kodsh'cha
b'yiratecha.

Adonai, ahavti m'on beitecha
um'kom mishkan k'vodecha.

Vaani eshtachaveh v'echraah,
evr'chah lifnei Adonai osi.

Vaani t'filati l'cha, Adonai,
eit ratzon.

Elohim b'rov chasdecha,
aneini be-emet yishecha.

HOW FAIR are your tents, O Jacob, your dwellings, O Israel.

I, through Your abundant love, enter Your house;
I bow down in awe at Your holy temple.

Adonai, I love Your temple abode,
the dwelling-place of Your glory.

I will humbly bow down low before Adonai, my Maker.

As for me, may my prayer come to You, Adonai, at a favorable time.
O God, in Your abundant faithfulness, answer me with Your sure deliverance.

The opening words of this passage are from Numbers 24:5 where they are recited by Balaam, the foreign prophet who was commissioned to curse the children of Israel. When he opened his mouth, blessings emerged instead of curses.

וַאֲנִי תְפִלָּתִי *Vaani t'filati . . . As for me, may my prayer . . .* The Hebrew text has often been creatively rendered as "I am my prayer" — All I have to offer in prayer is myself; my prayer begins in humility. *Arthur Green*

מַה־טֹּבוּ *Mah tovu . . . How fair . . .* Numbers 24:5

וַאֲנִי בְרוּב חַסְדֵּיךָ *Vaani b'rov chasd'cha . . . I, through Your abundant love . . .* Psalm 5:8

יְיָ אֶהְבֵּתִי *Adonai, ahavti . . . Adonai, I love . . .* Psalm 26:8

וַאֲנִי תְפִלָּתִי *Vaani t'filati . . . As for me, may my prayer . . .* Psalm 69:14

מַה־טֹּבוּ אֶהְלִיךָ, יַעֲקֹב, מִשְׁכְּנֹתֶיךָ, יִשְׂרָאֵל!

וַאֲנִי בְרוּב חַסְדֵּיךָ אָבוֹא בִּיתְךָ, אֲשַׁתַּחֲוֶה אֶל-הַיְיָ כֹּדֶשְׁךָ בְּיִרְאַתְךָ.

יְיָ, אֶהְבֵּתִי מֵעוֹן בִּיתְךָ וּמִקּוֹם מִשְׁכַּן כְּבוֹדְךָ.

וַאֲנִי אֲשַׁתַּחֲוֶה וְאֶכְרַעָה, אֲבָרְכָה לְפָנֶי-יְיָ עֲשֵׂי.

וַאֲנִי תְפִלָּתִי לְךָ, יְיָ, עֵת רְצוֹן.

אֱלֹהִים, בְּרֹב-חַסְדֵּיךָ, עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ.

- ברוכים הבאים
- מודה / מודה אני
- שירי שבת
- ציצית
- מה טוב
- אשר יצר
- אלהי נשמה
- נסים בכל יום
- לעסוק
- והערב נא
- אלו דברים
- קדיש דרבנו