



--- EVENING PRAYER ---

הַשְׁכִּיבֵנוּ, יְיָ אֱלֹהֵינוּ, לְשָׁלוֹם, וְהַעֲמִידֵנוּ, מִלְּכָנוּ, לְחַיִּים.
וּפְרוֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמְךָ.

וְחַקְנֵנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ, וְהִגֵּן בְּעַדֵּנוּ.
בְּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סֶכֶת שְׁלוֹם עָלֵינוּ, וְעַל-כָּל-עַמּוֹ יִשְׂרָאֵל וְעַל
יְרוּשָׁלַיִם.

The Shelter of Your Peace

Cause us, our Creator, to lie down in peace,
and raise us up, O Sovereign God, to renewed
life and peace. Spread over us the shelter of
Your peace; guide us with Your good counsel;
and be our shield of mercy and of peace.

We praise You, O God, whose shelter of peace
is spread over us, over all Your people Israel,
and over Jerusalem.



--- NIGHT PRAYER ---

May it be Your will that I lie down in peace
and rise up in peace. Let not my thoughts,
my dreams, or my daydreams disturb me. Watch
over my family and those I love.

O Guardian of Israel, who neither slumbers nor
sleeps, I entrust my spirit to You. Thus as I
go to sleep, I put myself into Your safekeeping.

Grant me a night of rest. Let the healing
processes that You have placed in my body go
about their work. May I awaken in the morning,
refreshed and renewed to face a new tomorrow.

We praise You, Adonai Our God, Ruler of the
Universe, who closes our eyes in renewing sleep.