אָבוֹת וְאִמָּהוֹת
גְּבוּרוֹת
קְדֻשָּׁה
קְדֻשַּׁת הַיּוֹם
עֲבוֹדָה
הוֹדָאָה
שָׁלוֹם
תְּפִלַּת הַלֵּב

אֱלֹהַי, נְצֹר לְשׁוֹנִי מֵרָע וּשְׂפָתַי
מִדַּבֵּר מִרְמָה, וְלִמְקַלְלַי נַפְשִׁי
תִדּוֹם, וְנַפְשִׁי כֶּעָפָר לַכֹּל תִּהְיֶה.
פְּתַח לִבִּי בְּתוֹרָתֶךָ, וּבְמִצְוֹתֶיךָ
תִּרְדּוֹף נַפְשִׁי. וְכֹל הַחוֹשְׁבִים
עָלַי רָעָה, מְהֵרָה הָפֵר עֲצָתָם
וְקַלְקֵל מַחֲשַׁבְתָּם. עֲשֵׂה לְמַעַן
שְׁמֶךָ, עֲשֵׂה לְמַעַן יְמִינֶךָ, עֲשֵׂה
לְמַעַן קְדֻשָּׁתֶךָ, עֲשֵׂה לְמַעַן
תּוֹרָתֶךָ. לְמַעַן יֵחָלְצוּן יְדִידֶיךָ,
הוֹשִׁיעָה יְמִינְךָ וַעֲנֵנִי.

Elohai, n'tzor l'shoni meira us'fatai
midabeir mirmah, v'limkal'lai nafshi
tidom, v'nafshi ke-afar lakol tih'yeh.
P'tach libi b'Toratecha, uv'mitzvotecha
tirdof nafshi. V'chol hachoshvim
alai raah, m'heirah hafeir atzatam
v'kalkeil machashavtam. Aseih l'maan
sh'mecha, aseih l'maan y'minecha, aseih
l'maan k'dushatecha, aseih l'maan
Toratecha. L'maan yeichaltzun y'didecha,
hoshiah y'mincha vaaneini.

My God, guard my speech from evil and my lips from deception.
Before those who slander me, I will hold my tongue; I will practice humility.
Open my heart to Your Torah, that I may pursue Your mitzvot.
As for all who think evil of me, cancel their designs and frustrate their schemes.
Act for Your own sake, for the sake of Your Power,
for the sake of Your Holiness, for the sake of Your Torah,
so that Your loved ones may be rescued.
Save with Your power, and answer me.

יִהְיוּ לְרָצוֹן אִמְרֵי פִי וְהֶגְיוֹן לִבִּי
לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

Yih'yu l'ratzon imrei fi v'hegyon libi
l'fanecha, Adonai tzuri v'go-ali.

May the words of my mouth and the meditations of my heart
be acceptable to You, Adonai, my Rock and my Redeemer.

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו,
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֵל,
וְאִמְרוּ. אָמֵן.

Oseh shalom bimromav,
hu yaaseh shalom aleinu,
v'al kol Yisrael, v'al kol yosh'vei teiveil,
v'imru. Amen.

May the one who makes peace in the high heavens
make peace for us, all Israel and all who inhabit the earth. Amen.

On Rosh Chodesh, Chanukah, the Shabbat in Pesach,
and the Shabbat in Sukkot, Hallel may be recited on pages 558–559 or page 560.

Reading of the Torah is on page 362.

אֱלֹהַי, נְצֹר *Elohai, n'tzor . . . My God, guard . . . based on* Psalm 34:14
לְמַעַן יֵחָלְצוּן *L'maan yeichaltzun . . . so that Your loved ones . . .* Psalm 60:7
יִהְיוּ לְרָצוֹן *Yih'yu l'ratzon . . . May the words of my mouth . . .* Psalm 19:15