Siddur
Lev Shalem
לשבת וيوم טוב
FOR SHABBAT & FESTIVALS
Minhah l’Shabbat
Shalom: Peace

How distant peace seems—both inner peace and outer peace. How torn we are by our emotions, our desires, our competitiveness. Yet having prayed for wholeness, having expressed our gratitude, having spent Shabbat at rest, perhaps for a moment we can savor our own quiet breath and make peace with the world around us.

Our rabbis taught: Great is peace, for the Messiah is peace, as the prophet Isaiah says, “How beautiful upon the hilltops are the ways of peace, for the Messiah will begin by speaking peace to all Israel [and to all who dwell on earth]. And we say: Peace of peace, as the prophet Isaiah says, ‘Let fulfillment and attainment come only as a blessing.’”

A Meditation

May the spirit of Shabbat remain with me throughout the week. May I have the strength, the courage, and the resilience to do what I need to do and what only I can do. Amidst the work I set out to accomplish in the world, may I find sustenance for my soul, that I may be a faithful partner in God’s creation, an instrument of healing and peace.

A Teaching

May love and truth never depart from you… Know God in all that you do and God will make your paths straight.

—PROVERBS 3 (selected verse)

Seventh B’rakhah: Peace

Grant abundant and lasting peace to Your people Israel and all who dwell on earth, for You are the sovereign master of the ways of peace. May it please You to bless Your people Israel at all times with Your gift of peace.

Shalom rav al yisra’el am’kha v’al kol yosh’vei teiveil tasim l’olam, ki arah hu melekh adon l’khol ha-shalom. V’tov beinekha l’varekh et am’kha yisra’el b’khol eit u-v’khol sha·ah bishlomekha.

On Shabbat Shuvah we recite the following paragraph, in place of the line that follows it:

May we and the entire house of Israel be called to think and inscribed for life, blessing, sustenance, and peace in the Book of Life. Barukh atah Adonai, who brings peace.

Barukh atah Adonai, who blesses Your people Israel with peace.

The silent recitation of the Amidah concludes with a personal prayer or the following:

My God, keep my tongue from evil, my lips from deceit.

Help me ignore those who would slander me.

Let me be humble before all.

With a personal prayer or the following:

My God, let me fulfill the work I set to accomplish in the world.

May love and truth never depart from you… Know God in all that you do and God will make your paths straight.

On Shabbat Shuvah we recite the following paragraph, in place of the line that follows it:

May the spirit of Shabbat remain with me throughout the week. May I have the strength, the courage, and the resilience to do what I need to do and what only I can do. Amidst the work I set out to accomplish in the world, may I find sustenance for my soul, that I may be a faithful partner in God’s creation, an instrument of healing and peace.

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May love and truth never depart from you… Know God in all that you do and God will make your paths straight.