



Birkat Avot (Forefathers)

וְאֵלֹהֵינוּ וְאֵלֵי אֲבוֹתֵינוּ
(הוֹלְכִים שְׁלוֹשָׁה אָחָר וְשָׁלֹשָׁה קִדְמָה)

(Take three steps back and then three steps forward)

ה', שִׁפְתַי תִּפְתָּח וּפִי יִגִּיד

Hashem, open my lips and let my mouth speak

תְּהִלָּתְךָ: (תהלים נ"ז)

Your praises" (Tehillim 51:17)

בְּרוּךְ אַתָּה ה' (כּוֹפְסִים הַכְרִיזִים, מִכּוֹפְסֵי תֵבֵל) = (מִשְׁתַּחוּוִּים) = (אֹרְזִים לְאִחֻדָּה קִפְסָה)

(Bend your knees, bow and stand up straight again)

Blessed are You Hashem, Our G-d and G-d of our forefathers

You are the source of all blessings. Every blessing in the world comes from You

אֱ-לֹהֵינוּ וְאֵלֵי אֲבוֹתֵינוּ

אֱ-לֹהֵי אַבְרָהָם

G-d of Avraham

Avraham, who served Hashem with the trait of kindness (hospitality, praying for Sodom)

אֱ-לֹהֵי יִצְחָק

G-d of Yitzchak

Yitzchak, who served Hashem with bravery and dedication (the story of Akeidat Yitzchak)

וְאֱ-לֹהֵי יַעֲקֹב

And G-d of Ya'akov

Ya'akov, who served Hashem despite all his suffering (Lavan, Esav, the sale of Yosef)

הָאֵל-הַגָּדוֹל

The Almighty G-d

There is nothing equal to Him in the entire Universe

הַגָּבוֹר

The Powerful

The whole world exists only because Hashem exists

וְהַנּוֹרָא

The Awesome

Inspires awe upon His creatures

אֵל-עֲלִיּוֹן

The G-d above all else

Hashem is so beyond us it is impossible to understand His ways and actions completely

גּוֹמֵל חֲסָדִים טוֹבִים

Who performs good kindnesses

Hashem does kindnesses for us only designed for our good, with no other intention whatsoever

וְקוֹנֵה הַכֹּל

And owns everything

He creates everything

וְזוֹכֵר חֲסָדֵי אֲבוֹת

And remembers the kindnesses of the forefathers

וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם

And brings a redeemer to their children's children

In the merit of our forefathers' kindnesses, Hashem will send us the Mashiach

לְמַעַן שְׁמוֹ

For the sake of his Name

Even if we are not worthy of that, Hashem will bring the Redemption to sanctify His Name

בְּאַהֲבָה

With love

And nevertheless, it will be with love towards us

(בְּעֵשֶׂי"ת: זְכַרְנוּ לְחַיִּים, מֶלֶךְ חַפֵּץ בְּחַיִּים, וְנִכְתְּבוּ בְּסֵפֶר הַחַיִּים, לְמַעַן אֱלֹהֵי חַיִּים.)

(During the Ten Days of Repentance: **Remember us for life, King who wants life, and write us in the Book of Life, for Your sake, O living G-d**)

מֶלֶךְ עוֹזֵר

King, Helper

Hashem helps people succeed in what they do

וּמוֹשִׁיעַ

Rescuer

Hashem saves people from their troubles

וּמִגֵּן

and Shield

Hashem protects people from potential troubles

(כּוֹפְסִים הַכְרִיזִים, מִכּוֹפְסֵי תֵבֵל) = (מִשְׁתַּחוּוִּים) = (אֹרְזִים לְאִחֻדָּה קִפְסָה)

(Bend your knees, bow and stand up straight again)

בְּרוּךְ אַתָּה ה',

Blessed are You Hashem, Shield of Avraham

Blessed are You who protected and rescued Avraham, and in his merit You protect us too

מִגֵּן אַבְרָהָם.



Praise

Individual Requests

Communal Requests

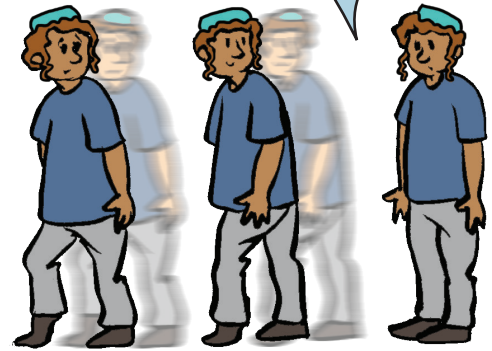
Thanksgiving



The Theme of the Bracha
Who are we praying to? We are praying to the G-d of our forefathers, because we are continuing in their path. Our forefathers discovered the way to create a relationship with Hashem and taught us how to pray.

With this beracha, we pray that Hashem will bring us the Redemption in our forefathers' merit (ie not because we deserve it).

At the beginning of the Amidah prayer I ask Hashem to open my mouth in a way that is appropriate for someone standing before Him and to say the words He wants to hear from me. I also prepare my body to face Hashem the King and to approach prayer. That is why I take three steps back and then forward, to come even closer to the Creator of the World.



Assignment

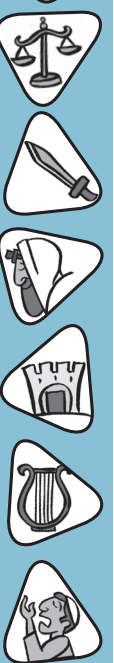
Match the concept with the correct explanation
(match letters and numbers)

Concept

- A Almighty
- B Powerful
- C Awesome
- D Above all else
- E Helper
- F Shield
- G Rescuer

Explanation

- 1 The whole world exists only because Hashem exists
- 2 Hashem saves people from their troubles
- 3 Hashem gives reward and punishment to each person as they deserve
- 4 Hashem protects people from potential troubles
- 5 Hashem is so beyond us it is impossible to understand His ways and actions completely
- 6 There is nothing equal to Him in the entire Universe
- 7 Hashem helps people succeed in what they do





Praise



Individual Requests

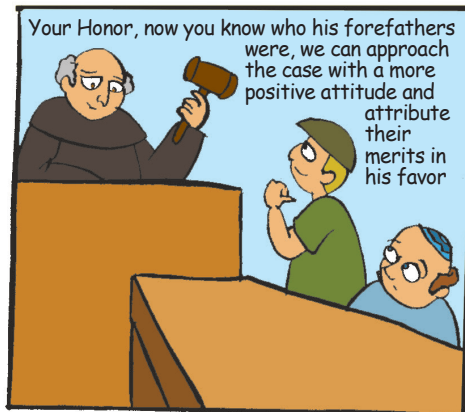
Communal Requests

Thanksgiving

Questions for Class Discussion



1. Who are those who taught us how to pray and serve Hashem?
2. Which behavior or good character traits did we learn from each of the forefathers?
3. Tell about a time when you felt that Hashem helped, saved or protected you or your family.



In Birkat Avot, we mention the merits of our forefathers - their positive traits and their loyalty and dedication to Hashem. Each of us also carries these character traits within us - kindness and dedication - which we inherited from our ancestors. And it is our duty to follow in their footsteps so that Hashem will bring us the Redemption soon.

למה נקרא מוריה

מילים: גמרא, מסכת תענית.
 שר: אברהם פריד
 ויבא סגל אצל משה בן יצחק
 ביום הזה
 הוא יצא אתכם
 וישמע קול צעקתכם
 שיהיה
 שיהיה יצא אתכם מוריה
 על שם המור הטוב
 שיש שם.

Lama Nikra Moriah

Words: Talmud, Tractate Ta'anit
 Sung by: Avraham Fried

He who answered our
 forefather Avraham
 On Mount Moriah
 Will answer you
 And will hear the sound of
 your cries
 On this day
 Why is it called Moriah
 Because of the good myrrh
 (incense) there.



Shirat HaLev Question

1. Who answered Avraham on Mount Moriah?
2. In what merit are we asking Hashem to answer us too?