

סְלִיחֹת

*Seliḥot*



**אשרי** יושבי ביתך עוד יהללוך סלה: **אשרי**  
העם ששכנה לו אשרי העם שיהנה אלהיו:  
תהלה לדוד: ארוממך אלוהי המלך ואברכה  
שמך לעולם ועד:  
**בכל-יום** אברכך ואהללה שמך לעולם ועד:  
**גדול** יהוה ומהלל מאד ולגדלתו אין חקר:  
**דור** לדור ישבח מעשיך וגבורתיך יגידו:  
**הדר** כבוד הודך ודברי נפלאתיך אשיחה:  
**ועזוז** נוראתיך יאמרו וגדלתך אספרנה:  
**זכר** רב־טובך יביעו וצדקתך ירגנו: **חננו**  
ורחום יהוה ארך אפים וגדל־חסד:  
**טוב** יהוה לכל ורחמיו על־כל־מעשיו: **יודוך**  
יהוה כל־מעשיך וחסדיך יברכוכה:  
**כבוד** מלכותך יאמרו וגבורתך ידברו:  
**להודיע** לבני האדם גבורתי ו**כבוד** הדר  
מלכותו:  
**מלכותך** מלכות כל־עלמים וממשלתך  
בכל־דור ודור:  
**סומך** יהוה לכל־הנפלים ו**זוקף**  
לכל־הכפופים:  
**עיני־כל** אליך ישברו ואתה נותן־להם  
את־אכלם בעתו:  
**פותח** את־ידיך ומשביע לכל־חי רצון:  
**צדיק** יהוה בכל־דרכיו וחסיד בכל־מעשיו:  
**קרוב** יהוה לכל־קראיו לכל אשר יקראהו  
באמת:  
**רצון** יראיו יעשה ואת־שועתם ישמע  
וינשעם:  
**שומר** יהוה את־כל־אהביו ואת כל־הרשעים  
ישמיד:  
**כתהלת** יהוה ידבר פי ויברך כל־בשר שם  
קדשו לעולם ועד:  
ואגחנו נברך יה מעתה ועד־עולם הללויה:

**Happy are they** who dwell in Your house; may they continue to praise You, Selah.

**Fortunate** are the people for whom Adonai is their God.

**A song of praise by David:** I will exalt You, my God, the King, and bless Your Name forever and all time.

**Every day** I will bless You and praise Your Name forever and all time.

**Adonai is great** and greatly to be praised; and His greatness is unfathomable.

**One generation** to another will laud Your works and declare Your mighty acts.

**The splendor** of Your glorious majesty, and the words of Your wonders I will speak.

**Of Your awesome might**, they will speak and Your greatness I will recount.

**They will make mention** of Your bountifulness, and joyfully exult in Your righteousness.

**Adonai is gracious** and compassionate, slow to anger and great in kindness.

**Adonai is good to all**, His compassion extends to all His works.

**All Your works** will thank You, Adonai, and Your devoted ones will bless You.

**Of the honor** of Your kingship they will speak, and Your might they will declare.

**To make known to mankind** His mighty deeds, and the glorious splendor of His kingship.

**Your kingdom** is an everlasting kingdom and Your reign is for all generations.

**Adonai supports** all the fallen, and straightens all the bent.

**All raise their eyes** to You in hope, and You give them their food at its proper time.

You **open** Your hand and satisfy the desire of every living being.

Adonai is **just** in all His ways and benevolent in all His deeds.

Adonai is **near** to all who call upon Him, to all who call upon Him in truth.

The **will** of those who fear Him He fulfills; He hears their cry and saves them.

Adonai **watches** over all those who love Him, but all the wicked He will destroy.

My mouth will speak the **praise** of the Lord, And all flesh will bless His holy Name forever and ever.

And **we** will bless God from now on forever.

Halleluyah!

**יתגדל ויתקדש שמה רבא  
בעלמא די ברא כרעותה וימליך מלכותה:  
בסײַכון וביומיון ובסײַ דכל בית ישׂראל,  
בעגלא ובזמן קריב ואמרו אמן**

**יִהְיֶה שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי וּלְעַלְמֵי עַלְמַיָּא**

**יתברך וישתבח ויתפאר ויתרומם ויתנשא  
ויתהדר ויתעלה ויתהלל שמה דקודשא  
ברוך הוא  
לעלא מן כל ברכתא ושירתא, תשבחתא  
ונחמתא, דאמירן בעלמא, ואמרו אמן**

**Magnified and sanctified may His great name be, in the world which He created according to His will, and may He rule His kingdom in your lifetime and in your days, and in the lifetime of the entire House of Israel, speedily and in the near future -- and say Amen.**

**May His great Name be blessed forever and for all time.**

**Blessed and praised, glorified and exalted and uplifted, honored and elevated and extolled be the Name of the Holy One, blessed is He; far above all the blessings and hymns, praises and consolations which we utter in the world -- and say Amen.**

לך אֲדֹנָי הַצְדָקָה וְלֵנוּ בִשְׁתַּת הַפָּנִים.  
מִה־נִּתְאָוֶן וּמִה־נֹאמֵר. מִה־נִּדְבַר וּמִה  
נִצְטַדֵּק; נִחְפְּשֵׁה דְרָכֵינוּ וְנִחְקֶרָה וְנִשׁוּבָה  
אֵלֶיךָ. כִּי יִמִּינְךָ פְּשׁוּטָה לִקְבֹּל שׁוֹבִים:  
לֹא־בְחָסֶד וְלֹא־בְמַעֲשִׂים בָּאֵנוּ לְפָנֶיךָ. קְדִלִּים  
וְכִרְשִׁים דִּפְקֵנוּ דְלִתֶיךָ: דְלִתֶיךָ דִּפְקֵנוּ רַחוּם  
וְחַנּוּן. נָא אֲל־תִּשְׁיִבֵנוּ רִיקָם מִלְּפָנֶיךָ: מִלְּפָנֶיךָ  
מִלְּכֵנוּ רִיקָם אֲל־תִּשְׁיִבֵנוּ. כִּי אַתָּה שׁוֹמֵעַ  
תְּפִלָּה:

Righteousness is Yours, Adonai while shame is ours. How can we complain? What can we say? What can we speak? And how can we justify ourselves? Let us search into our ways and examine them, and return to You; for Your right hand is extended to receive those who repent. Not with virtue nor with good deeds do we come before You, but like the poor and needy we knock at Your door. At Your door, do we knock, Merciful and Gracious One. Please do not turn us away empty-handed from Your Presence. From Your Presence our King turn us not away empty-handed; for You hear [our] prayers.

שִׁמְעַתְּ תַפְלָה, עֲדִיךָ כָּל בֶּשֶׂר יָבֹאוּ: יבוא כל בֶּשֶׂר  
 לְהִשְׁתַּחֲוֹת לְפָנֶיךָ יְהוָה: יבואו וישתחוו לְפָנֶיךָ  
 אֲדֹנָי, ויִכְבְּדוּ לְשִׁמְךָ: בָּאוּ נִשְׁתַּחֲוֶה ונִכְרַעַה.  
 נִבְרָכָה לְפָנֶיךָ יְהוָה עֲשָׂנוּ: בָּאוּ שְׁעָרֵינוּ בְּתוֹדָה,  
 חֲצֵרוֹתֵינוּ בְּתִהְלָה. הוֹדוּ לוֹ בְּרֹכּוֹ שְׁמוֹ: וְאַנְחֵנוּ  
 בְּרַב חֲסֵדְךָ נְבֹאָה בֵּיתְךָ. נִשְׁתַּחֲוֶה אֵל  
 הַיְכָל־קֹדֶשְׁךָ בִּירְאָתְךָ: הִנֵּה בְּרֹכּוֹ אֶת יְהוָה כָּל  
 עַבְדֵי יְהוָה הַעוֹמְדִים בְּבֵית יְהוָה בְּלֵילוֹת:  
 שְׂאוּ יְדֵיכֶם קֹדֶשׁ, וּבְרֹכּוּ אֶת יְהוָה: נְבֹאָה  
 לְמִשְׁכְּנוֹתֵינוּ, נִשְׁתַּחֲוֶה לְהַדָּם רַגְלֵינוּ: רוֹמְמוּ  
 יְהוָה אֱלֹהֵינוּ, וְהִשְׁתַּחֲוֶה לְהַדָּם רַגְלֵינוּ. קְדוֹשׁ  
 הוּא: רוֹמְמוּ יְהוָה אֱלֹהֵינוּ, וְהִשְׁתַּחֲוֶה לְהַר  
 קֹדֶשׁוֹ. כִּי קְדוֹשׁ יְהוָה אֱלֹהֵינוּ: הִשְׁתַּחֲוֶה לַיהוָה  
 בְּהַדְרַת קֹדֶשׁ, חֵילוֹ מִפְּנֵינוּ כָּל הָאָרֶץ: נִשְׁתַּחֲוֶה  
 אֵל הַיְכָל קֹדֶשְׁךָ, וְנוֹדָה אֶת שִׁמְךָ עַל חֲסֵדְךָ  
 וְעַל אֱמֻנָתְךָ. כִּי הִגְדַּלְתָּ עַל כָּל שִׁמְךָ אֱמֻנָתְךָ:  
 יְהוָה אֱלֹהֵי צְבָאוֹת, מִי כְמוֹךָ חֲסִין יְהִי.  
 וְאַמּוֹנֵתְךָ סְבִיבוֹתֶיךָ: כִּי מִי בִשְׁחֶק יַעֲרֹךְ  
 לַיהוָה, יִדְמָה לַיהוָה בְּבָנֵי אֱלֹהִים: כִּי גְדוֹל אַתָּה  
 וְעֹשֶׂה נִפְלְאוֹת, אַתָּה אֱלֹהִים לְבַדְּךָ: כִּי גְדוֹל  
 מֵעַל שָׁמַיִם חֲסֵדְךָ, וְעַד שְׁסֻקִּים אֱמֻנָתְךָ: גְדוֹל  
 יְהוָה וּמְהַלֵּל מְאֹד, וְלִגְדָלְתוֹ אֵין חֶקֶר: כִּי גְדוֹל  
 יְהוָה וּמְהַלֵּל מְאֹד, נוֹרָא הוּא עַל כָּל אֱלֹהִים:  
 כִּי אֵל גְּדוֹל יְהוָה, וּמְלָךְ גְּדוֹל עַל כָּל אֱלֹהִים:  
 אֲשֶׁר מִי אֵל בְּשָׁמַיִם וּבָאָרֶץ, אֲשֶׁר יַעֲשֶׂה  
 כְּמַעֲשֵׂיךָ וּכְגִבוֹרֹתֶיךָ: מִי לֹא יִרְאֶה מְלָךְ הַגּוֹיִם,  
 כִּי לֹךְ יֵאָתֶה. כִּי בְּכָל חֲכָמֵי הַגּוֹיִם וּבְכָל  
 מַלְכוּתָם, מֵאֵין כְּמוֹךָ: מֵאֵין כְּמוֹךָ יְהוָה. גְּדוֹל  
 אַתָּה, וְגְדוֹל שִׁמְךָ בְּגִבוֹרָה: לֹךְ זְרוּעַ עִם  
 גְּבוֹרָה. תַּעֲזֵ יָדְךָ, תִּרְוֶם יְמִינְךָ: לֹךְ יוֹם אַף לֹךְ  
 לַיְלָה. אַתָּה הַכִּינֹת מְאוּר וְשִׁמְשׁ: אֲשֶׁר בִּידוֹ  
 מְחַקְרֵי אֶרֶץ, וְתוֹעֲפוֹת הַרִים לוֹ: מִי יִמְלַל  
 גְּבוּרוֹת יְהוָה, יִשְׁמִיעַ כָּל תִּהְלָתוֹ: לֹךְ יְהוָה  
 הִגְדָּלָה וְהִגְבוּרָה וְהִתְפָּאֲרָת וְהִנְצַח וְהַיְהוּד, כִּי  
 כָּל בְּשָׁמַיִם וּבָאָרֶץ. לֹךְ יְהוָה הַמְּמַלְכָה,  
 וְהַמְתַּנְשֵׂא לְכָל לְרֹאשׁ: לֹךְ שְׁמַיִם, אַף לֹךְ אֶרֶץ  
 תִּבֵּל וּמְלֵאָה אַתָּה יְסוֹדָתָם: אַתָּה הַצִּבְּתָ כָּל

You Who hears prayer, unto You do all people come.  
 All come to bow before You, Adonai. They come and  
 bow before You, and give honor to Your Name. Come  
 let us prostrate ourselves and bow; let us kneel before  
 Adonai, our Maker. Enter His gates with thanksgiving,  
 His courtyards with praise, give thanks to Him, bless  
 His Name. As for us, through Your abundant kindness  
 we will enter Your House; we will bow toward Your  
 Holy Sanctuary in awe of You. Behold, bless Adonai—  
 all servants of Adonai, who stand in His house in the  
 night. Lift your hands to the sanctuary and bless  
 Adonai. Let us come to His dwelling places, let us  
 prostrate ourselves at His footstool. Exalt Adonai, our  
 God, and prostrate yourselves at His footstool, Holy is  
 He! Exalt Adonai, our God and prostrate yourselves at  
 His holy mountain, for Adonai our God is holy.  
 Prostrate yourselves before Adonai in the splendor of  
 holiness, tremble before Him all peoples of the earth.  
 We will prostrate ourselves toward Your Holy  
 Sanctuary, and give thanks to Your Name for Your  
 kindness and for Your truth; for You have magnified  
 Your word far beyond Your Name. Adonai, God of  
 Hosts, who is like You, a mighty God; and Your  
 faithfulness is round about You. For who in the skies  
 can be compared to Adonai, who can be likened to  
 Adonai among the sons of the mighty? For You are  
 great and do wondrous things; You alone are God.  
 For great beyond the heavens is Your kindness, and  
 until the skies is Your truth. Great is Adonai and highly  
 extolled, and His greatness is unfathomable. Great is  
 Adonai and most highly extolled, and awesome is He  
 above all gods. Almighty is Adonai and a great King  
 over all gods. For who is so mighty in heaven or  
 on earth that can duplicate Your works and Your  
 power. Who would not fear You, King of nations?  
 Among all the wise ones of the nations, and in  
 all their kingdoms, there is none like You. There  
 is none like You, Adonai great are You, and  
 great is Your Name in might. Yours is a mighty  
 arm, exalted is Your right hand. Yours is the day,  
 also Yours is the night, You established the  
 luminary and the sun. For in His hands are the  
 depths of the earth, and the heights of the  
 mountains are His. Who can recount the mighty  
 deeds of Adonai, or cause to be heard all His  
 praise? Yours Adonai is the greatness, the  
 might, the glory, the victory and the beauty, for  
 all that is in heaven and on earth is Yours; Yours  
 Adonai, is the kingdom, and You are uplifted  
 over all rulers. Yours are the heavens, also  
 Yours is the earth, the inhabited world and its  
 fullness; You have founded them.

גבולות ארץ. קיץ וחרף אתה יצרתם: אתה  
 רצפת ראשי לוייתן, תתננו מאכל לעם לציים:  
 אתה בקעת מעין ונחל, אתה הובשת נהרות  
 איתן: אתה פוררת בעדן ים, שברת ראשי  
 תנינים על המים: אתה מושל בגאות הים,  
 בשוא גליו אתה תשבחם: גדול יהוה ומהלל  
 מאד, בעיר אלהינו הר קדשו: יהוה צבאות  
 אלהי ישראל ישב הכרבים, אתה הוא  
 האלהים לבדך: אל נערך בסוד קדושים רבה,  
 ונרא על כל סביביו: יודו שמים פלאך יהוה,  
 אף אמונתך בקהל קדשים: לכו נרננה ליהוה,  
 נריעה לצור ישענו: נקדמה פניו בתודה,  
 בזמרות נריע לו: אדק ומשפט מכון כסאך,  
 חסד ואמת יקדמו פניך: אשר יחדו נמתיק  
 חסד, בבית אלהים נהלך ברגש: אשר לו הים  
 והוא עשהו, ונבשת ידיו יצרו: אשר בידו נפש  
 כל חי, ורום כל בשר איש

<הנשמה לה, והגוף פעלך חוסה על עמלק:  
 הנשמה לה, והגוף שלה. יהוה עשה למען  
 שמך: אתאנו על שמך. יהוה, עשה למען  
 שמך: בעבור כבוד שמך, כי אל חנון ורחום  
 שמך: למען שמך יהוה. וסלחת לעוננו, כי רב  
 הוא:  
 סלח לנו אבינו, כי ברוב אולתנו שגינו.  
 מחל-לנו מלכנו, כי רבו עונינו

You set all the borders of the earth, summer and winter, You formed them. You crushed the heads of Leviathan, You gave him as food to the numerous people. You split open the fountain and brook, You dried up mighty rivers. You crumbled the sea with Your strength; You shattered the heads of sea monsters upon the waters. You rule over the majesty of the sea; when it raises its waves, You still them. Great is Adonai and highly extolled in the city of our God, the mountain of His sanctuary. God of hosts, God of Israel, enthroned upon the cherubim You alone are God. The Almighty is revered in the great council of the holy ones and is awe inspiring over all that are about Him. And the heavens will praise Your wonders, Adonai, and Your faithfulness will be praised in the assembly of holy ones. Come let us sing to Adonai, let us sound the shofar to the Rock of our deliverance. Let us greet His Presence with thanksgiving and hymns; let us raise our voices unto Him. Righteousness and justice are the foundations of Your throne, kindness and truth precede Your presence. Together let us take sweet counsel; into the House of God let us walk with the throngs. For the sea is His, and He made it; and the dry land, His hands formed. For in His hand is the soul of every living thing, and the spirit of all human flesh.

The soul is Yours, and the body is Your doing, have pity on Your work. The soul is Yours, and the body is Yours, Adonai! Act on our behalf for the sake of Your Name. We are relying on Your Name, Adonai! Act on our behalf for the sake of Your Name. For the sake of the glory of Your Name, for gracious and merciful is Your Name. For the sake of Your Name, Adonai, pardon our iniquity, for it is great.

Forgive us, our Father, for in the greatness of our folly we have erred; pardon us, for many are our sins.

## Day 1

Solomon b. Judah HaBavli

An alphabetical rhyming acrostic (in Hebrew)

If our sins have greatly increased  
if they have caused a division between You and us,  
nevertheless let Your ways of mercy not cease.

You who do not change, deal with us with kindness.  
Remember the flock which You have acquired,  
be gracious to the remnants of those You have named first born.

You lifted us up and placed us on the heights, settling us in the land of Israel,  
when suddenly you threw us down into exile.  
We so yearned to return to the place of comfort.  
Our souls were laid low with despair and loathing.

Hope, why do you sleep? Wake up! Command the prison be opened for the imprisoned!  
Gather up your scattered flock, preserve the promise of kindness sworn to our fathers and mothers.  
May peace be our lot, not disgrace, may our lot be changed to one of favor.  
Though our people are few and weak, despised and rejected,  
Your towering strength brings kindness and life.

## Day 2

Selichot Edot HaMizrach

Why are you sleeping? Get up, call out your supplications!  
Spill out your words, seek forgiveness from the Master of all.  
Run and be purified, do not delay.  
Quickly, run for help from the One who dwells above.  
Run, and be afraid of disasters.

Please answer those who know You, Your faithful Israel.  
Righteousness is yours Adonai, shame is ours.

Stand as an adult and be strong to confess your sins.  
With a serious head, seek the Lord to atone for transgressions.  
For nothing is ever hidden from Adonai.  
And all that has been said is read before the Lord.

The One who is merciful, will have mercy upon us like parents have mercy upon their children.

### Day 3

Solomon ibn Gabirol (alluding to Esther's pleading before the king)

I awoke at dawn to thank you, God whom I praise.

I will sing to you in the morning, and inform you of my sins.

As a reward for my efforts, may my life be given me at my petition and my people at my request.

In ancient times we brought sacrifices to cleanse our sins.

The Temple is destroyed and now we have only words, and prayer has taken the place of burnt offerings. May my life be given me at my petition and my people at my request.

In the days of the Temple each person was purified by sacrifice.

Now, let my thanks be my sacrifice and my prayer be my offering.

May my life be given me at my petition and my people at my request.

My arm is heavy from my groaning, and there is no one to stand with me, no place of rest for me.

Only You can remove my guilt and answer me with righteousness, You are the strong rock of my salvation. May my life be given me at my petition and my people at my request.

### Day 4

Isaac b. Judah Ibn Gayyat

In the early morning I call upon You; may my prayers be agreeable to You and may You illuminate my darkness as my heart is uplifted to You.

If you were to put me on a scale, let my righteous deeds be as heavy as the sand of the sea, and my wicked deeds as light as a feather. But if my path on this earth has been warped, and my sentence is meant to be severe, then put me on the scale of grace, for I am weighed down with transgressions.

You who judges all creatures, see how my evil inclination gives me no peace and is an adversary to me, an enemy who tries to seduce me and disputes my better inclination. I pray to You, in the early morning, You who frustrates evil counsel, let my soul be rescued.



## Day 5

Selichot Edot HaMizrach

We have been confounded by calamities; our strength sapped from difficulties.  
We are bent low, even to the ground.  
We recognize that we are stiff-necked and rebellious.  
We cry "We have sinned", but our hearts are inconstant and crooked.

Your mercy is forever, forgiveness is with You.  
Cancel the evil, incline towards kindness.  
Do not hide in times like this, for we are in great need.  
Make known Your goodness and Your kindness to us in the presence of all.  
Shut the mouth of the accuser, and let him not prosecute against us.  
Let a good adviser come to justify us.  
He shall be a witness to our righteousness.

## Day 6

Isaac b. Judah ibn Gayyat

You who examines and surveys all things, who understands all that I do, if I have lied or been deceitful, do not examine my sins or inquire into my misdeeds. Adonai, hear my voice in the morning.

My Rock, why do You slumber? Year after year, we, whom Your right hand has planted, are oppressed and afflicted, are bought and sold. Your judgement is just, no sentence is passed without justice. It is written "who can count Your people" and yet now we are numbered like sheep. Awake now, and uproot corruption and our enemies destroy.  
Adonai, hear my voice in the morning.

You are near to all who call upon You; You hear the cries of the downtrodden. In Your hands are both the rich and the poor. Judgement flows from you with the clarity of bright light.  
You have said "after six years the slave shall be released" and is it not time for my redemption? And if I am enslaved the duty of redemption falls to my relatives, and are You not my family and redeemer!  
Adonai, hear my voice in the morning.

## Day 7

Inspired by Solomon Ibn Gabirol

Show us favor, answer us, help us, for we rely on You.

In battle, some trust in their officers, some trust in their comrades, some trust in their equipment, some trust in technology, but we rely on You.

Some trust in their fortresses, some trust in their gated villages, some trust in their exclusivity, but we rely on You.

Some trust in their cellphones, some trust in their computers, some trust in the internet, some trust in Google, but we rely on You.

Some trust in their wealth, some trust in their power, some trust in themselves, but we rely on You.

Show us favor, answer us, help us, for we rely on You.

## Erev Rosh Hashana

Elijah b. Shemayah

When You judge man and woman, who are but lowly worms, remember in Your anger graciousness and compassion. Deal kindness and goodness to those who are undeserving, give us the benefit of the doubt. When You are sought by those of poor deeds who are unworthy, let them find You. We are vain, we are full of iniquity and transgressions, and in the end, we must give account to You. These things cannot be hidden. It is engraved in the wooden beams and in the stone walls, and they will testify. We are the work of Your hands, see our contrition, be favorable to us and preserve us. Find favor in Your servants this day, make the sins of the lily, Israel, as white as snow and deliver us from all evil in this year.

Tzom Gedaliah

Benjamin b. Zerach

With prayer and supplications we knock at Your gate, approaching You eagerly with the words of our lips, asking that you avert calamities which are so common in our times. We come before you with broken spirits and depressed hearts to confess our follies and stubbornness.

You who probe our hearts and heal the broken hearted, renew us properly from within and make for us a pure heart.

Long ago You appointed these ten days for each person to return and find atonement. We must not waste time, for if we delay and do not return, there is no hope.

Judge us with mercy and compassion. We are Your children whom You have separated out as a treasure. Bury any disobedience or rebellion away in the depths. And we shall forever extol You with unending praise.

Aseret Y'mai Teshuva Day 2

Psalm 19:8-15

The Lord's teaching is perfect, restoring to life.

The Lord's pact is steadfast, it makes the fool wise.

The Lord's precepts are upright, delighting the heart.

The Lord's command unblemished, giving light to the eyes.

The Lord's fear is pure, outlasting all time.

The Lord's judgements are truth, all of them just.

More desired than gold, than abundant fine gold,  
and sweeter than honey, quintessence of bee,  
Your servant, too, takes care with them, in keeping them – great reward.

Unwitting sins who can grasp?  
Of unknown actions clear me.

From willful men preserve Your servant, let them not rule over me.  
Then shall I be blameless and clear of great crime.

Let my mouth's utterances be pleasing  
and my heart's stirring before You, Lord, my rock and redeemer.

Aseret Y'mai Teshuva Day 3

Psalm 25:5-11,21

Lead me in Your truth and instruct me, for You are the God of my rescue.

In You do I hope every day.

Recall Your mercies, O Lord, and your kindnesses—they are forever.

My youth's offenses and my crimes recall not.

In Your kindness, recall me for the sake of Your goodness, O Lord.

Good and upright is the Lord. Therefore He guides offenders on the way.

He leads the lowly in justice and teaches the lowly His way.

All the Lord's paths are kindness and truth for the keepers of His pact and His precepts.

For the sake of Your name, O Lord, may You forgive my crime, which is great.

May uprightness, wholeness, preserve me, for in You do I hope.

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Aseret Y'mai Teshuva Day 4

Selichot Edot HaMizrach

We are ashamed of our deeds and confounded by our iniquities.

We have no mouth to answer, or the temerity to lift up our head.

Our God and God of our fathers, do not make an end to us; hold back Your hand in judgement.

Your approach is to investigate before disciplining; Your mercy precedes Your anger.

If we are short of good deeds, bring charity from Yourself.

Remember Your discourses. Testimony is not forgotten from Jacob's descendents.

Know Israel who have known You. Bring back the ones besieged with hope to Jerusalem.

Aseret Y'mai Teshuva Day 5

Psalm 69:2-4, 6-7, 14

Rescue me, God, for the waters have come up to my neck.

I have sunk in the slime of the deep, and there is no place to stand.

I have entered the watery depths, and the current has swept me away.

I am exhausted from my calling out. My throat is hoarse.

My eyes fail from hoping for my God.

God, You know my folly, and my guilt is not hidden from You.

Let not those who hope for You be shamed through me.

Let those who seek You be not disgraced through me.

May my prayer to You, O Lord, come in a favorable hour.

God, as befits Your great kindness, answer me with Your steadfast rescue.

Save me from the mire, that I not drown.

Let the waters' current not sweep me away, and let not the deep swallow me.

Answer me, Lord, for Your kindness is good, in Your great compassion turn to me.

And hide not Your face from Your servant, for I am in straits. Hurry, answer me.

אל מלך. יושב על כסא רחמים. מתנהג  
בחסידות. מוחל עונות עמו. מעביר ראשון  
ראשון. מרבה מחילה לחטאים וסליחה  
לפושעים. עושה צדקות עם כל בשר ורוח.  
לא כרעתם תגמול: אל הורית לנו לומר שלש  
עשרה. וזכר לנו היוזם ברית שלש עשרה.  
כמו שהודעת לענו מקדם. כמו שכתוב וירד  
יהוה בענן ויתיצב עמו שם ויקרא בשם יהוה:

ויעבר יהוה על פניו ויקרא:

יהוה יהוה אל רחום וסנון ארך אפים ורב  
חסד ואמת: נצר חסד לאלפים נשא עון ופשע  
וחטאה ונקמה: וסלחת לעוננו ולחטאתנו  
ונחלתנו:

סלח לנו אבינו כי חטאנו. מחל לנו מלכנו כי  
פשענו: כי אתה אדני טוב וסלח ורב חסד  
לכל קראיך:

Almighty! King! Who sits on the throne of  
mercy, governs with kindness forgives the  
iniquities of His people. He removes their  
sins one by one, increasing forgiveness to  
sinners, and pardon to transgressors. Acting  
righteously with all who are of flesh and  
spirit; not according to their wickedness  
does He repay them. Almighty! You  
instructed us to recite the thirteen Divine  
attributes; remember unto us this day the  
covenant of thirteen Divine attributes, as  
You made them known to the humble  
Moses of old, as it is written, "And Adonai  
descended in the cloud, and stood with him  
there, and proclaimed the Name, Adonai.

And Adonai passed before him, and  
proclaimed

Adonai, Adonai, Almighty, Merciful,  
Gracious, Slow to Anger, and Abundant in  
Kindness, and Truth. Keeper of kindness for  
thousands of generations, Endurer of  
iniquity, and transgression, and sin; and  
Acquitter of those who repent. "And pardon  
our iniquity and our sin, and take us for Your  
inheritance."

Pardon us our Father, for we have sinned,  
forgive us our King, for we have  
transgressed. "For You, my Master, are  
good and forgiving, and abounding in  
.kindness to all who call upon You

### ***The ark is opened***

**Congregation repeats each line after leader:**

שִׁמְעֵנוּ קוֹלֵנוּ יְהוָה אֱלֹהֵינוּ חוּס וְרַחֵם עָלֵינוּ  
וְקַבֵּל בְּרַחֲמִים וּבְרַצוֹן אֶת תְּפִלָּתֵנוּ: הַשִּׁיבֵנוּ  
יְהוָה אֵלֵינוּ וְנִשׁוּבָה חֲדָשׁ יִמֵּינוּ כְּקֶדֶם: אֵל  
תִּשְׁלִיכֵנוּ מִלִּפְנֵיךָ וְרוּחַ קִדְשְׁךָ אֵל תִּקַּח מִמֶּנּוּ:  
אֵל תִּשְׁלִיכֵנוּ לַעַת זְקֵנָה כְּכֹלֹת כֹּחֵנוּ אֵל  
תַּעֲזָבֵנוּ:

**End of repetition**

אֵל תַּעֲזָבֵנוּ יְהוָה אֱלֹהֵינוּ אֵל תִּרְחַק מִמֶּנּוּ:  
עֲשֵׂה עִמָּנוּ אוֹת לְטוֹבָה וְיֵרָאוּ שׁוֹנְאֵינוּ וְיִבְשׁוּ  
כִּי אַתָּה יְהוָה עֲזַרְתָּנוּ וְנִחַמְתָּנוּ: אֲמַרְיֵנוּ  
הֶאֱזִינָה יְהוָה בֵּינָה הִגִּיגְנוּ: יְהִי לְרַצוֹן אֲמַרְי  
כִּינֵנוּ וְהִגִּינֵנוּ לְבָנוּ לְפָנֶיךָ יְהוָה צוּרֵנוּ וְגוֹאֲלֵנוּ: כִּי  
לֹךְ יְהוָה הוֹחֵלֵנוּ אַתָּה תַעֲנֵה אֲדֹנָי אֱלֹהֵינוּ:

### ***The ark is closed***

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ תִּבָּא לְפָנֶיךָ תְּפִלָּתֵנוּ,  
וְאַל תִּתְעַלֵּם מִתְחַנְּנֵנוּ שְׂאִין אֲנַחְנוּ עֲזֵי פָנִים  
וְקוֹשֵׁי עֵרֶף לֹאמַר לְפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ צְדִיקִים אֲנַחְנוּ וְלֹא חָטְאוּ אָבְל  
אֲנַחְנוּ וְאֲבוֹתֵינוּ חָטְאוּ:

Hear our voice, Adonai, our God; spare us and have compassion on us, and accept our prayers mercifully and willingly. Lead us back to You, Adonai and we shall find the way back; renew our days as of old. Cast us not away from Your Presence, and Your holy spirit take not from us. Do not cast us off in time of old age, when our strength fails, do not forsake us

Forsake us not, Adonai, our God be not far removed from us. Give us a sign of Your goodness that our enemies may see it and be ashamed; for You, Adonai, have helped us and comforted us. Give ear to our words, Adonai! Consider our meditations. May there be gracious acceptance for the words of our mouth, and the meditation of our heart, before You, Adonai, our Rock, and our Redeemer. For to You Adonai, we hope You will answer us Adonai, our God.

Our God and God of our ancestors, let our prayer come before you and do not ignore our supplication. For we are not so brazen-faced and stiff-necked to say to you, Adonai, our God, and God of our ancestors, "We are righteous and have not sinned." But, indeed, we and our ancestors have sinned

אֲשָׁמנוּ. בְּגַדְנוּ. גָּזַלְנוּ. דִּבְרַנוּ דָּפִי. הֶעָוִינוּ.  
וְהִרְשָׁעְנוּ. זָדְנוּ. חִמְּסְנוּ. טָפְלְנוּ שִׁקְרָה. יַעֲצְנוּ  
רַע. כְּזָבְנוּ. לָצְנוּ. מִרְדְּנוּ. נֶאֱצְנוּ. סָרְרְנוּ. עֵוִינוּ.  
פִּשְׁעֵנוּ. צָרְרְנוּ. קִשִּׁינוּ עֲרָף. רִשָּׁעֵנוּ. שִׁחַתְנוּ.  
תַּעֲבָנוּ. תַּעֲוִינוּ. תַּעֲתָעְנוּ:

סָרְנוּ מִמִּצְוֹתֶיךָ וּמִמִּשְׁפָּטֶיךָ הַטּוֹבִים וְלֹא שָׁוִה  
לָנוּ. וְאַתָּה צָדִיק עַל כָּל הַבָּא עֲלֵינוּ. כִּי אָמַת  
עָשִׂיתָ וְאָנְחָנוּ הִרְשָׁעְנוּ:

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שׁוֹמֵר יִשְׂרָאֵל שְׁמוֹר שְׂאֵרֵי יִשְׂרָאֵל וְאַל יֵאָבֵד  
יִשְׂרָאֵל הַאֲמָרִים שְׁמַע יִשְׂרָאֵל:

שׁוֹמֵר גּוֹי אֶחָד שְׁמוֹר שְׂאֵרֵי עַם אֶחָד וְאַל  
יֵאָבֵד גּוֹי אֶחָד הַמִּיְחָדִים שְׁמַךְ יְהוָה אֱלֹהֵינוּ  
יְהוָה אֶחָד:

שׁוֹמֵר גּוֹי קְדוֹשׁ שְׁמוֹר שְׂאֵרֵי עַם קְדוֹשׁ וְאַל  
יֵאָבֵד גּוֹי קְדוֹשׁ הַמְשַׁלְּשִׁים בְּשִׁלֵּשׁ קְדוּשׁוֹת  
לְקְדוֹשׁ:

We have trespassed; We have betrayed;  
We have stolen; We have slandered; We  
have caused others to sin; We have sinned  
with malicious intent; We have forcibly taken  
other's possessions; We have added  
falsehood upon falsehood; We have joined  
with evil individuals or groups. We have  
given harmful advice; We have deceived;  
We have mocked; We have rebelled against  
God and His Torah; We have caused God to  
be angry with us; We have turned away  
from God's Torah; We have sinned  
deliberately; We have been negligent in our  
performance of the commandments; We  
have caused our friends grief; We have  
been stiff-necked. We have committed sins  
which are the result of moral corruption; We  
have committed sins which the Torah refers  
to as abominations; We have gone astray;  
We have led others astray

We have turned away from Your  
commandments and from Your good laws,  
and we have gained nothing from it. And  
You are the Righteous One in all that has  
come upon us; for You have acted truthfully  
and we have acted wickedly.

---

Guardian of Israel, guard the remnant of  
Israel, and let not Israel perish, the ones  
who say, Shema Yisrael

Guardian of the unique nation guard the  
remnant of the unique people and let not the  
unique nation perish, who proclaim the  
Oneness of Your Name, [saying:] Adonai is  
our God, Adonai is One.

Guardian of the holy nation, guard the  
remnant of the holy people and let not the  
holy nation perish who repeat the threefold  
sanctification to the Holy One

מתרצה ברחמים ומתפייס בתחנונים התרצה  
והתפייס לדור עני כי אין עוזר:  
אבינו מלכנו חננו ועננו כי אין בנו מעשים  
עשה עמנו צדקה וחסד והושיענו:

ואנחנו לא נדע מה נעשה כי עליך עינינו: זכר  
רחמיך יהוה וחסדיך כי מעולם קמה: יהי  
חסדך יהוה עלינו כאשר יחלנו לך: אל תזכר  
לנו עונות ראשונים מהר יקדמונו רחמיך כי  
דלנו מאד: חננו יהוה חננו כי רב שבחנו  
בז: ברגז רחם תזכור: כי הוא ידע יצרנו  
זכור כי עפר אנחנו ובעפרנו אלהי ישענו  
על-דבר כבוד-שםך והצילנו וכפר  
על-חטאתינו למען שםך:

You Who are appeased by pleas for mercy,  
be appeased and conciliated to an afflicted  
generation for there is none else to help.  
Our parent, our King! be gracious to us and  
answer us for we have no good deeds; deal  
with us charitably and kindly and deliver us.

As for us, we know not what to do; but our  
eyes are upon You. Remember Your  
mercies, Adonai, and kindnesses for they  
are from the beginning of the world. Adonai!  
may Your kindness be upon us, as we have  
waited for You. Remember not the sins of  
our ancestors; let Your mercy come swiftly  
toward us for we have been brought very  
low. Be gracious to us, Adonai, be gracious  
to us for we are filled with humiliation. Even  
in anger remember to have compassion.  
For You know of what we are made; You are  
mindful that we are but dust. Help us, God  
of our deliverance, for the sake of the glory  
of Your Name; save us and atone our sins,  
for the sake of Your Name.



יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא בְּעֵלְמָא דִּי בְּרָא  
כְּרַעוּתֵהּ וְיִמְלִיךָ מְלְכוּתֵהּ בְּסַיְיכּוֹן וּבְיוֹמֵיכּוֹן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעַגְלָא וּבְזַמְן קָרִיב  
וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֵלְמֵיָא:  
יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא בְּרִיךְ  
הוּא לְעַלְמֵי מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא. תְּשַׁבְּחֵתָא  
וְנִחַמְתָּא. דְאָמִירֵן בְּעֵלְמָא וְאָמְרוּ אָמֵן:

תִּתְקַבֵּל צְלוֹתְהוֹן וּבְעוּתְהוֹן דְכָל (בֵּית) יִשְׂרָאֵל  
קְדָם אָבוּהוֹן דִּי בְּשַׁמַּיָּא וְאָמְרוּ אָמֵן:

יְהֵא שְׁלָמָא רַבָּא מִן שַׁמַּיָּא וְחַיִּים עָלֵינוּ וְעַל  
כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן:

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן:

Exalted and sanctified be His great Name in the world which He created according to His will and may He rule His kingdom in your lifetime and in your days, and in the lifetime of the entire House of Israel, speedily and in the near future—and say Amen.

May His great Name be blessed forever and for all eternity. Blessed and praised, glorified, and exalted and uplifted, honored and elevated and extolled be the Name of the Holy One, blessed is He; above all the blessings and hymns, praises and consolations which we utter in the world—and say Amen.

May there be acceptance of the prayers and supplications of the entire House of Israel before their Father in heaven. And say, Amen.

May there be abundant peace from heaven and life for us and for all Israel, —and say Amen.

He Who makes peace in His high heavens may He, make peace for us and for all Israel, —and say Amen.