

אָבוֹת/אִמָּהוֹת

Root – א-ב / א-מ

Meaning – Father/Mother

Words in the prayer with the same root אֲבוֹתֵינוּ אִמָּתֵינוּ

אֲבוֹת אִמָּהוֹת

The אֲבוֹת is found in the Amidah, the third section of the Shabbat morning service.

The Amidah consists of a number of prayers praising God for various parts of our world and lives. The first three prayers of the Amidah (Avot, Gevurot, and Kedushah) are chanted out loud by the leader and the congregation. The remainder of the prayers are chanted/read silently.

Although many of the prayers of the Amidah are said silently in the Shacharit (morning) service, the first three (3) prayers are said out loud as a community. The אֲבוֹת is the first prayer of the Amidah and is said out loud by the community at the Shacharit service. While reciting the אֲבוֹת we bend our knees and then bow from the waist at the beginning of the first line and at the beginning of the final line. We do not bow at the end of the Gevurot.

The אֲבוֹת connects us with and reminds us of our past. It reminds us that Jews have been trusting and worshipping the same God for over 2,000 years, since the time of our ancestors. It reminds us that our ancestral mothers and fathers are to be honored for the devotion to God that made it possible for us to be the Jews we are today.

Vocabulary and Translation

Redemption - גְּאוּלָּה

Our Fathers – אֲבוֹתֵינוּ

And our Mothers – וְאִמֹתֵינוּ

With Love - בְּאַהֲבָה

Kindesses – חֲסָדִים

Past Roots

ל – א – Root of the names of God

כ – ר – ב - Bless

י – י – ה – life, live

ר – ח – ב - Choose

Prefixes

ל – to, for

ו – and

Prayer Translation

Blessed are you Adonai our God, God of our fathers and mothers, God of Abraham, God of Isaac, God of Jacob, God of Sarah, God of Rebecca, God of Leah, and God of Rachel.

The Great, Mighty, and Awesome God, God Supreme. The one who bestows lovingkindness, creates everything, and remembers the kindnesses of the fathers and mothers.

And brings redemption to his children's children for the sake of his name in love.

Ruler, Helper, Savior, and Shield.

Blessed are you Adonai, Shield of Abraham and Helper of Sarah.