

אבות ואמהות

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאַמְתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב.
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבֵּקָה, אֱלֹהֵי לֵאָה, וְאֱלֹהֵי רַחֵל.
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,
גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת
וְאַמָּהוֹת, וּמְבִיא גְאוּלָּה לְבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ
בְּאַהֲבָה:

מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגִן:

בְּרוּךְ אַתָּה יְיָ, מְגִן אַבְרָהָם וְעִזְרַת שָׂרָה:

אָבוֹת וְאִמּוֹת

Root: א – ב

Meaning - father

Root: א – מ

Meaning - mother

Words in the prayer with the same root: אָבוֹתֵינוּ אִמּוֹתֵינוּ

אִמּוֹת

The **אָבוֹת** is found in the Amidah (stand) 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 Shabbat morning service, the first three prayers are said out loud as a community. In an evening service, all of the prayers are chanted silently.

The **אָבוֹת** is the first prayer of the Amidah. Traditionally, we bend our knees and bow from the waist on the first two words, and then bend our knees and lift up on Adonai. We repeat this on the last line of the prayer.

The **אָבוֹת** 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 named in this prayer. It reminds us to honor our ancestral fathers and mothers and their devotion to God, which makes it possible for us to be the Jews we are today.

In the **אָבוֹת** prayer, **אֱלֹהֵי** is said prior to each of the father and mother's names, meaning God of Abraham, God of Isaac, etc. This illustrates that each of them had his or her individual relationship with God. We, too, can each have our own relationship with God.

Vocabulary

with love בְּאַהֲבָה	Kindnesses חַסְדִּים	Redemption גְּאוּלָּה
and Our Mothers וְאִמֵּינוּ		Our Fathers אֲבוֹתֵינוּ

Past Roots and Prefixes

choose ב-ח-ר	place/put ש-י-מ	bless ב-ר-כ
life/live ח-י-י (י)	root for the names of God and also the word God (ה) א-ל-ל	
And ו	to, for ל	great/large ג-ד-ל
give נ-ת-נ	on, in, with ב or ב	save, redeem ג-א-ל

Translation

Blessed are You, Adonai our God, the God of our fathers and our mothers,
God of Abraham, God of Isaac, God of Jacob;

God of Sarah, God of Rebecca, God of Leah, and God of Rachel,

God the Great, the Mighty, and the Awesome, God Supreme.

The one who bestows lovingkindness, and creates everything, and remembers the
kindness of the fathers and mothers,

And brings redemption to the children's children for the sake of his Name with
love.

Ruler, Helper, Savior, Shield,

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