

אבות ואמהות

ברוך אתה יי אלהינו ואלהי אבותינו ואמתינו,

אלהי אברהם, אלהי יצחק, ואלהי יעקב.

אלהי שרה, אלהי רבקה, אלהי לאה, ואלהי רחל.

האל הגדול הגבור והנורא, אל עליון,

גומל חסדים, טובים, וקונה הכל, וזוכר חסדי אבות ואמהות,

ומביא גאולה לבני בניהם למען שמו באהבה:

מלך עוזר ומושיע ומגן:

ברוך אתה יי, מגן אברהם ועזרת שרה:



אָבוֹת וְאִמּוֹת

Root: א – ב

Meaning - father

Root: א – מ

Meaning - mother

Words in the prayer with the same root: אָבוֹתֵינוּ אִמּוֹתֵינוּ אָבוֹת אִמּוֹת

The אָבוֹת 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 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 stand 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 3,000 years, since the time of our ancestors named in this prayer. It reminds us to honor our ancestral fathers and mothers for their devotion to God who made it possible for us to be the Jews we are today.

In the אָבוֹת prayer אֱלֹהֵי (God of) is said prior to each of the father's and mother's names, meaning God of Abraham, God of Isaac, etc. This illustrates that each ancestor 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 (י)-ח-י	root for names of God and also the word "God" (ה)-ל-א	
and ו	to, for ל	great, large ג-ד-ג
give נ-ת-נ	on, in, with ב or ב	save, redeem ל-א-ג

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.