אָבוֹת וְאִמָּהוֹת

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וֵאלֹהֵי יַעֲקֹב.

אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה, וֵאלֹהֵי רָחֵל.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן,

גּוֹמֵל חֲסָדִים, טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אָבוֹת וְאִמָּהוֹת,

וּמֵבִיא גְּאוּלָה לִבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמָגֵן:

בָּרוּךְ אַתָּה יְיָ, מָגֵן אַבְרָהָם וְעֶזְרַת שָׂרָה:

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אָבוֹת וְאִמָּהוֹת

Root: א — ב

Meaning - father

Root: א — מ

Meaning - mother

Words in the prayer with the same root: אָבוֹת אִמּוֹתֵינוּ אִמּוֹתֵינוּ אָבוֹת אִמָּהוֹת

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. On Shabbat morning, 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 read silently. In an evening service, the entire Amidah is read 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.

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Vocabulary

redemption - גְּאוּלָה	kindnesses חֲסָדִים	with love בְּאַהֲבָה
our fathers אֲבוֹתֵינוּ	and our mothers וְאִמּוֹתֵינוּ	

Past Roots and Prefixes

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

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.

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