

Meditative Prayer: Asking God for Assistance.

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This prayer may be recited after the central b'rachah in the Shabbat Amidah, either silently or by the congregation, with participants taking turns reading the verses.

The traditional Shabbat Amidah does not include "petitionary prayers," although they appear in each weekday Amidah, since the Rabbis of the Talmud thought it inappropriate to petition God on the Shabbat. Our ancestors, by and large, recited the Amidah every day, so refraining from petitionary prayers on one day made sense. Many of us, however, say the Amidah only on Shabbat, and so rarely recite petitionary prayers. How then do we become engaged in the practice of bringing God into our lives, of speaking to the One who hears prayer, of tapping into the strength of the source of all strength? It is time to acknowledge this reality and reinstate the opportunity for petitionary prayer in the Shabbat Amidah. With this new prayer, we give ourselves permission to speak to God on Shabbat and to bring to God all our concerns. (The phrases "ki ánu" and "hamtzei lánu" come from the Yom Kippur liturgy.)

This prayer is written in first person plural, following the style of the traditional prayerbook. However, when you recite it silently, you may personalize it by changing "we" to "I," "our" to "my," and "us" to "me," by focusing on those sentences that seem most relevant to you, and by specifying your personal concerns while reciting those sentences.

רַבְּנוּ שֶׁל עוֹלָם, מוֹדִים אֲנַחְנוּ בְּהַשְׁפַּעְתְּךָ עַל חַיֵּינוּ, בְּהַקְרִיבֵנוּ לְפָנֶיךָ צְרָכֵינוּ וְתַקְוֹתֵינוּ, דְּאִגּוּתֵנוּ וְשְׂאִיפוֹתֵנוּ.	Ribbono shel olam – Creator of the universe, we acknowledge Your influence in our lives by bringing before You our needs and our hopes, our concerns and our aspirations.
כִּי אָנוּ נְבוֹכִים, הִמְצָא לָנוּ הָאֲרָה – כִּי אֲתָה חוֹנֵן הַדָּעַת.	When we are perplexed, help us find clarity – for You grace us with understanding.
כִּי אָנוּ אֲשָׁמִים, הִמְצָא לָנוּ מַחְלָה – כִּי אֲתָה מְרַבֵּה לְסִלַּח.	When we feel guilty, help us find forgiveness – for You forgive us abundantly.
כִּי אָנוּ תוֹעִים, הִמְצָא לָנוּ הַכּוֹנֵה – כִּי אֲתָה מְכַיֵּן צַעְדֵּינוּ.	When we have lost our way, help us find direction – for You guide our steps.

כי אָנוּ רְחוּקִים מִמֶּךָ,
הַמְצֵא לָנוּ תְּשׁוּבָה –
כי אַתָּה רוֹצֵה בְּתְּשׁוּבָה.

When we feel far from You,
help us feel nearer –
for You want us to return to You.

כי אָנוּ שְׁבוּרִים,
הַמְצֵא לָנוּ רְפוּאָה –
כי אַתָּה רוֹפֵא חוֹלִים.

When we are broken,
help us find healing –
for You heal those who are in distress.

כי אָנוּ נוֹאֲשִׁים,
הַמְצֵא לָנוּ תְּקוּנָה –
כי אַתָּה מְבָרֵךְ הַשָּׁנִים.

When we feel desperate,
help us find hope –
for You bless every one of our years.

כי אָנוּ הַמוּמִים,
הַמְצֵא לָנוּ שְׁלוֹה –
כי אַתָּה מְשִׁיב מְנוּחָה לְנַפְשֵׁינוּ.

When we feel overwhelmed,
help us find peace of mind –
for You restore serenity to our souls.

כי אָנוּ יְרֵאִים,
הַמְצֵא לָנוּ תְּעוּזָה –
כי אַתָּה זוֹקֵף כְּפוּפִים.

When we feel fearful,
help us find courage –
for You raise up those who are bowed down.

כי אָנוּ עֵיפִים,
הַמְצֵא לָנוּ עֲצָמָה –
כי אַתָּה נוֹתֵן לַיְעָף כֹּחַ.

When we are tired,
help us find strength –
for You give strength to the weary. (Isa. 40:29)

כי אַתָּה מְקוֹר
הַאֲרָה וּמְחִלָּה,
הַכּוֹנֵן וְתְּשׁוּבָה,
רְפוּאָה וְתְּקוּנָה וְשְׁלוֹה,
תְּעוּזָה וְעֲצָמָה.

You are the source
of clarity and forgiveness,
of direction and return,
of healing and hope and serenity,
of courage and strength.

כי אָנוּ עוֹמְדִים לְפָנֶיךָ,
אָנוּ מוֹדִים וּמְקַבְּלִים
אֵת כָּל הַבְּרָכוֹת הָאֵלֶּה.

When we stand in Your presence
we acknowledge and experience
all these blessings.

כי אַתָּה שׁוֹמֵעַ תְּפִלָּתֵנוּ בְּרַחֲמִים.
בְּרוּךְ אַתָּה,
שׁוֹמֵעַ תְּפִלָּה.

We praise You,
for always being receptive to our prayers,
for listening compassionately to all of our prayers.