

Take the first practical step in Order to Achieve Spiritual and Emotional Effectivity Get yourself a [complete] copy of the special siddur (prayer book) "...This prayer book is designed for all of the people in the world who identify themselves as Noahide, meaning that they accept upon themselves the Seven Commandments that have been given to the Children of Noah (Noahide)..."

[From the introduction]



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## TO THE READER

It is forbidden to pray to false gods, or to any force, or object of the world, but rather, only to the Creator of Heaven and Earth, the God of Israel. Anything else is likely to be idolatry, in violation of the prohibition of idol worshipping.

# ABRIDGED PRAYERS FOR THE NATIONS

Someone who does not feel an inner urge to pray, or someone who is short in time, can ercite the following abridged prayers with an easy heart and clear conscience, and his prayer will find favor before Him who hears the prayers of all hearts. These foundations of prayer for all peoples are based on an arrangement recommended by Rabbi Yoel Schwartz of Jerusalem, a member of the New Sanhedrin.

### ABRIDGED PRAYER FOR WEEKDAYS

#### In the Morning, upon Arising:

I give thanks to You, everlasting King, who has compassionately restored my soul within me; great is Your faithfulness. And I also thank You for providing man with his needs, and for granting him wisdom, so that he can know Your greatness, and know how to carry out his mission in life.

## AMIDAH PRAYER

The Amidah prayer is known as the "Standing Prayer," or the "Shemona Esrei" in Hebrew. Three times of the day have been established for its recital: in the early hours of the morning; afternoon, and evening. Noahide may recite it all the three times, twice, once, or not at all. It is possible to replace it with any other prayer which includes, in concise form, the following three themes, in this order: praise to Creator, requests, thanks.

To begin the prayer, one should make three steps forward and keep one's legs together in order to resemble an angel standing in prayer. Remove from the heart all worries and annoying thoughts in order to concentrate on the prayer. Keep the eyes closed, or else focused on the prayer book. Until the end of the Amidah, one should not to leave his place, or interrupt the prayer by speaking, even about holy matters, or stop the prayer in the middle. The prayer is said in a low whisper which shouldn't those praying at one's side.

# *My Master, open my lips and my mouth will declare Your praise.*

#### PATRIARCHS – AVRAHAM, YITZHAK, AND YAAKOV

## I will praise and extol You, God of the Universe, Creator

heaven and earth, God of Avraham, God of Yitzhak, God of Yaakov, the great, mighty, and awesome God, supreme God, who bestows lovingkindness, Master of Everything, who remembers the saintly deeds of the Patriarchs and brings a redeemer to their children's children, for His Name's sake, with love.

O King, Supporter, Savior, and Shield, praised be Your Name, the Shield of Avraham.

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#### UNDERSTANDING

**You graciously grant** man knowledge, and teach mankind understanding. Grant us knowledge, understanding, and insight. Praised be Your Name, gracious giver of knowledge.

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#### THANKSGIVING

**We thank You,** for You are Hashem, our God, and God of our fathers, forever and ever; our Rock, the Rock of our lives. You are the Shield of our salvation from generation to generation. We thank you and praise You for our lives which are in Your charge, and for our souls which are entrusted to You; and for Your miracles which are with us daily; and for Your constant wonders and favors, in the evening, morning, and afternoon. Beneficent One, whose compassion never ceases; Merciful One, whose kindness never ends, we always put our hope in You.

For all of these things, may Your Name be eternally blessed and exalted, our King. And all life will acknowledge You, Sela.

And Your great Name will be extolled and blessed in truth forever, for it is good, O God of our salvation and aid, the God of goodness, Selah.

May Your Name be praised, for Your Name is the Beneficent One, and it is pleasant to give You thanks.



## SPECIAL PRAYERS

PRAYER FOR A WOMAN TO FIND A HUSBAND

... PRAYER FOR A MAN TO FIND A WIFE ... PRAYER FOR LIVELIHOOD ... PRAYER IN TIMES OF TROUBLE ... PRAYER FOR THE SICK

## **BEFORE A DOCTOR'S APPOINTMENT**

Please, Hashem, in Your hand are the souls of all the living creatures and the spirit of every man, and in Your hand is the power and the force to grant growth and strength and healing to all flesh, in the most precise fashion, and nothing is beyond Your ability. Therefore, may it be Your will, the faithful God, Father of mercy, who heals all of man's ailments with the proper medicines and treatments, to those who seek His closeness, redeeming His saintly ones from destruction, and rescuing from death humbled in spirit – You are a faithful healer.

Please, in Your abundant kindness and graciousness, pity me, and send healing, longevity, and recovery to Your servant (I am (name) the son/daughter of (name of mother)), and bestow abundant compassion upon me, and heal and strengthen me. Heal us, Hashem, and we will be healed; save us and we will be saved, for You are our praise. Grant wisdom to the physicians, and make successful and bless the work of their hands, so that they make no errors in their judgments and treatments. Strengthen their spirits, and their hands, and may their medical care return me to health, for You are a faithful and compassionate healer. All these prayers and much more prayer, which was passed traditionally from the time of the Prophets - And have been preserved for thousands of years among the people of Israel You can find <u>here</u> the full version of the <u>Siddur in this link</u>



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