## A prayer for Israel at a time of anguish

This prayer, Aḥeinu, holds the personal and collective anguish of this moment: those of us in immediate peril, those of us who are wounded, those of us clinging to phones waiting to hear from beloved soldiers, those of us desperate for news of someone missing or in captivity, those of us in mourning, those of us huddling in shelters, and all of us sharing in this pain.

For all our family of the House of Israel, fellow Jews who face anguish and captivity, whether on sea or on land:

May the Divine have compassion upon them, and bring them from distress to relief, from darkness to light, from subjugation to redemption, now, speedily, soon, and let us say: Amen. Acheinu kol beit yisrael,
ha-n'tunim b'tzarah u-vashivyah,
ha-omdim bein ba-yam u-vein
ba-yabashah, ha-makom
y'racheim aleihem, v'yotzi·eim
mi-tzarah lirvachah, u-mei·afeilah
l'orah, u-mi-shibud lig'ullah,
hashta ba-agala u-vizman kariv,
v'nomar amen.

אַחֶינוּ כָּל בֵּית יִשְׂרָאֵל הַנְּתוּנִים בַּצֶּרָה וּבַשִּׁכְיָה הָעוֹמְדִים בֵּין בַּיֶּם וּבֵין בַּיַּבְּשָׁה הַמֶּקוֹם יְרַחֵם עֲלֵיהֶם וְיוֹצִיאֵם מִצְּרָה לְרְוָחָה וּמִאֲפַלָה לְאוֹרָה וּמִשְׁעְבּוּד לִגְאַלָּה הָשָׁתָא בַּעָגָלָא וּבִוְמַן קָרִיב וְאִמְרוּ אָמֵן

## **Prayer for the Israeli Defense Forces**

May the one who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel, and Leah bless the soldiers of the armed forces and security forces of the army of Israel who on the ground, in the air and at sea protect the Land. May God grant that they defeat the enemies who rise up against us. May God protect our soldiers from all harm and danger, from all injury and illness, and may God afford blessing and success to all their missions. Regarding them, may the words of the Torah prove true: For Adonai Your God, who goes before You, shall join you to battle your foes and aid you to be victorious. And let us say, Amen (Weekday Lev Shalem, Rabbinical Assembly forthcoming)

מִי שְׁבֵּרַדְּ אֲבּוֹתֵינוּ אַבְרָהָם יִצְחַק וְיַעֲקֹב, וְאִמּוֹתֵינוּ שֶׂרָה רִבְקָה רְחֵל וְלֵאָה, הוּא יְבָרֵךְ אֶת חַיָּלֵי צְבָא הַהָּגְנָה לְיִשְׂרָאֵל וְאַנְשֵׁי הַבִּטְּחוֹן, הָעוֹמְדִים עַל הַהָּגְנָה לְיִשְׂרָאֵל וְאַנְשֵׁי הַבִּטְּחוֹן, הָעוֹמְדִים עַל מִשְׁמַר אַרְצֵנוּ בַּיַּבְּשְׁה בְּאַוִיר וּבַיָּם. יִמֵּן ה׳ אֶת אוֹיְבֵינוּ הַקָּמִים עָלֵינוּ נִגָּפִים לִפְנִיהֶם. הַקָּדוֹשׁ בָּרוּדְ אוֹיְבֵינוּ הַפָּל צֶרָה וְצוּקָה וּמִכָּל הוֹא יִשְׁמֹר וְיַצִּיל אֶת חַיָּלֵינוּ מִכָּל צֶרָה וְצוּקָה וּמְכָּל מִעְשׁי נְגַע וּמַחַלָּה, וְיִשְׁלַח בְּרָכָה וְהַצְּלָחָה בְּכָל מִעְשׁי יְבִיהָם. וְיִאָיֵם בָּהֶם הַכָּתוּב: כִּי ה׳ אֱלֹהֵיכֶם הַהֹּלֵדְ עָמָר לְכָם עִם אֹיְבֵיכֶם, לְהוֹשִׁיעַ עִּמְכָם לְכָם עִם אֹיְבֵיכֶם, לְהוֹשִׁיעַ אַתָּכָם. וְנִאְמַה לָכָם עִם אֹיְבֵיכֶם, לְהוֹשִׁיעַ

## A Prayer for Israel in Time of War

Dear God, our Strength and Protection, we pray for the State of Israel in this devastating time of war. We pray that our Israeli brothers and sisters will continue to have the strength, courage and fortitude to face each day with thanksgiving for the blessings of life.

We pray for those who are grieving the loss of loved ones. We pray for the safe return of all men and women serving in the IDF. We pray for the end of all violence including the rocket attacks that continue from Hamas and Hezbolah. Bring peace. Let it rain down from the heavens like a mighty storm. Let it wash away all hatred and bloodshed.

We pray for all innocent people affected by this war. We pray for all who have lost their homes and yearn for peace and freedom. We pray for the lives of all who continue to suffer as hostages. Dear God, help us to bring them home.

We are grateful for the return of those who have been hostages. We pray that they will be blessed with physical and psychological healing from the trauma that they have endured.

Send healing to the injured, and strength and wisdom to their doctors and nurses. We pray for all our brothers and sisters in Israel in this time of tragedy and crisis.

God of the brokenhearted, God of the living, God of the dead, shelter the souls of those who were brutally murdered by the Hamas terrorists on October 7, 2023 and all of the IDF solders who have lost their lives serving on our behalf as the war has continued. Their lives have ended, but their lights can never be extinguished. May they shine on us always and illuminate our way.