

## 35 אבות ואמות

- 1\_ בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
- 2\_ אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק אֱלֹהֵי יַעֲקֹב
- 3\_ אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה
- 4\_ הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא אֵל עֶלְיוֹן
- 5\_ גּוֹמֵל חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל
- 6\_ וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת וּמִבִּיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם
- 7\_ לְמַעַן שְׁמוֹ בְּאַהֲבָה
- 8\_ מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגִּן:
- 9\_ בְּרוּךְ אַתָּה יְהוָה מֶגֶן אַבְרָהָם וְעֲזָרַת שָׂרָה

Blessed are You, YHVH our God, and the God of our ancestors, God of Abraham, God of Isaac, God of Jacob, God of Sarah, God of Rebecca, God of Rachel, and the God of Leah, the great, heroic and awesome God, God Supreme, benefactor of good deeds, and source of everything, who remembers the kindnesses of our ancestors, and redeems their children's children lovingly for the sake of the Holy Name. Sovereign, Helper, Savior and Shield: Blessed are You YHVH, Shield of Abraham and Help of Sarah.

## READING

## CHANTING

\_\_\_\_\_  
Teacher

\_\_\_\_\_  
Date

\_\_\_\_\_  
Teacher

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

### WHERE FOUND

The Avot / Avot V'imot (Ancestors) is prayed at every Morning, Afternoon and Evening Service. This blessing begins the Amidah (Standing) Prayer.

### MAJOR THEMES

God is the same for us as for our ancestors. God is timeless.

God is faithful to us, protecting us and helping us.

### KEY WORDS

אָבוֹת

Fathers/Ancestors

אִמוֹת

Mothers/Ancestors

אֵל \ אֱלֹהִים

God

גָּדוֹל

Great

גִּבּוֹר

Heroic

נוֹרָא

Awesome

עֲלִיּוֹן

Supreme

חֶסֶד

Kindness

מָגֵן

Shield

עֲזָרָה

Help

### DISCUSSION STARTER

Why is it important to remember our ancestors? Why is it important to name our God as the God of our ancestors? Is it really necessary to use so many words to praise and describe God when we pray?