

ELOHAI, n'tzor l'shoni meira us'fatai
 midabeir mirmah, v'limkal'lai nafshi
 tidom, v'nafshi ke-afar lakol tih'yeh.
 P'tach libi b'Toratecha, uv'mitzvotecha
 tirdof nafshi. V'chol hachoshvim
 alai raah, m'heirah hafeir atzatham
 v'kalkeil machashavtam. Aseih l'maan
 sh'mecha, aseih l'maan y'minecha, aseih
 l'maan k'dushatecha, aseih l'maan
 Toratecha. L'maan yeichaltzun y'didecha,
 hoshiah y'mincha vaaneini.

אֱלֹהִי, נֹצֵר לְשׁוֹנִי מֵרַע וּשְׁפָתַי
 מִדַּבֵּר מִרְמָה, וְלִמְקַלְלֵי נַפְשִׁי
 תִּדּוֹם, וְנַפְשִׁי כֶּעָפָר לְכָל תְּהִיָּה.
 פְּתַח לְבִי בְּתוֹרֹתֶיךָ, וּבְמִצְוֹתֶיךָ
 תִּרְדּוֹף נַפְשִׁי. וְכָל הַחֹשְׁבִים
 עָלַי רָעָה, מְהִרָה הִפֵּר עֲצָתָם
 וְקַלְקַל מַחְשַׁבְתָּם. עֲשֵׂה לְמַעַן
 שְׁמֶיךָ, עֲשֵׂה לְמַעַן יְמִינְךָ, עֲשֵׂה
 לְמַעַן קִדְשֹׁתֶיךָ, עֲשֵׂה לְמַעַן
 תּוֹרֹתֶיךָ. לְמַעַן יַחְלְצוּן יְדִידֶיךָ,
 הוֹשִׁיעָה יְמִינְךָ וְעַנְנֵי.

אבות ואמהות
 גבורות
 קדשה
 קדשת היום
 עבודה
 הודאה
 שלום
 תפלת הלב

MY GOD, guard my speech from evil and my lips from deception.
 Before those who slander me, I will hold my tongue; I will practice humility.
 Open my heart to Your Torah, that I may pursue Your mitzvot.
 As for all who think evil of me, cancel their designs and frustrate their schemes.
 Act for Your own sake, for the sake of Your Power,
 for the sake of Your Holiness, for the sake of Your Torah,
 so that Your loved ones may be rescued.
 Save with Your power, and answer me.

Yih'yu l'ratzon imrei fi v'hegyon libi
 l'fanecha, Adonai tzuri v'go-ali.

יְהִיו לְרָצוֹן אִמְרֵי פִי וְהִגְיוֹן לְבִי
 לְפָנֶיךָ, יי צוּרִי וְגוֹאֲלִי.

May the words of my mouth and the meditations of my heart
 be acceptable to You, Adonai, my Rock and my Redeemer.

Oseh shalom bimromav,
 hu yaaseh shalom aleinu,
 v'al kol Yisrael, v'al kol yosh'vei teiveil,
 v'imru. Amen.

עֹשֶׂה שְׁלוֹם בְּמִרְוַמָּיו,
 הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,
 וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֵל,
 וְאָמְרוּ: אָמֵן.

May the one who makes peace in the high heavens
 make peace for us, all Israel and all who inhabit the earth. Amen.

On Rosh Chodesh, Chanukah, the Shabbat in Pesach,
 and the Shabbat in Sukkot, Hallel may be recited on pages 558–559 or page 560.

Reading of the Torah is on page 362.

נֹצֵר Elohai, n'tzor My God, guard based on Psalm 34:14
 לְמַעַן יַחְלְצוּן L'maan yeichaltzun so that Your loved ones Psalm 60:7
 יְהִיו לְרָצוֹן Yih'yu l'ratzon May the words of my mouth Psalm 19:15