

## MORNING SERVICE

### NISHMAT

On Shabbat and on Festivals, the morning service, which begins on page 3, continues here:

At dawn I seek You, Refuge, Rock sublime;  
My morning prayers I offer, and those at evening time.  
I tremble in Your awesome Presence, contrite,  
For my deepest secrets lie stripped before Your sight.

My tongue, what can it say? My heart, what can it do?  
What is my strength, what is my spirit too?  
But should music be sweet to You in mortal key,  
Your praises will I sing so long as breath's in me.

The breath of all that lives praises You, Lord God. The force that drives all flesh exalts You, our King, always. Transcending space and time, You are God. Without You we have no one to rescue and redeem us, to save us and sustain us, to show us mercy in disaster and distress. Lord of all ages, God of all creatures, endlessly extolled, You guide the world with kindness, its creatures with compassion. The Lord neither slumbers nor sleeps. You stir the sleeping, support the falling, free the fettered, raise those bowed down, and give voice to the speechless. You alone do we acknowledge.

Could song fill our mouth as water fills the sea  
And could joy flood our tongue like countless waves,  
Could our lips utter praise as limitless as the sky  
And could our eyes match the splendor of the sun,  
Could we soar with arms like eagle's wings  
And run with gentle grace, as the swiftest deer,  
Never could we fully state our gratitude  
For one ten-thousandth of the lasting love  
Which is Your precious blessing, dearest God,  
Granted to our ancestors and to us.

## SHAḤARIT SERVICE

### NISHMAT

On Shabbat and on Festivals, the morning service, which begins on page 2, continues here:

שָׁחַר אֲבִקְשָׁךְ צוּרֵי וּמִשְׁגָּבֵי  
אֶעֱרֹךְ לְפָנֶיךָ שַׁחְרֵי וְגַם עֶרְבֵי.  
לְפָנֶי גִדְלָתְךָ אֶעֱמֵד וְאֶבְהֵל  
כִּי עֵינֶךָ תִּרְאֶה כָּל־מַחְשְׁבוֹת לְבִי.  
מֵה־זֶה אֲשֶׁר יוּכַל הַלֵּב וְהַלְשׁוֹן לַעֲשׂוֹת  
וּמֵה־כֶּחַם רוּחִי בְּתוֹךְ קִרְבִּי.  
הִנֵּה לְךָ תֵּיטֵב וּמֵרַת אֲנוּשׁ  
עַל כֵּן אֹדְדֶךָ בְּעוֹד נִשְׁמַת אֱלֹהִים בִּי.

נִשְׁמַת כָּל־חַי תִּבְרַךְ אֶת־שִׁמְךָ יְהוָה אֱלֹהֵינוּ. וְרוּחַ כָּל־בָּשָׂר  
תִּפְאָר וּתְרוּמָם זְכָרְךָ מִלְּכֵנוּ תָּמִיד. מִן הָעוֹלָם וְעַד הָעוֹלָם  
אֲתָה אֵל. וּמִבְּלַעֲדֶיךָ אֵין לָנוּ מֶלֶךְ גּוֹאֵל וּמוֹשִׁיעַ, פּוֹדֶה  
וּמַצִּיל וּמַפְרִיג וּמְרַחֵם בְּכָל־עֵת צָרָה וְצוּקָה. אֵין לָנוּ מֶלֶךְ  
אֶלָּא אַתָּה. אֱלֹהֵי הָרֵאשׁוֹנִים וְהָאַחֲרוֹנִים, אֱלֹהֵי כָּל־בְּרִיּוֹת,  
אֲדוֹן כָּל־תּוֹלְדוֹת, הַמְהַלֵּל בְּרַב הַתְּשַׁבְּחוֹת, הַמְנַהֵג עוֹלָמוֹ  
בְּחֶסֶד וּבְרִיּוֹתָיו בְּרַחֲמִים. וַיְהוּה לֹא יָנוּם וְלֹא יִישָׁן, הַמְעוֹרֵר  
יְשׁוּנִים, וְהַמְקִיץ נִרְדָּמִים, וְהַמְשִׁיחַ אֱלָמִים, וְהַמְתִּיר אֲסוּרִים,  
וְהַסּוֹמֵךְ גּוֹפְלִים, וְהַזּוֹקֵף כְּפוּפִים. לְךָ לְבָדֶךָ אֲנַחֲנוּ מוֹדִים.

אֱלֹהֵינוּ מְלֹא שִׁירָה כִּי־וּלְשׁוֹנֵנוּ רִנָּה כַּהֲמוֹן גְּלִיּוֹ  
וּשְׁפֹתוֹתֵינוּ שֹׁבַח כְּמֶרְחָבֵי רִקְיעַ  
וְעֵינֵינוּ מְאִירוֹת כְּשֶׁמֶשׁ וּכְיָרֵחַ  
וְיָדֵינוּ פְּרוּשׁוֹת כְּנִשְׂרֵי שָׁמַיִם וְרַגְלֵינוּ קָלוֹת כְּאַיְלוֹת  
אֵין אֲנַחֲנוּ מְסַפִּיקִים לְהוֹדוֹת לְךָ  
יְהוָה אֱלֹהֵינוּ וְאַלֵּהֵי אֲבוֹתֵינוּ  
וּלְבָרְךָ אֶת־שִׁמְךָ עַל אַחַת מֵאַלְפֵי אֲלָפִים  
וּרְבֵי רַבּוֹת פְּעָמִים הַטּוֹבוֹת שְׁעָשִׂיתָ עִם אֲבוֹתֵינוּ וְעִמָּנוּ.

From Egypt You redeemed us, from the house of bondage You delivered us. In famine You nourished us, in prosperity You sustained us. You rescued us from the sword, protected us from pestilence, and saved us from severe and lingering disease. To this day Your compassion has helped us, Your kindness has not forsaken us. Never abandon us, Lord our God.

These limbs which You formed for us, this soul-force which You breathed into us, this tongue which You set in our mouth, must laud, praise, extol, exalt, and sing Your holiness and sovereignty. Every mouth shall extol You, every tongue shall pledge devotion. Every knee shall bend to You, every back shall bow to You, every heart shall revere You, every fiber of our being shall sing Your glory, as the Psalmist sang: "All my bones exclaim—Lord, who is like You, saving the weak from the powerful, the needy from those who would prey on them?" Who can equal You, who can be compared to You, great, mighty, awesome, exalted God, Creator of the heavens and the earth? We extol You even as David sang: "Praise the Lord, my soul; let every fiber of my being praise His holy name."

*On Festivals, the Reader begins formal chanting here:*

You are God through the vastness of Your power, great through the glory of Your name, mighty forever, awesome through Your awesome works. You are King, enthroned supreme.

*On Shabbat, the Reader begins formal chanting here:*

He inhabits eternity, sacred and exalted. As the Psalmist has written: "Rejoice in the Lord, you righteous. It is fitting for the upright to praise Him."

By the mouth of the upright are You extolled,  
by the words of the righteous are You praised,  
by the tongue of the faithful are You acclaimed,  
in the heart of the saintly are You hallowed.

ממִצְרַיִם גָּאֲלָתָנוּ, יְהוָה אֱלֹהֵינוּ, וּמִבֵּית עֲבָדִים פְּדִיתָנוּ.  
בְּרָעַב וְזָנְתָנוּ וּבְשָׂבַע כָּל־לֶחְמֵנוּ, מִקָּרֵב הִצַּלְתָּנוּ וּמִדְּבַר  
מִלְטָתָנוּ, וּמִחַלְלִים רָעִים וְנֹאֲמָנִים דִּלִּיתָנוּ. עַד הַנּוֹה עֲזָרוֹנוּ  
רַחֲמֶיךָ, וְלֹא עֲזָבוֹנוּ חֲסֵדֶיךָ, וְאַל תִּטְשֵׁנוּ, יְהוָה אֱלֹהֵינוּ,  
לְנִצָּחַ. עַל כֵּן אֲבָרִים שִׁפְלֵגֶת בְּנוּ, וְרוּחַ וּנְשָׁמָה שִׁנְפַחְתָּ  
בְּאַפֵּינוּ, וְלִשׁוֹן אֲשֶׁר שָׁמַתָּ בְּפִינוּ, הֵן הֵם יוֹדוּ וַיְבָרְכוּ וַיִּשְׁבְּחוּ  
וַיִּפְאֲרוּ וַיְרוּמְמוּ וַיַּעֲרִיצוּ וַיִּקְדְּשׁוּ וַיִּמְלִיכוּ אֶת־שִׁמְךָ מִלְּבָנוּ.  
כִּי כָל־פֶּה לְךָ יוֹדֶה, וְכָל־לִשׁוֹן לְךָ תִּשְׁבַּע, וְכָל־בֶּרֶךְ לְךָ  
תִּכְרַע, וְכָל־קוֹמָה לְפָנֶיךָ תִּשְׁתַּחֲוֶה, וְכָל־לִבָּבוֹת יִירָאוּךָ, וְכָל־  
קֶרֶב וּכְלִיּוֹת יִזְמְרוּ לְשִׁמְךָ, בְּדִבְרֵי שִׁכְתוֹב: כָּל־עֲצָמוֹתַי  
תִּתְאַמְרְנָה, יְהוָה מִי כָמוֹךָ, מִצִּיל עֲנִי מִחֹזֶק מִמֶּנּוּ, וְעֲנִי וְאֲבִיוֹן  
מִגּוֹזְלוֹ. מִי יִדְמֶה־לְךָ וּמִי יִשׁוּה־לְךָ וּמִי יַעֲרֶף־לְךָ, הֵאֵל הַגְּדוֹל  
הַגְּבוּר וְהַנּוֹרָא, אֵל עֲלִיוֹן, קִנְיַת שָׁמַיִם וְאָרֶץ. □ נְהַלְלֶךָ  
וּנְשַׁבְּחֶךָ וּנְפָאֲרֶךָ וּנְבָרְךָ אֶת־שֵׁם קְדוֹשְׁךָ, בְּאִמּוֹר: לְדוֹד. בְּרַכִּי  
נַפְשִׁי אֶת־יְהוָה, וְכָל־קֶרְבִּי אֶת־שֵׁם קְדוֹשׁוֹ.

*On Festivals, the Reader begins formal chanting here:*

הֵאֵל בְּתַעֲצוּמוֹת עֲזָךָ, הַגְּדוֹל בְּכַבוֹד שִׁמְךָ, הַגְּבוּר לְנִצָּחַ  
וְהַנּוֹרָא בְּנוֹרְאוֹתֶיךָ, הַמְּלֶךְ הַיּוֹשֵׁב עַל כִּסֵּא רֵם וְנֹשֵׂא.

*On Shabbat, the Reader begins formal chanting here:*

שׁוֹכֵן עַד, מְרוֹם וְקְדוֹשׁ שְׁמוֹ.  
וְכַתּוֹב: רַגְנוּ צְדִיקִים בִּיהוָה, לְיִשְׂרָאֵל נְאֻם תְּהִלָּה.

בְּפִי יִשְׂרָאֵל תִּתְהַלֵּל  
וּבִדְבָרֵי צְדִיקִים תִּתְבָּרַךְ  
וּבְלִשׁוֹן חֲסִידִים תִּתְרוֹמֵם  
וּבְקֶרֶב קְדוֹשִׁים תִּתְקַדֵּשׁ.