

Traditional communities recite the Sh'ma while seated, and say the line beginning Ba-ruch Sheim silently. In recognition of its centrality to Judaism's belief in One God, some Reform communities rise to recite the Sh'ma and say the line beginning Ba-ruch Sheim aloud. Many people cover their eyes when reciting the first line of the Sh'ma. If praying without a minyan, it is customary to add the words אל מֶלֶךְ נֶאֱמָן Eil Me-lech ne e-man.

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Sh'ma Yis-ra-eil

שְׁמַע יִשְׂרָאֵל

Sh'ma Yis-ra-eil A-do-nai E-lo-hei-nu A-do-nai E-chad.

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:

Deuteronomy 6:4

Ba-ruch sheim k'vod mal-chu-to
l'o-lam va-ed.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ
לְעוֹלָם וָעֶד:

V'a-hav-ta

וְאָהַבְתָּ

V'a-hav-ta eit A-do-nai E-lo-he-cha
b'chol l'vav-cha u-v'chol naf-sh'cha,
u-v'chol m'o-de-cha.
V'ha-yu ha-d'va-rim ha-ei-leh
a-she'r A-no-chi m'tza-v'cha ha-yom al l'va-ve-cha.
V'shi-nan-tam l'va-ne-cha
v'di-bar-ta bam b'shiv-t'cha b'vei-te-cha,
u-v'lech-t'cha va-de-rech
u-v'shoch-b'cha u-v'ku-me-cha.
U-k'shar-tam l'ot al ya-de-cha,
v'ha-yu l'to-ta-fot bein ei-ne-cha.
U-ch'tav-tam al m'zu-zot bei-te-cha
u-vi-sh'a-re-cha.

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ,
בְּכָל לִבְּךָ, וּבְכָל נַפְשְׁךָ,
וּבְכָל מַאֲדֶךָ.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם, עַל לִבְּךָ:
וְשָׁנַנְתָּם לְבְנֶיךָ,
וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבְלִכְתְּךָ בְּדֶרֶךְ,
וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.
וְקָשַׁרְתָּם לְאוֹת עַל יָדְךָ,
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ,
וְכָתַבְתָּם עַל מְזוֹזֵי בֵיתְךָ
וּבְשַׁעְרֶיךָ:

Deuteronomy 6:5-9

Hear, Israel

Hear, Israel, Adonai is our God. Adonai is One.

Deuteronomy 6:4

Blessed is the Name of God's glorious majesty
for ever and ever.

And You Are To Love

And you are to love Adonai your God
with all your heart, with all your soul,
and with all your might.
These words
that I command you today shall be upon your heart.
You should teach them to your children
speaking of them when you sit in your house,
and when you go on your way,
when you lie down and when you rise up.
Bind them as a sign upon your hand,
and let them be a symbol between your eyes.
Write them upon the doorposts of your house
and upon your gates.

Deuteronomy 6:5-9

Sh'ma is at the center of the first part of the Ma'a-riv Service. Preceded by A-ha-vat O-lam, proclaiming God's love for us and followed by V'a-hav-ta, admonishing us to love God, the Sh'ma affirms that God is One, Master of life and death, heaven and earth, past and future. The Sh'ma is written in the Torah with two enlarged letters אֶחָד e-chad, spelling עֵד eid, witness). We bear witness to God's Oneness, unique and unfathomable.

And Thou Shalt Love

Hear O Israel! Adonai our God. Adonai is One.
And thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might.
And these words which I command thee on this day shall be upon thy heart. And thou shalt teach them diligently unto thy children, and thou shalt speak of them when thou sittest in thy house, when thou walkest by the way, and when thou liest down, and when thou risest up. And thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes. And thou shalt write them on the doorposts of thy house, and upon thy gates.
That ye may remember and do all of My commandments, and be holy unto your God.

Classic Translation