

A·mi·dah L'E·rev Shab·bat

A·do·nai s'fa·tai tif·tach
u·fi ya·gid t'hi·la·te·cha.

עֲמִידָה לְעֶרֶב שַׁבָּת

אֲדַנְי שְׁפְתַי תִּפְתָּח
וּפִי יַגִּיד תְּהִלָּתְךָ:

Amidah (Standing Prayer) for Shabbat Evening

O God, open up my lips
that my mouth may declare Your praise. *Psalms 51:17*

Recite the *A·mi·dah* quietly in private conversation with God.

Standing in the shadow of history,
I approach You, God of all Generations.