

We stand for the Amidah.

Tzur Yis-ra-eil, kú-mah b'ez-rat Yis-ra-eil,
u-f'deih chin-u-mé-cha Y'hu-dah v'Yis-ra-eil.
"Go-a-léi-nu, A-do-nai Tz'va-ot sh'mo,
K'dosh Yis-ra-eil."
Ba-ruch At-tah A-do-nai, ga-al Yis-ra-eil.

We stand for the Amidah.

צור ישׂרָאֵל, קוֹמָה בְּעֶזְרַת ישׂרָאֵל,
וּפְדֵה כְּנַאֲמְךָ יְהוּדָה וְיִשְׂרָאֵל.
"גַּאֲלֵנוּ, יְיָ צְבָאוֹת שְׁמוֹ,
קְדוֹשׁ ישׂרָאֵל."
בְּרוּךְ אַתָּה יְיָ גֹאֲלֵ ישׂרָאֵל.

We stand for the Amidah.

⁴ Rock of Israel, as we rise up to approach You,
rise up to help Your people Israel.
Fulfill Your promise to be our redeemer:
"Our redeemer is Adonai Tz'vaot,
the Holy One of Israel."
Blessed are You, redeemer of Israel. (Is. 47:4)

GUIDEPOSTS

⁴ **Transition to Amidah.** When the Sages set the order of the daily prayers, they decided that there should be no interruption between the theme of "gaal Yisraeil – redeemer of Israel" and the Amidah, for it is important to enter one's audience with God with the understanding that God does make a difference.

Accordingly, we proceed directly to the Amidah without any interruption – not even to say Amein – so that when we begin the Amidah, we do so with the mindset that God can make a difference in our lives; we do so with the phrase "redeemer of Israel" on our lips and in our hearts.