

I will praise Adonai with my whole heart.

I will tell about all Your wonders.

I will be glad and rejoice in You.

I will sing praise to Your Name, Elyon!

Psalm 9:2-3

TORAH PORTIONS

Beresheet	Genesis 1:1-6:8	Isaiah 42:5-43:11
Noach	Genesis 6:9-11:32	Isaiah 54:1-55:5
Lech Lecha	Genesis 12:1-17:27	Isaiah 40:27-41:16
Vayera	Genesis 18:1-22:24	II Kings 4:1-37
Chayei Sarah	Genesis 23:1-25:18	I Kings 1:1-31
Toldot	Genesis 25:19-28:9	Malachi 1:1-2:7
Vayetzei	Genesis 28:10-32:3	Hosea 12:13-14:10
Vayishlach	Genesis 32:4-36:43	Hosea 11:7-12:12, Obadiah 1:1-21
Vayeshev	Genesis 37:1-40:23	Amos 2:6-3:8
Miketz	Genesis 41:1-44:17	I Kings 3:15-4:1
Vayigash	Genesis 44:18-47:27	Ezekiel 37:15-28
Vayechi	Genesis 47:28-50:26	I Kings 2:1-12
Shemot	Exodus 1:1-6:1	Isaiah 27:6-28:13, 29:22-23
Vaera	Exodus 6:2-9:35	Ezekiel 28:25-29:21
Bo	Exodus 10:1-13:16	Jeremiah 46:13-28
Beshalach	Exodus 13:17-17:16	Judges 4:4-5:31
Yitro	Exodus 18:1-20:23	Isaiah 6:1-7:6, 9:5-6
Mishpatim	Exodus 21:1-24:18	Jeremiah 34:8-22, 33:25-26
Terumah	Exodus 25:1-27:19	I Kings 5:26-6:13
Tetzaveh	Exodus 27:20-30:10	Ezekiel 43:10-27
Ki Tisa	Exodus 30:11-34:35	I Kings 18:1-39
Vayakhel	Exodus 35:1-38:20	I Kings 7:40-50
Pekudei	Exodus 38:21-40:38	I Kings 7:51-8:21
Vayikra	Leviticus 1:1-6:7	Isaiah 43:21-44:23
Tzav	Leviticus 6:8-8:36	Jeremiah 7:21-8:3, 9:22-23
Shemini	Leviticus 9:1-11:47	II Samuel 6:1-7:17
Tazria	Leviticus 12:1-13:59	II Kings 4:42-5:19

Metzora	Leviticus 14:1-15:33	II Kings 7:3-20
Acharei Mot	Leviticus 16:1-18:30	Ezekiel 22:1-19
Kedoshim	Leviticus 19:1-20:27	Amos 9:7-15
Emor	Leviticus 21:1-24:23	Ezekiel 44:15-31
Behar	Leviticus 25:1-26:2	Jeremiah 32:6-27
Bechukotai	Leviticus 26:3-27:34	Jeremiah 16:19-17:14
Bamidbar	Numbers 1:1-4:20	Hosea 2:1-23
Nasso	Numbers 4:21-7:89	Judges 13:2-13:25
Beha'alotcha	Numbers 8:1-12:16	Zechariah 2:14-4:7
Shelach	Numbers 13:1-15:41	Joshua 2:1-24
Korach	Numbers 16:1-18:32	I Samuel 11:14-12:22
Chukat	Numbers 19:1-22:1	Judges 11:1-33
Balak	Numbers 22:2-25:9	Micah 5:6-6:8
Pinchas	Numbers 25:10-30:1	I Kings 18:46-19:21
Mattot	Numbers 30:2-32:42	Jeremiah 1:1-2:3
Masei	Numbers 33:1-36:13	Jeremiah 2:4-28, 3:4
Devarim	Deuteronomy 1:1-3:22	Isaiah 1:1-27
Vaetchanan	Deuteronomy 3:23-7:11	Isaiah 40:1-26
Eikev	Deuteronomy 7:12-11:25	Isaiah 49:14-51:3
Re'eh	Deuteronomy 11:26-16:17	Isaiah 54:11-55:5
Shoftim	Deuteronomy 16:18-21:9	Isaiah 51:12-52:12
Ki Titzi	Deuteronomy 21:10-25:19	Isaiah 54:1-10
Ki Tavo	Deuteronomy 26:1-29:8	Isaiah 60:1-22
Nitzavim	Deuteronomy 29:10-30:20	Isaiah 61:10-63:9
Vayelech	Deuteronomy 31:1-31:30	Isaiah 55:6-56:8
Ha'azinu	Deuteronomy 32:1-52	II Samuel 22:1-51
Vezot Haberakhah	Deuteronomy 33:1-34:12	Joshua 1:1-18

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	Psalm 138
	Romans 3:21-31
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	Proverbs 1:7-9
	Matthew 6:9-13
	Proverbs 3:5-10
	Isaiah 58:6-8
	Matthew 5:3-10
	Psalm 4
	Psalm 1
	Matthew 7:24-27
	John 10:1-16
	Jeremiah 33:1-9
	Ephesians 4:1-3
	Colossians 1:9-11
	Isaiah 40:28-31
	2 Corinthians 12:8-10
	Psalm 50:7-15
	Ephesians 6:10-18
	Psalm 143
	John 17:6-19
	Psalm 6
	John 17:20-26
	Ephesians 5:1-20
	Philippians 1:3-11
	2 Thessalonians 1:11-12
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	I John 1
	Psalm 5
	Isaiah 9:5-6
	Psalm 42
	Psalm 51
	Exodus 15:1-21
	Proverbs 12:24-28
	Jeremiah 17:5-8
	Jeremiah 9:22-24
	Proverbs 12:10-12
	Genesis 50:15-21
	Exodus 12:14-20
	Galatians 5:13-26
	Colossians 2:6-15
	Deuteronomy 4:5-10
	Joshua 1:5-9
	Psalm 25
	Psalm 47
	Ruth 1:16-22
	Esther 4:10-17
	Deuteronomy 6:20-25
	Psalm 33:1-11
	Daniel 9:1-19
	Matthew 1:18-25
	Deuteronomy 11:18-25
	Psalm 26
	Matthew 5:1-12

PASSAGES FOR STUDY

	Matthew 12:1-14
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	Revelation 3:14-22
	Matthew 5:17-20
	Deuteronomy 28:1-14
	Psalm 63
	Psalm 62:1-9
	Isaiah 55:6-13
	Matthew 7:7-11
	I Thessalonians 5:16-18
	Hebrews 4:14-16
	Deuteronomy 31:1-6
	2 Timothy 1:7-8
	Proverbs 3:1-10
	Psalm 34
	Nehemiah 1:5-11
	Psalm 8
	Psalm 23
	Colossians 3:12-17
	James 1:19-25
	Lamentations 3:21-26
	Exodus 34:10
	I Corinthians 13:4-7
	I John 4:16-21
	Hebrews 13:1-6
	Deuteronomy 3:24
	2 Corinthians 6:14-18

	Proverbs 3:3-10
	Psalm 86:8-13
	Numbers 20:7-11
	Ecclesiastes 4:9-12
	Romans 12:9-21
	Deuteronomy 7:7-11
	Joshua 3:14-17
	Ephesians 4:25-32
	Leviticus 19:15-19
	Psalm 103:6-13
	Ephesians 5:28-33
	I Peter 4:7-11
	Micah 6:6-8
	Psalm 37:7-9
	Exodus 20:2-17
	Romans 13:8-10
	Luke 6:27-36
	Ecclesiastes 7:8-9
	Hebrews 10:19-25
	Matthew 5:43-48
	Romans 8:37-39
	Proverbs 31:10-31
	2 Timothy 1:3-14
	John 21:15-17
	Philippians 4:1-9
	John 1:1-18
	Psalm 139

PASSAGES FOR STUDY

	Matthew 6:25-34
	I John 3:18-24
	James 1:2-18
	Psalm 121
	Deuteronomy 10:12-15
	Proverbs 3:13-35
	Joshua 2
	Ruth 3:6-18
	Ecclesiastes 3:1-8
	Romans 8:18-30
	Titus 2:1-10
	Matthew 9:18-26
	Philippians 4:10-20
	Romans 4:13-25
	Psalm 119:113-120
	Psalm 130
	Isaiah 26:1-5
	Matthew 7:7-8
	I Kings 18:36-39
	Proverbs 16:20-24
	Psalm 55:22
	Isaiah 41:8-13
	Proverbs 10:27-32
	Jeremiah 29:11-14
	Psalm 90
	Psalm 56
	Zephaniah 3:14-20

	2 Chronicles 32:1-8

PRAYERS

YHVH spoke to Moses, saying, “Speak to Aaron and to his sons, saying, ‘This is how you shall bless the children of Israel.’ You shall tell them, ‘YHVH bless you, and keep you. YHVH make his face to shine on you, and be gracious to you. YHVH lift up his face toward you, and give you peace.’ “So they shall put my name on the children of Israel; and I will bless them.”

Numbers 6:22-27

Pray like this:

‘Our Father in heaven, may your name be kept holy. Let your kingdom come. Let your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also forgive our debtors. Bring us not into temptation, but deliver us from the evil one. For yours is the kingdom, the power, and the glory forever. Amen.’

Matthew 6:9-13





Hear, Israel: YHVH is our God. YHVH is one. You shall love YHVH your God with all your heart, with all your soul, and with all your might. These words, which I command you today, shall be on your heart; and you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up. You shall bind them for a sign on your hand, and they shall be for frontlets between your eyes. You shall write them on the door posts of your house and on your gates.

Deuteronomy 6:4-9

PRAYERS

Be gracious to me, O God, according to Your mercy. According to Your great compassion blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin. For I know my transgressions and my sin is ever before me. Against You, You only, have I sinned, and done what is evil in Your sight, so that You are just when You speak, and blameless when You judge. Behold I was born in iniquity and in sin when my mother conceived me. Surely You desire truth in the inner being. Make me know wisdom inwardly. Cleanse me with hyssop and I will be clean. Wash me, and I will be whiter than snow. Let me hear joy and gladness, so the bones You crushed may rejoice. Hide Your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me from Your presence- take not Your Ruach ha-Kodesh from me. Restore to me the joy of Your salvation and sustain me with a willing spirit. Then will I teach transgressors Your ways and sinners will return to You. Deliver me from bloodguilt, O God- God of my salvation. Then my tongue will sing for joy of Your righteousness. O Lord, open my lips, and my mouth will declare Your praise. For You would not delight in sacrifice, or I would give it, nor be pleased by burnt offerings. The sacrifices of God are a broken spirit. A broken and a contrite heart, O God, You will not despise.

Psalm 51:3-19

So I set my face to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes. I prayed to Adonai my God and confessed, saying: "O Lord, the great and awesome God, who keeps covenant and mercy with those who love Him and keep His mitzvot, we have sinned; we have committed iniquity; we have acted wickedly; we have rebelled; we have turned away from Your mitzvot and from Your rulings. We have not listened to Your servants the prophets, who spoke in Your name to our kings, our leaders and our fathers, and to all the people of the land. "You Lord are righteousness, but shame covers our face to this day- the people of Judah and the inhabitants of Jerusalem, and all Israel, near and far, in all the countries where you have banished them- because they behaved unfaithfully toward you. Adonai, shame covers our face- our kings, our leaders, our fathers- because we have sinned against you. The Lord our God is compassionate and forgiving, even though we have rebelled against Him. We have not obeyed the voice of Adonai Eloheinu by walking in His Torah that He set before us through His servants the prophets. Yes, all Israel has transgressed Your Torah and has turned away- not obeying Your voice. "Therefore the curse and sworn judgment written in the Torah of Moses the servant of God has been poured out upon us, for we have sinned against Him. So He has confirmed His words that he spoke against us and against our rulers who reled over us by bringing on us a great calamity. Under the whole heaven nothing like this has ever been done to Jerusalem! As it is written in the Torah of Moses, all this calamity came on us, yet we have not sought the favor of Adonai Eloheinu by turning away from our iniquities and paying attention to Your truth. So Adonai was intent on bringing the calamity upon us, for Adonai Eloheinu is righteous in all His deeds that He has done- while we have not paid attention to His voice. So now, Adonai Eloheinu, who brought Your people out of the land of Egypt with a mighty hand and made for Yourself a Name to this day- we have sinned, we have acted wickedly. Lord, in keeping with all Your righteous acts, let Your anger and Your fury turn away, please, from Jerusalem, Your city, Your holy mountain. Because of our sins and the iniquities of our fathers, Jerusalem and Your people have become an object of scorn to all those around us. So now, our God, listen to the prayers and petitions of Your servant, and cause Your face to shine upon Your devastated Sanctuary, for the sake of my Lord. Give ear, my God, and hear! Open Your eyes and see our desolation and the city called by Your name. We do not present our supplications before You because of our own righteousness, but because of Your great compassions. Lord, hear! Lord, forgive! Lord, listen and act! For Your own sake, O my God, do not delay! For Your city and Your people are called by Your name." Daniel 9:3-19

PRAYERS

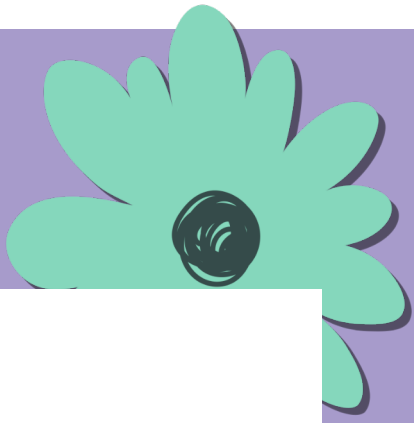
Then Hannah prayed and said, “My heart exults in Adonai, my horn is lifted high in Adonai. I smile wide over my enemies, for I rejoice in Your salvation. There is none holy as Adonai, for there is none besides You, nor is there any rock like our God. Boast no more so proudly- insolence comes out of your mouth. For Adonai is the all-knowing God, and by Him deeds are weighed. The bows of the mighty are broken, but the stumbling are girded with strength. Those full hire themselves for bread, but those starving hunger no more. Even the barren gives birth to seven, but she with many sons languishes. Adonai causes death and makes alive, He brings down to Sheol and raises up. Adonai makes poor and makes rich, He brings low and also lifts up. He raises the helpless from the dust. He lifts the needy from the dunghill, to make them sit with nobles, granting them a seat of honor. For the earth’s pillars are Adonai’s, and He has set the world on them. He guards the steps of His godly ones, but the wicked are silenced in darkness. For one does not prevail by might. Those who oppose Adonai will be shattered. He thunders against them in heaven. He judges the ends of the earth. He gives strength to His king, exalting the horn of His anointed one.”

I Samuel 2:1-10

Upon hearing these words I sat down and wept and mourned for days. I prayed and fasted before the God of heaven. Then I said: "Adonai, God of heaven, the great and awesome God who keeps the covenant and lovingkindness with those who love Him and keep His mitzvot, please let Your ear be attentive and Your eyes open to hear the prayer of Your servant what I am praying before You today both day and night on behalf of Your servants, the Bnei-Yisrael. I am confessing the sins of Bnei-Yisrael that we have sinned against You- yes, I and my ancestral house have sinned. We have acted very corruptly against You. We have not kept the mitzvot, the statutes, nor the rulings that You commanded Your servant Moses. Please recall the word that You commanded Your servant Moses, saying, 'If you act unfaithfully, I will scatter you among the peoples, but if you return to Me and obey my mitzvot, and do them, then even if your dispersed people are at the ends of the heavens, I will gather them from there, and bring them back to the place where I have chosen for My Name to dwell.' They are Your servants and Your people whom You redeemed by Your great strength and by Your mighty hand. Please, my Lord, let Your ear be attentive to the prayer of Your servant and to the prayer of Your servants who delight in revering Your Name. Give Your servant success today and grant compassion in the presence of this man."

Nehemiah 1:4-11

PRAYERS



The Amidah: daily prayers

Blessed are you, O YHVH our God and God of our fathers, the God of Abraham, the God of Isaac, and the God of Jacob, the great, mighty, and revered God, the most high God who bestows lovingkindnesses, the Creator of all, who recalls the good deeds of the fathers and who brings a Redeemer to their children's children for his name's sake, in love. O king, helper, Savior, and shield. Blessed are you, O YHVH, the shield of Abraham.

You, O YHVH, are mighty forever, You are the reviver of the dead, You are greatly able to save. You sustain the living in lovingkindness, You revive the dead with great compassion, You support the falling, heal the sick, set free the bound and keep faith with those who sleep in the dust. Who is like you, O master of mighty deeds? Who compares to you, a king who puts to death and restores to life, and brings forth salvation? And you are faithful to revive the dead. Blessed are you, O YHVH, who revives the dead.

You are holy and your name is holy, and your holy ones praise you every day. Blessed are you, YHVH, the God who is holy.

You show favor to a man of knowledge, and you teach understanding to a mortal man. Be gracious to us; a mind of understanding and intellect is from You. Blessed are you, YHVH, Who favors us with knowledge.

Return us, our Father, to Your Torah; draw us near our King to serve You. Restore us to Your presence in complete repentance. Blessed are you, O YHVH, Who desires repentance.





Forgive us, our Father, for we have sinned; pardon us, our King, for we have rebelled; for You are a pardoner and a forgiver. Blessed are you, YHVH, the gracious One who abundantly forgives.

Behold our affliction and champion our cause, and redeem us speedily for the sake of Thy name. Blessed are You, YHVH, Redeemer of Israel.

Heal us, O YHVH, and we shall be healed; save us, and we will be saved, for the One we praise is You. Bring complete healing for all our sicknesses, [at this point, you may interject a prayer for one who is ill], for O God, for You are our faithful and compassionate Healer and King. Blessed are you, YHVH, the Healer of the sick of Israel.

Bless for us, Adonai our God, this year and its crops. Grant us a blessing on the earth. Satisfy us from Thy bounty and bless our year like other good years. Blessed are You, O YHVH, Who blesses the years.

Sound the great shofar for our freedom and raise a banner to gather our exiles and unite us together from the four corners of the earth. Blessed are You, YHVH, who regathers the scattered of His people Israel.

Restore our judges as at the early times, and advisors as there once were. Remove our sorrows and troubles: we want You, Adonai, to rule over us with kindness and compassion and to justify us in justice. Blessed are You, YHVH, the King Who loves righteousness and justice.

PRAYERS

Upon the righteous, upon the pious, upon the elders of your people of the house of Israel, upon the remnant of their scholars, upon the righteous converts, and upon ourselves, may Your compassion arise, O YHVH our God, and give good reward to all who sincerely believe in your Name. Include us with them forever, and let us not be ashamed, for we put our trust in You. Blessed are You, YHVH, the stronghold and assurance of the righteous.

Return in compassion to Your city, Jerusalem, and rest within it as You have said. Rebuild it speedily, and in our days, a structure forever. And may You establish the throne of David within Jerusalem speedily. Blessed are You, YHVH, the Builder of Jerusalem.

May the seed of David Thy servant flourish speedily and may You exalt in Your salvation. For in your salvation do we hope all the day. Blessed are You, YHVH, Who brings forth the Horn of our salvation.

Hear our voice, O YHVH our God, and have pity and mercy upon us and accept in mercy and in favor our prayer, for You are a God Who hears prayers and supplications. Do not turn us away from before You empty, for in mercy You hear the prayer of Your people Israel. Blessed are You, YHVH, Who hears prayers.

Accept Your people, O YHVH our God, and receive their prayer. Restore the most holy service of Your house and accept in love the offerings and prayers of Israel. May it please You always to want to accept the service of Your people Israel. May our eyes see You return to Zion in mercy. Blessed are You, O YHVH, Who restores His presence in Zion.





We thank You, for it is You alone Who is Adonai our God and the God of our fathers, forever and ever. You are the Rock and Shield of our salvation, You alone, from generation to generation. We thank you and tell of Your praise, for our lives are in Your hands and our souls are trusting in You. Every day Your miracles are with us: Your wonders and favors are at all times, evening, morning, and afternoon. O Good One, Your compassions are never exhausted and Your kindnesses are continual. We put our hope in You.

For all these things we bless and exalt Your name our King forever and evermore. And all the living shall confess You forever and praise Your Name in truth. O God of our salvation and our help forever! Blessed are You, Adonai, "The Good One" is Your Name, and to You it is right to give thanks.

Grant peace, goodness, blessing, grace, kindness, and compassion upon us and upon all of Your people Israel. Bless us, our Father, all of us as one, with the light of Your face, for with the light of Your face You gave to us, Adonai our God, the Torah of life and love of kindness, righteousness, blessing, compassion, life and peace. And may it be good in Your eyes to bless Your people Israel at every time and at every hour with Your peace. Blessed art You, YHVH, Who blesses His people Israel with peace.

May He who makes peace in His high places make peace for us, and for all Israel. And say ye, Amen.

Prayers sourced from www.hebrew4christians.com

Book List

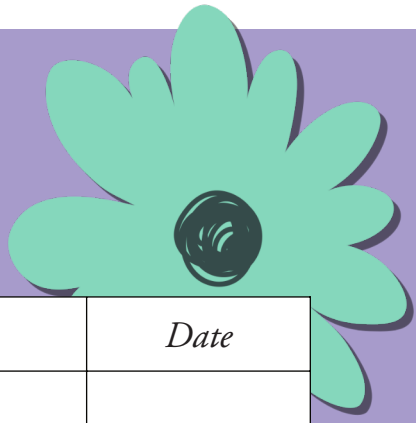
Title	*Author*	*Date*
The Power of Prayer in a Believer's Life	*Charles Spurgeon*	
In His Image	*Jen Wilkin*	





Title	*Author*	*Date*

Book List



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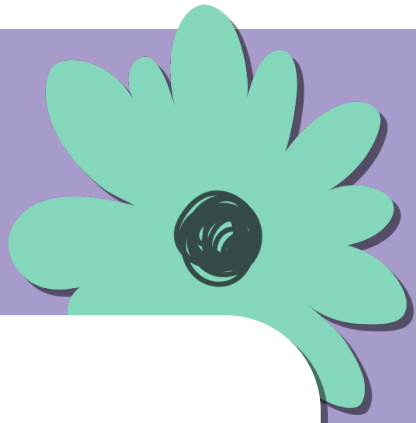

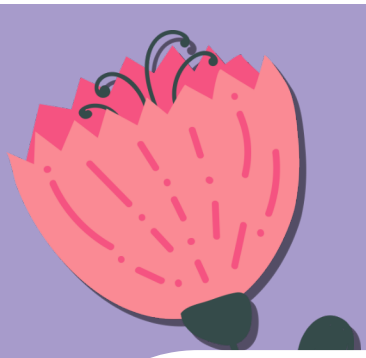



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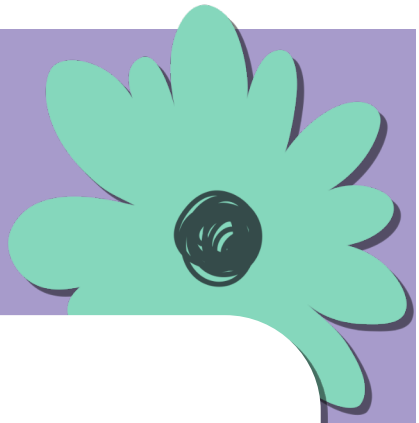

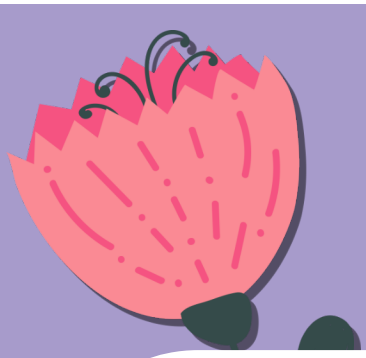



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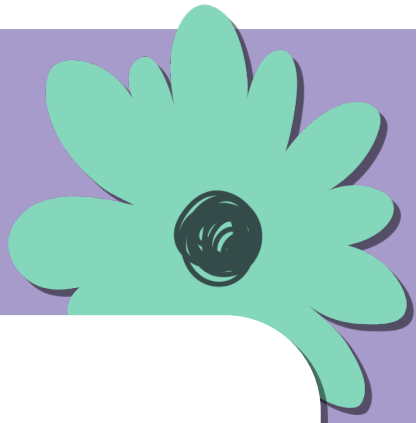

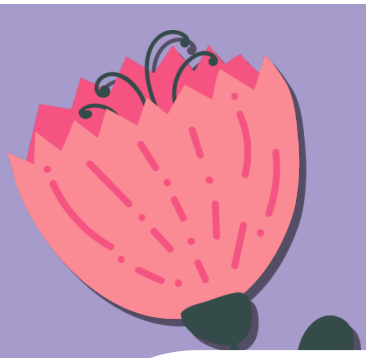



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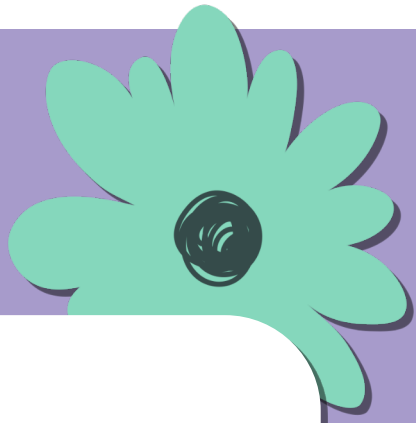

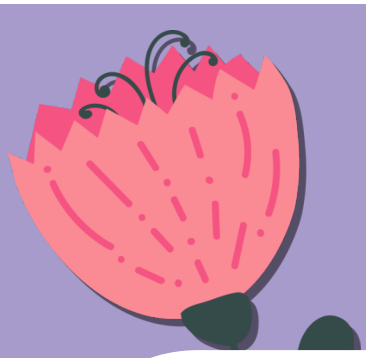



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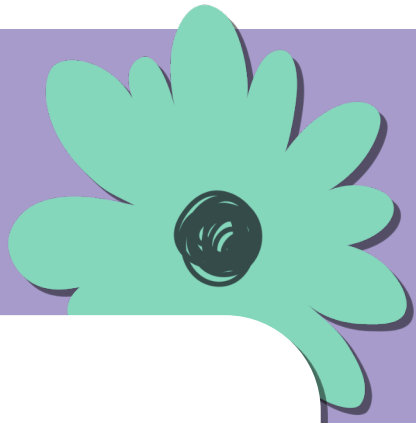

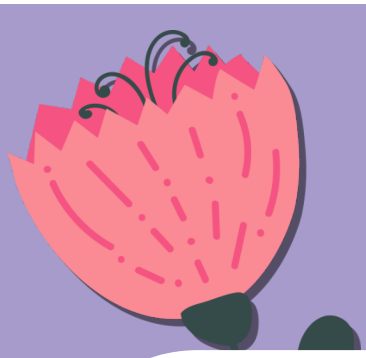



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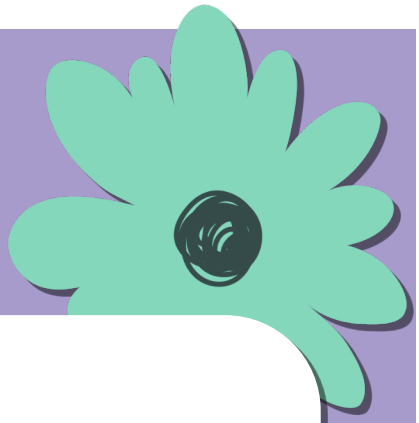
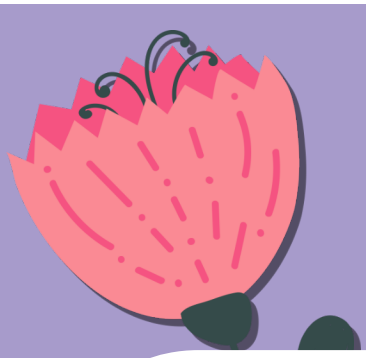
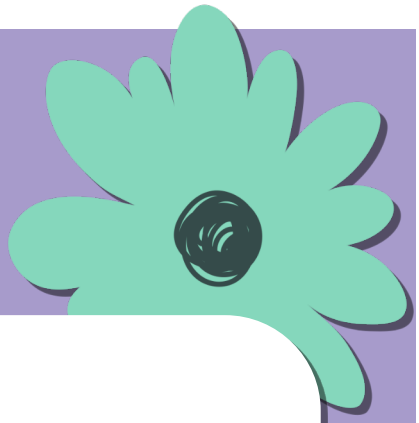
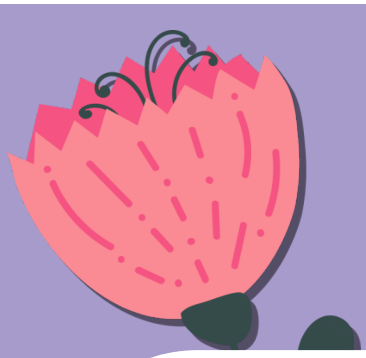






QUOTES & VERSES







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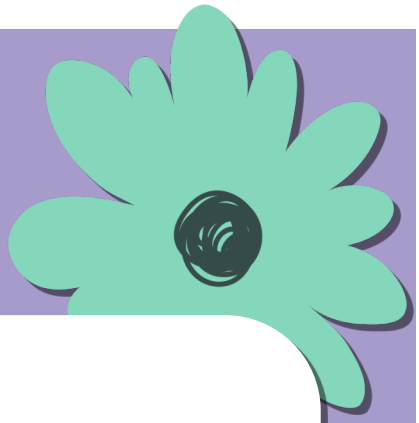

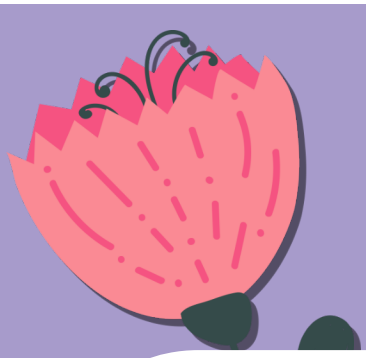





My foes trample me all day. For many are fighting me arrogantly. In a day when I am afraid, I will put my trust in You. In God- I keep praising His word- in God I trust, I will not fear. What can mere flesh do to me?

Psalm 56:3-5