

עֲמִידָה

Checklist:

- Reading: read *Amidah* without error
- Comprehension: Answer the questions in full, well thought out sentences
- Vocabulary: Do the root words exercises.

When you have completed the checklist, ask your teacher to test you to see if you are ready to move on to the next prayer.

Amidah

אֲדֹנָי שְׂפָתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai, open up my lips, that my mouth may declare Your praise.

The עֲמִידָה is a collection of 19 blessings. The first three blessings: אָבוֹת וְאֲמָהוֹת, גְּבוּרוֹת, קְדוּשָׁה are blessings praising God. The next 13 blessings are all requests, asking God for something. The final three blessings, including בְּרַכַּת שְׁלוֹם, are prayers for peace. There is also space for a silent meditation, or silent prayer, at the end of the 19 blessings.

The word עֲמִידָה means standing. This collection of prayers is also called תְּפִילָּה (prayer) or שְׁמוֹנָה עָשָׂרִי (eighteen).

On Shabbat, there are only 7 blessings in the עֲמִידָה. The first three and last three blessings remain the same while the middle 13 blessings are removed and an additional blessing of praise for Shabbat is added in their place.

Comprehension

Why do you think it is called שְׁמוֹנֶה עָשָׂרִי (eighteen) if there are 19 blessings? You can assume the rabbis knew how to count, they didn't just make a mistake.

Why do you think we do not say the 13 blessings of request on Shabbat?

Think about the structure of the עֲמִידָה, it begins with praise, then requests, then ends with thanks. Why do you think the blessings are structured this way? What can you learn from this structure?

תְּפִלָּה means 'Prayer.' What do you think it means that these collections of blessings are called the 'Prayer.' Do you think it means they are more or less important than everything else.

Vocabulary

Match the words to their correct meaning

אֲדֹנָי	That my mouth
שְׁפָתַי	Your glory
תְּפִלָּה	Adonai
וּפִי	Open up
יִגִּיד	May declare
תְּהַלְלֶנְךָ	My lips

Match the different name of this section of prayers to their correct meaning

עֶמֶדָה	Eighteen
תְּפִלָּה	Standing
שְׁמוֹנָה עָשָׂר	Prayer