

זָכְרָנוּ לַחַיִּים,
מֶלֶךְ חַפֵּץ בַּחַיִּים,
וְכַתְּבָנוּ בְּסֵפֶר הַחַיִּים,
לְמַעַן אֱלֹהִים חַיִּים.

Version with Patriarchs and Matriarchs:

מֶלֶךְ עוֹזֵר וּפּוֹקֵד
וּמוֹשִׁיעַ וּמַגֵּן.
בְּרוּךְ אַתָּה יְהוָה, מַגֵּן
אֲבֹרָהּם וּפּוֹקֵד שָׂרָה.

Version with Patriarchs:

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
בְּרוּךְ אַתָּה יְהוָה, מַגֵּן
אֲבֹרָהּם.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנִי, מַחִיָּה מֵתִים אַתָּה,
רַב לְהוֹשִׁיעַ.

מְכַלְכֵּל חַיִּים בַּחֶסֶד,
מַחִיָּה מֵתִים בְּרַחֲמִים רַבִּים,
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,
וּמַתִּיר אֲסוּרִים,
וּמַקְיֵם אֲמוֹנָתוֹ לִישְׁנֵי עֶפֶר.
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת,
וּמִי דוֹמָה לָךְ,
מֶלֶךְ מַמְיֵת וּמַחִיָּה וּמַצְמִיחַ יְשׁוּעָה.

REMEMBER US זָכְרָנוּ. On the Days of Awe, we pray for the gift of life and consider how to live fully and responsibly. This brief prayer is the first of four additions to the Amidah on the ten days of the High Holy Day season. Each of its four phrases ends with the word חַיִּים (hayyim), "life."

SHIELD OF ABRAHAM מַגֵּן אֲבֹרָהּ. Based on Genesis 15:1, where God appears to Abraham and says, "Do not fear, Abram, for I will shield you. . . ."

GUARDIAN OF SARAH וּפּוֹקֵד שָׂרָה. The phrase is based on Genesis 21:1, the Torah reading for the first day of Rosh Hashanah, describing Sarah's pregnancy with Isaac as an expression of God's care and protection. The Jewish people who stand here today are the fulfillment of the promise of God to Abraham and Sarah.

YOU SUPPORT THE FALLING סוֹמֵךְ נוֹפְלִים. For centuries, human rulers have defined "power" as the ability to exert control over others, often through the threat

of physical injury. Power was—and in many places around the world, continues to be—measured by the ability to overcome a strong enemy, or to enfeeble and imprison others. In this b'rakhah, the definition of power is the opposite: God's power is manifest through *hesed*, love and kindness, especially to those who are most vulnerable: the fallen, the sick, and the bound.