

THE SHEMA

THE SHEMA PROJECT

A 30 DAY CHALLENGE

Whilst saying the next line, cover your eyes with your right hand. This helps you to concentrate on the meaning of what you are saying.

שְׁמַע יִשְׂרָאֵל

LISTEN ISRAEL:

יְהוָה אֱלֹהֵינוּ

HASHEM IS OUR GOD,

יְהוָה אֶחָד:

HASHEM IS [THE ONLY] ONE.

Say this line in a whisper:

בְּרוּךְ שֵׁם כְּבוֹד מְלְכוּתוֹ
לְעוֹלָם וָעֶד:

Let the name of His magnificent kingdom
be blessed forever and ever.

וְאַהֲבַת אֵת יְהוָה אֱלֹהֶיךָ
בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדְךָ:

You shall love Hashem, your God,
with all your heart, with all your soul
and with everything you have.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם
עַל-לְבָבְךָ:

Let these words,
which I command you today,
be on your heart.

וְשִׁנַּנְתָּם לְבְנֶיךָ
וְדַבַּרְתָּ בָּם

Teach them carefully to your children,
speak of them

בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלַכְתְּךָ בַּדֶּרֶךְ

when you are sitting at home
and when you are travelling,

וּבְשֹׁכְבְךָ וּבְקוּמְךָ:

when you go to bed and when you get up.

וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטִטְפֹת בֵּין עֵינֶיךָ:

Tie them on your arm as a sign
and as tefillin between your eyes.

וּכְתַבְתָּם עַל-מַזְזוֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ:

Write them on the doorposts of your house
and on your gateposts.

This a special prayer that we sing at bedtime in which we ask for Divine protection. The blessing was originally said by Jacob to his grandsons at the end of his life. He is reflecting that throughout his many challenges, he always felt that he had an angel looking after him, and hopes his descendants will merit that too.

הַמַּלְאָךְ **MAY THE ANGEL**
הַגָּאֵל **WHO SAVED**
אֶתִּי **ME**

מִכָּל־רָע from all evil
יְבָרֵךְ אֶת־הַנְּעָרִים, May he bless the lads;
וַיִּקְרָא בָהֶם and may they be called
שְׁמִי, by my name
וּשְׁם אֲבֹתַי and the names of my fathers,
אַבְרָהָם וְיִצְחָק, Abraham and Isaac;
וַיִּדְגּוּ לָרֹב and may they multiply like fish
בְּקֶרֶב הָאָרֶץ. within the land.