

THE SHMONEH ESREI

I. Introductory Section

1. **Avos** – We salute G-d as the G-d of our forefathers. – *“Magein Avrohom”*. When Hashem saved Avraham from the furnace.
2. **Gevura** – We mention G-d’s strength including the power to resurrect the dead. – *“Mechaye Hameisim”* When Yitzchok was removed from the Mizbeiach.
3. **Kedusha** – We discuss the holiness of G-d. *“Hakeil Hakadosh”* When Yakov built the Matzeva after his dream.

II. Request of Needs

Personal Spiritual Needs

4. **Wisdom** – We ask for wisdom and understanding – *“Chonein Hadaas”* The night before Yosef was brought to Paroh an angel taught him 70 languages.
5. **Teshuva** – We ask to return to G-d – *“Harotzeh Bitshuva”* When Reuvein did Teshuva for offending Yakov .
6. **Forgiveness** – We ask G-d to forgive us for our sins – *“Chanun Hamarbeh Lisloach”* When Yehuda accepted the blame for Tamar and Hashem forgave him.

Personal Physical, Material, Emotional Needs

7. **Geulah** – We ask G-d to redeem us from misery – *“Goel Yisroel”* At Yetzias Mitzrayim
8. **Healing** – We ask G-d to heal us from any ailments – *“Rogeh Cholei Amo Yisroel”* When Avrohom recovered from his bris.
9. **Sustenance** – We ask G-d to bless us with rain and good produce etc. – *“Mevareich Hashanim”* When Yitzchok reaped 100 fold.

Communal Needs

10. **Gather us** – We ask G-d to gather the dispersed and return us to Israel with the sound of the Shofar – *“Mekabetz Nidchei Amo Yisroel”* When Yakov was reunited with his sons
11. **Restore Justice** – We ask G-d to restore our spiritual leaders and to rule over us with the laws of Torah – *“Melech Ohev Tzedoko Umishpat”* – When Moshe taught the Mishpatim
12. **Slanderers** – This is the 19th blessing – We ask G-d to destroy those who slander us and the heretics – *“Shoveir Oyvim Umachniya Zeidim”* When the Egyptians drowned in the Yam Suf
13. **The Tzadikim** – We ask G-d to bless the righteous – *“Mishan Umivtach Latzadikim”* When Yosef was present at his father’s deathbed

14. **Jerusalem** – We ask G-d to rebuild Jerusalem – *“Boneh Yerushalayim “When Shlomo built the Bais Hamikdosh*
15. **Our Redeemer** – We ask G-d for the arrival of our redeemer – *“Matzmiach Keren Yeshua” -When Israel sang the song after the splitting of the sea.*

Summary Blessing

16. **Hear our Prayers** – We ask G-d to hear all of our prayers – *“Shomeah Tefilah” When Hashem accepted the prayers of the enslaved children of Israel*

III. Closing Section

17. **Return to Zion** – We ask G-d to allow us to see the return of His Shchinah to Zion – *“Hamachazir Shchinaso L'tziyon” When Hashem's Shchinah first rested in the Mishkan*
18. **Modim** – We Thank G-d for everything – *“Hatov Shimcho” When the Jews celebrated the completion of the first Bais Hamikdosh with song and psalms*
19. **Peace** – We ask G-d to grant peace to Israel – *“Hamvorech es amo Yisroel Bashalom” When Israel settled peacefully in the Holy Land*