

## Lyrics for *The Bedtime Sh'ma*

1) רְבוּנוּ שֶׁל עוֹלָם, הָרִינִי מוֹחֵל לְכֹל מִי שֶׁהִכְעִיס וְהִקְנִיט אוֹתִי, אוֹ  
שְׁחָטָא כְּנַגְדִי, בֵּין בְּגוּפִי בֵּין בְּמִמוֹנִי, בֵּין בְּכַבּוּדִי בֵּין בְּכֹל אֲשֶׁר לִי.  
יְהִי רְצוֹן מִלְּפָנֶיךָ, יְיָ אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי, שְׁלֵא אֶחְטָא עוֹד, וּמָה  
שְׁחָטָאתִי לְפָנֶיךָ מְחוּק בְּרַחֲמֶיךָ הָרַבִּים. יְהִיו לְרְצוֹן אִמְרֵי פִי וְהִגִּיוֹן לְבָבִי  
לְפָנֶיךָ, לְפָנֶיךָ, יְיָ צוּרִי, צוּרִי וְגֹאֲלִי. יְיָ צוּרִי, צוּרִי וְגֹאֲלִי.

*Ribono shel olam, hareni mochel l'chol mi shehich'is v'hiknit oti, o shechata k'neg'di, ben  
b'gufi ben b'mamoni, ben bich'vodi ben b'chol asher li. Y'hi ratson mil'fanecha, Hashem Elokai  
ve'Elokay avotai, shelo echata od, uma shechatati lefanecha m'chok b'rachamecha harabim.  
Yih'yu l'ratson im'ray fi v'heg'yon libi l'fanecha, l'fanecha, Hashem tsuri, tsuri v'go-ali.  
Hashem tsuri, tsuri v'go-ali.*

Master of the Universe, I forgive anyone who made me angry or upset or who hurt me, my body, my things, my feelings, or anything that is mine. May it be your will God-God of my ancestors- that I not hurt anyone anymore. Whatever hurt that I have done, may you forgive me and not punish me. May these words I say and these feelings in my heart make you happy, God, my rock and my redeemer; God, my rock and my redeemer.

2) בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְּפִיל חֶבְלֵי שֵׁנָה עַל עֵינָי,  
וְתַנּוּמָה עַל עַפְעַפָּי. (repeat)

*Baruch ata Hashem Elokenu melech ha-olam, hamapil chev'lay shena al aynai, ut'numa al  
af'apai. (repeat)*

Blessed are you God, our God, Ruler of the world who makes my eyes heavy and my eyelids  
sleepy. (repeat)

3) שִׁמְעֵ יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד. שִׁמְעֵ יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.  
בָּרוּךְ שֵׁם כְּבוֹד, שֵׁם כְּבוֹד מְלִכוּתוֹ לְעוֹלָם, לְעוֹלָם וָעֵד.  
וְאֶהְבֶּתְךָ אֵת יְיָ אֱלֹהֶיךָ, בְּכֹל לְבָבְךָ, וּבְכֹל נַפְשְׁךָ, וּבְכֹל מְאֹדְךָ. וְהָיוּ  
הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצִוְּךָ הַיּוֹם, עַל לְבָבְךָ. וְשִׁנְנָתָם לְבִנְיָךָ,  
וְדַבְּרָתָם בָּם, בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִכְתְּךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְךָ, וּבְקוּמְךָ.  
וּקְשָׁרְתָם לְאוֹת עַל יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ. וְכִתְבָתָם עַל מְזוֹזוֹת  
בֵּיתְךָ וּבְשַׁעְרֶיךָ.

*Sh'ma Yis'rael, Hashem Elokenu, Hashem echad. Sh'ma Yis'rael, Hashem Elokenu, Hashem echad.*

*Baruch shem k'vod, shem k'vod mal'chuto l'olam, l'olam va-ed.*

*V'ahav'ta et Hashem Elokecha, b'chol l'vav'cha, uv'chol naf'sh'cha, uv'chol m'odecha. V'hayu had'varim ha'ele, asher anochi m'tsav'cha hayom, al l'vavecha. V'shinantam l'vanecha, v'dibarta bam, b'shiv't'cha b'vetecha, uv'lecht'cha vaderech, uv'shach'b'cha, uv'kumecha. Uk'shar'tam le-ot al yadecha, v'hayu l'totafot ben aynecha. Uch'tav'tam al m'zuzot betecha uvish'arecha.*

Listen Israel, God is our God. God is One. (X 2)

Blessed is the Name, blessed is the Name of God's Kingdom forever and ever. And you shall love God, your God, with all our heart, with all your soul, and with everything that you have. May you take to heart these things that I command you today. Teach them to your children. Speak of them when you sit in your house and when you walk on your way, when you lie down, and when you rise up. Put them as a sign on your arm and *tefillin* between your eyes. Write them on the doorposts of your house and your gates.

(repeat) הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְּפָנֶיךָ לְחַיִּים.

*Hash'kivenu Hashem Elokenu l'shalom, v'ha-amidenu mal'kenu l'cha-im.*

Lay us down to sleep in peace and raise us up in life, our Ruler.

(repeat) וּפְרוֹשׁ עָלֵינוּ סִכַּת, סִכַּת שְׁלוֹמְךָ.

*Ufros alenu sukat, sukat sh'lomecha.*

Spread over us the shelter, shelter of your peace.

6 הַמְּלֶאךָ הַגָּאֵל אֹתִי, הַמְּלֶאךָ הַגָּאֵל אֹתִי מִכָּל רָע יְבָרֶךְ אֶת הַנְּעָרִים,  
וַיִּקְרָא בָהֶם שְׁמִי (X 2). וְשֵׁם אֲבוֹתַי, וְשֵׁם אֲבוֹתַי אֲבָרְהָם וַיִּצְחָק, וַיִּדְגּוּ  
לְרֹב, וַיִּדְגּוּ לְרֹב בְּקֶרֶב הָאָרֶץ (X 2).

*Hamal'ach hago-el oti, hamal'ach hago-el oti mikol ra y'varech et han'arim, v'yikare vahem sh'mi (X 2). V'shem avotai, v'shem avotai Av'raham v'Yits'chak, v'yid'gu larov, v'yid'gu larov b'kerev ha-arets (X 2).*

May the angel who saves me, may the angel who saves me from evil bless these children and may my name be declared through them (X 2)- and the name of my forefathers, and the name of my forefathers Abraham and Isaac- and may they become abundant like fish within land (X 2).

(7) יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ. יָאֵר יי פָּנָיו אֵלֶיךָ וְיַחַנְךָ. יִשָּׂא יי פָּנָיו אֵלֶיךָ וְיִשֵּׂם לְךָ שְׁלוֹם (X 2).

*Y'varech'cha Hashem v'yish'm'recha. Ya-er Hashem panav elecha vichuneka. Yisa Hashem panav elecha v'yasem l'cha shalom (X 2).*

May God bless you and keep you safe. May God shine God's presence on you and be gracious to you. May God turn God's face towards you and give you peace (X 2).

(8) בְּשֵׁם יי אֱלֹהֵי יִשְׂרָאֵל, מִיְמִינֵי מִיכָאֵל, וּמִשְׁמְאֵלֵי גַבְרִיאֵל, וּמִלְפָּנָי אֹרִיאֵל, וּמֵאַחֲרַי רְפָאֵל, וְעַל רֹאשִׁי, וְעַל רֹאשֵׁי שְׁכִינַת אֵל. (X 2)

*B'shem Hashem Elokay Yis'rael, mimini Micha-el, umis'moli Gav'riel, umil'fanai Uri-el, ume-achorai R'fa-el, v'al roshi, v'al roshi sh'chinat El. (X 2)*

In the name of God, God of Israel: Michael is at my right, Gabriel is at my left, Uriel is in front of me, and Raphael is behind me. And above my head, and above my head is the Presence of God (X 2).

(9) אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטָרָם כָּל יְצִיר נִבְרָא. לְעֵת נַעֲשֶׂה בְּחַפְצוֹ כָּל, אֲזֵי מֶלֶךְ שְׁמוֹ נִקְרָא. אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטָרָם כָּל יְצִיר נִבְרָא. לְעֵת נַעֲשֶׂה בְּחַפְצוֹ כָּל, אֲזֵי מֶלֶךְ שְׁמוֹ נִקְרָא. וְאַחֲרַי כְּכֹלֹת הַכֹּל, לְבִדּוֹ יִמְלוֹךְ נֹרָא. וְהוּא הָיָה, וְהוּא הוֹה, וְהוּא יִהְיֶה, בְּתַפְאָרָה. אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטָרָם כָּל יְצִיר נִבְרָא. לְעֵת נַעֲשֶׂה בְּחַפְצוֹ כָּל, אֲזֵי מֶלֶךְ שְׁמוֹ נִקְרָא. וְהוּא אֶחָד וְאֵין שְׁנַי, לְהַמְשִׁיל לוֹ לְהַחֲבִירָה. בְּלֵי רֵאשִׁית בְּלֵי תְּכֵלִית, וְלוֹ הָעֵז וְהַמְשָׁרָה. אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטָרָם כָּל יְצִיר נִבְרָא. לְעֵת נַעֲשֶׂה בְּחַפְצוֹ כָּל, אֲזֵי מֶלֶךְ שְׁמוֹ נִקְרָא. וְהוּא אֵלֵי וְחַי גְּאֵלֵי, וְצוֹר חֲבֵלֵי בְּעֵת צָרָה. וְהוּא נָסִי וּמְנוּס לִי, מִנֵּת כּוֹסֵי

בְּיוֹם אֶקְרָא. אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטָרֵם כָּל יִצִּיר נִבְרָא. לְעֵת נַעֲשֶׂה  
 בְּחֶפְצוֹ כָּל, אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.  
 בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישׁוֹן וְאֶעֱרָה. וְעַם רוּחִי גְּוִיָּתִי, יִי לִי וְלֹא אִירָא.  
 אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטָרֵם כָּל יִצִּיר נִבְרָא. לְעֵת נַעֲשֶׂה בְּחֶפְצוֹ כָּל, אֲזִי  
 מֶלֶךְ שְׁמוֹ נִקְרָא.

*Adon olam asher malach, b'terem kol y'tsir niv'ra. L'et na-ase v'hef'tso kol, azai melech sh'mo  
 nik'ra. Adon olam asher malach, b'terem kol y'tsir niv'ra. L'et na-ase v'hef'tso kol, azai melech  
 sh'mo nik'ra.*

*V'acharay kich'lot hakol, l'vado yim'loch nira. V'hu haya, v'hu hove, v'hu yih'ye, b'tif'ara.  
 Adon olam asher malach, b'terem kol y'tsir niv'ra. L'et na-ase v'hef'tso kol, azai melech sh'mo  
 nik'ra.*

*V'hu echad v'en sheni, l'ham'shil lo l'hach'bira. B'li reshit b'li tach'lit, v'lo ha-oz v'hamis'ra.  
 Adon olam asher malach, b'terem kol y'tsir niv'ra. L'et na-ase v'hef'tso kol, azai melech sh'mo  
 nik'ra.*

*V'hu Eli v'chai go-ali, v'tsur chev'li b'et tsara. V'hu nisi umanos li, m'nat kosi b'yom ekra.  
 Adon olam asher malach, b'terem kol y'tsir niv'ra. L'et na-ase v'hef'tso kol, azai melech sh'mo  
 nik'ra.*

*B'yado af'kid ruchi, b'et isan v'a-ira. V'im ruchi g'viyati, Hashem li v'lo ira. Adon olam asher  
 malach, b'terem kol y'tsir niv'ra. L'et na-ase v'hef'tso kol, azai melech sh'mo nik'ra.*

Ruler of the universe who ruled before any form of creation, when God brought everything into being- then as “Sovereign” was God’s name proclaimed. (X 2).

And after all has ended, God, the Awesome One will rule. It is God who was, and God who is, and God who will be, in glory. Ruler of the universe who ruled before any form of creation, when God brought everything into being- then as “Sovereign” was God’s name proclaimed.

God is one, and there is no other to compare to God or equal God. God has neither beginning nor end. God is power and dominion. Ruler of the universe who ruled before any form of creation, when God brought everything into being- then as “Sovereign” was God’s name proclaimed.

God is my God, my living savior, the rock of my pain in the time of my suffering. God is my banner and my refuge, the portion in my cup on the day I call. Ruler of the universe who ruled before any form of creation, when God brought everything into being- then as “Sovereign” was God’s name proclaimed.

In God’s hand I will rest my spirit when I sleep and I will wake up. My body will stay with my spirit. God is with me and I will not be afraid. Ruler of the universe who ruled before any form of creation, when God brought everything into being- then as “Sovereign” was God’s name proclaimed.