

אָבִינוּ מֶלֶכְנוּ

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Avinu Malkeinu

Avinu Malkeinu · Almighty and Merciful

Avinu Malkeinu,

ha-eir lanu et derech chayeinu.

אָבִינוּ מֶלֶכְנוּ,

הָאֵר לָנוּ אֶת דֶּרֶךְ חַיֵּינוּ.

Avinu Malkeinu — Illumine for us the path of our life.

Avinu Malkeinu — How shall we find the strength to take the road less traveled by?

Avinu Malkeinu — How shall we come to know the purpose of our existence?

Avinu Malkeinu — How shall we learn not to live life in vain?

Avinu Malkeinu — How shall we get out of our indifference?

Avinu Malkeinu — How shall we distinguish between truth and falsehood?

Avinu Malkeinu — How shall we find the answers to our questions?

Avinu Malkeinu — How shall we gird ourselves with strength to seek answers?

Avinu Malkeinu,

choneinu vaaneinu, chaz'keinu v'am'tzeinu,

ki v'cha v'im'cha hat'shuvot.

אָבִינוּ מֶלֶכְנוּ,

חֲנֹנוּ וְעֲנֵנוּ, חַזְקֵנוּ וְאַמְצֵנוּ,

כִּי בְךָ וְעִמָּךְ הִתְשׁוּבוֹת.

Avinu Malkeinu — Be gracious to us, answer us,
empower us, and give us courage,
for the answers are both in You and with You.

AVINU MALKEINU אָבִינוּ מֶלֶכְנוּ. Based on a Hebrew prayer by Rabbi Mordechai Rotem (b. 1947).

HOW SHALL WE. Instead of the traditional petitions (pp. 114–15), this contemporary *Avinu Malkeinu* presents a series of questions acknowledging our responsibility for our lives. The prayer is an invitation to add other questions that may “illumine for us the path of our life.”

LESS TRAVELED BY. From “The Road Not Taken” by Robert Frost (1874–1963).

Avinu Malkeinu

AVINU MALKEINU: A PRAYER OF PROTEST

Avinu Malkeinu—

Hear our voice:

Some of us have cancer.

Some have lost strength of body; some have lost memory and speech.

Some of us are in pain.

Some can't find work.

Some of us bear the marks of human cruelty—inside, where the scars
don't show.

Some live with depression; some battle addiction; many feel alone.

Some have known shattered marriages, trust betrayed, hopes
destroyed.

Some of us have lost the ones we love, far too soon.

And some have lost a child.

All of us have seen suffering in our midst.

All of us know the ravages of war—for which there are no words.

Avinu Malkeinu, why?

Avinu Malkeinu, are you there? Do you care?

Avinu Malkeinu, hear our pain.

Hear our anger. Hear our grief.

Avinu Malkeinu, here is our prayer:

Give us the strength to go on.

Give us reasons to get up each day; give us purpose and persistence.

Help us to fend off fear and to hold on to hope.

Help us to be kind.

Don't make us bow or grovel for your favor. Give us dignity and give
us courage.

Avinu Malkeinu—

Show us the way to a year of goodness.

Renew our belief that the world can be better.

Restore our faith in life. Restore our faith in you.

Avinu Malkeinu, sh'ma koleinu. אָבִינוּ מֶלֶכְנוּ, שְׁמַע קוֹלְנוּ.
Avinu Malkeinu — Almighty and Merciful — hear our voice.

Avinu Malkeinu, chatanu l'fanecha. אָבִינוּ מֶלֶכְנוּ, חָטָאנוּ לְפָנֶיךָ.
Avinu Malkeinu, we have strayed and sinned before You.

Avinu Malkeinu, chamol aleinu, v'al olaleinu v'tapeinu. אָבִינוּ מֶלֶכְנוּ, חַמַּל עָלֵינוּ, וְעַל עוֹלָלְנוּ וְטַפְנוּ.
Avinu Malkeinu, have compassion on us and on our families.

Avinu Malkeinu, kaleih dever v'cherev v'raav mei-aleinu. אָבִינוּ מֶלֶכְנוּ, כִּלֵּה דֶבֶר וְחָרֶב וְרָעַב מֵעָלֵינוּ.
Avinu Malkeinu, halt the onslaught of sickness, violence, and hunger.

Avinu Malkeinu, kaleih kol tzar umastin mei-aleinu. אָבִינוּ מֶלֶכְנוּ, כִּלֵּה כָּל צָר וּמַשְׁטִין מֵעָלֵינוּ.
Avinu Malkeinu, halt the reign of those who cause pain and terror.

Avinu Malkeinu, kotveinu b'sefer chayim tovim. אָבִינוּ מֶלֶכְנוּ, כֹּתְבֵנוּ בְּסֵפֶר חַיִּים טוֹבִים.
Avinu Malkeinu, enter our names in the Book of Lives Well Lived.

Avinu Malkeinu, chadeish aleinu shanah tovah. אָבִינוּ מֶלֶכְנוּ, חַדֵּשׁ עָלֵינוּ שָׁנָה טוֹבָה.
Avinu Malkeinu, renew for us a year of goodness.

Avinu Malkeinu, malei yadeinu mibirchotecha. אָבִינוּ מֶלֶכְנוּ, מֵלֵא יָדֵינוּ מִבְּרֻכּוֹתֶיךָ.
Avinu Malkeinu, let our hands overflow with Your blessings.

Avinu Malkeinu, hareim keren m'shichecha. אָבִינוּ מֶלֶכְנוּ, הָרֵם קֶרֶן מְשִׁיחָךָ.
Avinu Malkeinu, let our eyes behold the dawn of redemption.

Avinu Malkeinu

Avinu Malkeinu, na al t'shivenu reikam mil'fanecha. אָבִינוּ מִלְכָּנוּ, בָּא אֶל תְּשִׁיבֵנוּ רִיקָם מִלְפָּנֶיךָ.

Avinu Malkeinu, we pray: do not turn us away from You with nothing.

Avinu Malkeinu, kabeil b'rachamim uvratzon et t'filateinu. אָבִינוּ מִלְכָּנוּ, קַבֵּל בְּרַחֲמִים וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ.

Avinu Malkeinu, welcome our prayer with love; accept and embrace it.

Avinu Malkeinu, aseih imanu l'maan sh'mecha. אָבִינוּ מִלְכָּנוּ, עֲשֵׂה עִמָּנוּ לְמַעַן שְׁמֶיךָ.

Avinu Malkeinu, act toward us as befits Your name.

Avinu Malkeinu, aseih l'maancha im lo l'maaneinu. אָבִינוּ מִלְכָּנוּ, עֲשֵׂה לְמַעַנְךָ אִם לֹא לְמַעַנְנוּ.

Avinu Malkeinu, act for Your sake, if not for ours.

Avinu Malkeinu, ein lanu melech ela atah. אָבִינוּ מִלְכָּנוּ, אֵין לָנוּ מֶלֶךְ אֶלָּא אַתָּה. *Avinu Malkeinu, You alone are our Sovereign.*

Avinu Malkeinu, p'tach shaarei shamayim litfilateinu. אָבִינוּ מִלְכָּנוּ, פְּתַח שַׁעֲרֵי שָׁמַיִם לְתַפִּלָּתֵנוּ.

Avinu Malkeinu, let the gates of heaven be open to our prayer.

Avinu Malkeinu, sh'ma koleinu; chus v'racheim aleinu. אָבִינוּ מִלְכָּנוּ, שְׁמַע קוֹלֵנוּ, חוּס וְרַחֵם עָלֵינוּ.

Avinu Malkeinu, hear our voice; treat us with tender compassion.

Avinu Malkeinu, choneinu vaaneinu; ki ein banu maasim. אָבִינוּ מִלְכָּנוּ, חֲנֹנוּ וְעַנְּנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים.

Aseih imanu tz'dakah v'choshet, v'hoshi-einu. עֲשֵׂה עִמָּנוּ צְדָקָה וְחֹשֶׁת, וְהוֹשִׁיעֵנוּ.

Avinu Malkeinu — Almighty and Merciful — answer us with grace, for our deeds are wanting. Save us through acts of justice and love.