

*The Selicoth
Prayers*

THE SELICHOTH
PRAYERS



Then you will call upon Me
and come and pray to Me, and I will listen to you.
And you will seek Me and find Me,
when you search for Me with all your heart.






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INTRODUCTION

Tephillah is the act of prayer. It is the way that we communicate with the Most High. The word tephillah in Hebrew connotes much more than just communication, it implies an actual attachment with that object to which it is directed, or a reattachment of that which has been torn asunder. That is the goal of Selichoth prayers.

Selichoth means “forgivenesses.” Each year as we perform the annual cycle of festivals, fasts and commandments of YHWH, we are meant to ascend ever higher towards understanding, righteousness and perfection. Each year we try with all or most of our hearts to do this, and yet each year we somehow fail. Then, if we are honest with ourselves, we experience a dread at the onset of Yom Teruah and the Days of Judgment. Selichoth prayers are appeals to YHWH for His forgiveness of our failings which are said during the month of Elul, including the entire forty days prior to Yom Hakippurym, in an attempt to reconcile ourselves with Him.

Elul, the sixth scriptural month, is the month of “repentance and return.” Each day of Elul, the shofar is blown to awaken the people of YHWH from their spiritual slumber, to warn them of the impending coming of Messiah, and to cause them to repent of their many sins. But repentance without a return to righteousness is a vain thing. Return, or “Teshuvah,” is the object of Selichoth prayers. Each morning during Elul, we rise and pour out our hearts before our Creator in hopes that

He will hear and quickly restore us to right-standing with Him before He comes.

There is scriptural precedent for Selichoth prayer. It was during the month of Elul that Moshe returned to Mount Sinai for forty days and nights to obtain the second set of tablets, after breaking the first ones because of the sin of the golden calf. It is thought that the children of Yisrael prayed and fasted during this time of waiting. It was prior to the fall festival that Sh'lomo dedicated the first temple with his famous prayer, asking that YHWH hear and forgive His people their sins wherever they might be, when they turn toward His house and pray to Him with all their hearts. And it was during the month of Elul that Yehoshua Hamashiach prayed, fasted and was tested in the wilderness prior to the beginning of His ministry on earth.

It is not enough to wait until the day of His return, and then plead for forgiveness in Judgment - not for His Remnant, those who will be His at His coming. Like the parable of the Ten Virgins, we must be of those who do not slumber, but remain awake and vigilant, ready and waiting for our Savior's return. It is to that end that Shabbath Keepers Fellowship is presenting this small booklet of Selichoth prayers to our brethren, in order that they may have oil in their lamps and be dressed in clean white linen on the day that our Bridegroom comes for us. May YHWH speed that day.

By His Grace,
Sabbath Keepers Fellowship



FOREWORD

Selichoth prayers are traditionally performed in the early morning before dawn, usually beginning just after midnight. As on any other day, the Modeh Ani, Sh'ma, and other morning blessings should be said before doing these or anything else. If for some reason one cannot pray Selichoth in the morning, they should be done whenever possible. The most important thing is that one does pray.

Most of the prayers are said while seated, with a few exceptions being: the Sh'ma, Qaddish, El Melek and the Vidduy, which are said standing. If available, tephillin and the tallith should be worn. However, it is our opinion that if they are not, one should say the prayers anyway. Repentance and teshuvah are more important than any clothing.

If possible, Selichoth should be said in a quiet place, free from distraction or interruption. Once begun, they should be said and finished in their entirety. When in private, personal or "free" prayers of repentance may always be added to enhance Selichoth. Each day, the penitent should search for and find deeper meaning and relevance in the prayers until finally, at Yom Hakippurym, they are as prepared as humanly possible to appear before the throne of their King.



SELICHOTH PRAYERS



PRELIMINARY PSALMS



Blessed be He who spake and the world was; Blessed be He.
And blessed be His Name.

*(On Shabbath only, no selichoth are done. Read Tehillim 103 and 104, then stop.
On other days, read the appropriate Tehillah.)*

Tehillah 103

Bless YHWH, O my soul, and all that is within me, bless His set-apart name. Bless YHWH, O my soul, and forget none of His benefits; Who pardons all your iniquities, Who heals all your diseases; Who redeems your life from the pit, Who crowns you with mercy and compassion; Who satisfies your years with excellent things, so that your youth is renewed like the eagle. YHWH performs righteous deeds and judgments for all who are oppressed. He made known His ways to Moshe, His acts to the sons of Yisrael. YHWH is compassionate and gracious, slow to anger and abounding in mercy. He will not always strive with us, nor will He keep His anger forever. He has not dealt with us according to our sins, nor rewarded us according to our iniquities. For as high as the heavens are above the earth, so great is His mercy toward those who fear Him. As far as the east is from the west, so far has He removed our transgressions from us. Just as a father has compassion on his children, so

YHWH has compassion on those who fear Him. For He Himself knows our frame; He is mindful that we are but dust. As for man, his days are like grass; as a flower of the field, so he flourishes. When the wind has passed over it, it is no more, and its place acknowledges it no longer. But the mercy of YHWH is from everlasting to everlasting on those who fear Him, and His righteousness to children's children, to those who keep His covenant and remember His precepts to do them. YHWH has established His throne in the heavens, and His sovereignty rules over all. Bless YHWH, you His angels, mighty in strength, who perform His word, obeying the voice of His word! Bless YHWH, all you His hosts, You who serve Him, doing His will. Bless YHWH, all you works of His, in all places of His dominion; Bless YHWH, O my soul!

Tehillah 104

Bless YHWH, O my soul! YHWH my Elohim, You are very great; You are clothed with splendor and majesty, covering Yourself with light as with a cloak, stretching out heaven like a tent curtain. He lays the beams of His upper chambers in the waters; He makes the clouds His chariot; He walks upon the wings of the wind; He makes the winds His messengers, flaming fire His ministers. He established the earth upon its foundations, so that it will not totter forever and ever. You covered it with the deep as with a garment; the waters were standing above the mountains. At Your rebuke they fled, at the sound of Your

thunder they hurried away. The mountains rose; the valleys sank down to the place which You established for them. You set a boundary that they may not pass over, so that they will not return to cover the earth. He sends forth springs in the valleys; they flow between the mountains; they give drink to every beast of the field; the wild donkeys quench their thirst. Beside them the birds of the heavens dwell; they lift up their voices among the branches. He waters the mountains from His upper chambers; the earth is satisfied with the fruit of His works. He causes the grass to grow for the cattle, and vegetation for the labor of man, so that he may bring forth food from the earth, and wine which makes man's heart glad, so that he may make his face glisten with oil, and food which sustains man's heart. The trees of YHWH drink their fill, the cedars of Lebanon which He planted, where the birds build their nests, and the stork, whose home is the fir trees. The high mountains are for the wild goats; the cliffs are a refuge for the rock badgers. He made the moon for the seasons; the sun knows the place of its setting. You appoint darkness and it becomes night, in which all the beasts of the forest prowl about. The young lions roar after their prey and seek their food from Elohim. When the sun rises they withdraw and lie down in their dens. Man goes forth to his work and to his labor until evening. YHWH, how many are Your works! In wisdom You have made them all; the earth is full of Your possessions. There is the sea, great and broad, in which are swarms without number, animals both small and great. There the ships move along, and Leviathan, which You have formed to sport in it. They all wait for You to give them their

food in due season. You give to them, they gather it up; You open Your hand, they are satisfied with excellence. You hide Your face, they are dismayed; You take away their spirit, they expire and return to their dust. You send forth Your Ruach, they are created; and You renew the face of the ground. Let the esteem of YHWH endure forever; Let YHWH be glad in His works; He looks at the earth, and it trembles; He touches the mountains, and they smoke. I will sing to YHWH as long as I live; I will sing praise to my Elohim while I have my being. Let my meditation be pleasing to Him; as for me, I shall be glad in YHWH. Let sinners be consumed from the earth and let the wicked be no more. Bless YHWH, O my soul. Halleluyah!

(On weekdays, read the corresponding Tehillah.)

(Rishon - Day One)

Tehillah 17

Hear a just cause, YHWH, give heed to my cry; give ear to my prayer, which is not from deceitful lips. Let my judgment come forth from Your presence; let Your eyes look with equity. You have tried my heart; You have visited me by night; You have tested me and You find nothing; I have purposed that my mouth will not transgress. As for the deeds of men, by the word of Your lips I have kept from the paths of the violent. My steps have held fast to Your paths. My feet have not slipped. I have called upon You, for You will answer me, Elohym; Incline Your ear to me, hear my speech. Wondrously show Your mercy, Savior of those who take refuge at Your right hand from those who rise up against them. Keep me as the apple of the eye; hide me in the shadow of Your wings from the wicked who despoil me, my deadly enemies who surround me. They have closed their unfeeling heart, with their mouth they speak proudly. They have now surrounded us in our steps; they set their eyes to cast us down to the ground. He is like a lion that is eager to tear, and as a young lion lurking in hiding places. Arise, YHWH, confront him, bring him low; deliver my soul from the wicked with Your sword, from men with Your hand, YHWH, from men of the world, whose portion is in this life, and whose belly You fill with Your treasure; they are satisfied with children, and leave their abundance to their babes. As for

me, I shall behold Your face in righteousness; I will be satisfied with Your likeness when I awake.

(Sheny - Day Two)

Tehillah 32

How blessed is he whose transgression is forgiven, whose sin is covered! How blessed is the man to whom YHWH does not impute iniquity, and in whose spirit there is no deceit! When I kept silent about my sin, my body wasted away through my groaning all day long. For day and night Your hand was heavy upon me; my vitality was drained away as with the fever heat of summer. Selah. I acknowledged my sin to You, and my iniquity I did not hide; I said, "I will confess my transgressions to YHWH"; and You forgave the guilt of my sin. Selah. Therefore, let everyone who is righteous pray to You in a time when You may be found; surely in a flood of great waters they will not reach him. You are my hiding place; You preserve me from trouble; You surround me with songs of deliverance. Selah. I will instruct you and teach you in the way which you should go; I will counsel you with my eye upon you. Do not be as the horse or as the mule which have no understanding, whose trappings include bit and bridle to hold them in check, otherwise they will not come near to you. Many are the sorrows of the wicked, but he who trusts in YHWH, mercy shall surround him. Be glad in YHWH and rejoice, you righteous ones; and shout for joy, all you who are upright in heart.

(Shlyshy - Day Three)

Tehillah 51

Be gracious to me, O Elohyim, according to Your mercy; according to the greatness of Your compassion blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is ever before me. Against You, You only, I have sinned and done what is evil in Your sight, so that You are justified when You speak and blameless when You judge. Behold, I was brought forth in iniquity, and in sin my mother conceived me. Behold, You desire truth in the innermost being, and in the hidden part You will make me know wisdom. Purify me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Make me to hear joy and gladness, let the bones which You have broken rejoice. Hide Your face from my sins and blot out all my iniquities. Create in me a clean heart, O Elohyim, and renew a steadfast spirit within me. Do not cast me away from Your presence and do not take Your Ruach Haqodesh from me. Restore to me the joy of Your salvation and sustain me with a willing spirit. Then I will teach transgressors Your ways, and sinners will be converted to You. Deliver me from blood-guiltiness, O Elohyim, the Elohyim of my salvation; then my tongue will joyfully sing of Your righteousness. Adonai, open my lips, that my mouth may declare Your praise. For You do not delight in sacrifice, otherwise I would give it; You are not pleased with burnt offering. The sacrifices of Elohyim are a broken spirit; a broken and a contrite heart, O Elohyim, You

will not despise. By Your grace do excellence to Zion; build the walls of Yerushalayim. Then You will delight in righteous sacrifices, in burnt offering and whole burnt offering; then young bulls will be offered on Your altar.

(R'vy'y -Day Four)

Tehillah 65

To You, silence is praise, O Elohym in Zion, and to You the vow will be performed. O You who hears prayer, to You all men come. Iniquities prevail against me; as for our transgressions, You forgive them. How blessed is the one whom You choose and bring near to You to dwell in Your courts. We will be satisfied with the excellence of Your house, Your set-apart temple. By awesome deeds You answer us in righteousness, O Elohym of our salvation, You who are the trust of all the ends of the earth and of the farthest sea; Who establishes the mountains by His strength, being girded with might; Who stills the roaring of the seas, the roaring of their waves, and the tumult of the peoples. They who dwell in the ends of the earth stand in awe of Your signs; You make the dawn and the sunset shout for joy. You visit the earth and cause it to overflow; You greatly enrich it; the stream of Elohym is full of water; You prepare their grain, for thus You prepare the earth. You water its furrows abundantly, You settle its ridges, You soften it with showers, You bless its growth. You have crowned the year with Your bounty, and Your paths drip with fatness. The pastures of the wilderness drip, and

the hills gird themselves with rejoicing. The meadows are clothed with flocks and the valleys are covered with grain; they shout for joy, yes, they sing.

(Chamishy - Day Five)

Tehillah 85

YHWH, You showed grace to Your land; You restored the captivity of Ya'akov. You forgave the iniquity of Your people; You covered all their sin. Selah. You withdrew all Your fury; You turned away from Your burning anger. Restore us, O Elohim of our salvation, and cause Your indignation toward us to cease. Will You be angry with us forever? Will You prolong Your anger to all generations? Will You not Yourself revive us again, that Your people may rejoice in You? Show us Your mercy, YHWH, and grant us Your salvation. I will hear what Hael YHWH will say; for He will speak peace to His people, to His righteous ones; but let them not turn back to folly. Surely His salvation is near to those who fear Him, that esteem may dwell in our land. Mercy and truth have met together; righteousness and peace have kissed each other. Truth springs from the earth, and righteousness looks down from heaven. Indeed, YHWH will give what is excellent, and our land will yield its produce. Righteousness will go before Him and will make His footsteps into a way.

(Shyshy - Day Six)

Tehillah 102

Hear my prayer, YHWH! And let my cry for help come to You. Do not hide Your face from me in the day of my distress; incline Your ear to me; in the day when I call answer me quickly. For my days have been consumed in smoke, and my bones have been scorched like a hearth. My heart has been smitten like grass and has withered away, indeed, I forget to eat my bread. Because of the loudness of my groaning my bones cling to my flesh. I resemble a pelican of the wilderness; I have become like an owl of the waste places. I lie awake, I have become like a lonely bird on a housetop. My enemies have reproached me all day long; those who deride me have used my name as a curse. For I have eaten ashes like bread and mingled my drink with weeping because of Your indignation and Your wrath, for You have lifted me up and cast me away. My days are like a lengthened shadow, and I wither away like grass. But You, YHWH, abide forever, and Your name to all generations. You will arise and have compassion on Zion; for it is time to be gracious to her, for the appointed time has come. Surely Your servants find pleasure in her stones and feel pity for her dust. So the nations will fear the name of YHWH, and all the kings of the earth Your esteem. For YHWH has built up Zion; He has appeared in His esteem. He has regarded the prayer of the destitute and has not despised their prayer. This will be written for the generation to come, that a people yet to be created may praise YHWH. For He looked

down from His set-apart height; from heaven YHWH gazed upon the earth, to hear the groaning of the prisoner, to set free those who were doomed to death, that men may tell of the name of YHWH in Zion and His praise in Yerushalayim, when the peoples are gathered together, and the kingdoms, to serve YHWH. He has weakened my strength in the way; He has shortened my days. I say, "O my Elohim, do not take me away in the midst of my days, Your years are throughout all generations. Of old You founded the earth, and the heavens are the work of Your hands. Even they will perish, but You endure; and all of them will wear out like a garment; like clothing You will change them and they will be changed. But You are the same, and Your years will not come to an end. The children of Your servants will continue, and their descendants will be established before You."

(Continue here on all weekdays.)

Tehillah 27

YHWH is my light and my salvation; whom shall I fear? YHWH is the defense of my life; whom shall I dread? When evildoers came upon me to devour my flesh, my adversaries and my enemies, they stumbled and fell. Though a host encamp against me, my heart will not fear; though war arise against me, in spite of this I shall be confident. One thing I have asked from YHWH, that I shall seek: that I may dwell in the house of YHWH all the days of my life, to behold the beauty of YHWH, and to meditate in His

temple. For in the day of trouble He will conceal me in His tabernacle; in the secret place of His tent He will hide me; He will lift me up on a rock. And now my head will be lifted up above my enemies around me, and I will offer in His tent sacrifices with shouts of joy; I will sing, yes, I will sing praises to YHWH. Hear, YHWH, when I cry with my voice, and be gracious to me and answer me. When You said, "Seek My face," my heart said to You, "Your face, YHWH, I shall seek." Do not hide Your face from me, do not turn Your servant away in anger; You have been my help; do not abandon me nor forsake me, O Elohim of my salvation! For my father and my mother have forsaken me, but YHWH will take me up. Teach me Your way, YHWH, and lead me in a level path because of my foes. Do not deliver me over to the desire of my adversaries, for false witnesses have risen against me, and such as breathe out violence. I would have despaired unless I had believed that I would see the excellence of YHWH in the land of the living. Wait for YHWH; be strong and let your heart take courage; yes, wait for YHWH.

Ashrey

Happy are those who dwell in Your house and also praise You.
Happy is the people whose Elohim is YHWH.



BLESSINGS
BEFORE SELICHOTH



Tehillah 145

I will extol You, my Elohyim, O King, and I will bless Your name forever and ever. Every day I will bless You, and I will praise Your name forever and ever. Great is YHWH, and highly to be praised, and His greatness is unsearchable. One generation shall praise Your works to another, and shall declare Your mighty acts. On the esteemed splendor of Your majesty and on Your wonderful works, I will meditate. Men shall speak of the power of Your awesome acts, and I will tell of Your greatness. They shall eagerly utter the memory of Your abundant excellence and will shout joyfully of Your righteousness. YHWH is gracious and merciful; slow to anger and great in mercy. YHWH is excellent to all, and His mercies are over all His works. All Your works shall give thanks to You, YHWH, and Your chassidim shall bless You. They shall speak of the esteem of Your kingdom and talk of Your power; to make known to the sons of men Your mighty acts and the esteem of the majesty of Your kingdom. Your kingdom is an everlasting kingdom, and Your dominion endures throughout all generations. YHWH sustains all who fall and raises up all who are bowed down. The eyes of all look to You, and You give them their food in due time. You open Your hand

and satisfy the desire of every living thing. YHWH is righteous in all His ways and kind in all His deeds. YHWH is near to all who call upon Him, to all who call upon Him in truth. He will fulfill the desire of those who fear Him; He will also hear their cry and will save them. YHWH keeps all who love Him, but all the wicked He will destroy. My mouth will speak the praise of YHWH, and all flesh will bless His set-apart name forever and ever.

And we will bless Yah from now and until eternity. Halaluyah!

Half-Qaddish

Exalted and sanctified be His great name in the world that He created according to His will. May His kingdom reign, and may He cause His redemption to sprout, and may He hasten the coming of His Mashiah - in your lifetime and in your days and in the lifetime of the entire house of Yisrael, speedily and very soon; and say: Amein!

May His great name be blessed forever and to all eternity.

Blessed, lauded, esteemed, exalted, extolled, honored, upraised and praised be the name of the set-apart One; Blessed be He; above all the blessings, songs, praises and words of consolation that may be uttered in the world; and say: Amein!

(During the Yamim Noraim, The Ten Days of Awe between Yom Teruah and Yom Hakippurym, say the following two prayers.)

Yahshen Al Teiradam

Slumberer! Do not soundly sleep now; abandon your tiredness. Distance yourself from the sinful ways of people and behold the ways of your lofty One. Hasten to worship the Rock who preceded all, as the illuminating stars hasten. It is enough for you; why do you soundly sleep? Arise and call to your Elohyim!

Awaken to see His heavens and the handiwork of His fingers. And gaze upon the tents of His heights - suspended upon His arms, and upon the stars, His seals, the engravings of His signets. Fear His awesomeness and anticipate His salvations lest excellent times elevate you and your heart be lifted in haughtiness. Why do you soundly sleep? Arise and call to your Elohyim!

Go out at midnight in the footsteps of men of note, upon whose tongues are praises and whose insides are not full of duplicity and deceit; their nights are spent in prayers and fasting. In their heart they seek paths to Elohyim and they have places in His throne - their way of life is a ladder to ascend unto YHWH, your Elohyim. Why do you soundly sleep? Arise and call to your Elohyim!

Let your eyes stream with tears and be regretful for transgressions; plead before your Maker and do not be involved with evil doers. Lower greatly your pride and seize excellence for it is pleasant. Honor Elohyim with your wealth, the time that saviors shall ascend and your throngs will lift their voices, prepare to encounter your Elohyim! Why do you soundly sleep? Arise and call to your Elohyim!

The destitute, whose origin is dust, whence his wisdom? And the superiority of man over beast is naught except for those who see the Rock of their esteem - sight of the heart, not of the eye; and see the sources of their origin, which are better than wine, for only through such, O you of flesh and blood, shall you find your Elohyim. Why do you soundly sleep? Arise and call to your Elohyim!

Before Elohyim, "I will be who I will be," who does all that He desires, who brings death and gives life, who lowers to the grave and resurrects - stand for judgment and live, and abandon rebellion and treachery, saying: When? And where? What is below the earth? What is above the angels? Rather, perfect shall you be with YHWH, your Elohyim. Why do you soundly sleep? Arise and call to your Elohyim!

Y'iruniy Ra'iyonay

My thoughts have awakened me, the counsel of my heart and its desire is to utter the words of my supplication with songs of

Elohyim and His praises. I will not grant sleep to my eyes, at midnight because of Him, so as to behold the pleasantness of YHWH, and to delve within His sanctuary.

I awoke and immediately contemplated: "Who is it that woke me?" and behold! the set-apart One who sits and awaits praises, it is He who encouraged me and gave to my ears the sense of hearing, and strengthened and fortified me. And so long as He restores my spirit I shall bless He who has advised me to accept Him, the Rock to whom the soul belongs and whose handiwork is the body, so as to behold the pleasantness of YHWH, and to delve within His sanctuary.

And I shall pray before Him and take pleasure in prayer, and my tears shall break through His clouds and be sweeter than honey and sweets. My heart will be uplifted in His eyes when it melts as if it were wax, as a slave before his master who withers from fear of him, but when he recalls his praises, he will forget all his suffering, so as to behold the pleasantness of YHWH, and to delve within His sanctuary.

Night, be still and pass very slowly and delay the arrival of the morning, until the servant shall find grace - through his entreaties - with his master. He will pour out the blood of his heart and liver and relate the plagues of his heart. And the worshipper will be unified with the King at His festival, and he will sing and declaim his parable for the sake of his Banner and his object of praise, so

as to behold the pleasantness of YHWH, and to delve within His sanctuary.

Behold, he is a servant of servants before the King of kings, standing with hands heavy and tears flowing, with his limbs subservient to You for as long as he continues to live, and all his limbs offer thanks to You. Forgive his evil deeds whose weight is as the sand, so as to behold the pleasantness of YHWH, and to delve within His sanctuary.



PRAYERS OF CONFESSION



(Resume here on all days.)

Ben Adam

Son of man! Why do you slumber? Arise and call out in supplication; pour out words of prayer; seek forgiveness from the Master of masters. Wash and purify yourself; do not delay before the days depart, and hurriedly run for help before He who dwells on high. From transgression and also evil flee, and be dreadful of tragedy. O, please pay heed to those who know Your name - the loyal ones of Yisrael. For Yours, Adonay, is righteousness, and ours is nothing but shame.

Stand up like a man and be courageous, to confess your sins. Seek El Almighty in earnest to atone for your sins, for never are hidden secrets from Him. And every utterance that is spoken is read before Him. May He who is merciful have mercy upon us, as a father has mercy for his children. For Yours Adonay is righteousness and ours is nothing but shame.

For Yours Adonay is righteousness and ours is nothing but shame. How can we complain? What can we say? What can we declare? How can we be justified? Let us search our ways and

probe them and return to You, for your right hand is outstretched to accept those who return. They return to You wholeheartedly, therefore, may You accept their cry in Your mercy. Through Your abundant mercies we have come before You, like the poor and destitute do we knock at Your door; at Your door do we knock, O merciful and gracious One, do not turn us away empty handed from before You. From before You, our King, empty handed do not turn us away, for You heed prayer. O One who heeds prayer, unto You does all mankind come! O One who heeds supplication, to You do all spirits come! All spirits come to You - and all who have a soul! The soul is Yours and the body is Your doing; take pity upon the product of Your labor! The soul is Yours and the body is Your doing; O Rock - there is none like You! - take pity upon the product of Your labor! The soul is Yours and the body is Your doing; YHWH, do for the sake of Your name! We have come by Your name; YHWH, do for the sake of Your name. Act for the sake of Your name, for El, Melek, gracious and merciful is Your name. Your name is called upon us, YHWH, our Elohim! Your name is called in our midst; do not abandon us, YHWH our Elohim! Our Elohim, we are shamed by our deeds and humiliated by our sins. We have no mouth with which to answer nor the audacity to raise up our head, for many are our acts of rebellion and to You we have sinned. We have sinned with our fathers; we have caused iniquity; we have caused wickedness. What can we say before You, YHWH, our Elohim; what can we say; how can we justify ourselves? What can we say before You - the One who dwells on high, and what can

we relate before You - the One who resides in the heavens, for surely, that which is hidden and that which is revealed, You know. You know the secrets of the universe and the hidden mysteries of all who are living. You search out all of man's innermost chambers, and see through emotions and thoughts. Nothing is hidden from You, and nothing is concealed from before Your eyes. Even were our iniquities to testify against us, YHWH, deal with us with kindness for the sake of Your name. If you were to keep an accounting of sins, O Yah, then Master, who could survive? For forgiveness is solely with You so that You may be feared. For with You is the source of life; by Your light shall we see light. For it is not on the merit of our righteousness that we set forth our pleas before You, but on account of Your bountiful compassion.

YHWH, hear! YHWH, forgive! YHWH, listen, and do! Do not delay. Do so for Your own sake, my Elohim, for Your name is invoked upon Your city and upon Your people. Bring us back to You, YHWH, and we shall return; renew our days as of old.

EI Melek

EI, Melek, who sits in judgment on a throne of mercy and acts with kindness, who forgives the iniquities of His people, removes sins one by one, abundantly grants forgiveness to transgressors and pardon to sinners, who performs righteous deeds with all those of flesh and spirit; not according to their wickedness does He exact retribution.

El, You taught us to recite the Thirteen Attributes, as You made known to the humble one, in ancient times. Such it is written in Your Torah: YHWH descended in the cloud and stood with him there and called out with the Name YHWH.

(Please stand.)

And there it is stated: YHWH crossed over before him and called out:

(in unison)

YHWH, YHWH, El, Rachum, V'chanun, Erech, Apayim, V'rav-chesed, Ve'emeth, Notzeir Chesed, La'alafim, Nosei Avon, Vafesha, V'chataah, V'naqeih.

May You forgive our iniquity and our transgression, and take us as Your inheritance. And He said to him: I will cause My entire excellence to cross over before you, and will call in the Name of YHWH before you; and I will show grace to whomever I will be gracious, and I will have compassion on whomever I will have compassion.

O Merciful One! Recall for us the covenant with Avraham, the Beloved One, when we recite, "and he crossed over."

O Merciful One! Recall for us the covenant with Yitzchak, the Bound One, when we recite, "and he crossed over."

O Merciful One! Recall for us the covenant with Ya'akov, the Blessed One, when we recite, "and he crossed over."

O Merciful One! Recall for us the covenant with Yehoshua HaMashiach, the Anointed One, when we recite, "and he crossed over."

Vidduy

I make my sin known to You and do not conceal my iniquity; for I said that it is proper that I confess my transgressions to YHWH, and as a result, You have forgiven the iniquity of my sins. And it is stated: He who conceals his transgressions will not succeed, but he, who admits and forsakes them, shall be dealt with mercifully.

Please, YHWH, our Elohim, Elohim of our forefathers, let our prayer come before You, and do not hide Yourself from our supplication - for we are not so insolent nor so obstinate to say before You, YHWH, our Elohim, Elohim of our forefathers, "we are righteous and have not sinned," rather, truly we have sinned - we as well as our forefathers and our household members:

(With the reciting of each of the following statements, bring your right fist to your chest over your heart.)

We have been guilty. We have betrayed. We have robbed. We have spoken gossip and slander. We have caused iniquity. We have caused wickedness. We have acted wantonly. We have extorted. We have accused falsely. We have given bad advice. We have lied. We have acted frivolously. We have rebelled. We have infuriated. We have committed adultery. We have been deviant. We have committed iniquity. We have transgressed willfully. We have oppressed. We have been obstinate. We have been wicked. We have corrupted ourselves and others. We have committed abominations. We have strayed and caused others to stray, and we have veered from Your excellent commandments and laws, but it has not benefited us. But You are righteous regarding all that has befallen us, for You have acted with truth, and it is we who have caused wickedness.

(Be seated.)

Tehillah 25

To You, YHWH, I lift up my soul. O my Elohim, in You I trust, do not let me be ashamed; do not let my enemies exult over me. Indeed, none of those who wait for You will be ashamed; those who deal treacherously without cause will be ashamed. Make me know Your ways, YHWH; teach me Your paths. Lead me in Your truth and teach me, for You are the Elohim of my salvation; for You I wait all the day. Remember, YHWH, Your compassion and Your loving kindnesses, for they have been from of old. Do not remember the sins of my youth or my

transgressions; according to Your mercy remember me, for Your excellences' sake, YHWH. Excellent and upright is YHWH; therefore, He guides sinners in the way. He leads the humble in justice, and He teaches the humble His way. All the paths of YHWH are mercy and truth to those who keep His covenant and His testimonies. For Your name's sake, YHWH, pardon my iniquity, for it is great. Who is the man who fears YHWH? He will instruct him in the way he should choose. His soul will abide in prosperity, and his descendants will inherit the land. The secret of YHWH is for those who fear Him, and He will make them know His covenant. My eyes are continually toward YHWH, for He will pluck my feet out of the net. Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses. Look upon my affliction and my trouble, and forgive all my sins. Look upon my enemies, for they are many, and they hate me with violent hatred. Guard my soul and deliver me; do not let me be ashamed, for I take refuge in You. Let integrity and uprightness preserve me, for I wait for You. Redeem Yisrael, O Elohym, out of all his troubles.

And He will redeem Yisrael from all his iniquities. Why should the Egyptians speak, saying, "With evil intent He brought them out to kill them in the mountains and to destroy them from the face of the earth?" Turn from Thy burning anger and change Thy mind about doing harm to Thy people.



DAILY
SELICHOTh PRAYERS



(On weekdays, read the corresponding Selichah prayer.)

(Rishon - Day One)

Adon Haselichoth

Master of pardons, Who examines thoughts, Who reveals deep secrets, Who speaks righteousness - we have sinned before You; have mercy on us!

He Who is magnificent in wonders, Who is expert in comforting, Who recalls the covenant with the Patriarchs, Who investigates the emotions - we have sinned before You; have mercy on us!

He Who is excellent and does excellence for His creations, Who knows all things, Who overlooks iniquities, Who is clothed in righteousness - we have sinned before You; have mercy on us!

He Who is full of merits, Who is awesome in praises, Who pardons iniquities, Who answers in times of distress - we have sinned before You; have mercy on us!

He Who performs salvations, Who sees future events, Who calls the future generations, Who rides in the highest heavens, Who hears prayers, Who is perfect in knowledge - we have sinned before You; have mercy on us!

Compassionate El is Your Name; Elohyim Who is gracious is Your Name; Elohyim Who is slow to anger is Your Name; full of compassion is Your Name; Your Name is called upon us; YHWH our Elohyim, act for the sake of Your Name.

(Sheny - Day Two)

YHWHYachyd

YHWH, Who is unique, the hearts of all people does He scrutinize. He performs great acts that are unfathomable. And it became evening and it became morning - a second day. Hear the supplication of Your servant and his statement, who shoulders the burden of exile. On the day of his falling, to raise him there is only One, and not another. Recall the covenant with Your beloved ones for a people crying out before You - the children of Ya'akov, Your servants, and He commanded also the second one. My Beloved, hear the supplications and consider their prayers as offerings in the merit of those who offered sacrifices - N'thanel, son of Tzuar, on the second day. Turn Your ear to the prayer of Your people and send us Your righteous Mashiach, and we will offer sacrifices before You - one sheep in the morning and the second sheep. Strengthen my heart, my King, and hasten

to illuminate my darkness if my way is hidden. Bring success, please, to Your servant on the second day.

(Shlyshy - Day Three)

YHWH, Dalu Eynay Lamarom

YHWH, my eyes are raised to the heavens. In my distress I call out to YHWH. My spirit was enveloped within me from my excessive anger and grief, and I poured out my soul before YHWH. Yah, hearken to my statement and perform for me a sign for excellence. Many have You performed, YHWH. I became destitute, and He saved me, El, righteous and a savior. For Your salvation I hope, YHWH. When my enemy rises up against me, my heart shall not fear, and I shall rely upon You, YHWH. My hand is raised through You, my Fortress, and not through my sword, for not through the sword and the spear does YHWH save. My enemies have prevailed, and above me they raise themselves. With regard to these will You be restrained, YHWH? Why do You conceal Your countenance while the enemy surrounds me? A zealous and vengeful El is YHWH. I place counsel in my soul, and I grieve within my heart. Will YHWH forsake me forever? For Your mercy I have hoped, because for You, YHWH, I have waited. You will answer me, YHWH, my Elohyim.

(R'vy'y - Day Four)
YHWH, Im Gadal Avony

YHWH, if my iniquity is too great to bear and I have acted foolishly, do not mete out justice to Your servant. Cleanse the blemishes of my heart, and remove the sins of my youth. Restrain Your servant also from intentional sins. My sorrows have been overpowering and my groans have broken my heart. Bring joy to Your servant's soul. The seekers of my misfortune made themselves great on account of me. At my destruction they rejoice. Do not hide Your countenance from Your servant. Until when shall I cry out for the lack of justice? When will You do justice to my pursuers? How many are the days of Your servant? May Your anger be stilled so as to have mercy on me. May Your kindness please be to comfort me as Your promise to Your servant. My ways have I related. Upon You, from the womb, have I depended. Shine Your countenance upon Your servant. I am smaller than all the kindnesses - O Rock, who settles individuals - that You have performed with Your servant. Purify me from my sin. Do not turn away Your ear from granting me relief because of my prayer. Please, YHWH, because I am Your servant. Show me wonders. Do not conceal Your presence from me. Do not turn Your servant away in anger.

(Chamishy - Day Five)

Lemítvaddeh Hattotav

He who confesses his sins and acknowledges his many transgressions, he whose years are spent in futility and whose days terminate in anguish; he cries out from his travails and from amidst the hostilities of his adversaries. Let us fall, please, at the hand of YHWH, for His mercies are abundant.

From my earliest age, I have drawn upon myself with gossamer ropes - my sin; therefore, have I repented and regretted, for I know not the day of my judgment, and I have sacrificed my flesh, and I have poured as a libation the tears of my eye - perhaps my Maker will have mercy, for His compassion has not ceased. Let us fall, please, at the hand of YHWH, for His mercies are abundant.

The breasts of my joy have withered, and I have nursed the poison of snakes; the tears of my eyes have worn down - from my intense pain - rocks. And the mercies of the Father have been distanced, and He has not taken pity upon His children, and toward me have been restrained His yearning and His compassion. Let us fall, please, at the hand of YHWH, for His mercies are abundant.

He brought me into a lion's pit and bequeathed to me His wrath. I was forgotten in a jailhouse, and I have been mired in the sea of

His fury. Every day I descended remarkably after He did prolong His anger toward me. Has Elohyim forgotten to be gracious; has He closed off His mercy in anger? Let us fall, please, at the hand of YHWH, for His mercies are abundant.

(Shyshy - Day Six)

Bezochri Al Mishkavi

When I recall on my bed the wantonness of my heart and its iniquities, I shall rise and come to the house of my Elohyim and to His footstool. And I shall say when I raise my eyes - in my supplications - toward His heavens: Let us fall, please, at the hand of YHWH, for His mercies are abundant.

To You, my Elohyim, the Rock of my might, my refuge in my distress - in You are my hope and my confidence, my strength in my exile. To You are made all the requests of my heart, directed towards You is all my desire. Redeem the servant who cries out to You from the hand of his oppressors and enemies. Let us fall, please, at the hand of YHWH, for his mercies are abundant.

Answer me, YHWH, answer me, when I call from the straits; let it be known among the nations that Your hand is not incapable. Do not scorn the cry of the poor man who cries out from the hostility of the enemy, who acknowledges his transgressions before You and confesses the sins of his youth. Let us fall, please, at the hand of YHWH, for His mercies are abundant.

What can he remonstrate and say; what can he say and be justified - a creature of clay whose body will revert to fine dust. How will man affect You; whether he acts wickedly or acts righteously, are not his words and his deeds written in the book of the account of his days? Let us fall, please, at the hand of YHWH, for His mercies are abundant.

By day and in the night for You did they arise - Your servants, with their praise; recall for them the merit of Mashia'ch and do not turn to their misdeeds. Acquire again Your congregation as in the earliest day, O set-apart One of Yisrael, their Redeemer, and raise Yourself, O Elohyim, Who makes peace in His high places. Let us fall, please, at the hand of YHWH, for His mercies are abundant.

And David said to Elohyim, "I am very pained; let us fall, please, at the hand of YHWH, for His mercies are abundant; and at the hand of man, may I not fall. Compassionate and gracious One - we have sinned before You; have mercy on us and save us!

(Continue here on all days.)

Turn away from Your wrathful anger, and reconsider the evil planned for Your people. YHWH, may You not be exceedingly angry, and may You not recall iniquity forever. Behold, see now, we are all Your people. Do not be angry, for the sake of Your name. Do not denigrate the Throne of Your esteem. Remember, and do not annul Your covenant with us. Were our iniquities to

testify against us, YHWH, deal with us in kindness for the sake of Your Name. For our acts of rebellion are many, and to You we have sinned. O Master, forgive us!

If our guilt has become red as crimson, YHWH, to Your abundant mercies may You give precedence. For the sake of the Beloved One who was rescued from Kasdim. You empowered him in the valley of Siddim. Recall his love for us today. For our acts of rebellion are many, and to You we have sinned. O Master, forgive us!

If we have sinned and have ridiculed greatly, YHWH, make available to us a time of grace. For the sake of the Bound One who was bound as a sheep, and a ram was substituted as his ransom so as to find grace. Recall his binding for us today. For our acts of rebellion are many, and to You we have sinned. O Master, forgive us!

If we have committed much sin and transgression, YHWH, be conciliated with our prayer. For the sake of the Blessed One who beheld a ladder and was fearful, and he rested in a place so awesome. Recall this blessing for us today. For our acts of rebellion are many, and to You we have sinned. O Master, forgive us!

If we have transgressed beyond all hope of salvation, YHWH, yet forgive us from Your abundant grace. For the sake of Your

Anointed One who laid down his life on our behalf, so that we could obtain everlasting life, despite our many sins. Receive his sacrifice on our behalf today. For our acts of rebellion are many, and to You we have sinned. O Master, forgive us!

We have come to pray before You, for kindness and truth go before You. Please do not turn us away empty-handed from before You. Forgive us, and send us salvation and compassion from Your dwelling place. We have come to ask absolution from You, O feared and awesome One, a strength in times of distress. Give us life, and we shall call out in Your Name. Forgive us, and send us salvation and compassion from Your dwelling place.

Our Master Who is in the heavens, to You do we plead as a servant who pleads to his master. Grant our hearts to repent, and let us not return empty-handed from before You.

Our Master Who is in the heavens, to You do we plead as a captive who pleads to his master. All captives are ransomed for money, while Your people, the house of Yisrael, with prayers and with supplications. Raise up Your right hand, and cause Your redemption to sprout, You, the hope of the living and the dead.

You, Who are reconciled with pleas for mercy and appeased with supplications, be reconciled, and be appeased to a poor and impoverished people. Our Redeemer from time immemorial, our Rescuer from yore, redeem Ya'akov from a distant land, and bring up his offspring from the land of captivity.

O You, Who smites and heals, Who kills and Who brings to life, Who brings up from the abyss to eternal life: A son, when he sins - his father will hit him; a father, being merciful, heals his wound. A servant who rebels and is going out in chains, should his master desire that he break his chains? We are Your firstborn son, and we have sinned before You. Our souls have been sated with wormwood and bitter herbs. Behold, we are Your servants, and we have rebelled against You. Behold, some of us have been punished with plunder and captivity. Behold, some of us have been punished with lashes. We ask of You - we beg of You, in Your abundant mercy, take pity on our souls, and heal the wounds that have overpowered us, lest we become diminished in captivity, O You, Who smites and heals, Who kills and brings to life, Who brings up from the abyss to eternal life.

Simple mercy have we requested of You, for abundant mercy is with You. Deal with us with righteousness and kindness for the sake of Your Name. Please, YHWH, our Elohim, remove from us and from our households and from the households of all Your people, the house of Yisrael, in every place they might be: pestilence, sword, evil, famine, captivity, pillage, ruin, plague, satan, the evil inclination, terrible diseases, and an oppressor - from Your people.

Excellent life we have requested from You, for the source of life is with You. Deal with us with righteousness and kindness for the sake of Your Name. Please, YHWH, our Elohim, remove from us and from our households and from the households of all Your

people, the house of Yisrael, in every place they might be: pestilence, sword, evil, famine, captivity, pillage, ruin, plague, satan, the evil inclination, terrible diseases, and an oppressor - from Your people.



CLOSING PRAYERS



Eileyka YHWH

Toward You, YHWH, I have raised up my eyes; hear the sound of my pleas as befits Your great kindness. I have trusted in Your Name and have spread out my palms; I have taken words and have come unto You. My sorrows have been overpowering and my groans have increased, for all of my sins have You set before You. My delicate soul dissipates from grief; release from anxiety the soul of Your servant. Remove my sin, O Elohim of my salvation; also my tears may You place in Your flask. In times of anger, Your mercy may You recall and reconsider, and gladden and console the soul of Your servant.

Our Father, our King, You are our Father! Our Father, our King, we have no King but You! Our Father, our King, have mercy on us! Our Father, our King, be gracious to us and answer us, although we do not possess excellent deeds.

Deal with us with righteousness and kindness for the sake of Your great Name, and save us. And we know not what more to do, but our eyes look to You. Recall Your mercies and kindnesses, YHWH, for they have existed from ever. May Your

kindness be upon us, YHWH, as we have hoped in You. Do not recall for us the iniquities of the earlier generations; quickly send Your mercies for us, for we have become very wretched. Our help is in the Name of YHWH, Creator of heaven and earth. Be gracious unto us, YHWH, be gracious unto us, for we have been filled with much disgrace.

In times of anger, recall Your Beloved One.

In times of anger, recall Your Bound One.

In times of anger, recall Your Blessed One.

In times of anger, recall Your Anointed One.

In times of anger recall Your perfect mercy, YHWH, our Father, our King.

YHWH save! May the King answer us on the day that we call. For He is aware of our inclination and remembers that we are but dust. Help us, Elohim of our salvation, for the sake of the esteem of Your Name, and rescue us and absolve our sins for the sake of Your Name.

Guardian of Yisrael: guard the Remnant of Yisrael, so that Yisrael be not destroyed – those who say every day, “Hear O Yisrael, YHWH is our Elohim, YHWH is One.” Accept our cry and hear our wail, You who knows all that is hidden.

Qaddish Titkabbal

Exalted and sanctified be His great Name in the world that He created according to His will. May His kingdom reign, and may He cause His redemption to sprout, and may He hasten the coming of His Mashiah in your lifetime and in your days and in the lifetime of the entire house of Yisrael, speedily and very soon; and let us say: Amein!

May His great Name be blessed forever and to all eternity.

Blessed, lauded, esteemed, exalted, extolled, honored, upraised, and praised be the Name of the set-apart One; Blessed be He; above all the blessings, songs, praises and words of consolation that may be uttered in the world; and let us say: Amein!

May you be answered, and may your prayers be accepted with compassion from the heavens; may your cry be accepted. May your prayer be heard with grace, and may it be answered - the voice of your supplication, and may He fulfill in you the verse that is written: YHWH, Elohim of your forefathers - may He increase your likes a thousand-fold, and may He bless you as He has spoken concerning you. So may it be His will; and let us say: Amein!

May your prayers and pleas be accepted together with the prayers and pleas of the entire house of Yisrael before our

Father in heaven and earth, in the name of Yehoshua HaMashiach; and let us say: Amein!

May there be abundant shalom from heaven, life, contentment, salvation, consolation, deliverance, healing, redemption, pardon, atonement, comfort and relief for us and for His entire nation Yisrael; and let us say: Amein!

He who makes shalom in His high places, may He, in His compassion, make shalom for us and for His entire nation Yisrael; and let us say: Amein!

Tehillah 130

Out of the depths I have cried to You, YHWH. Adonay, hear my voice! Let Your ears be attentive to the voice of my supplications. If You, Yah, should mark iniquities, Adonay, who could stand? But there is forgiveness with You, that You may be feared. I wait for YHWH, my soul does wait, and in His word do I hope. My soul is for YHWH more than the watchmen for the dawn; Indeed, more than the watchmen for the dawn. O Yisrael, hope in YHWH; for with YHWH there is mercy, and with Him is abundant redemption. And He will redeem Yisrael from all his iniquities.

Hon Tahon

Be merciful to Your children who are returning to You, and who stand before You with trepidation, fearful of the time they will be called to judgment; it is for that reason that they come in distress. Recall compassion on the Day of Judgment; do away with anger and wrath at the time You will judge those who fear You and those who dwell on Your Name - they that are sitting in judgment. Bring near to me the year of the Redeemer, and redeem me; upon restful waters, O Elohim, lead me, and recall for me the merit of the perfect man, Yehoshua HaMashiach, and place me like a seal upon Your heart. Amein!